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Hours: Monday—Friday, 8am—4pm

**This complete newsletter
can be viewed on our website.**

October 2026



"HAPPY OCTOBER!

Let's fall into the magic of
autumn and make every day
a new adventure."



EMPLOYEE DIRECTORY

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Financial Director - Cher Rosencranse

Adm. Asst. - Holly Hansen

Activity Director/Newsletter - Anissa McCutchan

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Transit Driver - Mike Deleeuw
Melvin Goetz

Case Manager/SAMS - Jennifer Peterson

Homemakers - Kodie Hammer, Joni Harley

Kitchen Manager - Kerri Anderson

Assistant Kitchen Manager—

Kitchen Staff—

Jody Wilson, Sharon Bell,
Lydia Petersen, Zoey Hedgepeth
Mavzuna ToshpuLatova,

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From the Director

Happy October, everyone!

Well, it looks like summer has officially packed its bags and headed south—although here in Wyoming, we know it may decide to come back for a surprise visit next week! October brings cooler mornings, colorful leaves, football, pumpkin everything, and the perfect excuse to stay warm, cozy, and connected. As the days get shorter, I hope you'll make Rendezvous Pointe part of your routine. Whether you're joining us for lunch, playing cards, getting some exercise, hitching a ride with our transportation crew, or simply stopping by for a cup of coffee and conversation, **there's always something happening here – and always someone happy to see you.**

One of the things I appreciate most about our senior center is that it truly is more than a place to come for a meal. It's a place to catch up with old friends, make new ones, share a few laughs, and sometimes solve all the world's problems before lunchtime. (We haven't figured out how to put those solutions into practice yet, but we're working on it!)

Feel free to delete this paragraph if you need to shorten my letter...haha

Fall is also a good reminder to check in on our friends, neighbors, and loved ones. A quick phone call, an invitation to lunch, or offering a ride can mean more than we realize – especially as winter approaches and getting out and about becomes a little more challenging.

Thank you to our wonderful staff, volunteers, board members, and everyone who help make Rendezvous Pointe such a special place. And thank YOU for continuing to make our center lively, welcoming, and full of laughter. Also, **A BIG Thank you** to all who made donations on behalf of Rendezvous Pointe through Foundation23. Your generosity helps us to make ends meet and do more than we otherwise could. What a great way to help our seniors— Thank you!

So grab your jacket, leave the pumpkin-spice obsession at home (or bring it—we won't judge!), pick an activity (or several) from the newsletter calendar, and come see us this October. **We'll keep the coffee warm and the welcome warmer!**

Happy Fall!

**Coffee & Conversation on Friday mornings at 9:00am
Will start back up in October**

October 2 -- **No Coffee & Conversation**

October 9 -- Dr. Andras Eder

Speaking about his new practice

October 16 -- Nadia Giffen, Sublette County Public Health

Emergency Preparedness and Assistance Registry

October 23 -- TBD

October 30 -- **No Coffee & Conversation**



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 keep us up to date on local matters and projects too. Come join us on Friday mornings at 9am!

The coffee & snacks will be ready!!



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

The next meeting will be on

October 14, 2026

Special meeting to go over RP Handbook

Everyone is welcome!

Podiatrist Dr. Stanton Smith

will be coming to Rendezvous Pointe on

January 11, 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.



The Bank of Jackson Hole will be hosting lunch on

October 13, 2026

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



We would like to recognize

Jon Gibson

As an outstanding volunteer for Rendezvous Pointe!!

Jon is eager to volunteer whenever needed whether it's helping to grill burgers, setting up for exercise classes or anything we may need, he is always ready to help with a smile!

Thank you Jon, we appreciate you!!

OCTOBER Breast CANCER AWARENESS MONTH



OTHER THAN SKIN CANCER,
BREAST CANCER IS THE

**most
common
cancer**

AMONG AMERICAN WOMEN.
MAMMOGRAMS ARE THE BEST
WAY TO FIND BREAST CANCER
EARLY.

SYMPTOMS

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- Skin of the breast, areola, or nipple is scaly, red or swollen.

MYTHS

MYTH #1: Finding a lump in your breast means you have breast cancer

MYTH #2: Only women with a family history of breast cancer are at risk

MYTH #3: A mammogram or X-ray of the breast can cause breast cancer to spread

MYTH #4: Use of underarm antiperspirants and deodorants cause breast cancer

**40,000
women &
430 men**

**DIE OF BREAST CANCER
EACH YEAR IN THE
UNITED STATES.**

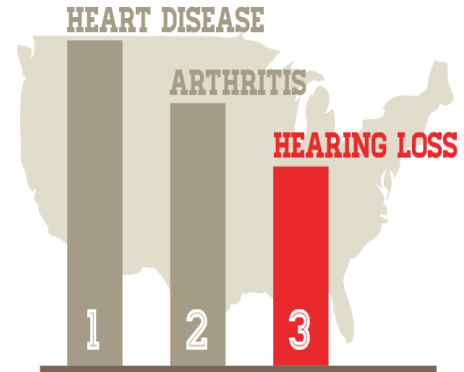
FAST FACTS

- Each year in the United States, more than 245,000 women get breast cancer. Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Be Aware. Get Involved. Show Support.

OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH

**HEARING LOSS IS THE THIRD
MOST COMMON HEALTH PROBLEM
AMONG OLDER ADULTS IN THE U.S.**



AMERICAN
ACADEMY OF
AUDIOLOGY

FACT: Audiologists are the primary health-care professionals who evaluate, diagnose, treat, and manage hearing loss and balance disorders in adults and children.



DEPRESSION

More than just having the blues

What is depression?

Depression is a **common** medical illness that negatively affects how you think, feel, and behave. It is more than just feeling down; it is a mood disorder that causes persistent sadness and loss of interest in previously rewarding or enjoyable activities. Depression is a leading cause of disability worldwide as it can lead to various emotional and physical problems, such as disturbed sleep, concentration, and appetite. The effects of depression can be long-lasting, come and go, and, if left untreated, can affect a person's ability to live a rewarding life.

**HAVING DEPRESSION IS NOT A SIGN OF
WEAKNESS**

**DEPRESSION IS A REAL ILLNESS THAT NEGATIVELY AFFECTS HOW
YOU THINK, THE WAY YOU FEEL AND HOW YOU BEHAVE**



BODY

Stomachaches, cramps, constipation, fatigue, aches and pains, weakened immune system, weight fluctuations



THOUGHTS

Feeling inadequate, hopeless, wanting to die, hard to concentrate, preoccupied with other thoughts, pessimistic thinking



BEHAVIOR

Staying inside a lot, loss of interest in activities, withdrawal from people, not replying back to others, unable to cope with daily activities

As many as 1 in 8 people will develop depression in their lifetime



"I felt like I was trapped in a dark deep hole and the light at the end kept getting further and further away. I felt trapped and alone until I finally started talking to someone about how I felt."

**HAVING DEPRESSION
NOT**

A CHOICE

AN OVERREACTION

A CHARACTER FLAW

BEING STUCK IN A RUT

**ITS NEVER TOO LATE TO START
TALKING**

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@counselorcronan
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KNOW YOUR MEDS

KNOW 3 Things to Share About Your Meds



Let your doctor or pharmacist know at every appointment if you



1

Admitted to the hospital recently or seen other doctors



2

Feel unwell or experience anything unusual with your medication



3

Often forget or have difficulties following instructions on how to take your medication



Help your doctor or pharmacist better advise you about your medication!



A National Pharmacy Strategy Initiative
gagp/ag/npa

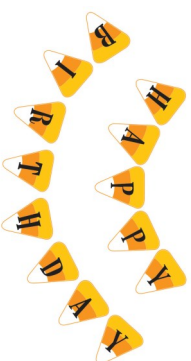


In Collaboration with
Pharmaceutical Society of Singapore

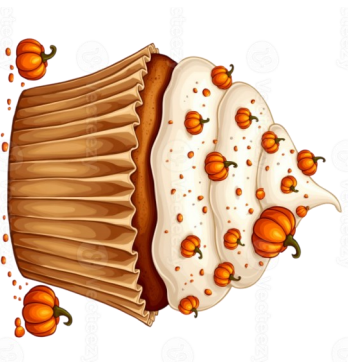


MINISTRY OF HEALTH
SINGAPORE

October Birthdays



3	Shanny Davis Joe Petrone
4	Rich Boettcher Margret Noble Joe Kaumo
5	Earlene Golden
6	Claire Faler
7	Robertta King Clyde Boswell Kaylene Schwartz
9	Dianna Story
10	Ken McLaughlin
11	Rosemary Aultman Scott Willman



12	Ruth Neely
13	Glenna Johnson Carla Witthar
14	Gene Bryson Sheryl Boroff Frank Bird Thom Rinker
15	Barbara Pfaff Judith Andersen Gwen Smith
16	Gail Toth Jim Toth Bob Nigro David Kirkpatrick
18	Bob McCarty Ronald Orcutt
19	Lauri McClain Arlinda McLaughlin Beth Rogers Leigh Christensen
20	April Gibson Tom Engeberg James Shaffer
21	Miriam Carlson

22	Sean Reed Janet Goulette
24	Donna Spahn
25	Elaine Ladygo
26	David Payne
27	Joan Balue Maxine Kawa Kay Azzi Gail Bly
28	Linda Walcott
29	Hank Ruland Dean Loftus
30	Ed Trimmer Ralph Simmacher



Mon

Tue

Wed

Thu

Fri

October 2026



All activities are subject to change without notice.

5 10a ~ Chair Yoga / Teisha 1p ~ BINGO	6 9a ~ Wii Bowling 9a - 4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	7 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes	8 10 a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool	9 9a ~ Coffee & Conversation Dr. Andras Eder 1p ~ Hand & Foot SABLE STITCHERS
12  CLOSED	13 9a ~ Wii Bowling 9a - 4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	14 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Public Health - BP Checks Darcy - Toenails	15 10 a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool Darcy - Toenails	16 9a ~ Coffee & Conversation Nadia Giffen, Sublette Co. Public Health Emergency Preparedness 11a ~ Sublette Shakers 1p ~ Hand & Foot
19 10a ~ Chair Yoga / Teisha 1p ~ Pick a Prize BINGO	20 9a ~ Wii Bowling 9a - 4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	21 9a-4p ~ Art / Pottery 9a ~ Paper Flower Class 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ In-House Movie *****	22 10 a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool Dog Toenails / Patti	23 9a ~ Coffee & Conversation 1p ~ Hand & Foot SABLE STITCHERS
26 10a ~ Chair Yoga / Teisha 1p ~ BINGO	27 9a ~ Wii Bowling 9a - 4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong	28 9a-4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes	29 10 a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool Lunch / Movie Marbleton	30 No Coffee & Conversation 1p ~ Hand & Foot

Monday	Tuesday	Wednesday	Thursday	Friday
October 2026 				
2% Milk, Butter, Iced Tea and Lemonade Served Daily				
5 Poppy Seed Chicken Steamed Rice California Blend Veg. Spinach Mushroom Salad WW Roll, Bananas & Mandarin Oranges	6 Potato Cheddar Soup Chef Salad Wheat Roll Strawberries and Bananas	7 Chicken Fajitas Spanish Rice Lettuce & Tomato Salad Salsa Wheat Crackers Pears	8 Hamburger Steak Mashed Potatoes Tossed Salad w/ Italian Dressing, Broccoli WW Roll, Chilled Apricots	9 Tuna Noodle Bake Spinach Salad with Strawberries California Vegetables Whole Wheat Bread Citrus Fruit Salad Fruit Pizza
12  Closed	13 Happy Birthday! Lasagna Mediterranean Veg Mixed Green Salad Garlic Bread Bluebarb Crisp 	14 Cranberry Chicken Steamed Rice Spinach Salad w/mandarin oranges Herbed Broccoli WW Roll Apricots	15 Nat'l Mushroom Day Salisbury Steak w/Mushroom Gravy Baked Potato Country Vegetables Spinach Strawberry Salad Peaches in Orange Sauce Gingerbread Cake 	16 Tarragon Chicken Salad on Leaf Lettuce German Cole Slaw Light Wheat Roll Peach Melba Shortcake
19 Beef Stew Tossed Salad Pickled Beets & Onions Wheat Crackers Citrus Fruit Salad Peanut Butter Cookie	20 Biscuits & Sausage Gravy Roasted Potatoes, V8 Wheat Biscuit Fruit Cup Parfait w/ berries	21 National Apple Day Parmesan Chicken Spaghetti, Tossed Salad Mixed Vegetables Wheat Roll Applesauce 	22 BBQ Meatballs Baked Potato, Garden Salad, Mixed Vegetables Wheat Roll Chilled Peaches	23 Greek Chicken Rosemary Potatoes Capri Vegetables Wheat Roll Orange
26 Orange Glazed Chicken Rice, Garden Vegetable Salad, Grilled Broccoli Wheat Bread Cinnamon Pears Mixed Berry Crisp	27 Swiss Steak w/Tomato Sauce, Baked Potato Broccoli, Tossed Green Salad, WW Roll Banana Split Dessert	28 Nat'l Chocolate Day Baked Pork Chop Rice Pilaf Mixed Green Salad Carrots w/ Lemon Butter Wheat Roll Applesauce 	29 National Oatmeal Day Herb Baked Chicken Mashed Potatoes Caesar Salad Seasoned Green Beans Hot Roll Citrus Fruit Salad 	30 Chili Mozzarella Cheese Stick Garden Bounty Salad Cinnamon Roll California Fruit

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 is here 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!



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
Patti will be here on
October 22, 2026 @
12:45pm.

Please have pets on 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, October 21, 2026

At Rendezvous Pointe

Movie : Project Hail Mary



Lunch and a movie
in Marbleton

October 29, 2026

Van will depart at 10:15 am

Crepe Paper Flower Class
October 21st, 2026 @
9AM

Join us for this fun class and learn to make paper flowers.



Darcy will be here to cut toenails on
October 14 & 15, 2026.

Please call the office to schedule an appointment.

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



Sublette Shakers is a local Parkinson's support group. They will meet the third Friday of the month at Rendezvous Pointe.

Next meeting will be
October 16, 2026 at 11AM

Rendezvous Pointe held its first Pinochle Tournament last month and it was a fun time for all. We had 10 visitors from Green River join us for cards, lunch, conversation, and snacks throughout the day!! We had a total of 12 teams, it was a great day!



And the winners are...

1st Place: Ray McLain & Cherylynn Legault (below) from Green River



3rd Place: Our own Susan Gulbrandson & Maria Wise (below).



2nd Place: Mark Pleasant & Annie Volmer (above) from Green River.



Thank you to our guests from Green River who came, it was so nice to have you join us! Thank you to Cynthia, Golden Hour Senior Center Activities Coordinator for her help with all my questions about organizing this event. Thank you to Pam Kirkpatrick, Mim Davison, Nancy & Rich Hulen for bringing treats for everyone and to all of our pinochle players for their help in organizing the tournament, you made it happen!! Can't wait to do it again next year!!

NOTICE!!

Podiatrist, Dr. Stanton Smith will NOT be here on October 12th as there it is a holiday. He will be here on

January 11, 2026.

Thank you.

ART CLASS



The art class has been super busy having fun doing projects like wire tree making, watercolor paintings, painted glass lantern making and so much more!



Rendezvous Pointe would like to thank the following for their generous fair meat donations!!

We are truly grateful!!



SOMMERS RANCH
GRASS FED BEEF

Market Beef & Swine



Market Swine



Market Goat



PUREWEST
Essential Energy. Responsibly Produced.

Market Beef



JONAH
ENERGY
RESPONSIBLY PRODUCED GAS

Market Lamb

**YOUR KINDNESS FEEDS OUR COMMUNITY
AND FILLS OUR PLATES WITH HOPE!**

Aspen's Beauty Returns

The Aspen are leafing; hello summer shade
We'll lounge and relax in the coolness they've made
The breezes will play a lullaby song
We may relax and listen, all the day long
The birds will join in with tunes of their own
To let us all know we're not here alone.

Oh the beauty of Aspen and summer and such
Are some of the treasures we love very much
But time moves along as does the bird's touch
Into the autumn of Aspen, with their golden array
They're a beauty and blessing, many would say
We can view and enjoy them with each passing day

~~Rich Boettcher



Congratulations Mark





Rendezvous Pointe 22nd Annual Holiday and Craft Fair

Fundraiser and Community Event

November 6th / 5:00P - 8:00P

November 7th / 9:00A - 2:00P

Join us for this fun event. We will have Quilts, Jewelry, Dish Scrubbies, Photography Prints/Notecards, Woodworking Crafts and so much more!!!

Silent Auction * Quilt Raffle * Raffle Baskets

Rendezvous Café will be serving pizza by the slice, breakfast burritos, Sue's sticky buns and cinnamon rolls!!



We are asking for volunteers to help with setting up, oversee silent auction table, food prep and servers for Rendezvous Café, clean-up and more.

Please let Anissa know if you are able to help!

We definitely couldn't make this happen without your help!!



Rendezvous Pointe will be participating in the Trick or Treat Street again this year. It was a lot of fun last year and we had a lot of compliments.

It will be on Saturday, October 31st from 4-6pm.

We are asking for candy or money donations, if you are able to donate please bring it to Rendezvous Pointe by October 21st.

We would love to have you join us to pass out candy to all of the ghouls and goblins!

We will be having hot chocolate, cookies, brownies and other treats. If you would like to make a batch of treats for this event please let us know!!



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Pinedale, WY 82941

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Calling all Caregivers: You Are Not Alone

If you are caring for a loved one or spouse in Sublette County, the **National Family Care-giver 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

