

Rendezvous Pointe



A Gathering Place for Sublette County Seniors and Their Community

August, 2009

In an effort to continually improve and serve you more efficiently, we seek your opinion.

You will find inside "Rendezvous Pointe's 2009 Assessment". Please fill out and return to us in the next couple of weeks.

It is our third annual survey or assessment. We take your answers very seriously. Thank You!

Executive Director Paul Jensen and
the Rendezvous Pointe staff.

P.O. Box 804, Pinedale, Wyoming

Email: rpenews@centurytel.net
307/367-2881 Fax: 307/367-6769

Website: www.rendezvouspointe.com
Hours: Monday - Friday, 8am - 4pm

SERVICES OF RENDEZVOUS POINTE

CONGREGATE MEALS

Come and eat with us each day, Monday - Friday, Noon - 12:30pm. (Salad bar is available at 11:30). Our great kitchen staff, under the supervision of Sue Eversull, does a wonderful job of providing highly nutritious, dietitian approved, delicious meals. Suggested donation is \$4.00 for seniors and their spouses, and \$7.00 for guests under age 60. Anyone under the age of 60 needs to be accompanied by a senior. Reservations by 10:00am are helpful, at 367-2881.



HOME DELIVERED MEALS

Home delivered meals are available to those individuals homebound and in need of this service. Call Jeanene at 367-2881 if you, or anyone you know, needs this service on-going, or in a temporary situation (such as recovering from recent surgery).

TRANSPORTATION

Rendezvous Pointe provides transportation, 8am - 4pm, to and from appointments, shopping, banking, voting, to and from Rendezvous Pointe for lunch and activities, and much more. Call Cheryl for a ride a day ahead. Call Jeanene to schedule of out of town trips for doctor appointments.



COMMUNITY BASED IN-HOME SERVICES

Following an assessment and with approval, Rendezvous Pointe can provide light housekeeping and personal care. Call Jeanene if you are interested in this service.

PERSONAL EMERGENCY RESPONSE SYSTEMS or LIFE LINES

Life Lines are available at an initial cost of \$50.00, and a small fee for checking the system periodically and replacing batteries. The Sheriff's Office will respond when the Life Line is activated. If you are interested, call 367-2881, and ask for Jeanene.

Help!

LENDING CLOSET

Do you need temporary medical equipment? We have a lending closet with various assistive devices that are available for short term lending. The closet includes bath benches, tub transfer benches, canes and crutches, an electric recliner, wheel chair ramps for stairs and thresholds, pill boxes, walkers, toilet seat risers, wheelchairs, and electric wheelchairs. There are also books and videos about various medical topics. Please let us know what you are in need of.

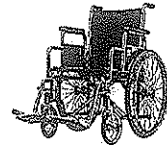


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EDUCATION AND ACTIVITIES

You are invited to take part in Wii bowling, art classes, Tai Chi, crafts, cards, bingo, pool, ceramics, scrapbooking, Senior Scribbles, Fiber Guild, special speakers, dances, monthly outings for dinner and other events, public computers, shopping trips, and even more! If you want a particular activity, we'll do our best to provide it. Call Beth for activity information, 367-2881.



Want Healthy? Pursue Blue.

Most nutritionists consider blueberries a super food! The reason? Blueberries have consistently been recognized as the fruit with the highest antioxidant activity. These tasty berries offer twice as many health-giving antioxidants as spinach, more than three times as many as oranges, red grapes and cherries and more than four times as many as grapefruit, white grapes, bananas and apples.

Blueberries have been shown to improve memory, balance, and coordination. And a diet high in blueberry consumption can help retard the development of a number of degenerative diseases and conditions including cancer, cognitive impairment, immune dysfunction, cardiovascular trauma, cataracts and macular degeneration.

taken from www.blueberries.com

Activities

National Root Beer

Float Day

Thursday, August 6

Join us for a refreshing treat right after lunch.



Luau Lunch Party

Friday, August 21

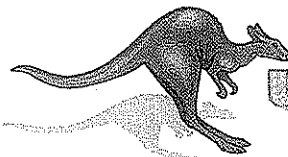
Join us for good food, music, games, and prizes as we celebrate Hawaii's Statehood.



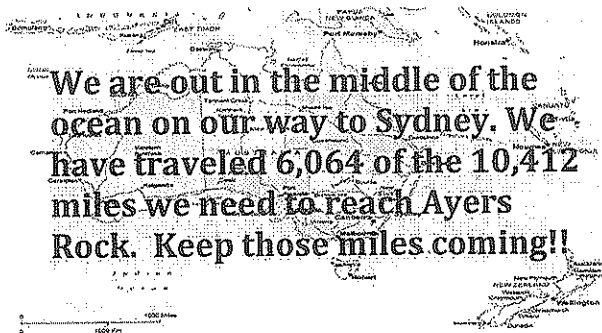
If you like good food, good company, and playing - WE NEED YOU!

- Friday, August 14: Outing to Rock Springs Senior Center (their new one) for lunch and Wii. Please sign up.
- Friday, August 28: Dinner Out to Pitchfork Fondue. Please sign up.

Details at whiteboard or call Beth at 367-2881.



Walk to Australia



We are out in the middle of the ocean on our way to Sydney. We have traveled 6,064 of the 10,412 miles we need to reach Ayers Rock. Keep those miles coming!!

Friday Walk and Play with RP at Pac!!

Join us Friday mornings at the Pinedale Aquatic Center from 9 'til 11 AM. We will be playing badminton, pickle ball, and walking. Admission for 60 and over during this time is free. Let Beth know if you need a ride over. See you there!!

Rod Rozier serving. Rod brought home two gold medals from the Wyoming Senior Olympics held in Rock Springs July 23-25. He played singles and doubles in Badminton.





August Birthdays



- | | | |
|-------------------|-------------------|----------------------|
| 1 Janice Kanski | 8 Lorraine Wise | 21 Pam Peck |
| George Staidl | 10 Theodore Coet | 22 Dorothy Fornstrom |
| 2 Rita Huntley | Sally Mackey | 23 Tony Gosar |
| Dona Rae Morss | Dan Carlson | 25 Arthur Trotta |
| 3 Joanne Connelly | 12 Judi Myers | Pat Underberg |
| Paul Hagenstein | 14 Janet Doering | 26 Barbara Boyce |
| Mary Ellen Steele | Tom Harkness | Fred Vavold |
| 4 Emma Lee Hecox | 15 Ed Brewer | Richard Winkler |
| 5 Vernon Mrak | JoAnn Colerick | 27 Mary Crosson |
| 6 Jerry Garcilaso | Thomas Gange | 28 Dale Kingsbury |
| Connie Owen | Edna Georgis | 29 Katherine Kelly |
| Ted Reinwald | Jeannie Hale | Elizabeth Sullivan |
| 7 Courtney Davis | Stephanie Harker | 30 Nellie Johnson |
| Mary Spence | Barbara Williams | 31 Donna Dickson |
| 8 Norman Pape | 18 Hank Snow | Tom Johnston |
| Emily Wadsworth | 21 Sandra Blacker | |

Did we miss your birthday? Please call the office at 367-2881 and let Pat know. Thanks!

Other August Birthdays: 4th - "The Queen Mum", Queen Elizabeth, 1900/2002; 6th - Comedy pioneer, star, and first woman to head a major Hollywood studio, Lucille Ball, 1911/89; 8th - Received Oscars for *Rain Man* and *Kramer vs. Kramer*, but known as *The Graduate*, Dustin Hoffman, 1937; 13th - Expert marksman and star attraction of *Buffalo Bill's Wild West Show*, Annie Oakley, 1860/1926; 20th - *Today Show* meteorologist and feature reporter, Al Roker, 1954.

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THANKS SO MUCH!!

The Bank of Sublette County for buying our monthly birthday lunch, to Wells Fargo Bank and Jeannie Slack for our birthday cakes, to George Ditton, Doc Johnston and Kim Buchanan for our music, and to Lazarus Home Services and Kelly Kerr for our birthday balloons!

This complete newsletter can be viewed on our website, www.rendezvouspointe.com. If you would prefer to look at it online (instead of receiving a mailing) and save us some postage and paper, call Pat at 367-2881 or email me at the email address on the cover page. Also, if you are moving, please let us know. The post office charges us for each returned newsletter. Thank You!

Please fill out and return to Rendezvous Pointe in the next couple of weeks.

Rendezvous Pointe's 2009 Assessment

Rendezvous Pointe's Board of Directors and staff want to provide a comfortable, enjoyable, and educational gathering place for you. By soliciting your views and ideas once every year, we can better achieve this goal. All of our state and federal grants require an annual evaluation of our programs, including a survey. Such surveys are common place in senior centers across Wyoming and the United States, and in fact this is the third year Rendezvous Pointe has surveyed seniors. The typical center will get about a 90 percent response rate from its seniors. We hope that we can match that. Thank you again for your cooperation and time.

1. Male _____ Female _____

2. Age: __ 60-65 __ 66-70 __ 71-75 __ 76-80 __ 81-85 __ 86-90 __ over 90

3. On average how often do you come to Rendezvous Pointe for a meal?

_____ 5 or more times a week

_____ 2-3 times a month

_____ 3-4 times a week

_____ Once a month or less

_____ 1-2 times a week

4. On average how often do you come to Rendezvous to attend an art class, play cards, attend a meeting, play a game, including the Wii and pool, volunteer, or use one of its services like transportation or computers?

_____ 5 or more times a week

_____ 2-3 times a month

_____ 3-4 times a week

_____ Once a month or less

_____ 1-2 times a week

5. On a scale of 1-5 please rate what you enjoy about our meals 5 represents the most important reason you join us at meal time. Each reason can be rated as high or low as you wish.

- Good nutrition Meeting friends or family
 The cost of the meal is right Helps make ends meet
 Helps me live more independently Gets me out of the house

6. Please rate the portion sizes: Just right Too small Too large.

7. Overall, how would you rate our meal program?

- Excellent Good Fair Poor

8. Is the noon meal at Rendezvous Pointe your main meal of the day?

- Yes No

9. Do you regularly eat from the salad bar? Yes No

10. Periodically, Rendezvous Pointe provides you with information on how you can improve your nutrition such as eating five servings of fruit or vegetables each day. Are these handouts or newsletter articles useful?

- Yes No

11. If you answered yes, can you list the one topic covered by a handout on nutrition or in our newsletter? _____

12. Please rate the atmosphere of Rendezvous Pointe.

- Very friendly Friendly Not too friendly

13. Beyond a good meal, what activities are more likely to bring you to Rendezvous Pointe? Check no more than five.

___ Arts and crafts

___ Watercolors

___ Ceramics

___ Friends

___ Education such as exhibits, information on good nutrition, a speakers' program, book signings, and the library.

___ Fitness and health, including Tai Chi or the walk program.

___ The Wii.

___ Winter Dances.

___ Games like cards, puzzles or bingo.

___ Volunteer services.

___ Health or social services such as the annual blood draw, our flu clinic, the lending closet, foot care, senior services, and blood pressure monitoring.

___ Information, including the activity schedule, social outings, and special events.

___ Computer use.

___ It is just a fun place.

14. What one service or activity would you like to see us add?

15. Are you aware of what is available through in-home services such as homemaking, and how you or a family member can receive them? Yes No

16. Does anyone you know receive in-home services? Yes No

17. On a scale of 1-10 with 10 as the best ranking, how would you rate Rendezvous Pointe overall? _____

18. How would you rate the Rendezvous Pointe staff?

Excellent Good Fair Poor

19. Do you use our computers? Yes No

20. Do you read our monthly newsletter? Yes No

21. Have you, a member of your family, or friend ever visited our Website?

Yes No

22. In order to provide staff with health benefits, hire more staff, create a "rainy day" fund, or offer new programs, have you made a contribution to the *Friends of Rendezvous Pointe*? Yes No

23. Do you plan to make a contribution in 2009-2010? Yes No

24. Any comments you would like to add?

Thank you for your time and effort. No names please.

August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Garden vegetable Salad Creamy Italian Dressing Bratwurst, Herbed Potatoes, Creole Green Beans, Homemade Bread, Matemelon*activity*</p> <p>103-A</p>	<p>4 Chef Salad w/ Carrot Stick Garnish, Italian Dressing Lite, Crackers, WW Bread, Chocolate Chip Cookie, Strawberry & Bananas</p> <p>244-A</p>	<p>5 Mixed Relish Tray, Italian Dressing, chilli Dog, Ketchup, Side of Lettuce, tomatoes, Pickles, & Onion, Fruit Cup</p> <p>124-A</p>	<p>6 V-8 Juice, Roast Beef Sandwich on WW bread, w/ Lettuce, tomatoes, Onions, Sugar wafer Cookies, Fresh fruit</p> <p>275-A</p>	<p>Sublette Center Community Picnic Lunch cancelled at Rendezvous Pointe</p>
<p>17 Lettuce & Tomato Salad, Ranch Dressing Lite, Hot Roast Beef Sandwich, Gravy, Mashed Potatoes, Carrot Coins, Chilled Pineapple, Cottage Cheese, Opt.</p> <p>14-A</p>	<p>18 Hawaiian Tossed Salad, Vinegar & Oil Dressing, Meatballs on a Hoagie Bun, Calico Grilled Cabbage, Melon Cup</p> <p>282-A</p>	<p>19 Spinach Mushroom Salad, red wine Vinaigrette, Tuna Salad Sandwich, Mixed Vegetables, Strawberry Shortcake, Whipped Topping</p> <p>243-A</p>	<p>20 KFC Style Cole Slaw, Baked Pork Chop, Gravy, Steamed Rice, Scandinavian Herbed veggies, WW Bread, Ice Cream With Sliced Strawberries</p> <p>16-A</p>	<p>21 Cauliflower & Broccoli Salad, Hawaiian Chicken Garden Rice, Oriental Vegetables, Homemade Bread, Chilled Apricots Whipped Topping, Sugar Wafers</p> <p>237-A</p>
<p>24 Mixed Relish Tray, Ranch Dressing Lite, Beef Stew, Crackers WW, Homemade Bread, Fruit Spread, Cinnamon Pears</p> <p>165-A</p>	<p>25 Mixed Green Salad w/ Carrots, Ranch Dressing Chicken Salad on a Crescent Roll, Pasta Salad, Lite, Strawberries & Bananas</p> <p>223-A</p>	<p>26 Carrot Celery & Cucumber Salad, Thousand Island Dressing, Yankee Pot Roast, Parsley potatoes, Scandinavian Veggies, Homemade Roll Fruit Spread, Citrus Salad</p> <p>139-A</p>	<p>27 Tortilla Soup, Beef Fajita's, Refried Beans Cheese, Carrots and Peas, Fruit Cocktail</p> <p>38-A</p>	<p>28 Creamy Cole Slaw, Baked Fish, Cheddar Mashed potatoes, Scandinavian Veggies, Banana Bread, Applesauce Jell-O Dessert, Whipped topping Optional</p> <p>294-A</p>
<p>31 Garden vegetable Salad, Honey Mustard Dressing, Grilled Steak, Mashed Potatoes, Grilled Broccoli, Bread Stix, Apricot Crisp</p> <p>103-A</p>		<p>Salad Bar is Offered Daily Butter or Margarine is Optional</p>		

Please Call Rendezvous Pointe @ 367-2881 for your Reservation: 7/22/09

Approved *Michelle Plummer*

Volunteer of the Month

as recognized by our Board of Trustees.

Nancy Wiebe

for organizing our ceramics class, helping with sight impaired seniors, and for assisting with senior outings. Thank You, Nancy!



A feeble, elderly woman, all hunched up and using a cane, limped into a doctor's office. Five minutes later, she came out, walking erect and without limp. A guy in the waiting room asked, "Gee, what did the doc do? You're doing just great." The lady replied, "He gave me a longer cane."

Meetings

*A simple handshake will suffice,
and introductions break the ice.*

*When meeting in society,
it's what we call propriety.*

—C. F. Kelly

Rendezvous Pointe is taking seniors (60+) to either Jackson or Rock Springs, for medical appointments. If you would like to take advantage of this service, listed below are the dates we will be traveling to either Jackson or Rock Springs.

Mark your calendars....

- Aug. 20 Thursday Rock Springs
- Sept. 15 Tuesday Jackson
- Oct. 20 Tuesday Rock Springs
- Nov. 19 Thursday Jackson
- Dec. 17 Thursday Rock Springs

If you need assistance filling out paperwork or need someone to be with you during the appointment, please ask a friend or family member to accompany you. It is preferred that at least two people are scheduled for each trip. The cost of each trip will be \$25.00 per person. There may be a wait before or after your appointment, while others are being picked up or dropped off at their appointments. If you have any questions, please call Jeanene at 367-2881.

COMMUNITY BASED IN-HOME SERVICES

Following an assessment and with approval, Rendezvous Pointe can provide light housekeeping and personal care on a sliding fee scale. Call Jeanene if you are interested in this service, 367-2881. We can help!



A big thank you to Darlene Penton for donating rhubarb to Rendezvous Pointe's kitchen.
We all been enjoying it!

AND, thank you to Chuck, Terry and Fawna Hunt for the new landscaping.
It's beautiful!

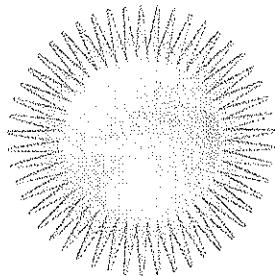
Rendezvous Pointe

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

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PINEDALE, WY
PERMIT #34

Return Service Requested

Summer
Dance



& Ice Cream Social

Saturday, August 29 at 6:30

Come enjoy these last days of summer with dancing and a full array of ice cream treats. Admission to the dance is free, refreshments are \$2.00 each.

See you there!!

Mark your Calendars - - -

The Pinedale Aquatic Center (PAC) will be hosting a month long celebration honoring Sublette County Senior Citizens in September. This event is known as S.O.A.R. — Sublette Older Adult Rejuvenation.

Thursday, September 17

In conjunction with S.O.A.R., Rendezvous Pointe will be hosting an Open House/Chamber Mixer. This will be an opportunity to showcase what we have to offer to the community. If you are interested in helping with this please call Beth at 367-2881.