

P.O. Box 804, Pinedale, Wyoming 82941

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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.

September 2025



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





EMPLOYEE DIRECTORY

Director - Tina Kaumo-Corazza

Financial Director - Cher Rosencranse

Adm. Asst. - Charlee Thomson

Activity Director/Newsletter - Anissa McCutchan

Transit Coordinator - Hannah Bennett Transit Driver - Blake Ober Mike Deleeuw

Case Manager/SAMS - Jennifer Petersen Homemaker - Mandy Majhanovich

Kitchen Manager - Kerri Anderson Assistant Kitchen Manager—Jessica Leonard

Kitchen Staff-

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

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I hope everyone is enjoying the warm weather and fun in Pinedale and here at Rendezvous Pointe. We welcome everyone to join us for lunch and activities—bring your friends and family!

Friendly and Important Reminders:

Foundation23 kicked off their annual fundraiser from July 23rd to September 27th. With any donations made on behalf of Rendezvous Pointe, **Foundation23 solicits matching funds for every dollar donated!** The matching funds help stretch every dollar we receive and every donation Rendezvous Pointe receives helps us to make ends meet and to do more than we otherwise could.

FROM July 23rd - September 28th

Checks can me mailed and made payable to:

Foundation23

P.O. Box 2135

Pinedale, WY 82941

To ensure the donation is goes to Rendezvous Pointe, please include the following information on the Memo of your Check – RENDEZVOUS POINTE

Please take a moment to thank all our wonderful staff that continually keeps the wheels turning here at Rendezvous Pointe – we simply could not do what we do without them!

We express our heartfelt gratitude to all the volunteers who support us in our newsletters, library services, the distribution of the Wyoming Food Bank, and various other aspects of our efforts – your assistance is genuinely cherished!

GREAT NEWS! Rendezvous Pointe received a market swine from Rio Verde Engineering, and a market beef from Sommers Herefords, and Pure West Energy. The generous donation of this meat significantly alleviates our kitchen expenses, and we profoundly appreciate the support extended to our seniors!

Oh, and just a little reminder for everyone – you are amazing and appreciated! Thank you for who you are and all you do.

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

Coffee & Conversation is on hold for the summer, will start back up again in October.



Podiatrist Dr. Stanton Smith will be coming to Rendezvous Pointe on October 13, 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.

BINGO!!! Mondays @ 1:00pm



Hmmm...

I sat to write a poem for the Pointe
But couldn't find a theme
So, I surmised my brain was not in joint
With head in hands upon the table
I told my self: I know you're able
Well, I couldn't get my thoughts to flow
So, I'll wait till my Stop turns to Go
~~Rich Boettcher

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.

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.

Button Pumkin Craft Class

September 17th, 2025 10 AM & 1PM





Fall is right around the corner, come join us for some fun with these button pumpkins!!



Lunch and a Movie in Marbleton

Thursday, September 25, 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!!

September dates are the 9th and 23rd

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!

:

~248,530

estimated new cases of prostate cancer in 2021

most common

cancer among American men, after skin cancer

65÷

mainly diagnosed

in men age 65 or older, with the average age of diagnosis at 66

2nd

leading cause

of cancer death in American men, behind lung cancer

RISK FACTORS

AGE prostate cancer is rare in men younger than 40, but the chance of having it rises rapidly after age 50.

RACE prostate cancer occurs more often in African American and Caribbean men than in men of other races

FAMILY HISTORY men with a father or brother diagnosed with prostate cancer are considered to be at a higher risk.

GEOGRAPHY prostate cancer is most common in North America, northwestern Europe, Australia, and on Caribbean islands, but less common in Asia, Africa, Central America, and South America. Reasons are not clear.

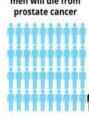


~ in men will be diagnosed with prostate cancer during his lifetime



~ in [

men will die from prostate cancer



Early-stage prostate cancer may have no signs or symptoms and is mainly found through screening.

- Frequent urination
- Weak or interrupted urine flow
- Urge to frequently urinate at night
- Blood in the urine or seminal fluid
- New onset of erectile dysfunction
- Discomfort or pain when sitting, caused by an enlarged prostate

More serious symptoms include:

- Unexpected weight loss
- Pain in the lower back or pelvic area
- Anemia
- Fatigue

TIPS TO STAY









Proper



Maintain

B



Avoid Weight Supplementation







Manage Your Stress



(high cholesterol/ high blood pressure







REFLECT

e time to reflect o seasonal þatterns natural world.

SUPER NATURE ADVENTURES



AUTUMNAL EQUINOX



The Earth is always moving around the Sun.

NOTICE

CELEBRATE

Fall is a time of harvest and abundance.

SEPTEMBER IS



U CARE

THE ART OF PAYING ATTENTION TO YOU AND YOUR NEEDS

EAT WELL



REFRESH

take mini breaks throughout the day



QUALITY TIME

spend quality time with special people



WIND DOWN

engage in calming activities to decompress after work or an event



FEED YOUR SPIRITUAL SELF



REST



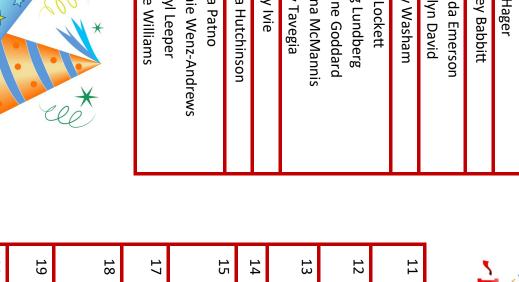
KNOW YOURSELF

do more of what brings you joy



September Birthdays

| | | 10 | 9 | 8 | | | | | 6 | 5 | | 4 | 3 | | Ъ |
|-----------------|---------------------|--------------|------------------|------------|---------------|-----------------|----------------|---------------|-------------|-------------|---------------|-----------------|-----------------|-----------|-------------|
| Irvine Williams | Connie Wenz-Andrews | Olivia Patno | Treva Hutchinson | Kathy lvie | Larry Tavegia | Dianna McMannis | Maxine Goddard | Doug Lundberg | Max Lockett | Mary Washam | Marilyn David | Belinda Emerson | Shirley Babbitt | Ron Hager | Ken Konicek |
| | | | | | | | | | | | | | | | |





| Diane Awve | 20 |
|--|----|
| Graig Smith Eric Marincic | 19 |
| Susan Gulbrandson | |
| Vicky Haffey Wanda Peek | 18 |
| Kathryn Briggs Joe Sellyei | 17 |
| Carole Smith Bill Conley Grover Laseke | 15 |
| Deborah Morley | 14 |
| Rollie Meyers Judy Harmon | 13 |
| Warren Taylor Barbara Hartwick | 12 |
| Lynn Carmean Roland Howey | 11 |
| | |

| 29 | 28 | | 27 | | 26 | 25 | 23 | | | 22 | | | | 21 |
|------------|----------------|---------------|---------------|-----------|--------------------|----------------|---------------|--------------|----------------|-----------|-------------------|----------------|--------------|--------------|
| Bob Nelson | Russell Selman | Linda Trimmer | Rod Rasmusson | Lucy Carr | Marsha Swartzfoger | Kathy Sullivan | Rebecca Eaker | Lynn Snowden | Kris Wittlieff | Pat Jones | Daryl Read Hudson | Sharon Johnson | Dick Wilhelm | Jack Sellers |



| 29 10a ~ Chai 1p ~ Bingo | 22 FIRST D 10a ~ Chai 1p ~ Bingo | 15 10a ~ Chai 1p ~ Bingo | 8 10a ~ Chai 1p ~ Bingo | <u> </u> | Mon |
|--|---|--|---|---|-----|
| 29 10a ~ Chair Yoga / Teisha 1p ~ Bingo | 22 FIRST DAY OF AUTUMN 10a ~ Chair Yoga / Teisha 1p ~ Bingo | 15 10a ~ Chair Yoga / Teisha 1p ~ Bingo | 8 10a ~ Chair Yoga / Teisha 1p ~ Bingo | CLOSED HAPPY HAPPY DAY | |
| 30 9A ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong | 23 9A ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong | 16 9A ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong | 9 9A ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong | 2 9A ~ Wii Bowling 9a-4p ~ Art 12:30p ~ Pinochle 1p ~ Mahjong | Tue |
| SEP All act | 249a-4p ~ Art/Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes | 17 9a-4p ~ Art/Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Fall Button Craft | 10 9a-4p ~ Art/Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Darcy Toenails | 3 9a-4p ~ Art/Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Rock Painting 101 Class | Wed |
| PTEMBER 2025 ctivities subject to change. | 25 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool Marbleton Movie/Lunch | 18 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool | 11 10a ~ Chair Yoga - CAN- CELLED 1p ~ Fiber Guild 1p ~ Pool | 4 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool FOOD BANK OF WYOMING | Thu |
| 1025 | 26 1p ~ Hand & Foot BOCES End of Summe r | 19 1p ~ Hand & Foot Noon - 6p ~ Community Health Fair | 12 1p ~ Hand & Foot | 5 1p ~ Hand & Foot | Fri |

| | | | 3 | |
|----------------------------|---------------------------|---------------------------|---------------------------|--------------------------|
| | Strawberry Shortcake | | Pineapple Betty | Pudding |
| Bananas w/ Granola | spread, Chilled Apricots, | Apple Brown Betty | Carrots, WW Bread, | Honeydew, Tapioca |
| Biscuits, Strawberries and | Wheat Bread w/ fruit | Broccoli, Wheat Roll, | German Cole Slaw, Savory | Bread, Cantaloupe & |
| Juice, Wheat Drop | Coleslaw, Carrot Coins, | Tossed Salad, Herbed | Potatoes, | Spinach Salad, Wheat |
| Hash browns/Onions, V8 | Noodles, Creamy | Haystack, Brown Rice, | Mashed | Wedges, Relish Tray, |
| Scrambled Egg/Ham, | Beef Tips with gravy, Egg | Creamed Chicken | Roast Beef, | Fish & Chips, Potato |
| 26 | 25 | 24 | 23 Happy Birthday! | 22 |
| | | | | Berry Crisp |
| | | | Apricots | Cinnamon Pears, Mixed |
| Roll, Plum | Peaches | Fruit Salad, Brownie | tomatoes, Wheat roll, | Broccoli, Wheat Bread, |
| Steamed Broccoli, Wheat | Vegetables, Wheat Bread, | Tomato Salad, Tropical | Spinach Salad with | Vegetable Salad, Grilled |
| Mashed Potatoes, | Salad, California | & Onions, Lettuce & | Beans, Confetti Coleslaw, | Fried Brown Rice, Garden |
| Chicken Fried Chicken, | Stuffed Pepper, 3 Bean | Chicken Enchilada, Peas | BBQ Pork, Boston Baked | Orange Glazed Chicken, |
| 19 | 18 | 17 | 16 | 15 |
| | | | | Peaches, Orange Juice |
| | Chunks, Pina Colada Cake | Mixed Berries | Wheat Roll, Applesauce | w/Mandarin Oranges, |
| Hot Roll, Applesauce | Salad, Watermelon | Coins, Wheat Bread, | Salad, Mixed Vegetables, | Spinach Salad |
| Carrots w/ Lemon Butter, | Marinated Cucumber | Vegetable Salad, Carrot | Spaghetti, Tossed | Lettuce, Tomato, Onion, |
| Pilaf, Mixed Green Salad, | Macaroni Salad, | Potatoes, Garden | Chicken, Bithey | Burger, Potato Salad, |
| Baked Pork Chop, Rice | Buffalo Chicken, | Meat Loaf, Whipped | Parmesan | Blue cheese Mushroom |
| 12 | 11 | 10 | 9 Happy Birthday! | 8 |
| Rocky Road Pudding | Rice Pudding | Bananas & Pineapple | Cookie | |
| Bread Stick, Melon Cup, | Mixed Fruit Cup, Creamy | Broccoli, WW Bread, | Salad, Oatmeal Raisin | CLOSED |
| Peas & Carrots, WW | Oregon Bean Medley, | Brown Rice, Tossed Salad, | Sandwich, Coleslaw, Fruit | |
| Taco Salad on Corn Chips, | Pizza w/Meat & Veggies, | Dijon Chicken, Steamed | Philly Cheesesteak | LABOR |
| 5 | 4 | ω | 2 | 1 + |
| Friday | Thursday | Wednesday | Tuesday | Monday |

Serving time for lunch will be 12noon!

29

Strawberries, Lemon

Wheat Crackers, Citrus Fruit Salad, Peanut Butter

2% Milk, Butter, Iced Tea & Lemonade served daily

September 2025

Cookie

Almond Cake

Broccoli, Sliced

Chicken Cordon Bleu, Baked Potato, Steamed

Beef Stew, Tossed Salad Pickled Beets & Onions,



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!!



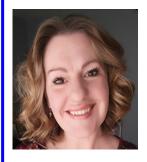
Walk to End Alzheimer's
October 4, 2025
Jackson, WY

Come join us for the BOCES End of Summer Potluck BBQ



September 26, 2025 at 6 PM

Everyone is welcome, but you will need to sign up on the bulletin board to let me know what dish you will be bringing and to get a count so I know the number of hamburgers we will need!! We will provide the burgers and drinks.



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!!

Patti will not be available for clippings this month. She will be back in

October.





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.



Rock Painting 101
September 3, 2025
10 AM & 1 PM



Come create some fun designs!

Darcy will be here to cut toenails on September 10, 2025

Please call Charlee to schedule your



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

appointment.



"Seniors On The GO" 2025



A HUGE THANK YOU goes out to BOCES for \$4000.00 in grant funds to support our Seniors On the Go Program! This support helps enrich our seniors' lives and fosters a spirit of adventure by educating our seniors on Wyoming's rich history. Thank you again for your ongoing support of Rendezvous Pointe and our programs to enhance our senior's well being. Following are some planned excursions:

September 19th: Teton Raptor Center, Jackson WY / Lunch before

Trip fee: \$10.00/person - includes admission fee

September 26th: BOCES End of Summer BBQ

Sign up sheets will be posted about 2 weeks before each trip. <u>Trip fee must be paid at least three days before trip departs RP.</u> Seven passengers on each trip in van. Seniors are responsible for their meals on trips, unless stated otherwise. Always water and snacks in van! <u>All trips subject to change.</u>





Had a great time touring the Aviat Aircraft facility, seeing how Husky and Pitts airplanes are built.

This facility has been producing aircrafts since the 1940's.

Above: Our group taking in the process of building planes.

Right: John looking at a plane in the building phase.

Far Right: Pat looking at a finished aircraft.





Our Trip to Cody....



We started with the **Heart Mountain Intern**ment Center.

It was a very surreal to read what the Japanese Americans that were interned there went through.



We visited the **Buffalo Bill Muse**um. There is so much to see, you could be here for days.

It is definitely quite an impressive collection of history.









We took a trolley ride that was great fun! We watched a gunfight, Gwen really loved it and Wyatt Earp almost arrested Dwight!







We also took in the **Buffalo Bill** Dam and we had great food as well!!







Rendezvous Pointe Holiday & Craft Fair

Fundraiser and Community Event

November 7th & 8th, 2025

A Great Way to Support our Seniors at Rendezvous Pointe through...



We are excited to announce our participation in Foundation 23's Race to Raise Community Fundraising event 2025

From July 23rd to September 27th, Rendezvous Pointe will be participating in Foundation23 fundraising event again this year!

This is an opportunity for all of Sublette County to come together to support Rendezvous Pointe and our seniors. Your donations to Rendezvous Pointe through the Community Fundraising event will be amplified because of the opportunity to match donated dollars!

With your generous contributions that we receive, 1000's of nutritious meals are served, and our transportation department provides approximately 2500 rides throughout the year. Rendezvous Pointe also offers many activities and endless social interaction opportunities to keep our seniors healthy and active. Currently our WYHS crew serves 26 homes per week which provides in home care for our homebound seniors. A lot goes into our efforts to improve the quality of life for Sublette County's seniors and to help them stay in their own homes for as long as possible. At Rendezvous Pointe every little detail counts when it comes to our seniors!

Your donation to Rendezvous Pointe through the Foundation23 Community Fundraising event will be amplified because of the opportunity to match donated dollars. From all of us at Rendezvous Pointe to all of you, thank you in advance for supporting Rendezvous Pointe through this endeavor – your donation helps us help others.

To ensure your donation is included in this match, be sure to follow the giving guidelines:

Donations via credit card: must be made through Foundation 23's secure registration/donation site (www.foundation23.org).

Checks: must be made out to Foundation 23 with the designated nonprofit in the memo line. Mail checks to PO Box 2135, Pinedale, WY 82941

Donations must be received by the end of day Saturday, September 27!



425 E. Magnolia P.O. Box 804 Pinedale, WY 82941 NON - PROFIT U.S. POSTAGE PAID PINEDALE, WY PERMIT #34

Honoring the strength, dedication, and passion of every worker.

HAPPY LABOR DAY

