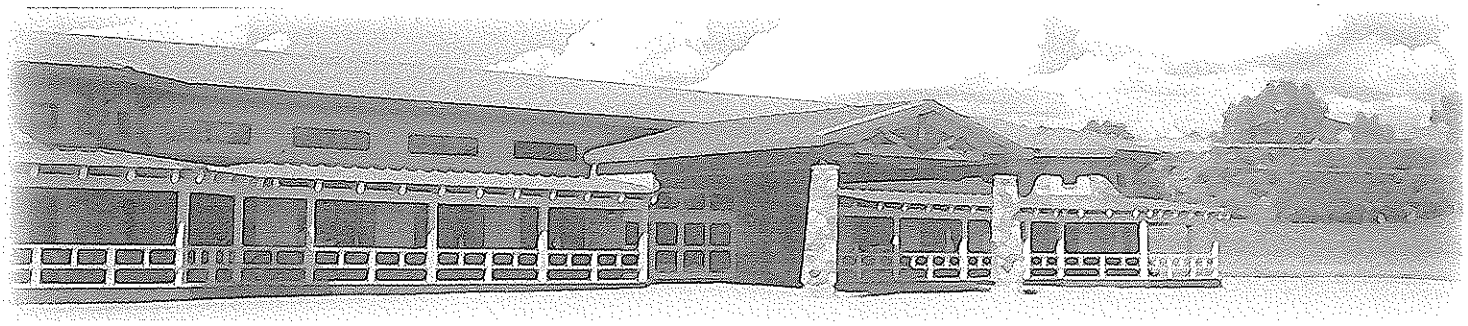
Rendezvous Pointe



Pinedale, Wyoming 307/367-2881 Fax: 307/367-6769
Email: rpenews@centurytel.net Website: www.rendezvouspointe.com

December, 2007

The **Fourth Annual Holiday and Craft Fair**
held on November 2 & 3 was a fun success!
See more photos and read all about it on page 8.

Nancy Wiebe and Jackie Sea
standing behind the Ceramics Table.

Edna Georgis sitting at the
Craft Class Table.

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." - Benjamin Franklin

Senior Services of Rendezvous Pointe

Care Givers Program

The national Family Caregiver Support Program supports caregivers of adults 60 years of age and older, and grandparents who are 60 or older that are raising children under the age of 18.

A caregiver could be: a family member, a spouse that doesn't realize they are a caregiver, long distance relatives, neighbors and friends.

In the desire to keep a loved one in the comfort and security of their own home, a caregiver usually voluntarily assumes the responsibility for providing day to day care. In some cases this care is 24 hours a day, 7 days a week.

We can offer a much needed break if time is needed to run errands, doctors appointments, or just "me" time. Rendezvous Pointe has information of available services, assistance to gain access to services, caregiver training and support, education, and a lending closet.

If you or anyone you know is in need of assistance, Rendezvous Pointe can help. Don't let the impact of care giving get you down. Call us for support. For more information call Bridgett @ 307/367-2881.

Are you satisfied with your Medicare coverage? If not, there is something you can do about it! Changes for your Medicare plan can be made starting November 15th and will end December 31. We know how confusing this can be so stop in at Rendezvous Pointe and we can help. Two minds are better than one! Additional help is also available at 1-800-MEDICARE or by going to www.medicare.gov.

Your Rendezvous Pointe Staff

Beth Allen, Activities Director
Allie Anderson, Kitchen Staff
Carla Burke, Kitchen Staff
Jill Cardwell, Kitchen Staff
Cindy Carlson, Administrative Asst.
Jinzhen Chen, Kitchen Staff
Dave Dew, Kitchen Staff
Joella Dugan, Kitchen Staff
Sue Eversull, Kitchen Manager
Paul Jensen, Director
Cheryl Johansen, Kitchen Staff
Anne Joseph, Driver/SAMS
Naomi Leeka, Homemaker
Tertia Leo, Kitchen Staff
Chelsea Lowseth, Kitchen Staff
PJ Normand, Bookkeeper
Pat Rush, SAMS/Newsletter
Bridgett Wilson, Case Manager

SPOTLIGHT:

Rod Rozier

Rendezvous Pointe Newsletter, 2007

Rod Rozier was born in Cassatt, South Carolina in 1921. He lived there until 1942. This period included the Great Depression era, but he does not remember being deprived of anything important. He fondly remembers visiting his cousin, Margaret West, who had a pony and a 'swimming hole'. His father was a rural mail carrier. Rod went to Clemson College, graduating in 1942. He then went to Jacksonville, Florida for Naval Flight Training. He was commissioned as a Marine Aviator after flight training.

He served in World War II, Korea, and Vietnam. One incident stands out in his experience as a pilot. His twin-engine supply plane experienced engine failure (both engines) while flying out of Tsingtao China in 1949. He landed in the China Sea and no crew members or passengers were injured. The plane floated well and was soon surrounded by Chinese fishing boats whose crews were anxious to rescue the Americans and get a reward, which was sent to rescuers. Soon the fishing boat crews were in a big fight, using their 20 foot oars to fight each other and get into position to rescue the downed Americans. They finally stepped from the wing of the plane onto a boat and were carried to shore. They were then picked up by an American truck and safely returned to Tsingtao.

Rod was based on the island of Bouganville while serving in WWII. He was based near the 1st Marine Division in Korea and flew helicopters that were used to support the Division. The most rewarding work in that war was the evacuation of wounded Marines from the battlefield to U.S. Navy hospital ships located off the Korean Coast. These evacuations were conducted on a 24 hour basis.

He flew helicopters while in Vietnam in 1964. The flights were similar to those in the Korean War - primarily in support of Marine ground troops.

Rod enjoyed his years in the Marine Corps and fondly recalls some of the highlights of his career. First was his marriage to Alice in 1945. Two children are alive today. Daughter Ann lives in Pasadena, California and Rod Jr. lives in Pinedale, Wyoming. He was sent to Rensslaer Polytechnic Institute in Troy, New York in 1958 to attend graduate school and receive a Masters Degree in Industrial Engineering from that school.

After retiring from the marine Corps in 1965 Rod worked for Lockheed Aircraft Corporation in Van Nuys, California.

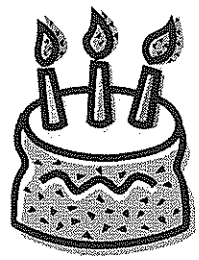
He moved to Vernal, Utah in 1972 and enjoyed living there. Sadly Alice passed away in 2003.

Rod moved to Pinedale in the spring of 2007. He appreciates the great support he has received from Rod Jr., Leslie, Paul and Bette Hagenstein, Valerie Lee, residents and staff at Sublette Center and others in this nice town.

Written by Nancy Wiebe and Rod Rozier

DECEMBER BIRTHDAYS

Happy Birthday!!



1 John Anderson
3 Jeanne Kingbury
7 Bernadette Gosar
Jackie Hunt
Mary White
10 Karen Hines
Gwen Shepherd
11 Billy Pape
12 Charlotte Lind
13 Beulah Faler
Melba Jaskolski
14 Ron Davison
15 Barbara Stephenson
Eve Stevens
Donna Tatro
17 Tom Mollring
Shirley Straley
18 Victoria Haddican
Teena Roberts
20 Harold Asire
Max Lundberg
Kent Van
21 Mary James
Charmian McLellan
23 Barbara Stevens
24 Stan Frolich
26 Rusty Gooch
27 David Corbisier
Rick Kingsbury
29 Joella Dugan
31 Daniel Hicken

Other December birthdays: 1st, actress, singer: Mary Martin 1913; director, comedian: Woody Allen 1935; **5th,** animator, filmmaker: Walt Disney 1901; **6th,** lyricist: Ira Gershwin 1896; **8th,** inventor of the cotton gin: Eli Whitney 1765; **9th,** clown: Emmett Kelly 1898; actor: Kirk Douglas 1916; **10th,** poet: Emily Dickinson; **12th,** "The Price is Right" host: Bob Barker 1923; **16th,** composer: Ludwig van Beethoven 1770; anthropologist: Margaret Mead 1901; **18th,** baseball player: Ty Cobb 1886, **19th,** Arctic explorer: Sir William Parry; **24th,** frontiersman, soldier: Kit Carson 1809; **27th,** chemist, bacteriologist: Louis Pasteur 1822.

Many Thanks to:

The Bank of Sublette County for buying our monthly birthday lunch, to First Bank and Jeannie Slack for our monthly Birthday cakes, and to Lazarus Home Services and Kelly Kerr for our monthly Birthday balloons! And, special thanks to George and the Daniel Chix for great music program during the November birthday lunch!

Gingered Sweet Potatoes

2 T butter
2 T olive oil
1/3 C brown sugar
1 T honey
1 t cinnamon
1/2 t salt
1/2 t ground ginger
1/4 t pepper
1 medium sweet potato, peeled and cut into wedges

In a small skillet, melt butter with oil over medium heat. Stir in the brown sugar, honey, cinnamon, salt, ginger and pepper. Add the sweet potato wedges; toss to coat. Cover and cook over low heat for 20-30 minutes or until potatoes are tender, stirring occasionally.

Yield: 2 servings

A Taste of Home Recipe

Caring for Wyoming's Seniors

By

John Barrasso, M.D.

POWER OF PRAYER

In this holiest of seasons, there is new evidence of the power of prayer.

Those who believe and who pray are more likely to heal more quickly from an illness or injury than those who don't. There is even evidence that praying for someone else will help them get better.

How do I know? I have faith in those who have faith.

Just as I believe strongly that you can help care for yourself, I believe that your religious faith and the power of prayer can help you heal from an illness, injury, or surgery.

Many doctors can provide examples of how people who pray are often among the first to recover from illness or injury. Certainly, I've noticed a tendency in my practice for speedier recoveries for those who pray and those who are positive thinkers.

A recent survey of doctors by the American Academy of Physicians showed 99% of the doctors believing that religious belief can contribute to a patient's healing and 96% said they have had patients who believed God had helped them heal.

The New Republic magazine this past summer had an article about the power of faith and noted that a number of recent studies indicate that men and women who attend mainstream churches or synagogues regularly are more likely to live longer, have fewer strokes, experience less heart disease or high blood pressure and are much less likely to commit suicide than society at large.

Dr. Harold Koenig of Duke University Medical Center and colleagues from Duke, Harvard, and Yale reviewed the results of more than 1,000 studies involving religious practices and found that most showed a correlation between attendance at worship services and improved health.

Dr. Koenig is quoted in the New Republic article as saying that the lack of religious involvement "has an effect on mortality that is equivalent to 40 years of smoking one pack of cigarettes per day."

Credit Dr. Joe Murphy of Casper for finding a new study that definitely suggests a correlation between prayers and the power of healing.

The study involved two groups of patients in the coronary care unit at the Mid America Heart Institute at St. Luke's Hospital in Kansas City - one in a usual care group and the other in a special prayer group.

Patients in the prayer group were prayed for by people in the Kansas City area who knew only the patient's first name. The prayer group had lower "adverse outcomes" than people in the non-prayer group.

Dr. Murphy found similar results in a study at San Francisco General Hospital, and though his thinking is still "a bit fuzzy" about the power of remote prayer from others, if he ever ends up in the hospital again, he would like us to pray for him.

Written by Kathleen Thomas RD CD LD CDE

December 2007

1 and 2% milk and butter offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
3 7 Garden veg. Salad, Creamy Italian dressing, Beef Stroganoff over Pasta Noodles, Herbed Broccoli, Hot Roll, Fruit Cup	4 116 Tossed Green Salad, Ranch Dressing, Lasagna, Italian Veggies French Bread, Melon Slices	5 53 KFC style Cole Slaw, Savory Baked Chicken. Garlic Mashed Potatoes, Grilled Broccoli, Whole Wheat Bread, Fruit Cup	6 121 Mixed Green Salad, Ranch Dressing, Chili Dog w/ Side of lettuce, Tomatoes, Pickles, Fruit Salad	7 124 Cucumber and Onion Salad, BBQ Spare Ribs, Mashed Potatoes, Smoked Cabbage, Melon Cup, Pumpkin Bread
10 123 Tossed Green Salad, Ranch Dressing, Beef Fajita, Carrots and Peas, Spanish Rice, Fresh Fruit.	11 BIRTHDAY LUNCH 82 Vegetable Soup, Roast Pork, Baked Potato, Sour Cream and chives, Stewed Tomatoes, WW Bread, Baked Apple Pie	12 61 Cole Slaw, German, Chicken and Dumplings, Green Beans, Hot Roll, Apricot Crisp.	13 118 Tortilla Soup, Chicken Enchiladas, Lettuce, tomatoes and Cucumber salad, Sliced Melons	14 5 Spring Salad, Italian Dressing, Bake Breaded Fish, Baked Sweet Potatoes, Blend Veggies, Corn Bread, Chilled Pears
17 41 Spinach Salad w/ Mandarin Oranges, Honey Mustard Dressing, Sweet And Sour Pork, Steamed Rice, Peas and Carrots, Egg Roll, Banana Pudding	18 1 Mulligatawny Soup, Hamburger Steak, Mashed Potatoes, Gravy, Baby Carrots, WW Bread, Fruit Cocktail	19 63 Spinach Salad, Ranch Dressing, Turkey Ala King, Homemade Biscuit, Mexican Corn, Fruity Gelatin Salad w/ Topping.	20 48 Garden vegetable Salad, Red Wine Vinaigrette, Spaghetti Meat Sauce, Angle Hair Pasta, Blend Veggies, Garlic Bread, Pear Crisp	21 CHRISTMAS DINNER 10 Apple Waldorf Salad, Ham, Scalloped Potatoes, Special Green Beans, Corn Bread, Assorted Pies. *Activity* Tomato / V-8 Juice
24 CLOSED!	25 CHRISTMAS DAY! 	26 3 Tossed Green Salad, Ranch Dressing, Creamed Beef over rice, Blend Veggies, WW Bread, Chilled Apricot.	27 35 Tomato Soup, Grilled Cheese on Wheat Bread, Garnish, Orange Slice, Sr. Froggies cucumbers, Peach Cobbler	28 23 Carrot Salad Hamburger Steak, Whole Wheat bun, Lettuce, tomato, Pickles, and Onions, Cherry Crisp
31 36 Jeans Veg. Salad, Beef Pepper steak, Steamed Rice, Baby Carrots, Black eyed Peas, Devils Food Cake, Fruit Cocktail				

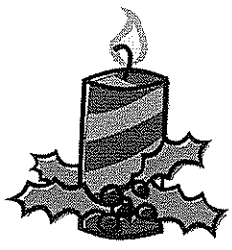
Approved 11/19/07
Doreen Ward RD

Salad Available Daily

Doreen Ward RD Approval

Read A New Book Month

December 2007

Mon	Tue	Wed	Thu	Fri
3 -Crafts @ 9:30am ***Write To A Friend Month Activity 9:30 am***	*4* -Tai Chi @ 10am -Pinochle @ 1pm	*5* -Art @ 9am -Ceramics @ 4pm	*6* -Tai Chi @10am -Fiber Guild @ 1-3pm -Sweetwater Audiology @ 11-1pm	*7* Shopping trip to Rock Springs—please sign up.
10 -Crafts @ 9:30am	*11* -Tai Chi @ 10am -Pinochle @ 1pm **Birthday Lunch** -Hearing Tune-ups, Dean Laurence	*12* ***Poinsettia Day*** -Art @ 9am -Ceramics @ 4pm -Hearing Tune-ups, Lyn Jephson **BOARD MEETING**	*13* -Tai Chi @10am -Fiber Guild @ 1-3pm -Sweetwater Audiology @ 11-1pm	*14* **Courtney Skinner: Antarctica-Navigation of the Penguins 1:00 pm** 
17 -Crafts @ 9:30am Sage & Snow **Holiday House Award Tour** 5:30-8:00 PM Please sign up	*18* -Tai Chi @ 10am -Pinochle @ 1pm	*19* -Art @ 9am -Ceramics @ 4pm **Pastel Drawing by Cindy Carlson, 12:45**	*20* -Tai Chi @10am -Fiber Guild @ 1-3pm -Sweetwater Audiology @ 11-1pm	*21* **Christmas Party** 1- 3 pm - see invitation on p.11 
24  ***Closed for the Holiday***	*25* ***Merry Christmas*** 	*26* -Art @ 9am -Ceramics @ 4pm ***Read A New Book Month Activity 11:00 am***	*27* -Tai Chi @10am -Fiber Guild @ 1-3pm -Sweetwater Audiology @ 11-1pm	*28* -Dinner Out at White Pine Please sign up.
31 -Crafts @ 9:30am **New Year's Eve**		December's Birthstone: Turquoise/ Zircon Flower: Narcissus/Holly Colors: Indigo and Green		

"Chill December brings the sleet, blazing fire, and Christmas treat." Sara Coleridge

Craft Fair 2007

The Fourth Annual Holiday and Craft Fair, a Rendezvous Pointe fundraiser, has come and gone. I believe it went very well and was a success. We raised $2331.75 (before expenses) and a great emphasis must be put on that word "we". Many thanks are in order.

Let me begin with Verna Walker who over the last three years laid the ground work for a well run event. Her maps, notes, and answers to all my questions were invaluable. Thank you, Verna!

Another veteran of the Craft Fair is Nancy Wiebe. She, along with Verna, ran what I like to call Rendezvous Café. Together they cooked up tasty food, a pleasant place to take a break, and a nice profit. Thank you, Nancy!

Julie McKinney is next on my list. Her craft ideas and help, rounding up tables, manning the Silent Auction table, and general support and encouragement were awesome. Thank you, Julie!

Three Rendezvous Pointe Senior Classes added much to the overall atmosphere of the Fair as well as money contributed. They are Crafts, Ceramics, and the Fiber Arts Guild. We have truly talented people in our midst. Thank you, Jackie Sea, Edna Georgis, Nancy Wiebe, Jeannie Hale, Ann Barney, Sandy Bousman, Cindy Van, Barbara Stephenson, Mary Manderfeld, and more I am sure.

We had a nice variety of vendors this year, 25 in all. They were very generous donating items to a Silent Auction. This went quite well on our first try and should do even better in coming years.

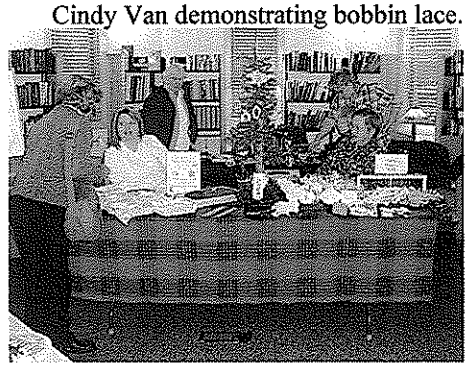
Our table handlers were Darrell Walker and Jim Allen. God bless husbands who are willing to get involved in their wives' projects! Thank you, Darrell and Jim!

I know I won't remember everybody and what they did, but I do thank Cindy Carlson, PJ Normand, Craig Seipp, Conley Geary, and the maintenance/ cleaning crews. Paul Jensen, Mary Brodie, and Rachel Allen helped in the smooth running of the café. Sue Eversull made cinnamon rolls to sell. Thank you everyone!

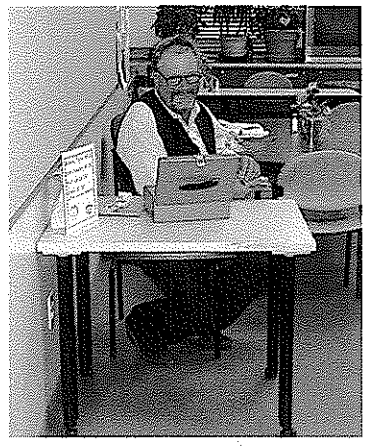
With everyone working together, no one had to work too hard. We can take pride in a job well done. Seniors, we've got a good thing going here at Rendezvous Pointe and it is a pleasure to be a part of it.

Merry Christmas!

Cindy Van demonstrating bobbin lace.



Fiber Arts Guild table with Leslie Osbourn, Barb Stephenson, and Sandy Bousman.



Paul Jensen in Rendezvous Café.

Jeanie Hale at the Ceramics table.

NUTRITION:
To know the facts…

…use the label.

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, *trans* fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.

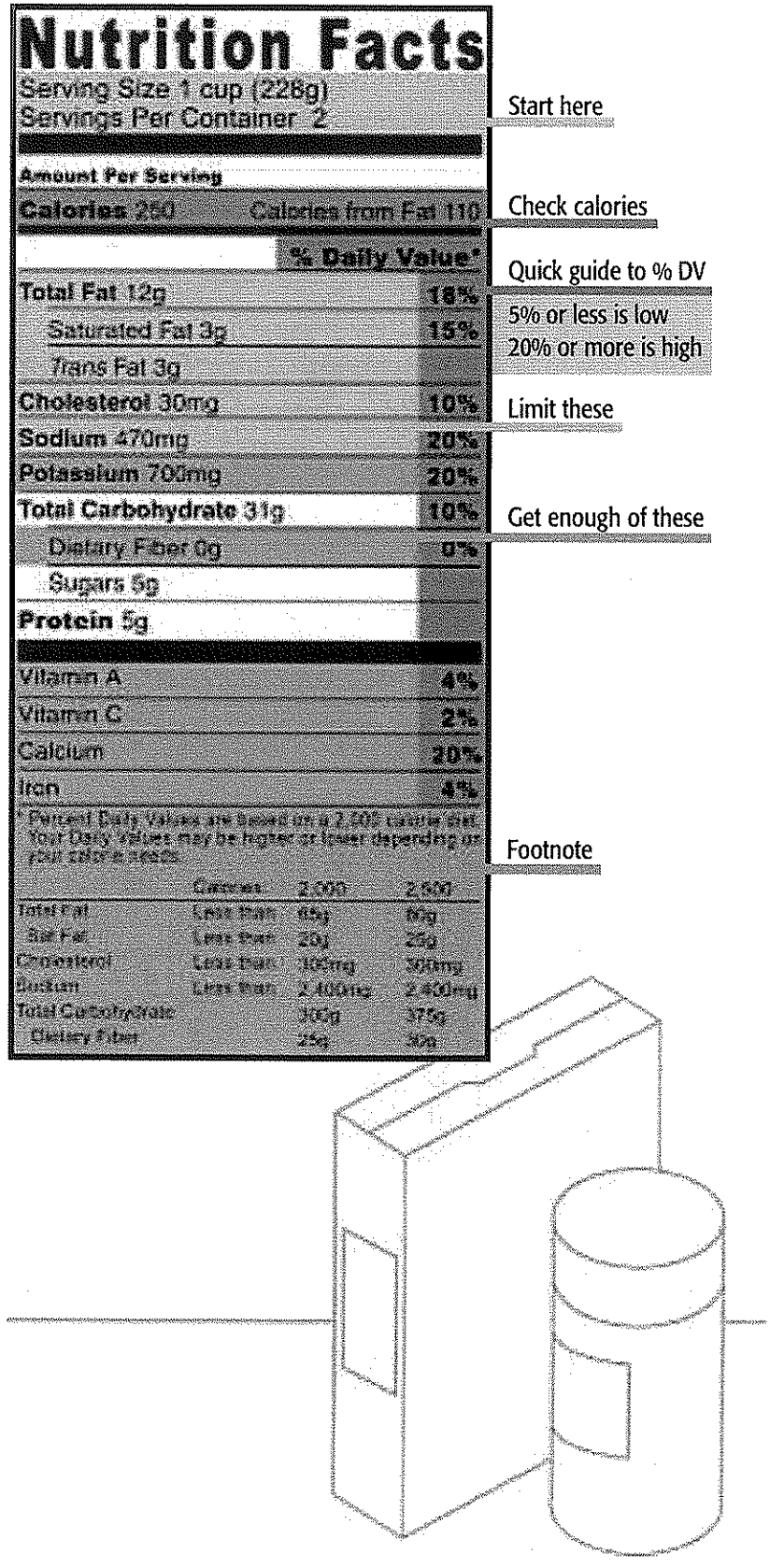
Check servings and calories. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

Make your calories count. Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

Know your fats. Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

Reduce sodium (salt), increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.



Christmas Symbols

The primitive carvings of shepherds and kings,
of animals, camels, a donkey, and sheep
surround a small crib where a little Child brings
to mankind an old promise He's made and will keep.

The lintel's adorned with the bells we collect,
and high from a shelf hang the snowflakes all white
that hands have crocheted with astounding effect
each one is as different as day is from night.

The wreath on the wall and the angel with horn,
and Santas and tins, and the candles and cards
all celebrate Christmas, the day He was born
in a stable filled with hope and unstinting regards.

The symbols abound both below and above,
and we simply know that His message is love.

—C. F. Kelly

Christmas Word Search Puzzle

C O O K I E S L E G N A S O P
L I G H T S N O W F L A K E S
O Y E G G N O G H O L L Y C D
V N A T I V I T Y S A T E I R
E S X D S B T G L O I Y K V E
X C L E I I A O H R J Z R R H
Y S E L D L R B A T E X U E P
S R T Y E A O H Y Y M G T S E
T A A N C B C H C J N E N C H
U T Y M E H E L H T E B R A S
O S J D M S D L I P M S T R M
G I L I B T E U G A E Q U D Y
G T H Q E F C R U N S S K S R
A H S W R I M C P S I R O V A
N X N A L G Q D B X W J P J F

ANGELS
BABY JESUS
BETHLEHEM
CARDS
CAROLS
CHARITY
CHRIST
COOKIES
DECEMBER
DECORATIONS
EGGNOG

NATIVITY
NIGHT
PRESENTS
SERVICE
SHEPHERDS
SNOWFLAKES

GIFTS
HOLIDAY
HOLLY
JINGLE BELLS
JOSEPH
JOY
LIGHTS
LOVE
MANGER
MARY
MERRY

STAR
TREES
TURKEY
WISEMEN

Newsflashes

Dec. 7 - Shopping trip to Rock Springs: Please sign up at lunch or in the office.
Dec. 11 - Birthday lunch
Dec. 14 - Speaker Courtney Skinner on Antarctica: Navigation of the Penguins **1pm**
Dec. 17 - Sage & Snow **Holiday House Award Tour** 5:30-8:00 PM Please sign up
Dec. 19 - Pastel Drawing by Cindy Carlson
Dec. 21 - Christmas Dinner and music by George and the Daniel Chix
Dec. 21 - Party 1-3pm Bring a 'grandchild'
Dec 24 & 25 - Closed for the holiday - Merry Christmas!!
Dec 28 - Dinner Out - White Pine

You're invited to a Christmas Party!

When: Friday, December 21 after lunch (1:00 to 3:00 pm)
Where: Rendezvous Pointe
Who: RP Seniors, Staff, and child guests

Please join us by bringing along a plate of cookies or finger food to share. Invite a grandchild or adopt one for the day. George and the Daniel Chix will provide us with music during lunch and a sing-along during the party. We will have games, crafts, music, a puppet story, and lots of good cheer!!

Volunteer of the Month

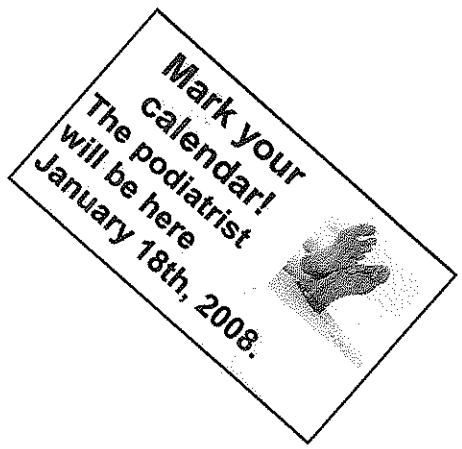
as selected by our Board of Trustees:

Jim and Rachel Allen, Mary Brodie, Cindy Carlson, Sue Eversull, Edna Georgis, Paul Jensen, Julie McKinney, Jackie Sea, Craig Seipp, Verna and Darrell Walker, and Nancy Wiebe.

For their help in making the Fourth Annual Holiday and Craft Fair a great success!

Congratulations and thank you.

Who are these masked men?



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

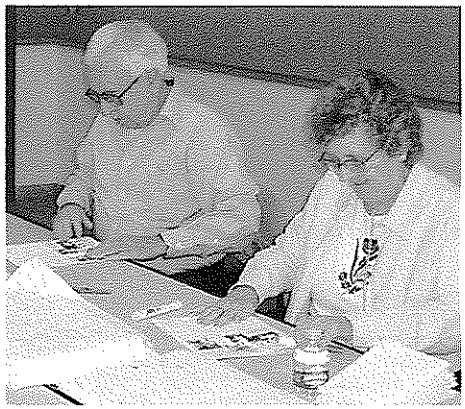
NON - PROFIT
PERMIT #34
PINEDALE, WY 82941

Return Service Requested

Snap Shots

Thank you to our newsletter team for folding our monthly newsletters.
We couldn't do it without all your help! ☺

Paul Jensen, Cindy Carlson, Beth Allen, Craig Seipp, Julie McKinney, Jeanene Esterholt, PJ Normand, and Anne Joseph at a farewell lunch for Jeanene who now works at the Pharmacy. Be sure to tell her hello and that we miss her!



George Ditton, Jackie Sea, Blanche Sewell, and Connie Cutlip part of the Newsletter Team.