



P.O. Box 804, Pinedale, Wyoming 82941

Email: [rpact2021@gmail.com](mailto:rpact2021@gmail.com)

Website: [www.rendezvouspointe.com](http://www.rendezvouspointe.com)

Phone: 307-367-2881 Fax: 307-367-6769

Hours: Monday—Friday, 8am—4pm

**This complete newsletter  
can be viewed on our website.**

**July  
2025**

hello  
JULY



### **EMPLOYEE DIRECTORY**

**Director** - Tina Kaumo-Corazza

**Financial Director** - Cher Rosencranse

**Adm. Asst.** - Charlee Thomson

**Activity Director/Newsletter** -

**Transit Coordinator** - Hannah Bennett

**Transit Driver** - Blake Ober  
Mike Deleeuw

**Case Manager/SAMS** - Jennifer Peterson

**Kitchen Manager** - Kerri Anderson

**Assistant Kitchen Manager**—Jessica Leonard

**Kitchen Staff—**

Jody Wilson, Sharon Bell,  
Lydia Petersen, Zoey Hedgepeth,  
Mavzuna ToshpuLatova

### **Board of Trustees**

Dave Dement 510-520-2372

e-mail: david.dement@ymail.com

Bettina Sparrowe 231-0070

e-mail: bat1969@icloud.com

Ruth Neely 360-7009

e-mail: rneely14@hotmail.com

Lourinda Beierle 231-0047

e-mail: rod031@centurytel.net

Jeanene Esterholt 231-1231

e-mail: ridinginthewinds@gmail.com

Linda Trimmer 752-1077

e-mail: ltrimmer719@gmail.com

Richard Smith 559-352-5047

e-mail: rxsmith2552@yahoo.com

## **From the Director...**

It's July which is officially summertime! This comes with a lot of excitement, BBQ's, fun outdoor activities, flip flops, and plenty of opportunities to enjoy time with family and friends.

As we begin the July 4th weekend and festivities, don't forget to thank those who served or continue to serve in the military and the many sacrifices they have made to help preserve what we are celebrating this weekend - our independence and freedom!

Not only am I grateful for our independence, I count my blessings daily for being part of the Rendezvous Pointe family. I am so thankful and proud of the amazing staff and the job they do to ensure our seniors are served. Furthermore, I am so grateful and blessed to be surrounded by each and every one of you seniors on a daily basis! Thank you!

I would like to take a moment to express my heartfelt gratitude to our departing Board Members, Chair Max Lockett and Co-Chair Scott Willman, for their invaluable contributions to upholding the integrity of Rendezvous Pointe. I also extend my thanks to all who submitted their ballots for the new board members. Please join me in welcoming David Dement, Richard Smith and Bettina Sparrowe.

Remember, invite your neighbors, friends, and acquaintances to come into Rendezvous Pointe and join us to see where all the good food and fun is happening here in Pinedale. Lastly and most importantly, keep smiling, because life is a beautiful thing and there is so much to smile about!

## Coffee & Conversation on Friday mornings at 9:00am Sponsored by First Bank

Coffee & Conversation is on hold for the summer, watch for it to start back up again the middle of September.



### Podiatrist Dr. Stanton Smith

will be coming to Rendezvous Pointe on

**July 14, 2025**

There are still appointment times open.

If you have any foot problems that need attention, call Charlee at Rendezvous Pointe at 367-2881 to make an appointment for this date with Dr. Smith.

Appointments start at 12:30pm, schedule every 15 minutes and last appointment time is 2:45pm.

If coming for the first time please bring your I.D. and insurance information or be prepared to pay day of visit.

## SABLE STITCHERS



Sable Sewers (Sable = Stash accumulated beyond life expectancy) is a sewing group at Rendezvous Pointe. Bring your sewing machine and sewing projects and join the fun!! This group meets the 2nd and 4th Friday of every month from 9:00 a.m. to 4:00 p.m.

**BINGO!!!**  
**Mondays @**  
**1:00pm**



**The Board of Trustees will meet on**  
**July 9th at 1:00 PM**  
**Everyone is welcome!**

### Cookbook Fundraiser Meeting

We will have a meeting to go over ideas and concepts for the cookbook. This is open to anyone and we would love to have everyone's ideas and thoughts.

**Monday July 7th @ 11 AM**

**Hope to see you there!!**



**Lunch and a Movie**  
**in Marbleton**  
**Thursday, July 31st, 2025**

**Van will depart at 10:15am under front car port.**

### Homemaker Services



If anyone is in need of homemaker services which consists of light housekeeping, basic meal preparation, shopping and laundry, please call Rendezvous Pointe and ask for Jennifer at 307-367-2881. At this time, we are compiling a waiting list and will be adding staff to accommodate the need.

The Bank of Jackson Hole will be hosting our lunch twice a month this year!!

**July dates are the 8th and 22nd**

It was decided to have these lunches on the second and fourth Tuesdays of each month.

Please make it a point to thank Pat for their generous support of Rendezvous Pointe seniors as you get your lunch!





HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103°	
			Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives

[www.traumagency.blogspot.com](http://www.traumagency.blogspot.com)

## UV Rays Can Hurt Your Eyes

Excess sun exposure can put you at risk for:

Eye Cancer

Cataracts

Sunburned Eyes

Growths On or Near the Eye

# 7 TIPS FOR SUN SAFETY

### CHECK THE UV INDEX

Try to reduce your time in the sun between 11 a.m. and 3 p.m. – when the sun's rays are strongest – or any time of the day when the UV Index is 3 or more.

### USE SUNSCREEN PROPERLY

Apply a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply regularly, especially after sweating heavily or swimming. And don't forget to use a minimum SPF 30 lip balm. Remember, use sunscreen along with shade, clothing and hats, not instead of them.

### REMEMBER TO HYDRATE

Drink plenty of cool water before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

### SEEK SHADE

If you can see the sky from your shady spot, you still need to cover up with clothing, a hat, sunglasses and sunscreen. UV rays can reach you in the shade by reflecting off the surfaces around you.

### WEAR A HAT

The most effective hat: wide-brimmed hat that covers your head, face, ears and neck.

### WEAR SUNGLASSES

Look for sunglasses that are close-fitting and have UVA and UVB protection.

### COVER UP

Did you know that clothes protect you better than sunscreen? Cover up as much of your skin as you can with clothing.

### OTHER HELPFUL TIPS

- The best treatment for a sunburn is **PREVENTION!**
- Avoid using tanning equipment.
- Be cautious of certain medications. Please review risks with your doctor

## MARATHON FAMILY HEALTH TEAM

## How does UV radiation affect skin?

The skin uses UV radiation from the Sun to make **vitamin D**, which is needed for strong bones. Some exposure to UV radiation is beneficial but overexposure is generally harmful to the skin and eyes.

Ultraviolet radiation can kill cells. **Sunburn** occurs when the skin is exposed to high-intensity ultraviolet radiation, which damages and kills skin cells.

Over time, repeated exposure leads to premature **ageing** of the skin and increases the risk of **skin cancer**.

Intense UV radiation can inflame the eyes and long-term exposure may cause cataracts.

# July Birthdays

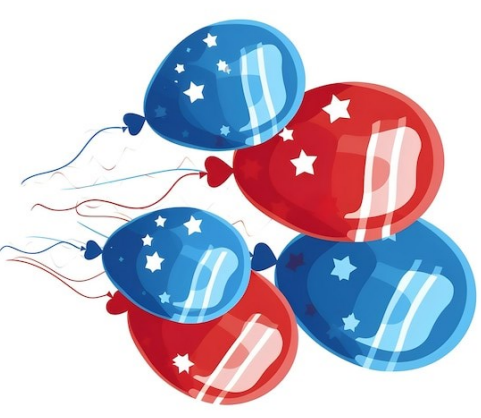


1	Steve Castro
2	Raymond Stelling
3	Millie Pape
4	Charlotte Keyser
6	Bob Remer Steve Tomich
7	JJ Huntley Mavis James Wanda Thompson Michael Lewis Vern McWilliams Carolyn Morey
8	Patti Baxley
9	Fran Halligan
11	Bob McCutchan Lucy Conley






12	Jan Remer Pat Hruska
13	Robert Klaren Kim Jorgensen
14	Connie Cutlip Connie Reed
16	Richard Harris Annette Roberts
17	Rhonda Deleeuw Josephine Mack
18	Randy Reed Richard Barber
19	Lynn Wittliff Kathy Rebesch
20	Marilyn Huffman
21	Karen Galey

22	Ann Barney Anna Peter
23	Nancy Shaffer Betty Golden
24	Steven Petersen
25	Mary Brodie Connie Berry
27	Ronald Howard Betty Osenbaugh Margaret Johnson Kathleen Harvey Cindi Smith Gary Bingham Cynthia Smith
28	Joan Neumeyer Susan Orcutt
29	Susan Pape Riggs Douglas Strike Michael Cooney Kenny Becker
30	Leon Farmer
31	David Vicek Susan Diehl Linda Simmacher



Mon	Tue	Wed	Thu	Fri
<p><b>JULY</b></p> <p><b>2025</b></p>	<p>1</p> <p>9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>2</p> <p>9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes</p>	<p>3</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool <b>4th of July BBQ</b></p> <p><b>FOOD BANK OF WYOMING</b></p>	<p>4</p> <p><b>Happy 4th of July</b> <b>CLOSED</b></p>
	<p>8</p> <p>9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>9</p> <p>9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ RP Board Meeting <b>Big Piney Museum and Lunch</b></p>	<p>10</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Ukulele Practice</p>	<p>11</p> <p>1p ~ Hand &amp; Foot <b>Sable Stitches</b></p>
	<p>14</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Bingo</p>	<p>16</p> <p>9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ <b>Watercolor Card Art</b> <b>Hosted by Vickie Bittie</b> <b>Darcy Toenails</b></p>	<p>17</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool</p>	<p>18</p> <p>1p ~ Hand &amp; Foot</p>
	<p>21</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Bingo</p>	<p>23</p> <p>9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes <b>Thermopolis/ Dinosaur Dig</b></p>	<p>24</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Ukulele Practice <b>12:45 ~ Dgg Toenail Clip-ping/ Patti</b></p>	<p>25</p> <p>1p ~ Hand &amp; Foot <b>Sable Stitches</b> <b>Sublette County Fair</b></p>
	<p>28</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Bingo <b>Lunch with SSCP Senior Center at Kendal Valley</b></p>	<p>30</p> <p>9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ <b>Suncatcher Art</b></p>	<p>31</p> <p>10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool <b>Marbleton Movie/Lunch</b></p>	<p>All activities are subject to change.</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<div> <h1>July</h1> <h2>2025</h2> </div>				
7 <b>Chicken Cordon Bleu</b> , Brown Rice, Spinach Mandarin Salad, California Blend Vegetables, Wheat Roll, Grapes	1 <b>National Chicken Wing Day</b> <b>Buffalo Chicken</b> , Macaroni Salad, Marinated Cucumber Salad, Watermelon Chunks, Pina Colada Cake 	2 <b>Pizza w/Meat &amp; Veggies</b> , Oregon Bean Medley, Mixed Fruit Cup, Creamy Rice Pudding	3 <b>4<sup>th</sup> of July BBQ</b> <b>Cheeseburger</b> , Sweet Potato Wedge, lettuce & Tomato, Garden Bounty Salad, Peaches, Chocolate Chip Cookie  <b>Sponsored by Jonah Energy</b>	4  <b>Closed</b>
8 <b>Happy Birthday!</b> <b>Roast Beef &amp; gravy</b> , Baked Potato, Spring Salad, Peas & Carrots, WW Bread, Pineapple Cream Whip 	9 <b>Chicken Fried Chicken</b> , Mashed Potatoes, Steamed Broccoli, Wheat Roll, Plum	10 <b>BBQ Meatballs</b> , Scalloped Potatoes, Creamy Veggie Coleslaw, Seasoned Zucchini, Cindy's Rolls, Chilled Apricot	11 <b>Chicken Caesar Salad</b> , Pickled Beets, WW Roll, Fruit Cup, Carrot Cake	
14 <b>Tacos(Hard)</b> , Refried Beans, Cauliflower Broccoli Salad, Salsa & Chopped Onions, Starch in Main, Fruit Cup, Spiced Carrot Cake	15 <b>Dijon Chicken</b> , Steamed Brown Rice, Tossed Salad, Broccoli, WW Bread, Bananas & Pineapple	16 <b>National Spinach Day</b> <b>Tater Tot Casserole</b> , Spinach Mandarin Salad, Wheat Roll, Pears & cottage cheese 	17 <b>Chicken &amp; Herbed Fettuccine</b> , Starch In Main, Strawberry Spinach Salad, California Vegetables, Wheat Roll, Berry Pie	18 <b>Sloppy Joe</b> , Sweet Potato Puffs, Marinated Vegetable Salad, Pears, Peaches n' Cream Bar
21 <b>Crunchy Chicken Salad</b> , Potato Salad, Spinach Salad w/mandarin oranges, W/WW Bread, Chilled Apricots	22 <b>Happy Birthday!</b> <b>Spaghetti w/Meat Sauce &amp; Noodles</b> , Minnesota Green Beans, Garden Vegetable Salad, Focaccia Bread, Apple Juice, Peachy Pudding 	23 <b>Pork Chop Supreme</b> , Scalloped Potatoes, German Blend Vegetables, Orange Juice, Ambrosia Fruit Cup, Oatmeal Spice Cake	24 <b>Baked Breaded Fish</b> , Chips (Home Fries), Balsamic glazed Green Beans, Creamy Cole Slaw, Pineapple Chunks, Tapioca Pudding	25 <b>National Chili Dog Day</b> <b>Chili Dog on Wheat Hot Dog Bun</b> , Relish Tray, Lettuce, Tomato, Pickle, Melon Cup 
28 <b>Scrambled Egg/Ham Slice</b> , French Toast, Grilled Onions & Peppers, V8 Juice, Strawberry & Bananas w/ granola, Orange Juice	29 <b>National Lasagna Day</b> <b>Lasagna</b> , Mediterranean Veg, Mixed Green Salad, Garlic Bread, Blue Barb Crisp 	30 <b>Turkey Club Sandwich</b> , Potato Salad, Mixed Green Salad, Roll, Tropical Fruit Cup, Fudge Brownie	31 <b>Beef &amp; Broccoli Stir Fry</b> , Steamed Brown Rice, Steamed Carrots, Wheat Bread, Pears	2% Milk, Butter, Iced Tea and Lemonade Served Daily

Serving time for lunch will be 12 noon!

Please Call Rendezvous Point @ 367-2881 before 9:30am for your Reservations

# ACTIVITIES



Jacob with Four Pines PT  
on **Wednesdays at 10am** for guided  
exercise to help improve mobility,  
balance, strength, and overall  
well being thru exercise.  
Come improve your physical  
well being!

**Thank You Jacob for your dedication to our seniors!**

**We would also like to thank Megan and Brooke for  
helping to change it up for us every once in a while!**

## **Attention Bingo Players!!**

**Candy Bar Bingo Day will be the first Monday  
of the month.**

**Bring a regular size candy bar for an additional  
prize for each game!!**



## **Ukulele Practices**

**Every 2nd and 4th Thursday of the  
month at 1:00 P.M.**

**A fun time to learn and practice!!**

## **Cookbook Fundraiser Meeting**

**Monday July 7th at 11 AM**

**A chance to go over ideas and input on how we  
would like it to look.**

**Everyone is welcome. Please bring us your ideas!**

**A-A-R-P! I wanna join the A-A-R-P!**



The Retirement Village People



## **Chair Yoga with Teisha !! Mondays and Thursdays**

**from 10am - 11am  
at Rendezvous Pointe.  
Come and take part in a fun  
yoga session!!  
Your body will thank you!!**

## **Dog Toenail Clipping**

**on July 24, 2025**

**at 12:45pm.**

**Please have your dog on leash.**



## **Dominoes**

**Wednesdays at 1:00pm**

**Come join the fun of mental exercise!  
No need to sign up, just come and play!  
We learn new versions regularly.  
All Fives, Threes and Fives, Moon & 42.**



**Public Health comes to Rendezvous Pointe to do free  
Blood Pressure checks during lunch the second  
Wednesday of the month.**

**Some activity ideas have been brought up such as  
chair volleyball, a pool tournament and karaoke.  
We are looking for input on these or any other  
ideas you may have. We would like to add some  
more activities.**

**Please see Anissa with your thoughts.**



**Darcy will be here to cut toenails on**

**Wednesday, July 16th, 2025**

**Please call Charlee to schedule your  
appointment.**





## “Seniors On The GO” 2025



A HUGE THANK YOU goes out to BOCES for \$4000.00 in grant funds to support our Seniors On the Go Program! This support helps enrich our seniors' lives and fosters a spirit of adventure by educating our seniors on Wyoming's rich history. Thank you again for your ongoing support of Rendezvous Pointe and our programs to enhance our senior's well being. Following are some planned excursions:

**July 9th -- Big Piney Museum and Lunch at Southwest Sublette County Pioneer Senior Center**

**\$5.00 trip fee/person**

**July 15th -- Jenny Lake Boat Tour and lunch at Dornan's Chuckwagon in Moose, WY**

**\$42.00 trip fee/person includes boat tour (paid by July 11th)**

**July 23rd -- Thermopolis Dinosaur Museum and Dig Site**

**\$15.00 trip fee/person + \$18.50 admission/senior**

**Sign up sheets will be posted about 2 weeks before each trip. Trip fee must be paid at least three days before trip departs RP. Seven passengers on each trip in van. Seniors are responsible for their meals on trips, unless stated otherwise. Always water and snacks in van! All trips subject to change.**

# Independence day

**Come and join us for our**

**4th of July BBQ**

**July 3, 2025 at 12 PM**

**Hamburgers, hot dogs and the fixins'**

**Thank you to [Jonah Energy](#) for  
sponsoring this event!**



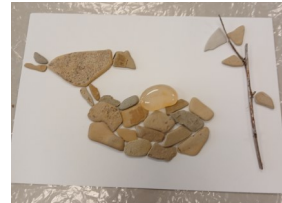


The Pebble Art class was a huge success!!! We had a lot of fun making pictures using pebbles and sticks.

Who knew this



could become this!!



Vicky Biffle hosted this class and brought treats to enjoy while making art!!

Thank you!!



*Enjoy  
Every  
Moment*



We went on a picnic to Fremont Lake!!

We had a few sprinkles of rain, a cool wind, sunshine and some fresh air!!

It was good to be outside and have some good food and great conversation!!

We will definitely do it again!!







**Had a great time celebrating Father's Day !!**



### Quiet Beauty

While going for a walk one day  
We stopped for peaceful rest  
We gazed across at Aspen Ridge  
Beautiful from foot to crest

And there upon the ridge itself  
A trail, a bridge, and trees  
A peaceful quiet place we found  
Caressed by evening breeze

Looking out on Aspen Ridge  
Its beauty to behold  
Could it have fallen right in place  
From the Creator's mold  
~~Rich Boettcher

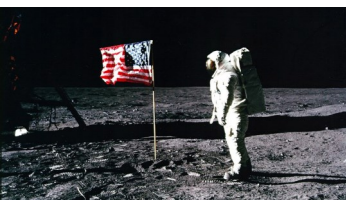
**Yesterday is history, Tomorrow is a mystery  
But Today is a gift,  
That's why they call it the Present!!**

### It happened in July....

**July 1, 1862** - President [Abraham Lincoln](#) signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000. Also on this day, the Bureau of Internal Revenue was established by an Act of Congress.

**July 1, 1863** - Beginning of the [Battle of Gettysburg](#) during the American [Civil War](#).

**July 4, 1776** - The [Declaration of Independence](#) was approved by the Continental Congress.



**July 20, 1969** - A global audience watched on television as [Apollo 11](#) Astronaut Neil Armstrong [took his first step](#) onto the moon. As he stepped onto the moon's surface [he proclaimed](#), "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.

**July 31, 1790** - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlash and potash. The patent was signed by [George Washington](#) and [Thomas Jefferson](#).





425 E. Magnolia  
P.O. Box 804  
Pinedale, WY 82941

NON - PROFIT  
U.S. POSTAGE  
PAID  
PINEDALE, WY  
PERMIT #34

