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Hours: Monday—Friday, 8am—4pm

This complete newsletter
can be viewed on our website.

June
2025





EMPLOYEE DIRECTORY

Director - Tina Kaumo-Corazza

Financial Director - Cher Rosencranse

Adm. Asst. - Charlee Thomson

Activity Director/Newsletter - Kathy Allen

Transit Coordinator - Hannah Bennett

Transit Driver - Blake Ober
Mike Deleeuw

Case Manager/SAMS - Jennifer Peterson
Flor Quezada---**Homemaker**
Becky Johns---**Homemaker**

Kitchen Manager - Kerri Anderson
Assistant Kitchen Manager—Jessica Leonard

Kitchen Staff—
Jody Wilson, Flor Quezada,
Sharon Bell, Lydia Petersen,
Zoey Hedgepeth,
Mavzuna ToshpuLatova

Board of Trustees

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From the Director

Happy Spring from all of us here at Rendezvous Pointe! May your season be filled with fresh air, warm sunshine and lots of laughs.

As some of my know and others may not, Holly has announced that she has accepted a new position outside of Rendezvous Pointe. Holly acknowledges that this was a very challenging decision, as she truly cherishes the staff and seniors here. In her announcement, Holly conveyed her profound gratitude for the remarkable journey she has experienced at Rendezvous Pointe.

Our heartfelt best wishes go out to Holly as she embarks on her new endeavor. Her contributions to our kitchen have been invaluable and her passion for culinary excellence has inspired us all. We are incredibly grateful for the seamless transition she ensured, leaving us in a strong position to continue delivering the high standards our community has come to expect.

Taking the reins as Kitchen Manager is Kerri, who has been an integral part of our team for quite some time. Her deep understanding of our operations combined with her dedication to quality will undoubtedly keep our kitchen running smoothly. Kerri has always exemplified strong leadership qualities, and we are excited to see how she will elevate our team even further.

We are also thrilled to announce the hiring of Jessica Leonard as our new Assistant Kitchen Manager. Jessica brings a wealth of experience, having honed her culinary skills at the Kemmerer Hospital. Her background in both cooking and baking will undoubtedly enrich our offerings and provide fresh inspiration to our menu. We are confident that Jessica's enthusiasm and expertise will compliment Kerri's vision perfectly, fostering a collaborative and innovative environment in the kitchen.

As we move forward into this new chapter, we encourage everyone to welcome Kerri and Jessica with open arms. Together, we look forward to crafting delicious meals and creating memorable experiences here at Rendezvous Pointe. Here's to new beginnings and continued success!

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.

Sometimes I wonder what happened
to the people who asked me for
directions



BINGO!!!
Mondays @
1:00pm



We have planned some trips and have others in
the works. Please bear with me!

Please let Anissa know what you think.

We are going to do a cookbook for a fundraiser
this Fall. We are in the early planning, but would
love some input and help with getting this project
going. We will need some artists as we want to
use artwork for covers and dividers. We will be
scheduling some times to get together and would
love help from everyone interested. We will post
the times when we have them scheduled.



Lunch and a Movie
in Marbleton
Thursday, **June 26, 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!!

June dates are the 10th and 24th

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!



JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

ALZHEIMERS TOP 10 EARLY SIGNS



MEMORY LOSS



CHANGES
IN MOOD



MISPLACING
BELONGINGS



HARD TO COMPLETE
FAMILIAR TASK



CONFUSION OF
TIME AND PLACE



SOCIAL
WITHDRAWAL



POOR
JUDGEMENT



STRUGGLING TO
COMMUNICATE



CHANGES IN
VISION

ACTIVE SENIORS By the Numbers



Adults **65 and older**
need at least
150 minutes
of moderate-intensity activity weekly,
according to the Centers for Disease
Control and Prevention.

Someone develops Alzheimer's every
66 seconds
in the United States, according to
the Alzheimer's Association.

1/4 of Americans aged
65 and older
fall each year,
according to the National
Council on Aging.

Seniors who do strength
training at least
2 days
a week are
46 percent
less likely to die from any
cause, according to the
Penn State College of
Medicine Study.

Brain exercises help older adults stay sharper
10 years longer
according to the Advanced Cognitive Training for
Independent and Vital Elderly study.



Nearly **1/2** of adults with arthritis report no
leisure-time physical activity, according to the
Arthritis Foundation.

10 ways to reduce your risk of dementia

Alzheimer
Society



Be physically active each day
Get moving! Any physical activity
is better than none at all.



Protect and support your hearing
Hearing loss in midlife can increase
dementia risk by an average of 90%.
Use hearing aids if needed – they
help reduce that risk.



Stay socially active
Stay connected and engaged with
your family, friends and community.
Social isolation in later life can increase
dementia risk by an average of 60%.



Manage your medical conditions
In collaboration with your
health-care provider, try to manage
complex conditions such as diabetes and obesity
as best you can.



Quit smoking
Get support in quitting or reducing
smoking. Even in later life, these steps can
improve your brain health and reduce your
dementia risk.



Seek support for depression
Depression is more than just feeling
sad. Seeking depression treatment
and support will help improve your mood and
brain functioning.



Drink less alcohol
Drinking more than 12 standard
drinks a week in midlife increases
dementia risk by an average of 20%.
If you need help in quitting or limiting alcohol,
speak with your health-care provider.



Protect your heart
Working with your health-care
provider, monitor and manage your
blood pressure and heart health. What's good
for the heart is also good for the brain!



**Avoid concussion and
traumatic brain injury**
Steer clear of activities where
you might put your brain at risk of harm.
Play, travel and work safe!



Aim to get quality sleep
Work toward sleeping well for 6 to 8
hours each night. If you experience
sleep apnea or other sleep issues, talk to your
health-care provider for treatment options.

The more actions you take, the better! Learn more at alzheimer.ca/ReduceYourRisk.

© June 2023, Alzheimer Society of Canada.

Tips to Care for Someone with Dementia

Establish a Routine

Maintain a consistent daily schedule to provide
stability and reduce confusion for your loved one.

Remove tripping hazards, install handrails, and consider
childproof locks to ensure safety throughout the home.

Create a Safe Environment

Encourage Independence

Support your loved one in completing tasks they can
still manage independently to maintain their sense of
autonomy.

Use clear, simple language and maintain eye contact
to enhance understanding and reduce frustration.

Effective Communication

Stay Patient

Understand that repetitive questions and behaviors are
common with dementia; respond calmly and kindly.

Label drawers and cabinets, use visual cues, create
memory aids like notes and calendars to assist with
daily activities.

Utilise Memory Aids

Engage in Activities

Stimulate cognitive function through puzzles, music, art,
and other activities tailored to your loved one's interests.

Remember to prioritise your own physical and
emotional well-being to prevent burnout.

Take Care of Yourself

www.wisechoicehlc.com.au

June Birthdays

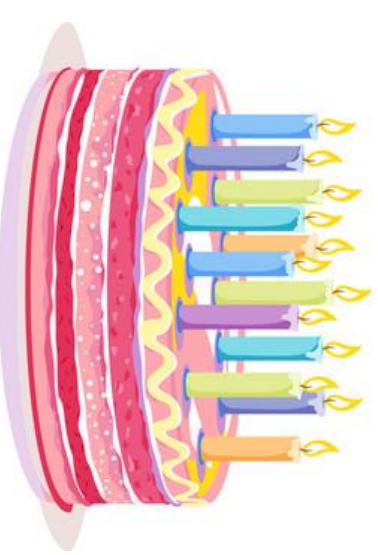


| | |
|----|---|
| 1 | Tim Halstead |
| 2 | Bev Sharp |
| 3 | Thomas Dirks Gaye Fletcher |
| 4 | Ken Petty |
| 5 | Audie Welsch |
| 7 | Kenneth Crivea Marla Kalal Shirleen D'Amato Nancy Stephens Chris Thomas |
| 9 | Jerry Warden |
| 10 | Phillip Reints Greg Noble |



| | |
|----|--|
| 12 | Rita Saul |
| 13 | Kaylene Schwartz Heidi Theios |
| 16 | Mary Manderfield Karen Skinner Laurel Barrett Mark Wilcox |
| 18 | Cynde Wilson Reta Allred |
| 19 | Jeanne Stott |
| 20 | Anna Golden |
| 21 | Marty Salvesen Maggie Melondez |
| 22 | Hugh Hanning Joan Swain Ric Samulski Philip Selby |

| | |
|----|---|
| 23 | Bob Penton |
| 24 | Robert Ray Beverly Saxon |
| 25 | Sherri Wilcox Mary Anne Almquist Bill Goulart |
| 26 | Pam Murdock |
| 27 | Jon Nelson |
| 28 | Toni Bohnet Charlotte Faler |
| 29 | Karen Anderson Wanda Jones Luke Morgan |
| 30 | Kent Snidecor Martin Granica |



| Mon | Tue | Wed | Thu | Fri |
|---|--|---|--|---|
| 2 10a ~ Chair Yoga / Teisha 1p ~ Candy Bar Bingo | 3 9a ~ Wii Bowling 9a-4p ~ Art 12:20p ~ Pinochle 1p ~ Mahjong | 4 9a-4p ~ Art/Pottery 10a ~ Pebble Art hosted by Vicky Biffie 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ Pebble Art hosted by Vicky Biffie | 5 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool FOOD BANK OF WYOMING | 6 1p ~ Hand & Foot 11a ~ Picnic |
| 9 10a ~ Chair Yoga / Teisha 1p ~ Bingo | 10 9a ~ Wii Bowling 9a-4p ~ Art 12:20p ~ Pinochle 1p ~ Mahjong | 11 9a-4p ~ Art/Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Darcy Toenails | 12 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool | 13 1p ~ Hand & Foot Sable Stitches |
| 16 Father's Day Lunch 10a ~ Chair Yoga / Teisha 1p ~ Bingo | 17 9a ~ Wii Bowling 9a-4p ~ Art 12:20p ~ Pinochle 1p ~ Mahjong | 18 9a-4p ~ Art/Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes | 19 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 7a ~ Thermopolis Dinosaur Museum | 20 SUMMER SOLSTICE  CLOSED |
| 23 10a ~ Chair Yoga / Teisha 1p ~ Bingo | 24 9a ~ Wii Bowling 9a-4p ~ Art 12:20p ~ Pinochle 1p ~ Mahjong | 25 9a-4p ~ Art/Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes | 26 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 12:45 ~ Dog Toenail dipping / Patti Lunch/Movie Marbleton | 27 1p ~ Hand & Foot Sable Stitches |
| 30 10a ~ Chair Yoga / Teisha 1p ~ Bingo | <div> <h1>June 2025</h1> <p>All activities are subject to change.</p> </div> | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 Salisbury Steak w/Mushroom Gravy , Baked Potato, Country Blend Vegetables, Spinach Strawberry Salad, Peaches in Orange Sauce, Gingerbread Cake | 3 Baked Chicken , Macaroni Salad, Vegetable Tossed Salad, California Blend Vegetables, W/W Roll, Cinnamon Pears | 4 National Cheese Day Swedish Meatballs , Pasta, Jean's Salad, Carrot Coins, Wheat Roll, Bananas & Mandarin Oranges  | 5 Philly Cheesesteak , Sandwich, Coleslaw, Fruit Salad, Oatmeal Raisin Cookie | 6 National Donut Day Parmesan Chicken , Garlic Mashed Potatoes, Mixed Relish Tray, Seasoned Zucchini, WW Bread, Fresh Fruit  |
| 9 Poppy Seed Chicken , Steamed Brown Rice, California Blend Veg., Spinach Mushroom Salad, WW Roll, Bananas & Mandarin Oranges | 10 HAPPY BIRTHDAY! National Iced Tea Day Meat Loaf , Whipped Potatoes, Garden Vegetable Salad, Carrot Coins, Wheat Bread, Mixed Berries  | 11 Lemon Baked Fish , Roasted Red Potatoes, Creamy Coleslaw, Italian Vegetables, Strawberry Shortcake, Wheat Crackers | 12 Submarine Sandwich , Relish Tray, Creamy Coleslaw, 3 Bean Salad, Wheat Bun, Melon Cup | 13 Biscuits & Sausage Gravy , Roasted Potatoes, V8, Wheat Biscuit, Fruit Cup, Parfait w/ berries |
| 16 Father's Day BBQ Pork , Boston Baked Beans, Confetti Coleslaw, Spinach Salad with tomatoes, Wheat Roll, Apricots  | 17 Parmesan Chicken , Spaghetti, Tossed Salad, Mixed Vegetables, Wheat Roll, Applesauce | 18 Chicken Fried Steak , Mashed Potatoes, Tossed Salad w/ Italian, Carrot Coins, Homemade Bread WW, Mandarins & Bananas | 19 Chicken Enchiladas , Black Beans, Corn & Zucchini Mexicana, Tossed Salad w/ Italian, Cantaloupe & Grapes | 20 Long Weekend Closed |
| 23 Beef & Spinach Wrap , Carrot & Celery Sticks, Granola Bar, Fresh Fruit | 24 HAPPY BIRTHDAY! Chicken Pot Pie w/Potatoes , Peas, Carrots & Biscuit, French Style Green Beans, Mixed Green Salad, Fruit Pizza  | 25 Braised Pork Chop , Mashed Potatoes, Lettuce & Tomato Salad, Carrot Coins, Wheat Roll, Chilled Apricots | 26 National Chocolate Pudding Day Taco Salad on Corn Chips , Peas & Carrots, WW Bread Stick, Melon Cup, Rocky Road Pudding  | 27 National Pineapple Day Tuna Noodle Bake , Spinach Salad with Strawberry, California Blend Vegetable, Whole Wheat Bread, Citrus Fruit Salad, Fruit Pizza  |
| 30 Orange Glazed Chicken , Fried Brown Rice, Garden Vegetable Salad, Grilled Broccoli, Wheat Bread, Cinnamon Pears, Mixed Berry Crisp | 2% milk, butter, lemonade and iced tea served daily. | | | |

June 2025

Serving time for lunch will be 12noon!

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!!



**Pebble Art hosted by
Vicky Biffle**

**Wednesday June 4th
at 10 AM & 1 PM**

**(offering 2 classes or continua-
tion from earlier class)**

Come join the fun!!



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 **Thursday, June 26th**
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 June 11th, 2025
**Please call Charlee to schedule your
appointment.**



Seniors On The GO



Thank you BOCES for your continued support of community education and our seniors!

June 6th - Friday: Let's go on a picnic. Lunch will be sandwiches, potato salad, fresh fruit, chips and desert.

June 11th - Wednesday: Shopping Day in Rock Springs. Trip fee \$5/person

June 20th - Friday: Thermopolis, Dinosaur Museum. Trip fee - \$15/person; Museum admission - \$18.50 (this includes museum and visit to dig site).

July 8th - Tuesday: Big Piney Museum and Lunch. Trip fee - \$5/person; Museum admission is free

Sign-up sheets will be posted about 3 weeks before each trip. Trip fee must be paid for at least 3 days before the 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. More trips are in the works!:))



For those of you who do not have the time or ability to participate in an actual dig experience we offer an hour long trip to our most famous and scientifically significant dig site, the most aptly named Something Interesting (SI) quarry. By taking a short 10-minute ride in our tour vehicle, you will receive an instructional tour, you will not soon forget.



Your visit to the extraordinarily rich dig site, begins with a brief introduction to the geology of the area, a general background and history of the museum and dig sites, where most of our bones are found, and an overview of the dinosaurs found on our property. The SI quarry is covered by a large building which houses the entire site and provides ample shade for every visitor.



Since 1990, the Green River Valley Museum has created an environment in which local history can be shared and celebrated.

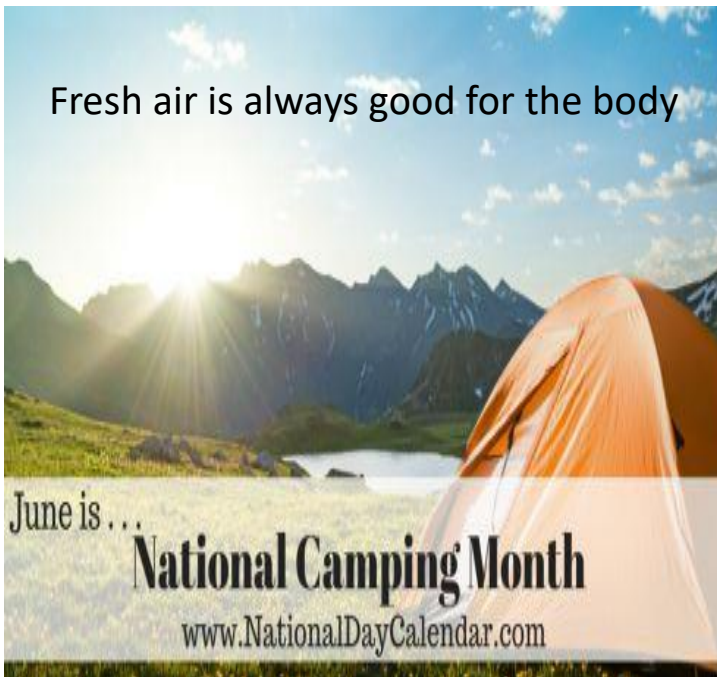
June 14: Flag Day

On this date in 1777, the Second Continental Congress adopted the flag of the United States.

Teaching resources at:
FCIT.USF.EDU/PROJECT/FLAG



Fresh air is always good for the body



5 GENIUS CAMPING HACKS



1 WRAP YOUR WATER BOTTLE WITH DUCT TAPE
It comes in handy to patch a tear in your tent or food bag or cover blisters.



2 MAKE A DIY FIRST AID KIT
Pack a pain reliever, some Band-aids, gauze, tweezers, in a used Altoids tin or pill bottle.



4 STOW SPICES IN A PILLBOX
Our favorites to have in the woods: cayenne, everything bagel seasoning, and cinnamon (levels up hot cocoa!).

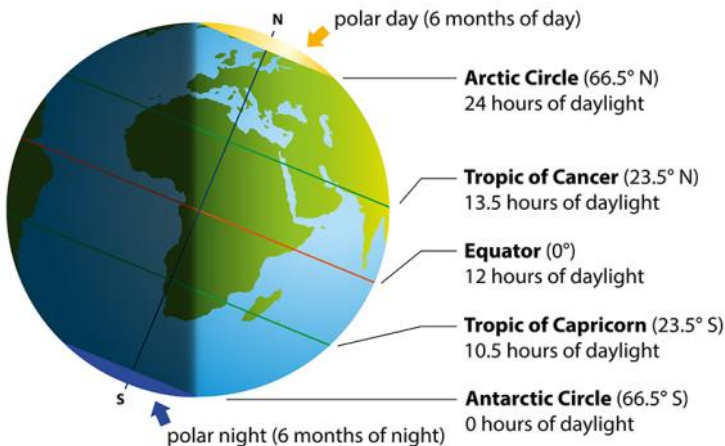


5 MAKE TRAVEL COFFEE BAGS
Pour ground beans into a coffee filter and tie off the top with dental floss.



3 BURN FRESH SAGE IN YOUR CAMPFIRE
The herb wards off mosquitos.

summer solstice (June 21)



What is a Solstice?

A **solstice** is an astronomical event that occurs twice a year when the Sun reaches its highest or lowest point in the sky, resulting in the longest or shortest day of the year.

The **summer solstice**, typically around June 21st in the Northern Hemisphere, marks the longest day and shortest night, signifying the beginning of summer. Conversely, the **winter solstice**, approximately on December 21st in the Northern Hemisphere, marks the shortest day and longest night, heralding the start of winter.

Solstices have cultural, spiritual, and agricultural significance, often celebrated with rituals, festivals, and observances worldwide throughout history.





A huge "Thank you" to the UW Geology department who came as part of their STEM Roadshow event. They taught us two identify common minerals and how fossils are preserved, through hands on activities and discussion.

Thank you Holly for your dedication and delicious meals for our seniors and guests.

We wish you the very best!!



Arlinda McLaughlin joined us for C&C to share with us how to grow in lick buckets. She is always full of knowledge and passionate about gardening!!

Thank you!!!

Our seniors really enjoyed the experience and using the equipment brought such as a microscope to take a closer look at all kinds of minerals.



Thank you Sue Eversull for playing such an important role in bringing the Wyoming Food Bank of Wyoming to Pinedale.

It happened in May....

June 5th - Robert F Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles.

June 6th - D-Day, the largest amphibious landing in history landed in Normandy.



June 12th - Civil rights leader Medgar Evers was assassinated in Jackson, Mississippi. This led President Kennedy to propose a comprehensive Civil Rights Law.

June 18th - Dr. Sally Ride, a physicist and pilot, became the first American woman in space, beginning a six-day mission aboard the space shuttle Challenger.





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Happy Father's Day!!

Thank you for your time, your
care and your love.