

Rendezvous Pointe



A Gathering Place for Sublette County Seniors and Their Community

October, 2009



Thank You!!

To Board Members, Staff, and Seniors for making our Open House on September 17 a successful night of activity, food, and fun.



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.

Rendezvous Pointe Unveils Living Memorial

Giving family and friends a way to honor and remember loved ones, who have left this life, Rendezvous Pointe created a living memorial. Sculptor and artist, David Klaren, designed and built the stunningly beautiful wood and stone memorial. "David created a fitting tribute to those who filled our lives with joy, humor, and courage," said Paul Jensen, Rendezvous Pointe's Executive Director.

Tim Crawford, Chairman of Rendezvous Pointe's Board of Trustees, added, "I would be proud to honor my family and friends by placing nameplates on the Memorial that so effectively evokes the feeling of Wyoming and the West."

Family and friends can purchase hand hewn nameplates in Bronze (beginning at \$200), Silver (starting at \$350) or Gold (\$500 or more). Four individuals have already purchased Bronze nameplates in honor of their friends and family.

For more information contact: Paul Jensen
Executive Director
Rendezvous Pointe
307-367-2881

Coming November 6 & 7!
6th Annual Holiday & Craft Fair at Rendezvous Pointe.

FIT-N-FUN

Reported by Mary Brodie

Hey, where were you all? I know I am not the only one in Sublette County with some aches and pains and stiffness of joints!

You missed an information meeting at PAC on Sept. 23 set up by Jason Burton, recreational programmer. I didn't, so now I know more than you. But I'll share.

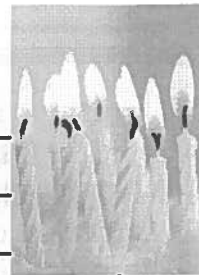
Jason, Mike Peters and Sue Pfluhoft have all been certified by the Arthritis Foundation to help us out with mobility and strengthening our muscles. Even if you haven't exercised before, results can be amazing in the area of pain relief and possible reduction of our meds.

Exercises will involve sitting on, or standing behind a chair, and are modifiable depending on your ability and range of motion. Or, work on the floor if you like---not me, not yet. Bring your own ankle or hand weights if you choose. Stretching and mobility checking will be done, as well as relaxation techniques. Now, there's a plus!

Mark your calendar. Classes begin October 5 through November 16, at 10:00 a.m. on Mondays and Wednesdays at PAC. And it is FREE! Now you know everything I know about it. Aren't you glad I went?



October Birthdays



1 Tom Harper	8 Mary Kramer	20 James Shaffer
2 Floyd Briggs	9 Ruth Andersen	21 Miriam Carlson
3 Lyle Campbell	11 Rosemary Aultman	Wayne Schwab
4 Margret Noble	Carl Winters	Betty Wardell
Jim Washam	12 Stella McKinstry	23 Ladd Layland
5 Mark Domek	13 Bill DeGraw	27 Maxine Kawa
Marilyn Filkins	Clifford Canady	29 Mikki Beran
Wilma Kaul	Tom Murdock	Hank Ruland
Mike Menke	15 Judy Andersen	30 David Johnson
6 Claire Faler	Ann Letsinger	George Minneman
Joan Jereb	Marti Seipp	31 Patricia Coleman
Joe Thomas	20 Judy Anderson	
7 Bessie Schwab	Janice Radosevich	

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

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, and to George Ditton, Doc Johnston and Kim Buchanan for our music.

Why All The Sign-in Sheets?

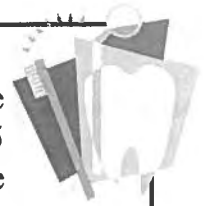
When you come to Rendezvous Pointe and are eating a meal, using the computer or involved in any activity, please look for a sign-in sheet (if you don't see one, please ask for one). The amount of funding we receive from the Aging Division of the State of Wyoming and the Federal government is dependant on the services we provide and the statistics we send them. Your signature is important to our existence!



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!

Dental Care Available for Seniors in Wyoming:

Wyoming State Government and the Wyoming Department of Health have programs to assist seniors seeking dental and oral health services. Those 65 and older who qualify financially can receive dental care assistance in the State's Senior Dental Program.



Applications for this program can be obtained from the Wyoming Department of Health, Division of Rural and Public Health, Oral Health Section, 6101 West Yellowstone, Room 420, Cheyenne, Wyoming, 82001 or by calling 307-777-7945.

A Bit O' Trivia

1. How much did it cost to build the ship Titanic?
2. What was TV character Benjamin Franklin Pierce's nickname on his show?
3. Who is the first woman skater to win five national titles since Janet Lynn did over 30 years ago?

(Answers are on page 10)



Thank you for all who have donated puzzles! Those with 500 pieces will be used here at Rendezvous Pointe. Larger puzzles are up for exchange. See Beth if you would like to look at what we have.

COME ON DOWN!

Rendezvous Pointe serves a nutritious, plentiful meal Monday - Friday, and all seniors are invited to come. Our suggested donation is \$4.00. Please call 367-2881 and let Cindy know by 10:00 each day, so that we may have an accurate count for the kitchen.

Brandi Crockett MS, CCC-A

Certified Clinical Audiologist
with
Sweetwater Audiology Service

**Brandi will be at
Rendezvous Pointe
most Thursdays from 11-1
offering free hearing aid checks,
cleanings, wax checks and information
on hearing and hearing aids.**

Brandi is also available for medical quality hearing exams, hearing aid adjustments, and hearing aid sales by appointment at
360-9365

Stop by and say hello and receive a free package of hearing aid batteries. Brandi looks forward to seeing you!

Lynn Jephson

Confused about hearing aids?
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We can help • Give us a call

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FREE

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- 1 Year Batteries
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Entire Selection
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Custom Hearing
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For Over 10 Years.

Wyo. License #112

Call 1-800-205-9930
Convenient In-Home Service

Monday	Tuesday	Wednesday	Thursday	Friday
* 1% & 2% Milk Offered Daily * Salad Bars Is Offered Daily * Butter or Margarine is Optional			1 110-A Cauliflower & Broccoli Salad, Polenta Stew, Polenta, Apricot Crisp	2 286-A Hawaiian Tossed Salad, Honey Mustard Dressing, Fish Cakes, Zucchini Carrots & Basil, Roasted Red Potatoes, Bread w/w Chocolate Cherry Mousse Lite
5 73-A Relish Tray, French Dressing Lite, Baked Pork Chop, Pasta Salad Lite, Roasted Brussel Sprouts, Corn Bread, Chilled Pears	6 112-A Tossed Green Salad, Ranch Dressing Lite, Lasagna, Italian Veg, French Bread, Melon Cup	7 66-A Strawberry Spinach Salad, Garnish Carrot Sticks, Turkey A La King over Wheat Biscuit, Mexicali Corn, Fruity Gelatin Salad	8 13-A Creamy Coleslaw Lite, Hamburger Steak, Whole Wheat Bun, Side of Lettuce, Tomatoes & Onions, Condiments, Oven Browned Potatoes, Pear Crisp	9 15-A Lettuce Salad, Ranch Dressing Lite, Taco's Hard Shell, Peas & Carrots, Spanish Rice, Fruit Cup, Whipped Topping Opt
12 81-A Mixed Green Salad, Ranch Dressing Lite, Swiss Steak w/ Tomato Sauce, Rice Pilaf, Carrot Coins, French Bread, Pineapple Cream Whip	13 134-A Pickled Beet & Onion Salad, BBQ Chicken, Whipped Potatoes, Chicken Gravy, Roasted Vegetables, Homemade Bread w/w, Strawberries & Bananas	14 274-A LS V-8 Juice, Roast Beef Sandwich on w/w Bread, w/ Lettuce, Tomatoes & Onions, Sugar Wafer Cookies, Fresh Fruit	15 150-A Tossed Green Salad, Creamy Italian Dressing Lite, Cantaloupe Chicken Salad Lite, Macaroni Salad Lite, w/w Bread, Fruit Spread, Chocolate Cherry Mousse Lite	16 244-A Chef Salad w/ Carrot Stick Garnish, Creamy Italian Dressing Lite, Bread w/w, Chocolate Chip Cookie, Strawberry & Bananas
19 77-A Carrot Salad Lite, Roast Pork, Mashed Potatoes, Brown Gravy, Green Beans, w/w Bread, Pineapple Upside Down Cake	20 114-A Tortilla Soup, Chicken Enchiladas, Salsa, Garden Veg Salad, Ranch Dressing Lite, Refried Beans Lite, Sliced Melon	21 7-A Lettuce Salad, Italian Dressing Lite, Beef Stroganoff over Pasta Noodles, Herbed Broccoli Lite, Cindy's Rolls, Fluffy Fruit Cup	22 177-A Carrot Raisin Salad, Cabbage Patch Stew, Hot Roll w/w, Applesauce Cake Lite, Whipped Topping w/ Orange Slice Garnish	23 51-A Spinach Salad, Red Wine Vinaigrette Dressing, Baked Chicken, Baked Potato, Sour Cream Lite & Chives, Carrot Coins, Biscuit, Apple Fruit Spread, Pear Crisp
26 49-A Spinach Mushroom Salad, Mandarin Orange Garnish opt, Honey Mustard Dressing, Sweet & Sour Pork, Steamed Rice, Peas & Carrots, Egg Roll, Sliced Bananas	27 124-A Mixed Relish Tray, Italian Dressing Lite, LS Chill Dog, Ketchup, Sided of Lettuce, Tomatoes & Onion, Fruit Cup	28 231-A Lettuce Salad, Blue Cheese Dressing Lite, Meat Loaf, Parsley Potatoes, Brown Gravy, Carrot Coins, Hot Roll w/w & Fruit Spread, Fruity Gelatin Salad Lite	29 268-A Carrot & Tossed Coconut Salad, Hot Turkey Sandwich, Whipped Potatoes, Gravy, Green Beans & Parsley, Cranberry Salad Lite	30 123-A LS V-8 Juice, Scrambled Ham & Eggs, Grilled Hash Browns & Onions, Wheat Biscuit, Orange Sauced Peaches & Granola

Please Call Rendezvous Pointe @ 367-2881 for your Reservations

*Approved as corrected
Dinhubnd mpt 9/23/05*

Calendar of Events, October, 2009

Mon	Tue	Wed	Thu	Fri
<div style="border: 1px dashed black; padding: 10px; width: fit-content; margin: auto;"> <p>Flower: Calendula Birthstone: Opal Color: White & Yellow</p> </div>			<p><i>1</i></p> <ul style="list-style-type: none"> - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm 	<p><i>2</i></p> <ul style="list-style-type: none"> - Walk and Play at PAC - 9:30-10:30am - Flu Clinic@ RP, 10-1 & 3-6pm - Walk to Australia Party, 6pm
<p><i>5</i></p> <ul style="list-style-type: none"> - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm 	<p><i>6</i></p> <ul style="list-style-type: none"> - Tai Chi @ 10am - Brain Games @ lunch - Pinochle @ 1pm - Bingo @ 7pm 	<p><i>7</i></p> <ul style="list-style-type: none"> - Art @ 9am - Wii League @ 10-2 - History Talk @12:45 - Ceramics @ 3pm - BOCES Line Dancing, 6:30 	<p><i>8</i></p> <ul style="list-style-type: none"> - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm - Scrapbooking Class, 5:30pm 	<p><i>9</i></p> <ul style="list-style-type: none"> - Walk and Play at PAC - 9:30-10:30am - Outing to Chocolate Factory in Afton (please sign up)
<p><i>12</i></p> <ul style="list-style-type: none"> - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm 	<p><i>13</i></p> <ul style="list-style-type: none"> - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm <p style="text-align: center;">Birthday Lunch</p>	<p><i>14</i></p> <ul style="list-style-type: none"> - Art @ 9am - Wii League @10-2 - Blood pressure checks @11-12:30 - Ceramics @ 3pm - BOCES Line Dancing, 6:30 Board of Trustees Mtg. 	<p><i>15</i></p> <ul style="list-style-type: none"> - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm 	<p><i>16</i></p> <ul style="list-style-type: none"> - Walk and Play at PAC - 9:30-10:30am
<p><i>19</i></p> <ul style="list-style-type: none"> - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm 	<p><i>20</i> - trip to Rock Springs for Dr. appts.</p> <ul style="list-style-type: none"> - Tai Chi @ 10am - Brain Games @ lunch - Pinochle @ 1pm - Bingo @ 7pm 	<p><i>21</i> </p> <ul style="list-style-type: none"> - Art @ 9am -Hearing checks w/L. Jephson@9 - 2:30 - Wii League@10-2 - Blood Pressure checks@11am - Ceramics @ 3pm - BOCES Line 6:30 <i>Dancing</i> 	<p><i>22</i></p> <ul style="list-style-type: none"> - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm - Scrapbooking Class, 5:30pm 	<p><i>23</i></p> <ul style="list-style-type: none"> - Walk and Play at PAC - 9:30-10:30am
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ACTIVITIES

The Pinedale Aquatic Center presented Soup Supper and Stories on Sept. 14th as a part of the S.O.A.R. (Sublette Older Adult Rejuvenation). Several of our Seniors took part, including Paul Hagenstein, Courtney Skinner and Paul Jensen, who all told stories.



Are you
ready
for some
FOOTBALL???

Large Screen TV,
Popcorn,
Fellow Fans....

Call Beth at 367-2881 to
sign up for Sunday
Afternoon &
Monday Night
Football.



OUTING to Star Valley

We will visit the
Huckleberry Mountain
chocolate factory in Afton and then have
lunch at the Cheese Factory in Thayne.

Please sign up to join us Friday, October 9;
leaving RP at 8:30 AM.

Driving and Age

Driving means independence and most people want to hold on to their cars as long as possible. When is it time to stop?

A study by the MIT Age-Lab and The Hartford Financial Services Group found that two-thirds of the 3,824 drivers self-regulated their activities in the car, restricting their driving for certain conditions.

Time of day was a common factor, with some people choosing to stay home at night or dusk. Bad weather conditions and heavy traffic were other conditions. Over time, drivers developed conscious strategies to compensate for failing vision, slower reflexes and stiffer joints.



Statistically, older drivers are actually very safe drivers, although over age 75, the accident rate per mile increases. The study found that health and medical conditions contributed far more to driving restrictions than age alone.

If you have macular degeneration, and it is causing a problem when you drive, you are most likely aware of it. Or, perhaps a friend or family member has pointed it out to you. Does this mean you should immediately stop driving? Not necessarily.

What you should do immediately is ask yourself some critical questions. How are you functioning when you drive during the day? What about dusk, dawn and cloudy days? Bright sunlight? At night?

Here are six important questions:

- 1. Do you have difficulties reading clearly and rapidly all the instruments on a car's dashboard?**
- 2. Do you have difficulties reading road signs, or if you are currently driving, do you notice and understand the signs in time to react to them with comfort?**
- 3. Do other cars on the road appear to "pop" into and out of your field of vision unexpectedly?**
- 4. While on the road, do you drive well below the speed limit and slower than most cars around you?**
- 5. Do you have difficulties positioning yourself on the road, with respect to other cars, lane markers, curves, sidewalks, parking spaces, etc.?**
- 6. Do you find yourself feeling confused and/or disoriented on the road?**

If your answers indicate that you may have a problem under certain conditions (i.e., dim light or night) you may want to suspend your driving under those conditions until you consult a specialist further.

taken from www.amd.org/living-with-amd

Cooking on the Wild Side

Generally, wild game meat is less tender than domestic animals because wild animals are more active and their meat has less fat. The advantage of this is that game meat generally has fewer calories and less fat but is still high in protein. For the juiciest and most tender game meat, braise it: First, brown it and then cook it slowly in a tightly covered pan with a small amount of water. Marinating the meat and tenderizing it can help break up the connective tissue and complement the flavor.

Using a meat thermometer is the only way to be sure that meats have reached a proper internal temperature. For game meats to be safe, internal temperatures must be 160° F, which is high enough to kill any harmful microorganism or parasites. In some situations, meat changes color before a safe temperature is reached. So, do not use a change in color as a sign that the meat is safe to eat.

If you are interested in increasing your choices of "wild dishes," you may want to add some fish. Recent research analyzing fish-eating patterns of more than 800 men and women ages 65 to 94 years looked at the rates at which they developed Alzheimer's disease within several years. Those who ate at least one fish meal per week were significantly less likely to develop Alzheimer's than those who never ate fish.



taken from University of Wyoming Cent\$ible Nutrition News, October. 2008

"Thank you for calling the Weight Loss Hotline. If you'd like to lose half a pound right now, press 1 eighteen thousand times."



"At our age, forget the natural ingredients. We need all the artificial color and preservatives we can get!"



Exercise is very important as you get older. My grandmother started walking three miles a day when she turned 65. She's 96 now, and we don't know where the heck she is!

A Bit O' Trivia Answers

1. \$123 Million
2. Hawkeye (M.A.S.H.)
3. Michelle Kwan

"TAKE-OUT LUNCHES"

Because the Aging Division of the State of Wyoming will not reimburse us for any take out meals, we must ask for the full price for any take outs, which is \$7.00, senior or non-senior, plus .25 for the container. Thank you for your patience.

**"O suns and skies and clouds of June,
and flowers of June together, ye cannot rival for one hour October's
bright blue weather."**

- Anonymous



Volunteer of the Month

as recognized by our Board of Trustees:

Jim Allen

the best utility in-fielder on
the diamond of
Rendezvous Pointe!

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!



The County Health Nurse will be at Rendezvous Pointe the third Wednesday of every month, from 11am to 12:30pm take your **BLOOD PRESSURE**. She will also review your prescriptions and medications, if you'd like her to.

Do you need a ride to run errands, shop, or to an appointment? Our driver, Cheryl can take you during business hours, 8am - 4pm, Monday - Friday. Please give her 24 hours notice, when at all possible to ensure your ride. Call 367-2881.



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....

- 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.

Junk Mail

I walk uptown to check my mail each day, and fill my pack with bulk and catalogs that someone sends in hopes that I will pay their postage costs by buying fancy togs.

Sonoma, Bean and Eddie Bauer try to get my interest quickly showing goods that tempt and tease and guarantee that I will be the best dressed cook in all the woods.



Pamida, Wal-Mart, K-Mart, and the rest are having sales I simply can't resist on toilet tissue, peanut butter--best of all—with lowest prices they insist.

I trash these works designed to mesmerize and know at least I got my exercise.

-C.F. Kelly

Rendezvous Pointe

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Pinedale, WY 82941

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HISTORY TALK

"Lumbering in a Snowbank"

By

Bob Dew and Perry Binning

They will share stories about early logging and growing up on the Upper Green.

Wednesday, October 7 at 12:45 PM