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

Hours: Monday—Friday, 8am—4pm

This complete newsletter  
can be viewed on our website.

# June 2026





### EMPLOYEE DIRECTORY

**Director** - Katie Lane  
**Financial Director** - Cher Rosencranse  
**Adm. Asst.** - Charlee Thomson  
**Activity Director/Newsletter** - Anissa McCutchan  
**Transit Coordinator** - Melanie Howey  
**Transit Driver** - Mike Deleeuw  
Melvin Goetz  
**Case Manager/SAMS** - Jennifer Peterson  
**Homemakers** - Kodie Hammer, Joni Harley  
**Kitchen Manager** - Kerri Anderson  
**Assistant Kitchen Manager**— Holly Hansen  
**Kitchen Staff**—  
Jody Wilson, Sharon Bell,  
Lydia Petersen, Zoey Hedgepeth  
Mavzuna ToshpuLatova,

### Board of Trustees

**Richard Smith - Chair** 559-352-5047  
e-mail: rxsmith2552@yahoo.com  
**Linda Trimmer - Vice Chair** 752-1077  
e-mail: ltrimmer719@gmail.com  
**Ruth Neely - Treasurer** 360-7009  
e-mail: rneely14@hotmail.com  
**Lourinda Beierle - Secretary** 231-0047  
e-mail: rod031@centurytel.net  
**Bettina Sparrowe** 231-0070  
e-mail: bat1969@icloud.com  
**Dave DeMent** 510-520-2372  
e-mail: david.dement@ymail.com

# From the Director

Welcome to June!

Summer is officially here (I think), which brings longer days, warmer weather (hopefully), and a brand new calendar of events & activities to our senior center.

This month is all about connection and celebration as we honor all the incredible fathers, grandfathers, uncles, and male mentors in our community and kick off our summer activity schedule full of fun road trips and new activities. It is the perfect season to try a new hobby and catch up with old friends while making new ones.

I want to take a moment to thank all the volunteers and staff who assisted with the Food Bank of the Rockies. And we also want to send a big thank you to the Bank of Jackson Hole and Pat Schwab for their continued support of our seniors with the monthly birthday lunch. So much gratitude for all the helping hands who work together every month to make this place so great!

To Jeanene Esterholt, thank you for your dedication and service to Rendezvous Pointe as a valued member of our Board of Trustees. We are sad to see your term end.

Also, join us in welcoming our new transit driver to the team! Melvin comes to us with a background in bus, truck, and taxi driving, and security over-watch. He will be a valued asset to the team.

Thank you for making our center such a warm, lively, and wonderful place to be. I look forward to seeing you around the center this month! Please invite your neighbors, friends, acquaintances to come in and see where all the good food and fun is happening here in Pinedale!

Warmly,  
Katie Lane  
Executive Director

**Coffee & Conversation on Friday mornings at 9:00am  
Sponsored by**

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



Rendezvous Pointe is looking at expanding our weekday home delivered lunches to include Daniel and Barger. In doing this, we would need volunteers to help with this program.

There is a great need for meals for our homebound seniors.

If you would be interested in volunteering for this service, please contact the staff at Rendezvous Pointe at 307-367-2881.

**Podiatrist Dr. Stanton Smith**

will be coming to Rendezvous Pointe on  
**Monday, July 13, 2026**

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.



Board of Trustees Meetings are the 2nd  
Wednesday in January, March, May, July, Sep-  
tember and November.

The next meeting will be on

**July 8, 2026**

Everyone is welcome!

Sublette County Rockhounds  
hosting the annual  
Wyoming State Mineral & Gem Society  
**Gem & Mineral**  
Our Club's  
**10<sup>th</sup>**  
ANNIVERSARY  
**Show**  
**June 19-21, 2026**  
Friday & Saturday, 9am - 5pm  
Sunday, 9am - 3pm  
Sublette Co. Fairgrounds  
Event Center, 10937 Hwy 189  
Big Piney, Wyoming

We will take the van over on June 19, 2026.

We will leave RP at 8:15am and return around  
3pm.

There will be a signup sheet as the van can only  
take 8 people.



Lunch and a movie

in Marbleton

**June 25, 2026**

Van will depart at 10:45 am

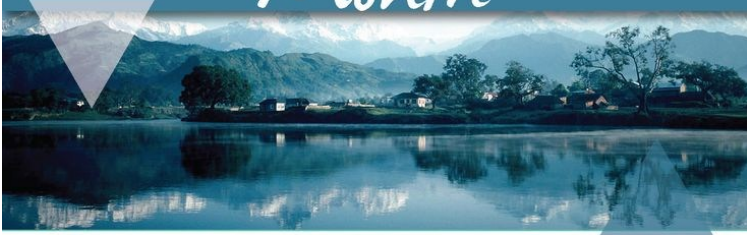
The Bank of Jackson Hole will be hosting  
lunch on



**June 9, 2026**

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

# National GREAT OUTDOORS Month



## Why Spending Time Outdoors is Good for You!

Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D.

### YOUR VITAMIN D LEVELS RISE

Studies suggest that this vitamin helps fight certain conditions, from osteoporosis and cancer to depression and heart attacks. Limited sun exposure (don't overdo it), supplemented with vitamin D pills if necessary, is a good regimen.

Light tends to elevate peoples mood, and there's usually more light available outside than in. Physical activity has been shown to help people relax and cheer up, as if being

### YOU'LL BE HAPPIER

outside replaces inactive pursuits with active ones, it might also mean more smiles.

If you make getting outside a goal, that should mean less time in front of the television and computer

### YOU'LL GET MORE EXERCISE

and more time walking and doing other things that put the body in motion. Not to mention vitamin D strengthens the body allowing for more endurance for physical activities.

In one study, people recovering from spinal surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light. An older study showed that the view out the window

### YOU MAY HEAL FASTER

(trees vs. a brick wall) helped recovery in the hospital.



## June is Men's Health Month



01

**Eat Healthy.** Start by taking small steps like saying "no" to super-sizing and "yes" to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

**Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

**Make Prevention a Priority.** Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

**100%**

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

**1994**

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

**1 in 2**

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

**88.9**

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

### ONLINE RESOURCES

Men's Health Month  
[MensHealthMonth.org](http://MensHealthMonth.org)  
 Men's Health Network  
[MensHealthNetwork.org](http://MensHealthNetwork.org)  
 Get It Checked  
[GetItChecked.com](http://GetItChecked.com)  
 Talking About Men's Health Blog  
[TalkingAboutMensHealth.com](http://TalkingAboutMensHealth.com)  
 Men's Health Resource Center  
[MensHealthResourceCenter.com](http://MensHealthResourceCenter.com)



MensHealthMonth



MensHealthMonth

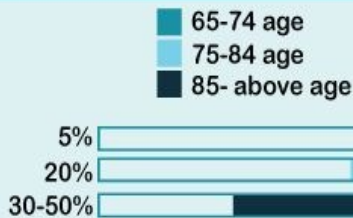


MH@menshealthweek.org

**AWARENESS. PREVENTION. EDUCATION. FAMILY.**

# Alzheimer's & Brain Awareness Month

Alzheimer's disease is the most common cause of dementia accounting for around 60-80% of cases.



The percentage of people with Alzheimer's Disease increases with age:

- <5% of people aged 65-74,
- <20% of people aged 75-84,
- >30% and <50% of people aged 85 and older.



6.08

Alzheimer's Disease affects around 6.08 million people in the United States in 2017.

Females show a higher proportion of prevalence of the disease as compared to males.

Around 5 million Americans aged 65 years or older had Alzheimer's Disease and will rise upto 14 million people by 2060.



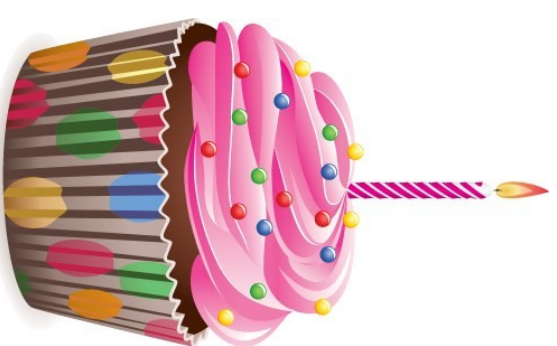
# June Birthdays







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



|    |   |
|----|---|
| 12 | Rita Saul   |
| 13 | Kaylene Schwartz<br>Heidi Theios                                  |
| 16 | Mary Manderfeld<br>Karen Skinner<br>Laurel Barrett<br>Mark Wilcox |
| 18 | Cynde Wilson<br>Reta Allred                                       |
| 19 | Jeanne Stott  |
| 20 | Anna Golden   |
| 21 | Marty Salvesen<br>Maggie Melondez<br>Steve Nelson                 |
| 22 | Hugh Hanning<br>Ric Samulski<br>Phillip Selby                     |

|    |  |
|----|--|
| 23 | Bob Penton                                   |
| 24 | Robert Ray<br>Beverly Saxton                 |
| 25 | Sherril Wilcox<br>Bill Goulart               |
| 26 | Pam Murdock                                  |
| 27 | Jon Nelson                                   |
| 28 | Toni Bohnet<br>Charlotte Faler               |
| 29 | Karen Anderson<br>Wanda Jones<br>Luke Morgan |
| 30 | Kent Snidecor                                |

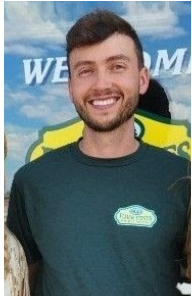


| Mon  | Tue  | Wed   | Thu   | Fri  |
|--|--|---|---|--|
| <p>1<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ BINGO</p>  | <p>2<br/>10a ~ Wii Bowling<br/>9a-4p ~ Art<br/>12:30p ~ Pinochle<br/>1p ~ Mahjong</p>  | <p>3<br/>9a-4p ~ Art / Pottery<br/>10a ~ Four Pines PT / Jacob<br/>10a ~ Pool<br/>1p ~ Dominoes</p>   | <p>4<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ Fiber Guild<br/>1p ~ Pool<br/><b>FOOD BANK OF WYOMING</b></p>     | <p>5<br/>1p ~ Hand &amp; Foot<br/><b>LIBRARY OUTREACH</b></p>                                     |
| <p>8<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ BINGO</p>  | <p>9<br/>10a ~ Wii Bowling<br/>9a-4p ~ Art<br/>12:30p ~ Pinochle<br/>1p ~ Mahjong</p>  | <p>10<br/>9a-4p ~ Art / Pottery<br/>10a ~ Four Pines PT / Jacob<br/>10a ~ Pool<br/>1p ~ Dominoes<br/><b>GHSC / Museum - Green River</b><br/>Darcy Toenails</p>      | <p>11<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ Fiber Guild<br/>1p ~ Pool<br/>Darcy Toenails</p>                 | <p>12<br/>1p ~ Hand &amp; Foot<br/><b>SABLE STITCHERS</b><br/><b>Shopping Day - Rock Springs</b></p>   |
| <p>15<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ BINGO</p>   | <p>16<br/>10a ~ Wii Bowling<br/>9a-4p ~ Art<br/>12:30p ~ Pinochle<br/>1p ~ Mahjong</p>  | <p>17<br/>9a-4p ~ Art / Pottery<br/>10a ~ Four Pines PT / Jacob<br/>10a ~ Pool<br/>1p ~ Dominoes<br/>1p ~ <b>In House Movie</b></p>                                 | <p>18<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ Fiber Guild<br/>1p ~ Pool<br/><b>Dog Toenails / Patti</b></p>    | <p>19<br/><b>JUNE TEENTH</b><br/>Freedom Day<br/><b>CLOSED</b><br/>Gem &amp; Mineral Show Trip</p>  |
| <p>22<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ Pick a Prize BINGO</p>  | <p>23<br/>10a ~ Wii Bowling<br/>9a-4p ~ Art<br/>12:30p ~ Pinochle<br/>1p ~ Mahjong</p>  | <p>24<br/>9a-4p ~ Art / Pottery<br/>10a ~ Four Pines PT / Jacob<br/>10a ~ Pool<br/>1p ~ Dominoes<br/><b>Riverton Casino Trip</b></p>                                | <p>25<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ Fiber Guild<br/>1p ~ Pool<br/><b>Lunch / Movie Marbleton</b></p> | <p>26<br/>1p ~ Hand &amp; Foot<br/><b>SABLE STITCHERS</b></p>  |
| <p>29<br/>10a ~ Chair Yoga / Teisha<br/>1p ~ BINGO</p>   | <p>30<br/>10a ~ Wii Bowling<br/>9a-4p ~ Art<br/>12:30p ~ Pinochle<br/>1p ~ Mahjong</p>   | <p><b>June 2026</b></p> <p>Activities are subject to change without notice.</p>  |   |  |

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| 1<br><b>Biscuits &amp; Sausage Gravy,</b><br>Roasted Potatoes, V8,<br>Wheat Biscuit, Fruit Cup,<br>Parfait w/ berries  | 2<br><b>Chicken Cordon Blue,</b> Rice<br>Pilaf, Tossed Salad,<br>Asparagus, Wheat Roll,<br>Orange, Lemon Bar  | 3<br><b>Beef Fajita w/Flour Tortilla,</b><br>Ranch Style Beans, Lettuce<br>& Tomato Salad, Peaches in<br>Orange Sauce, Oatmeal<br>Raisin Cookie  | 4<br><b>Poppy Seed Chicken,</b><br>Steamed Brown Rice,<br>California Blend Veg.<br>Spinach Mushroom Salad,<br>WW Roll, Bananas &<br>Mandarin Oranges  | 5<br><b>Baked Breaded Fish,</b> Chips<br>(Home Fries), Balsamic glazed<br>Green Beans, Creamy Cole<br>Slaw, Pineapple Chunks,<br>Tapioca Pudding  |
| 8<br><b>Salisbury Steak</b><br>w/ <b>Mushroom Gravy,</b><br>Baked Potato, Country<br>Blend Vegetables,<br>Mandarin Orange Spinach<br>Salad, Blueberry Buckle   | 9 <b>Happy Birthday!</b><br><b>Chicken Pot Pie</b><br>w/Potatoes, Peas,<br>Carrots & Biscuit,<br> French Style Green Beans,<br>Mixed Green Salad, Fruit<br>Pizza | 10<br><b>Braised Pork Chop,</b> Mashed<br>Potatoes, Lettuce & Tomato<br>Salad, Carrot Coins, Wheat<br>Roll, Chilled Apricots   | 11 <b>German Chocolate</b><br><b>Cake Day</b><br><br><b>Chicken &amp;<br/>Herbed</b><br><b>Fettuccine,</b> Relish Tray,<br>California Blend Vegetables,<br>Homemade WW Roll,<br>Grapes & Bananas, Berry<br>Crumble | 12 <b>Peanut Butter Cookie Day</b><br><b>Meatballs on a</b><br><b>Hoagie,</b> Crunchy<br><br>Calico Salad,<br>Green beans, Chilled Peaches |
| 15<br><b>Beef &amp; Broccoli Stir Fry,</b><br>Steamed Brown Rice,<br>Steamed Carrots, Wheat<br>Bread, Pears  | 16<br><b>BBQ Chicken,</b> Potato Salad,<br>Fanny's Cole Slaw, Peaches,<br>Lemon Blueberry Muffin  | 17<br><b>Cheeseburger,</b> Sweet Potato<br>Wedge, Lettuce & Tomato,<br>Garden Bounty Salad,<br>Peaches, Chocolate Chip<br>Cookie   | 18<br><b>Chicken Caesar Salad,</b><br>Pickled Beets, WW Roll,<br>Fruit Cup, Carrot Cake   | 19<br><b>Happy Juneteenth!</b><br><b>CLOSED</b>   |
| 22 <b>Father's Day Lunch</b><br><b>Bratwurst,</b> Oven Baked<br>Fries, Spinach<br>Mushroom<br> Salad, California<br>Blend Veg, Wheat Bun,<br>Strawberries & Bananas | 23<br><b>Beef Stroganoff,</b> Egg<br>Noodles, Creamy Coleslaw,<br>Broccoli, Cinnamon Raisin<br>Bread, Fruity Cherry Gelatin   | 24 <b>Strawberry</b><br><b>Parfait Day</b><br><br><b>Pizza w/Meat &amp;<br/>Veggies,</b> Oregon<br>Bean Medley, Mixed Fruit<br>Cup, Creamy Rice Pudding | 25<br><b>Taco Salad on Corn Chips,</b><br>Peas & Carrots, WW Bread<br>Stick, Melon Cup, Rocky<br>Road Pudding   | 26<br><b>Tuna Salad Sandwich,</b><br>Tomato Dill Soup, Russian<br>Garden Salad, WW Bread,<br>Tropical Fruit Cup, Oatmeal<br>Raisin Cookie   |
| 29<br><b>Chicken Fried Steak,</b><br>Mashed Potatoes, Green<br>Beans w/ bacon, Biscuit,<br>Apricots  | 30<br><b>Dijon Chicken,</b> Steamed<br>Brown Rice, Tossed Salad,<br>Broccoli, WW Bread, Bananas<br>& Pineapple  |    | <b>June 2026</b><br>2% Milk, Butter, Iced Tea and Lemonade Served Daily   |   |

Serving time for lunch will be 12noon!

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



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!

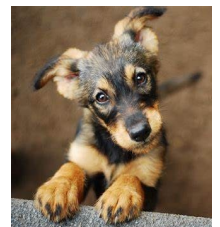
We would also like to thank Megan and Brooke for helping to change it up for us every once in a while!



**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**  
**June 18, 2026**

Please have your dog on a leash!



**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!!

So much tastier than a white elephant!!

Pick a Prize Bingo Day will be the 3rd Monday of the month.

Select a prize with each bingo!!



Come join us for a movie on  
**Wednesday, June 17, 2026 at 1 PM**  
At Rendezvous Pointe  
Movie TBD



**We will be CLOSED June 19, 2026**

**JUNETEENTH**  
CELEBRATE FREEDOM



We are looking ideas for activities to bring to Rendezvous Pointe.

If you have some fun ideas please contact Anissa.

Thank you!



Darcy will be here to cut toenails on  
**June 10 & 11, 2026.**

Please call Charlee to schedule an appointment.  
Thank you Darcy for doing such a great job and your generosity for our seniors!!



# Seniors on the GO

## Let's go have some Fun!!

June 10 -- Golden Hour Senior Center and Sweetwater County Museum

Trip fee: \$5.00 /person

June 12 -- Shopping day in Rock Springs

Trip fee: \$5.00/person

June 19 -- Gem & Mineral Show in Big Piney

Trip fee: \$5.00 / person

June 24 -- Riverton Casino Trip; leave at 7:30AM /return at 5PM

Trip fee: \$10.00/person

July 10 -- The Wall That Heals in Afton

Trip fee: \$5.00 / person

Sign up sheets will be available , you must sign up to go as space is limited. Trip fee must be paid for in advance. Seniors are responsible for their meals on trips unless stated otherwise. Snacks and water provided. All trips subject to change.

### The Housekeepers

They came a waltzing in , to clean my room,  
one had a mop in hand, the other had a broom,  
a nifty duo as they went about their work that day;  
Sunshiny smiles is mostly what they had to say.



We got to talk a little-bit as they mopped,  
cleaned, then vacuumed up the floor.  
We said our fair-thee-wells  
as they headed for the door.

All done they were and that was it, but,  
Hark! surviving was that little-bit.  
You've heard it said to "make my day"  
in a tone not very kind.

There's another way to make one's day  
and they certainly made mine.

~~Rich Boettcher



July 9-11, 2026

Afton, WY

On Veterans Day 1996, the Vietnam Veterans Memorial Fund (VVMF) unveiled a replica of the Vietnam Veterans Memorial in Washington, D.C., designed to travel to communities throughout the United States. Since its dedication, *The Wall That Heals*® has been displayed in more than 800 communities throughout the nation, spreading the Memorial's healing legacy to millions.

We will be taking the van to visit the *Wall That Heals* on

July 10, 2026

More details to come.

# It's happening at Rendezvous Pointe...



We had a fun book folding class and made some beautiful creations!!

Bottom right: Miriam's work of art!!



*where friends become family*



We celebrated Cinco de Mayo with good food and friends!

Left: Earlene couldn't help but get in the spirit!!





We had a wonderful Mother's Day Tea!

We had a large group of beautiful women to celebrate along with their guests!



The food was amazing and a wonderful time was enjoyed.



A huge 'thank you to Charlee, Jennifer, Zoey and the Kitchen staff! I couldn't have done this without you!!



## Calling all Caregivers: You Are Not Alone

If you are caring for a loved one or spouse in Sublette County, the **National Family Caregiver Support Program** at Rendezvous Pointe is here to help you reclaim your time and health.



Caregiving can start as a rewarding and manageable job but as time goes you may start to wonder when you might ever have a minute to yourself again, you feel guilty about wanting time to yourself, you start to lose your needs, dreams and focus. Before it gets to this point, please ask for help! Caregiving can and will most likely affect your mind, body and heart and no one can do this alone!

**We are here to help you find the resources you need.** We offer many resources for Caregivers, from information to services available within community, training, support groups, counseling sources, respite care, grocery shopping, meal prep and some nutritional meals when under the Caregiver Support Program.

### Get Connected Today

All communication is private and confidential. Contact us for an assessment to access these free or low-cost resources.

Jennifer Peterson  
Case Manager  
307-367-2881





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