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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.

March 2026



This document was developed under grants from the Wyoming Department of Health, Aging Division.



EMPLOYEE DIRECTORY

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

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e-mail: david.dement@ymail.com

From the Director



To all the amazing seniors and dedicated staff here at Rendezvous Pointe,

It is with a full heart and a few tugs at my heart strings that I say goodbye as I step into retirement. What a privilege it has been to walk alongside each of you. This place is more than a building — it is a community filled with laughter, resilience, friendship, and love.

To our seniors: you have inspired me every single day. Your stories, your strength, your humor, and your wisdom have shaped me in ways I can't fully put into words. Thank you for trusting me, for sharing pieces of your lives, and for reminding me what truly matters. I will truly miss each and every one of you.

To our incredible staff: you are the heartbeat of Rendezvous Pointe. Your compassion, teamwork, and dedication make this a place where people feel welcomed and cared for. It has been an honor to work beside such talented and generous individuals. I will truly miss the laughter, joy and friendships we have forged. While it is bittersweet to leave, I am also excited for this new chapter. Retirement brings new adventures, but I will always carry Rendezvous Pointe in my heart.

I am thrilled to introduce Katie Lane as my replacement. Katie brings warmth, energy, and a true passion for serving others. I have every confidence that she will continue to build on the strong foundation we've created together and will do a wonderful job leading this amazing community forward. Please welcome her with the same kindness and support you have always shown me.

Thank you for allowing me to be part of your lives. Thank you for the hugs, the laughter, the teamwork, and even the challenges that helped us grow. I leave with a grateful heart and so many cherished memories.

With all my gratitude and affection,
Tina M. Kaumo-Corazza

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

March 6 ~ Beverlee & Ashley, First Western Trust, Talk about current scams

March 13 ~ Kelsey Wagner, PA-C, Urgent Care vs. Emergency Room

March 20 ~ TBD

March 27 ~ Sublette County Sheriff Department, Exploitation of seniors

Getting up to attend Coffee & Conversation is a great way to start your day! Our guests give so much information and educate us on a wide variety of topics. Repeat guests bring us up to date on local matters and projects too. Come join us on Friday mornings at 9am! The coffee and snacks will be ready!!



Podiatrist Dr. Stanton Smith

will be coming to Rendezvous Pointe on
Monday, April 13th, 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, September and November.

The next meeting will be on

March 11, 2026 at 1PM

Everyone is welcome!

Welcome

"Hello everyone! My name is Katie Lane, and I am honored to step into the role of Executive Director at Rendezvous Pointe. I have lived in the Pinedale area for just over 20 years now so I already know some of you well, and I am truly excited to get to know the rest of you as well. It is a privilege to join this wonderful center and to be able to support all of you. I look forward to continuing the center's support of health, wellness, and companionship. I am also thrilled to work alongside such a dedicated group of people (great staff, volunteers, and members) to continue operating such a welcoming community center. Please know my door is always open and I only hope to do as good a job as Tina obviously has. Thank you. Respectfully, Katie Lane"



Lunch and a Movie

in Marbleton

March 26, 2026

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

The Bank of Jackson Hole will be hosting lunch on

March 10th, 2026



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

MARCH IS AMERICAN RED CROSS MONTH

An Annual Celebration of Turning Compassion into Action



WAYS TO GET INVOLVED:

- Donate blood or platelets
- Learn lifesaving skills like CPR
- Volunteer to help in a disaster



Learn More at: www.RedCross.org



Hamilton Township
Mayor's Wellness Campaign
Keeping Hamilton in Motion



Public Health
Prevent. Promote. Protect.

NATIONAL NUTRITION MONTH MARCH

FRIST WEEK

- EAT WITH THE ENVIRONMENT IN MIND

SECOND WEEK

- SEE A REGISTERED DIETITIAN

THIRD WEEK

- STAY NOURISHED AND SAVE MONEY

FOURTH WEEK

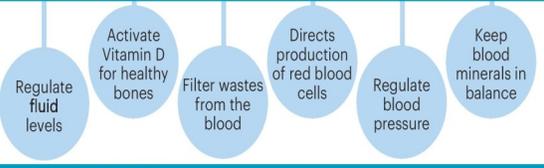
- EAT A VARIETY OF FOODS FROM ALL FOOD GROUPS



March is National Kidney Month

Get to know your hard working kidneys

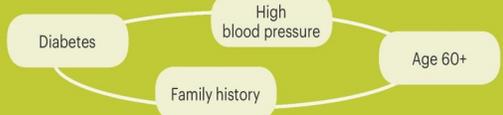
6 WAYS KIDNEYS KEEP YOU HEALTHY



8 PROBLEMS KIDNEY DISEASE CAN CAUSE



4 RISK FACTORS



7 SYMPTOMS



2 TESTS YOU CAN TAKE (BLOOD AND URINE)



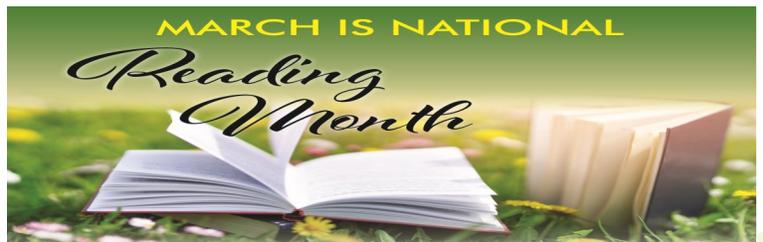
Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation

Learn more at kidney.org



MARCH IS NATIONAL

Reading Month

Benefits of

Reading



Stress Reduction

A study by Mindlab International at the University of Sussex showed that reading can reduce stress levels by **68%**. Subjects only needed to read, silently, for six minutes to slow down the heart rate and ease tension in the muscles.

Increased Vocabulary



How do we best learn new words? Through repeated exposure in meaningful contexts! Reading different types of content (Fiction, Sci-Fi, Academic, etc.) each day will expose you to a rich variety of new words and will help you expand your vocabulary knowledge over time.

Beter Sleep



Establishing regular activities such as reading are recommended by sleep experts before going to bed to calm your mind and signal to your body that it's time for bed.

May Prevent Alzheimer's



A National Academy of Sciences study found that older people who read regularly are **2.5 times** less likely to have Alzheimer's. This doesn't mean that reading alone will prevent Alzheimer's. But mentally active activities, like reading, will help keep you sharp and alert.



Increased Empathy

According to a study published in Science, reading literary fiction helps people understand what others are feeling and thinking by reading other people's emotions.

For more, find us at:
[propagate.com](https://www.propagate.com)
[propagatevocab](https://www.propagatevocab.com)



March Birthdays

1	Gordon Schwaubaucher Ruth Horne
3	Joni Mack Trudy Fry Natalie Sorensen
4	Gary Pennock Olivia Sanchez Biu Simpson Lynnette Wington
5	Peggy Winters Gwen Roich
6	Nancy McDaniel Dennis Moen
7	Sandy VanValkenburg
8	Gabrilie Harrington
9	Miriam Davison

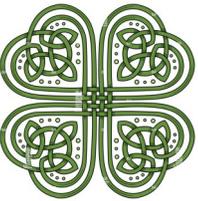


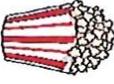
10	Debbie Tomich
11	Nancy Lutje Susan Ody
12	Nedra Lundberg Joe Hugo
13	Dorothy Grove Brad Winters
15	Dwight Dibben Robert Gilbank
17	Dynell Davidson Marianne Mrak Martin Deleeuw
18	Tony Howard
19	Robert Odegard
20	Dorothy Radakovich Steve James Ken Reed
21	Merris Royal Ted York Carl Christensen

22	Al (Butch) Johnson Kelly Burr
24	Jan Taylor Pat Schwab Nancy Hulén
25	Jack Hegardt
27	Kelly Winters
28	Jeanene Esterholt
29	Robert Beard Gayle Edwards
30	Larry Clause Ardell Hill Catherine Bohling Mary Lundell Larry Vance
31	David Cutlip



Mon	Tue	Wed	Thu	Fri
<p>2 10a ~ Chair Yoga / Teisha 1p ~ BINGO</p>	<p>3 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>4 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes</p>	<p>5 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Bunco 1p ~ Alzheimer's & Dementia Educational Series Pt. 4 FOOD BANK OF WYOMING</p>	<p>6 9a ~ Coffee & Conversation 1p ~ Hand & Foot</p>
<p>9 10a ~ Chair Yoga / Teisha 1p ~ BINGO</p>	<p>10 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>11 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ Acrylic Ink on Tile Class</p>	<p>12 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Bunco</p>	<p>13 9a ~ Coffee & Conversation Kelsey Wagner, PA-C, SCHD 1p ~ Hand & Foot Sable Stitchers</p>
<p>16 10a ~ Chair Yoga / Teisha 1p ~ Pick a Prize BINGO</p>	<p>17 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>18 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ Movie at RP "The Magnificent Seven"</p>	<p>19 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Bunco 9a-4p ~ Featherweight Sewing Machine Class</p>	<p>20 9a ~ Coffee & Conversation 1p ~ Hand & Foot 9a-4p ~ Featherweight Sewing Machine Class</p>
<p>23 10a ~ Chair Yoga / Teisha 1p ~ BINGO</p>	<p>24 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>25 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes</p>	<p>26 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Bunco Lunch/Movie Marbleton</p>	<p>27 9a ~ Coffee & Conversation Sublette County Sheriff Department 1p ~ Hand & Foot Sable Stitchers</p>
<p>30 10a ~ Chair Yoga / Teisha 1p ~ BINGO</p>	<p>31 9a ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>March 2026</p> <p>All activities subject to change without notice</p>		



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fajitas, Spanish Rice, Lettuce & Tomato Salad, Salsa, Pears	3 Beef Stroganoff, Pasta, Lettuce Salad, Green Bean, Cindy's Rolls, Fluffy Fruit Cup	4 Dijon Chicken, Rice, Tossed Salad, Broccoli, WW Bread, Bananas & Pineapple	5 French Dip w/Au Jus, Tri Color Potatoes, Broccoli Carissin salad, Peaches	6 National Oreo Day Hawaiian Chicken, Rice, Garden Vegetable Salad, Herbed Green Beans, WW Roll, Applesauce Cake 
9 Popcorn Lover's Day Beef & Broccoli Stir Fry, Rice, Steamed Carrots, Wheat Bread, Pears 	10 Happy Birthday! Roast Turkey w/Cranberry Sauce, Mashed Potatoes w/Gravy, Pacific Blend Vegetables, Mandarin Pineapple Grape Cup, Pumpkin Bar 	11 Spaghetti w/ Meat Sauce, California Blend Vegetables, Confetti Cole slaw, Focaccia Bread, Pear Pudding	12 Submarine Sandwich, Relish Tray, Creamy Coleslaw, 3 Bean Salad, Wheat Bun, Melon Cup	13 Fish Florentine, Wild Rice Pilaf, Glazed Carrots, Honey Mustard Slaw, Strawberry Shortcake
16 Chicken Caesar Salad, Pickled Beets, WW Roll, Fruit Cup, Carrot Cake	17 Corned Beef w/ new potatoes, Carrots & Cabbage, Vegetable Salad, Wheat Roll, Chilled Apricots 	18 Chicken w/ Mushrooms, Lemon Risotto, Cauliflower & Broccoli, Wheat Bread, Grapefruit	19 Philly Cheesesteak Sandwich, Roasted Potatoes, Tossed Salad w/ garbanzo beans, Wheat Bun, Chocolate Cake	20 BBQ Chicken, Potato Salad, Fanny's Cole Slaw, Peaches, Lemon Blueberry Muffin
23 Scrambled Egg/Ham Slice, French Toast, Grilled Onions & Peppers, V8 Juice, Strawberry & Bananas w/ granola, Orange Juice	24 Chicken Fried Chicken, Mashed Potatoes, Steamed Broccoli, Wheat Roll, Grapes	25 Cheeseburger, Potato Wedge, Lettuce & Tomato, Garden Bounty Salad, Peaches, Chocolate Chip Cookie	26 National Spinach Day Cranberry Chicken, Rice, Spinach Salad w/mandarin oranges, Herbed Broccoli, WW Roll, Apricots 	27 Tuna Salad Sandwich, Tomato Dill Soup, Russian Garden Salad, WW Bread, Tropical Fruit Cup, Oatmeal Raisin Cookie
30 Beef Tips with gravy, Egg Noodles, Creamy Coleslaw, Carrot Coins, Wheat Bread w/ fruit spread, Chilled Apricots, Strawberry Shortcake	31 National Tater Day Pork Chop w/Mushroom Gravy, Mashed Potatoes/Pork Dripping Gravy, Russian Salad, Minnesota green Beans, Cranberry Juice Cocktail, Fresh Apple Cake 			
2026 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
March 19, 2026

at 12:45 pm

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 the fun!!

We will be having

BUNCO on

Thursdays at 1PM



Anyone play pitch or would like to learn?

We are looking for players to start a pitch group.

Please let Anissa know if you are interested and we will work on getting it set up.

Darcy will be here to cut toenails on

March 11 & 12, 2026.

Please call Charlee to schedule an appointment.



Thank you Darcy for doing such a great job and your generosity for our seniors!!



FEATHERWEIGHT SEWING MACHINE CLASS

March 19 & 20, 2026 / 9:00 AM to 4:00 PM

COST \$125.00

Instructor: Victoria Hermansen

The Sable Stitches at Rendezvous Pointe in Pinedale are sponsoring a two (2) day Singer Featherweight Class.

The 1st day will be learning how to take apart and clean the machine, 2nd day will be learning how to put it back together.

The machine must be in working order.

If you are interested please contact Lourinda Beierle at 307-231-0047

Class is limited to 10 participants

ACRYLIC INK ON TILE CLASS

March 11th, 2026 / 1PM

Supplies provided



Come join the fun of ink art on tiles.



Did you know....

- * The real St. Patrick was born in Britain
- * The shamrock was considered a sacred plant
- * Corn Beef and Cabbage was an American innovation



We had a fun time celebrating Valentine's Day and Mardi Gras!



Above: Great turnout for Valentine's Day!

Below: Charlee and Max celebrating



Above: Teisha always does a great job with chair yoga!

Left: We had a great group for coffee & conversation with Curt Covill!



Right: First in house movie was a success!!





Alzheimer's Education Series

The Wyoming Alzheimer's Association will be presenting a 4 week educational presentation on Alzheimer's and Dementia.

March 5 - Part 5 / 1:00 pm

Exploring Care and Support Services: Prepare for future care decisions and changes, including respite care, residential care, and end-of-life care.

This is a free class!



This quilt was pieced together by Alberta "Albie" McAndrews and donated to Sable Stitchers who finished the quilt. You can purchase tickets from Sable Stitchers member or Charlee.

Albie Quilt Raffle
\$2 each / 3 for \$5

Drawing will be
May 12th

All proceeds directly
benefit Rendezvous
Pointe!



Rendezvous Pointe's Annual Pii / Pie Day Fundraiser

**Be sure to mark your calendar for Rendezvous Pointe's annual
Pii / Pie Sale Fundraiser.**

Friday, March 13, 2026

Kerri & Holly will be baking up a fantastic variety pies and desserts. We will be live auctioning the assortment of pies and desserts at 12:15pm sharp! It will be a live auction for this festive day!

We are looking for pie bakers who enjoy making pretty, homemade, delicious, mouth watering pies to donate for this pie auction. The kitchen will be making a variety of homemade pies and desserts.

FRIENDS OF RENDEZVOUS POINTE FUNDRAISER

Beginning in 2007, Rendezvous Pointe launched its annual fund drive,

the **Friends of Rendezvous Pointe**.

Your contributions, no matter the size, play a vital role in enhancing the programs and

services we offer to our cherished seniors.

We extend our heartfelt gratitude to all those who have supported the Friends of

Rendezvous Pointe so far. Your commitment to our mission is invaluable and inspires us

daily. For those considering a donation, we invite you to join us on this rewarding

journey. Together, we can create a community where every senior feels valued,

supported, and engaged.

Thank you for being a crucial part of the Rendezvous Pointe family. We look forward to

what we can achieve together in the coming years, as we continue to uplift and

empower our beloved seniors.

Thank you for your support.

Donations can be given directly to Charlee or mailed to Rendezvous Pointe, PO Box 804, Pinedale, WY 82941

Song from the Woods

As I strolled the path toward the woods,
there approached a man, with fiddle in his hand.

On seeing me, he began to play;
the song he sang was beautiful
yet somber and profound.

Some of his clothes looked water proofed,
they surely must be felt,

and a small tin cup hung jangling from his belt.

His song and play were grand,
so when he stopped before me,

I dropped two coins into the dangling can,

He opened up a basket; a monkey jumped right out.

The monkey entertained me too
as he danced and jumped about.

The man said very little, except,
he was a minstrel roving from town to town

where he and Fred would play

for coins and loaves of whole wheat brown.

As they went along their way singing their only song,
the folks were filled with joy and began to sing along,

the folks were filled with joy and began to sing along.

It has been said: that by this unknown fiddler, and
Fred,

The song was widely spread throughout the land.

This treasured song has brought much joy

And it's known as Danny Boy.

~~ Rich Boettcher



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





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

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HTA Request to Donate!

Mail to: Ridley's Family Markets
Att: Cherie
621 Washington St S
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208-324-4633
x10118

Organization Name:
Rendezvous Pointe

PO BOX 804

Pinedale WY 82941

Please process a new donation as marked below:

Please donate all of the points in my acct
(1 x upon receipt)

Please donate _____ points
(1x upon receipt)

Please donate all of the points in my acct
(now and at the end of each quarter
through the end of the year)

Name: _____

Address: _____

Phone #: _____

Advantage Card #: _____

Signature: _____ Date: _____