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Hours: Monday—Friday, 8am—4pm

This complete newsletter  
can be viewed on our website.

# November 2025



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



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

November 7th ~ Dr. Jennings Voss

Voss Vision Pinedale Clinic

November 14 ~ Kaysha Sellers, Fire Prevention Officer

Wood burning stove safety, info on fires from this summer

November 21 ~ Aaron Macias, Paramedic

Changes to Care Coordination Program at Sublette County Health

November 28 ~ CLOSED

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  
**January 12th, 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.

## 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.



### Job Openings at Rendezvous Pointe

If you are interested or know of anyone who would be a great fit for our team, please let them know we have openings and to stop by for an application!

Part-time Homemaker/Caretaker Support  
Part-time Weekend & Holiday Cook/Cleaning  
Full-time Transportation Coordinator

### Lunch and a Movie

in Marbleton

Thursday, **November 20th 2025**



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!!

**November dates will be the 4th & 18th**



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



# LONG-TERM CARE AWARENESS MONTH

## MANY AMERICANS AREN'T PREPARED FOR LONG-TERM CARE

The Associated Press-NORC Center for Public Affairs Research, with funding from The SCAN Foundation, conducted a national survey of Americans age 40 and older. It shows that many are not saving for long-term care and lack knowledge about the role public and private insurance will play in helping them pay for care. But they support a variety of policy proposals to reform how long-term care is financed.

### Americans aren't saving for care

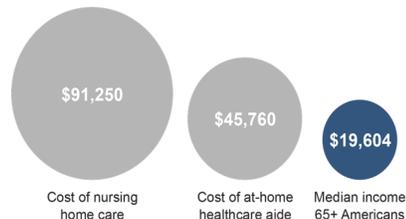
Two-thirds of Americans (40+) have not set aside any money to pay for long-term care.



66% of Americans (40+) are not saving for health care

### Affording care can be a challenge

Median annual costs for nursing home care or a home healthcare aide dwarf median annual income for seniors.



## SELF-CARE TIPS FOR CAREGIVERS

By Deepthi Nishi Velamuri

1



Don't try to do everything on your own. Ask family and friends for help with tasks like meals, errands, and household chores.

ASK FOR HELP

2



Even if it's just for 10-15 minutes each day, take some time for yourself to do something you enjoy. This could be reading, taking a walk, or listening to music.

TAKE BREAKS

3



Talking to other caregivers can help you feel less alone and learn new coping mechanisms. There are online and in-person support groups available.

JOIN A SUPPORT GROUP

4



Make sure you're getting regular medical checkups and screenings. Taking care of your own health will help you be a better caregiver.

DON'T NEGLECT PERSONAL HEALTH

5

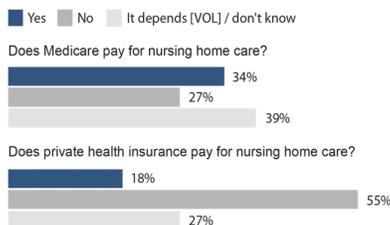


If you're feeling irritable, sad, or fatigued, it could be a sign of burnout. Talk to a doctor or therapist if you're struggling.

IDENTIFY BURNOUT

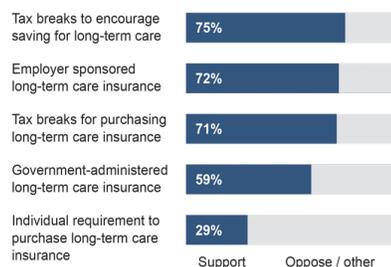
### Misconceptions about nursing home coverage

Many mistakenly believe that Medicare or typical private health insurance covers ongoing nursing home care.



### Several policy proposals have broad support

Majorities favor several policies to help encourage long-term care planning and to aid in financing.



## NOVEMBER IS NATIONAL DIABETES MONTH

### ARE YOU AT RISK FOR TYPE 2 DIABETES?

1 IN 10 PEOPLE HAVE DIABETES (MOST HAVE TYPE 2 DIABETES)



1 IN 4 PEOPLE DON'T KNOW THEY HAVE DIABETES



YOU CAN STAY HEALTHIER LONGER AND LOWER YOUR RISK OF TYPE 2 DIABETES WITH THESE STEPS:

- STAY AT A HEALTHY WEIGHT
- EAT WELL
- BE ACTIVE

THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:



Being overweight



Race and ethnicity: African American, Hispanic/Latino American, American Indian, Pacific Islander, Asian American



Being physically active less than 3 times a week



Having a parent, brother, or sister with type 2 diabetes

45+

Being 45 years or older



Having had gestational diabetes (diabetes in pregnancy) or giving birth to a baby who weighed more than 9 pounds

Learn more at [coloncancerfoundation.org](http://coloncancerfoundation.org)



If you or someone you know has diabetes or is at risk for diabetes, check out our community classes and events at [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org).

# November Birthdays

1	Barbara Johnson Cyd Goodrich
3	Christine Cramer
7	Karen Willman
8	Darrel Walker Teresa Cackler
9	Debra Hafey John Radosvich
10	Clark Dyess
11	Jerri Johnson



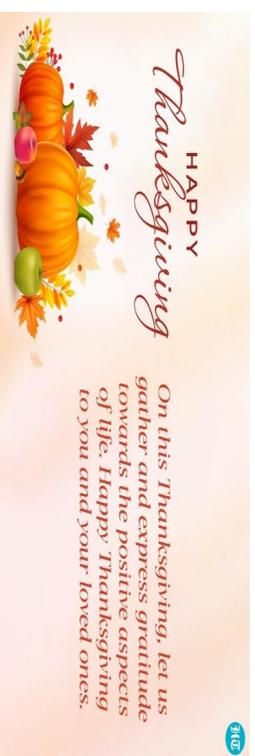
12	Sharon Gralund Lorie Loftus
13	Pat Moudy Valerie Jackson Karen Grimes
14	Diane Vitt Caroline Brazell
16	Mayleen Boyce
17	Karen Grassell Steven Roberts
18	Maxine Leckie
20	Joanne Ludwig Jim Healy

22	Dennis Gralund Jeff Goltz
24	Don Shriver
25	Mary Petrone Roderick Hunter
26	Josefina Allen Ruth Rawhouser Ted Dew
28	Sandy Bousman
29	James Oestreich, Jr.
30	Ridge Larson Kathy Thorp



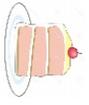
# November 2025

All Activities subject to change



<p>3 10a ~ Chair Yoga / Teisha 1p ~ Bingo</p>	<p>4 9a ~ Wii Bowling 9a - 4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>5 9a 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes</p>	<p>6 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool <b>FOOD BANK OF WYOMING</b></p>	<p>7 9a ~ Coffee &amp; Conversation Dr. Jenning Voss, Voss Vision 1p ~ Hand &amp; Foot</p>
<p>10 10a ~ Chair Yoga / Teisha 1p ~ Bingo</p>	<p>11  <b>CLOSED</b></p>	<p>12 9a 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes <b>Darcy Toenails</b></p>	<p>13 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Bunco <b>Darcy Toenails</b></p>	<p>14 9a ~ Coffee &amp; Conversation 1p ~ Hand &amp; Foot <b>Sable Stitchers</b></p>
<p>17 10a ~ Chair Yoga / Teisha 1p ~ Bingo</p>	<p>18 9a ~ Wii Bowling 9a - 4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong</p>	<p>19 9a 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes <b>Mobile Class</b></p>	<p>20 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool 1p ~ Bunco 12:45p ~ <b>Dog toenails / Patti</b></p>	<p>21 9a ~ Coffee &amp; Conversation Aaron Macias, Paramedic 1p ~ Hand &amp; Foot</p>
<p>24 10a ~ Chair Yoga / Teisha 1p ~ Bingo</p>	<p>25 9a ~ Wii Bowling 9a - 4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong <b>Jonah Sponsored Thanksgiving Lunch</b></p>	<p>26 9a 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes</p>	<p>27  <b>CLOSED</b></p>	<p>28 <b>CLOSED</b></p>

# November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Hawaiian Chicken, Rice, Garden Vegetable Salad, Herbed Green Beans, Homemade Bread WW, Applesauce Cake</p>	<p>4 <b>Happy Birthday!</b> Hamburger Steak, Whipped Potatoes, Tossed Salad, Italian Vegetables, Wheat Roll, Bananas &amp; Mandarin Oranges</p> 	<p>5 Pizza w/Meat &amp; Veggies, Oregon Bean Medley, Mixed Fruit Cup, Creamy Rice Pudding</p>	<p>6 BBQ Meatballs, Baked Potato, Garden Salad, Mixed Vegetables, Wheat Roll, Chilled Peaches</p>	<p>7 Fish &amp; Chips, Potato Wedges, Relish Tray, Spinach Salad, Wheat Bread, Cantaloupe &amp; Honeydew, Tapioca Pudding</p>
<p>10 <b>National Vanilla Cupcake Day</b> Manicotti w/Meat Sauce, 3 Bean Salad, Carrot Coins, Garlic Bread, Fluffy Fruit Cup, 1/2 orange</p> 	<p>11 <b>Happy Veterans Day!</b>  <b>Closed</b></p>	<p>12 Chicken Fried Chicken, Mashed Potatoes, Steamed Broccoli, Wheat Roll, Plum</p>	<p>13 Beef &amp; Spinach Wrap, Carrot &amp; Celery Sticks, Granola Bar, Fresh Fruit</p>	<p>14 Cranberry Chicken, Steamed Brown Rice, Spinach Salad with mandarin oranges, Herbed Broccoli, WW Roll, Apricots</p>
<p>17 <b>National Bread Day</b> Scrambled Egg/Ham Slice, French Toast, Grilled Onions &amp; Peppers, V8 Juice, Strawberry &amp; Bananas w/ granola, Orange Juice</p> 	<p>18 <b>Happy Birthday!</b> Meat Loaf, Parsley Potatoes, Lettuce Salad, Carrot Coins, Hot Roll, Fruity Gelatin Salad</p> 	<p>19 Swiss Chicken Bake, Tossed Vegetable Salad, Broccoli Raisin Salad, Wheat Bread, Apricots</p>	<p>20 BBQ Pork Sandwich, Potato Corn Chowder Soup, Harvest Blend Vegetables, Apricots, Molasses Cookie</p>	<p>21 Oven fried Chicken, w/ Mashed Potatoes &amp; Gravy, Pacific Blend Vegetables, Sunshine Salad, Gingerbread Cake</p>
<p>24 Chicken Enchiladas, Black Beans, Corn &amp; Zucchini Mexicana, Tossed Salad w/ Italian, Cantaloupe &amp; Grapes</p>	<p>25 <b>Jonah Sponsored Thanksgiving Lunch</b> Roast Turkey w/ gravy, Mashed Potatoes, Green Salad, Green Beans Almandine, Cranberry Sauce, Roll, Pumpkin Pie</p>	<p>26 <b>International Cake Day</b> Potato Cheddar Soup, Chef Salad, Roll, Strawberries and Bananas</p> 	<p>27  <b>Closed</b></p>	<p>28 <b>Closed</b> 2% Milk, Butter, Iced Tea and Lemonade Served Daily</p>

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**  
**November 20, 2025**  
**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!!



## 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.



**Come join the fun!!**

**We will be having BUNCO**

**on**

**Thursdays at 1PM**

**Starting November 13th!**



The Sable Stitches are having their annual quilt raffle. We are grateful that they dedicate their time and skills to create such a beautiful quilt. Tickets are \$10 each with only 300 tickets being sold.

Come by the office to purchase tickets and they will be at the Craft Fair!

Drawing will be held in December.

We also want to thank Sable Stitches for their continual support of Rendezvous Pointe and their gracious donation to purchase new glasses and fruit cups for our kitchen!

Darcy will be here to cut toenails on

**Tuesday November 12th & Wednesday November 13th.**

Please call Charlee to schedule an appointment.



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

Our group patiently waiting for the presentation of Migration Exploration of Raptors in Wyoming. The presentation was great and the work the raptor center does is incredible.

And we got to meet these beautiful raptors!



Top: Cricket, a Burrowing Owl. He was a hungry thing.



Left: Pava, a Swainson's Hawk  
Below: Hardeman, a Red Tailed Hawk

They were absolutely beautiful!



We would like to give a huge "Thank You" to all of the generous people who donated money and/or candy for our participation in our first Trick or Treat event.

We couldn't do it without you!!



We are looking for volunteers to help decorate our building for Christmas. We will need some seniors who can oversee a group of high school students who will climb the ladders for us!!

It is always fun decorating for the holidays!! It just brings so much cheer!

We will be decorating on

Monday Dec. 1st & Tuesday Dec. 2nd

Starting at 9:00 AM

There will be a sign up sheet on bulletin board so we can get an idea of who is available.



Jacob got married last month!!

The exercise members got together and got a card and small gift for him and Delaney.

Congratulations and Best Wishes to Jacob and Delaney!!



Jonah Energy is sponsoring our Thanksgiving Lunch on November 25, 2025.

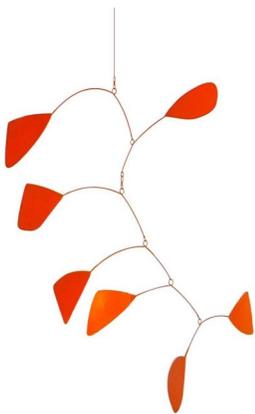
All seniors will dine for free.

Non-seniors will be \$9.00.

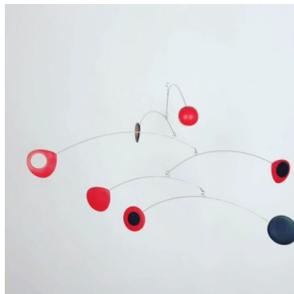
Please call to reserve your spot!



be Thankful and giving



We are going to be making Caulder Inspired Mobiles



November 19th, 2025

9AM & 1PM

Join us to make Christmas themed mobiles made with Christmas ornaments!!



PUMKIN PIE SALE

Holly will be making pumpkin pies for your Thanksgiving dinner!

\$18.00 each

Pie order and payment deadline is

Tuesday November 18th, 2025

If you would like to order pies, please see or call Charlee in the office at 307-367-2881.

Pies will be ready for pickup on Tuesday, November 25th and must be picked up before 3PM.



# holiday Craft Fair



**21st Annual Holiday & Craft Fair**  
**At Rendezvous Pointe**  
**November 7th & 8th, 2025**  
**Friday 5-8pm Saturday 9am - 2pm**

Join us for this fun event. We will have  
Quilts Angel Pins Jewelry Mittens Baby Booties Crosses  
Glass Ornaments Potholders Bread Pasta Peanut Brittle  
Mugs T-shirts Dish Scrubbies Photography Prints/Notecards  
Handwoven Items Cowboy Boot Mirrors Wine Caddies  
Tallow Skin Products Woodworking Crafts  
and so much more!!!!

Silent Auction, Quilt Raffle and Raffle Prizes

Rendezvous Café will be serving Walking Tacos, Cheeseburger Chowder, Cookies  
and more! Also Sue's famous Cinnamon Rolls on Saturday!!

Our kitchen does a fabulous job providing meals for our seniors. Kerri works incredibly hard to keep our food costs down and as you know with food prices now that is quite the task!!

With that being said, we have been having people coming in without calling which leads to not enough food being made. It is very discouraging to have to turn anyone away. Everyone needs to call by 9:30AM the day of the meal you would like to attend. Also if you called to reserve or are on the regulars list and can't make it in, please call to let us know. We do this to help eliminate waste in the kitchen.

One day last month we had 12+ no shows, that is a lot of wasted food. Not all food can be saved.

It truly is our pleasure to serve delicious and nutritious meals to our seniors!

## Joy in the Morning

Every day the Sun come up  
you've reason to be hopeful  
It's another day the Lord has made  
He'll walk and guide you through it,  
To keep you ever Joyful  
During hills and valleys on this day  
God sends you Joy through Him  
God wants to lead with you  
to follow, bypassing sin  
We know the Lords our Shepherd,  
the good one, true to speak.  
We'll try dear Lord to do our best  
When failing, we hope we'll not repeat.

~~ Rich Boettcher





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[Bestwishesfor.com](http://Bestwishesfor.com)

**To the veterans who have stood tall for our  
nation, your humility is your greatest strength**

**HAPPY** ★ ★ ★  
*Veterans*  
★ ★ ★ **DAY**