



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

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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.

May  
2025



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





### EMPLOYEE DIRECTORY

**Director** - Tina Robinson  
**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** - Holly Hansen  
**Cook**—Kerri Anderson

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

### Board of Trustees

Max Lockett - Chair 371-2654  
e-mail: maxlockett@msn.com  
Scott Willman - vice chair (661) 619-6416  
e-mail: willmanscott@yahoo.com  
Ruth Neely - Treasurer 360-7009  
e-mail: rneely14@hotmail.com  
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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



Wyoming Center on Aging



## Dementia On The Road

Bringing Dementia Education and Resources to YOU!



☒ No charge to attend. RSVP requested!

☒ Resource Networking. Lunch provided!

☒ Regional expert and panel presentations on dementia.

☒ Share and connect! ALL are welcome.

**In-person ONLY. RSVP now!**

**June 10th: Pinedale**  
9am-1:00pm  
Rendezvous Pointe  
East Multipurpose Room  
425 E Magnolia St

Agenda:

- 9-10am: Understanding Dementia and Behavior Change
- 10-10:30am: Practicing Compassion for the Care Partner
- 10:30-10:45am: Refreshment Break
- 10:45-11:30am: Mining for Hidden Treasures
- 11:30am-12pm: Wyoming Dementia Together - Meet our Professional Support Team & Local Vendors

\*12:00pm: Join the presenters for lunch!

**Vendor opportunities available to showcase your resources!**

**RSVP at this link or scan the QR Code!**





Wyoming Center on Aging

(307) 766-2829  
wycoa@uwyo.edu  
www.uwyo.edu/wycoa

Dementia On The Road



**FOOD BANK**  
OF WYOMING



We want to give a big **“Thank you”** to all the volunteers that help with the Wyoming Food Bank Truck every month! Helping our community is so rewarding!

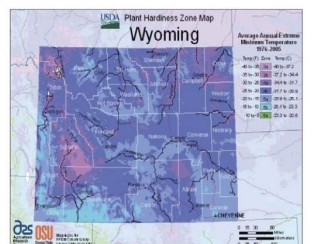
The Lions Club, Ms. Facklam and PHS students, Ed & Linda Trimmer, Debbie Ray, Ray Ivie, Amy & Tony Kelly and everyone I may have forgotten.

### URBAN FARMER

LOVE THE EARTH

### Growing and Harvesting in Wyoming

Wyoming is a cooler state, ranging from USDA Hardiness Zones 3 through 6. Zones grow warmer as the state progresses south. Average first and last frost dates can vary per different areas of the state, so be on the lookout for where your city is located so you can plant and harvest at the correct time and not allow the frost to damage your crops. First frost dates can be as early as early September in Laramie and as late as mid-September in Rock Springs. Last frost dates can be as early as mid-May in Casper and as late as early June in Laramie.



Wyoming Planting Calendar on [ufseeds.com](http://ufseeds.com)

#### What to plant and when:

Different USDA Hardiness Zones means different growing conditions for each zone. Pay attention to the following chart so you know the best time to plant certain vegetables in Wyoming's environment.

#### Zone 3:

- April:** Begin tomatoes and pepper plants inside.
- May:** Begin spinach, peas, lettuce, kale, cauliflower, cabbage, Brussels sprouts, broccoli and beets inside. Plant potatoes outside.
- June:** Transplant tomatoes, peppers, spinach, peas, lettuce, kale, cauliflower, cabbage, Brussels sprouts, broccoli and beets outside. Begin beans, cucumbers and carrots inside.
- July:** Plant beans, cucumbers and carrots outside.

#### Zone 4:

- April:** Begin beets, broccoli, Brussels sprouts, cabbage, kale, onions, peas,

- peppers, spinach and tomatoes inside. Plant potatoes outside.
- May:** Plant beets, broccoli, carrots, kale, lettuce, peas and spinach outside.
- June:** Begin beans inside. Plant Brussels sprouts, cabbage, cauliflower, onions, peppers and tomatoes outside. Begin corn, squash and cucumbers inside.
- July:** Plant beans, corn, cucumbers and squash outside. Begin beets, broccoli, carrots, kale, lettuce and spinach inside.
- August:** Plant beets, broccoli, carrots, kale, lettuce and spinach inside.

#### Zone 5:

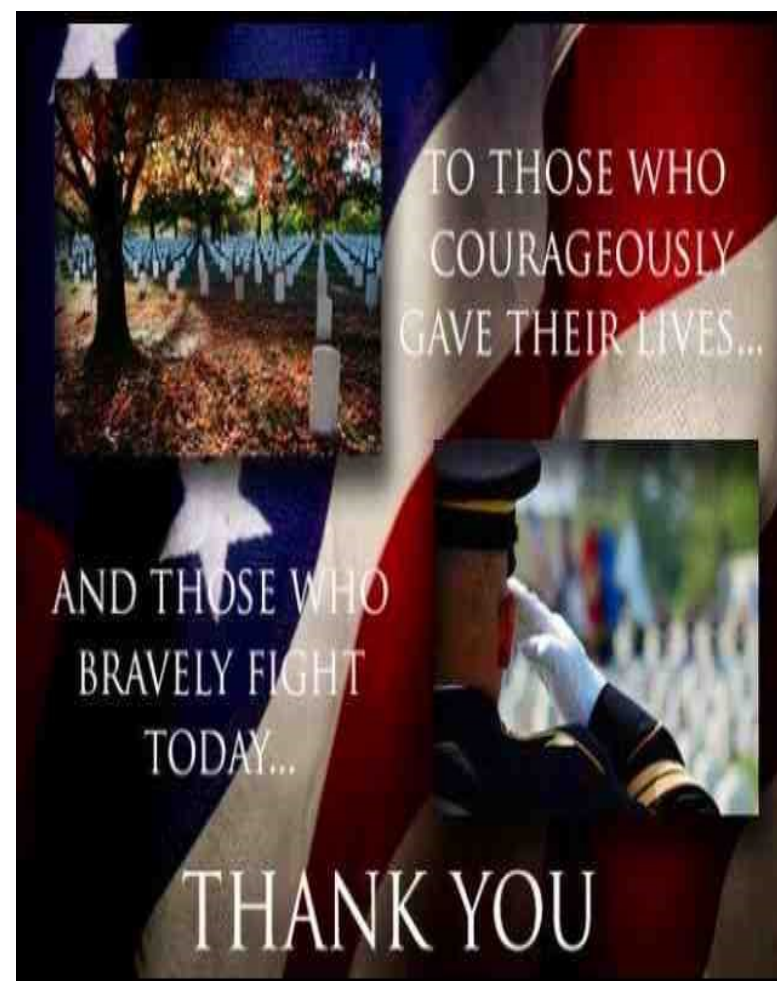
- March:** Begin broccoli inside.
- April:** Begin beets, Brussels sprouts, cabbage, carrots, cauliflower, kale, lettuce, onions, peas, peppers, spinach and tomatoes inside. Plant broccoli outside.
- May:** Begin beans, corn, cucumbers and squash inside. Plant beets, broccoli, carrots, kale, lettuce, peas and spinach

Just a friendly reminder that seating for the lunch meal is not reserved seating and everyone is welcome. Please be sure to be pleasant with everyone as we want them to continue joining us .



**We will be closed on May 26th, in observance of Memorial Day.**  
**Please take a moment to thank a military person for their service.**

**We don't know them all but we owe them all!!**



**Be sure to reserve your spot for Dementia On the Road. It will be full of information and helpful resources.**

### It Happened in May...

**May 7, 1945** - In a small red brick schoolhouse in Reims, Germany, General Alfred Jodl signed the unconditional surrender of all German fighting forces thus ending World War II in Europe.

**May 18, 1980** - Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

**May 20, 1932** - Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours. Five years later, along with her navigator Fred Noonan, she disappeared while trying to fly her twin-engine plane around the equator.





Holly, Kerri and the kitchen staff did an amazing job with Easter dinner. We had games and lots of fun and enjoying the company.  
Thank you all for coming!



Hayley taught us how to make stained glass jewelry. A little cutting and grinding makes some beautiful things. Their pieces turned out very nice!



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



May 2 ~ pending

May 9 ~ Alizee Gervais with the Alzheimer's Association of Wyoming  
Empowered Caregiver

May 16 ~ Dr. Eder, Sublette County Health District  
Stroke Awareness Month

May 23 ~ Arlinda McLaughlin, Sage and Snow Garden Club  
How to grow easy flowers and vegetables in a lick tub

May 30 ~ pending

Getting up to attend Coffee & Conversation is a great way to start your day! Our guests give us so much information and educate us on a wide variety of topics, they are all so interesting! Repeat guests bring us up-to-date on local matters and projects too. Come join us on Friday mornings at 9:00am, the coffee will be ready!!

### 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.



We are working on trips for the summer. We would love thoughts and ideas you may have, places that you would enjoy visiting. Please let Anissa know what you think.

Ginny Rosso helped us make a fun and messy easter craft!

The ladies did a great job!!

She is going to help us make jewelry this month!



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



### 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.



Lunch and a Movie  
in Marbleton

Thursday, May 29th

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

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

May dates are the 13th and 27th

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!



American Heart Association  
Life is why™

Together  
to End Stroke™

# High blood pressure equals HIGHER RISK OF STROKE.

**NORMAL  
BLOOD PRESSURE  
IS BELOW  
120/80**

Most people who have a first **STROKE** have **HIGH BLOOD PRESSURE.**

At age 50, people without high blood pressure have a **LIFE EXPECTANCY 5 YEARS LONGER** than people with high blood pressure.<sup>1</sup>

**80%**  
of strokes can be **PREVENTED.**<sup>2</sup>

**STROKE HAPPENS WHEN A CLOT OR RUPTURE INTERRUPTS BLOOD FLOW TO THE BRAIN. WITHOUT OXYGEN-RICH BLOOD, BRAIN CELLS DIE.**

Nearly **1 in 6** American adults with high blood pressure **DON'T KNOW.**<sup>3</sup>

Have your blood pressure checked and keep it in check to **REDUCE** your **RISK OF STROKE.**

<sup>1</sup> Neal B et al; Lancet. 2000;356:1955-64 // <sup>2</sup> D'Agostino, R.B. et al. Stroke. 1994;25:40-43 // <sup>3</sup> Mozaffarian D et al. Circulation. 2017;135:e135-139

**Together To End Stroke™ before it happens. For more information visit [Heart.org/HBP](http://Heart.org/HBP)**

## STROKE BY THE NUMBERS

Every **40 seconds** someone has a stroke

**55,000**

About 55,000 more women than men have a stroke each year

**#5** Cause of death in the USA

**1 in 4** strokes are in people who have had a previous stroke

**80% OF ALL STROKES CAN BE PREVENTED**

American Heart Association  
Life is why™

Together  
to End Stroke™



NATIONAL  
**STROKE** AWARENESS MONTH  
MAY

Adobe Stock | #491089515

## STROKE AWARENESS MONTH

To recognize the warning signs of stroke, remember to **BE FAST**

**B is for Balance**  
Can the person stand? Do they have trouble staying on their feet?

**E is for Eyes**  
Is the person's vision blurry or are they "seeing double"?

**F is for Face**  
Is there numbness or drooping in their face? Is their smile uneven?

**A is for Arm**  
Is one arm weak or numb? Does one pull downward when both are raised?

**S is for Speech**  
Is speech slurred or strange? Ask them to repeat a simple phrase.

**T is for Time**  
If you see any of these signs, call 9-1-1 immediately.

www.intelliradimaging.com  
**IntelliRad** imaging

## May is National Bike Month

Bicycle commuting burns an average of **540 calories** per hour

A daily 4-mile bike commute will save about **66 gallons** of fuel per year

The average person loses **13 lbs** in the first year of commuting by bike

Bicycling at less than 10 miles per hour burns about **300 calories** for a 150-pound woman

Since 2000, bike commuting has grown by **62%**

**83%** of Americans say obesity is their No. 1 health concern

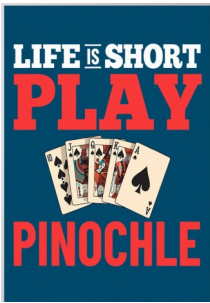
There were **864,883** bike commuters in 2012

Bicycling just 20 miles per week reduces women's risk of **heart disease by 50%**

# Mother's Day Lunch

## May 12, 2025

Come join us to celebrate the mothers of  
Rendezvous Pointe



The Golden Hour Senior Center in Green River hosted a pinochle tournament last month. Scott, Larry, Gina, Melva, Pam, Mim, Richard, Nancy, Pat and Zoey attended.

Thank you for inviting us!



They had a great time playing. Looks like we even had some winners.

Great job!

There was a total of 40 players.





# 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!!

Rendezvous Board of Trustees will meet on **Wednesday May, 14, 2025 at 1 pm.**  
**Everyone welcome.**



Ukulele Practices  
Every 2nd and 4th Thursday of the month at 1:00 P.M.  
A fun time to learn and practice!!



We will be making jewelry on **May 7th, 2025**  
**At 1PM**  
Come join the fun and it's just in time for **Mother's Day!!**  
Look for sign up sheet!



**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 Tuesday, May 20th  
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, May 14th**  
Please call Charlee to schedule your appointment.



2	Anita McCutchan
3	Albert Etcheverry Michael Palmer
4	Bob Carmean
5	Mike Grove
8	Carlene Barber Roy Barney
10	Lenore Percy Bob Rule Kim Tanner
11	Nylla Kunard Phil Howland
12	JoAnn Kirkpatrick



14	Barbara Pape Mark Kalal
15	Phyllis Staidl Jerry Hengen Carolyn Elliott
17	Elaine Mess
18	Jamie Kaul Beverly Dibben Ruth Lanning
19	James Sarapata William Johnson
20	Bill Williams
21	Dale Keating Maria Wise

22	Paul Glace
23	Loleen Denney
24	Sheila McNealey
25	Pat Thomas Rick Johnson Mary Kay Zakotnik
26	Kathy Hengen Jamie Wood Peggy Noble
28	John Emerson John Anderson Kristi Glace
29	Kristen Anderson Lee Martin
30	Pam Kirkpatrick



## May Birthdays

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>May 2025</div> <div> <div>2% Milk, Butter, Iced Tea, Lemonade</div> <div>Served Daily</div> </div> </div>				
<div> <div>5</div> <div>Cinco De Mayo</div> <div>           Chicken Fajitas, Spanish Rice, Lettuce &amp; Tomato Salad, Salsa, Wheat Crackers, Pears         </div> </div>	<div> <div>6</div> <div></div> <div>           Pork Chop Supreme, Scalloped Potatoes, German Blend Vegetables, Orange Juice, Ambrosia Fruit Cup, Oatmeal Spice Cake         </div> </div>	<div> <div>7</div> <div></div> <div>           BBQ Chicken, Potato Salad, Fanny's Cole Slaw, Peaches, Lemon Blueberry Muffin         </div> </div>	<div> <div>1</div> <div></div> <div>           Chicken Strips, Baked Sweet Potatoes, Peas &amp; Onions, Wheat Bread , Applesauce         </div> </div>	<div> <div>2</div> <div></div> <div>           Beef Stew, Tossed Salad, Pickled Beets &amp; Onions, Wheat Crackers, Citrus Fruit Salad, Peanut Butter Cookie         </div> </div>
<div> <div>12</div> <div>Mother's Day</div> <div>           Chicken &amp; Herbed Fettuccine, Vegetable Salad, Smoked Cabbage, Homemade Bread, Baked Apple         </div> </div>	<div> <div>13</div> <div>HAPPY BIRTHDAY!</div> <div>           Chicken Fried Steak, Mashed Potatoes, Tossed Salad w/ Italian, Carrot Coins, Homemade Bread WW, Mandarins &amp; Bananas         </div> </div>	<div> <div>14</div> <div>Chef Salad Day</div> <div>           Chef Salad, Carrot Stick Garnish, Homemade Bread, Strawberries &amp; Bananas, Chocolate Chip Cookie         </div> </div>	<div> <div>15</div> <div>National Slider Day</div> <div>           Ham and Cheese Slider, Minestrone Soup, Spinach Mandarin Salad, 3 Bean Salad, Pineapple         </div> </div>	<div> <div>16</div> <div></div> <div>           Fish &amp; Chips, Potato Wedge, Relish Trap, Spinach Salad, WW Bread, Cantaloupe &amp; Honeydew, Tapioca Pudding         </div> </div>
<div> <div>19</div> <div>National Devils Food Cake Day</div> <div>           Chicken Stir Fry w/ Vegetables over Sesame Noodles, Asian Salad, Ginger Pears, Almond Bark Cookie         </div> </div>	<div> <div>20</div> <div></div> <div>           Beef Tips with gravy, Egg Noodles, Creamy Coleslaw, Carrot Coins, Wheat Bread w/ fruit spread, Chilled Apicots, Strawberry Shortcake         </div> </div>	<div> <div>21</div> <div></div> <div>           Chicken Salad Sandwich, Pasta Salad, Mixed Green Salad, Wheat Crackers, Strawberries &amp; Bananas         </div> </div>	<div> <div>22</div> <div></div> <div>           Scrambled Egg/Ham Slice, French Toast, Grilled Onions &amp; Peppers, V8 Juice, Strawberry &amp; Bananas w/ granola, Orange Juice         </div> </div>	<div> <div>23</div> <div></div> <div>           Loaded Baked Potato, Chili Con Carne, Garden Vegetable Salad, Steamed Broccoli, Wheat Roll, Grapes &amp; Bananas         </div> </div>
<div> <div>26</div> <div>MEMORIAL DAY</div> <div>CLOSED</div> </div>	<div> <div>27</div> <div>HAPPY BIRTHDAY!</div> <div>           Spaghetti w/Meat Sauce &amp; Noodles, Minnesota Green Beans, Garden Vegetable Salad, Focaccia Bread, Apple Juice, Peachy Pudding         </div> </div>	<div> <div>28</div> <div>National Hamburger Day</div> <div>           Blue Cheese Mushroom Burger, Pasta Salad, Lettuce Tomatoes Onions, Spinach Salad W/ Mandarin Oranges, Peaches , OJ         </div> </div>	<div> <div>29</div> <div></div> <div>           Swiss Chicken Bake, Tossed Vegetable Salad, Broccoli Raisin Salad, Wheat Bread, Apricots, Milk         </div> </div>	<div> <div>30</div> <div></div> <div>           French Dip Sandwich w/Au Jus, Broccoli Craisin Salad, Pears, Ranger Cookies         </div> </div>

Serving time for lunch will be 12noon!

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

Mon	Tue	Wed	Thu	Fri
<div> <div>May 2025</div> <div>           All activities are subject to change for whatever reasons.         </div> </div>				
<div> <div>5</div> <div>Cinco de Mayo</div> <div>           10a ~ Chair Yoga / Teisha 1p ~ Bingo         </div> </div>	<div> <div>6</div> <div></div> <div>           9a ~ Wii Bowling 9a-4p ~ Art 12:20p ~ Pinochle         </div> </div>	<div> <div>7</div> <div></div> <div>           9a-12n ~ Art/Pottery 10a ~ Four Pines/ PT Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ Jewelry Making Class         </div> </div>	<div> <div>8</div> <div></div> <div>           10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Ukulele Practice         </div> </div>	<div> <div>9</div> <div></div> <div>           9a ~ Coffee &amp; Conversation 1p ~ Hand &amp; Foot         </div> </div>
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<div> <div>26</div> <div></div> <div> <div> <div>MEMORIAL DAY</div> <div>REMEMBER AND HONOR</div> <div>CLOSED</div> </div> </div> </div>	<div> <div>27</div> <div></div> <div>           9a ~ Wii Bowling 9a-4p ~ Art 12:20p ~ Pinochle         </div> </div>	<div> <div>28</div> <div></div> <div>           9a-12n ~ Art/Pottery 10a ~ Four Pines/ PT Jacob 10a ~ Pool 1p ~ Dominoes         </div> </div>	<div> <div>29</div> <div></div> <div>           10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool         </div> </div>	<div> <div>30</div> <div></div> <div>           9a ~ Coffee &amp; Conversation 1p ~ Hand &amp; Foot         </div> </div>