

Rendezvous Pointe

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

Return Service Requested

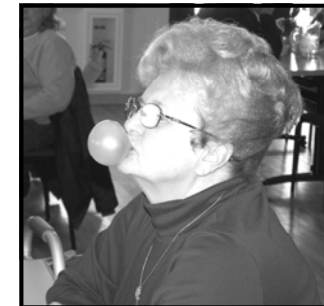
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Rendezvous Pointe

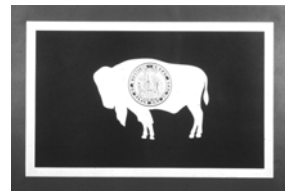


A Gathering Place for Sublette County Seniors and Their Community

March, 2010



BUBBLE GUM DAY
was Feb. 5th!



The Wyoming Senior Winter Games were held in Pinedale, February 11-14. Rendezvous Pointe was a co-sponsor. Congratulations to our seniors who won medals! Some of the statistics are listed below for the different age categories:

Speedskating: Jack Hegardt, 1st; Beth Allen, 1st; Jim Allen, 1st
Men's Giant Slalom: Monte Skinner, 1st; Doc Johnston, 2nd; Courtney Skinner, 1st; Tim Crawford, 1st
Women's Giant Slalom: Mary Lynn Worl, 1st
Men's Nordic Classic 2.5: Monte Skinner, 1st; Cork Kelly, 1st; Courtney Skinner, 2nd; Paul Jensen, 2nd
Women's Nordic Classic 5K: Mary Lynn Worl, 1st;
Women's Nordic Freestyle 5K: Mary Lynn Worl, 1st
Men's Long Slalom: Monte Skinner, 1st; Doc Johnston, 2nd; Courtney Skinner, 1st
Women's Long Slalom: Mary Lynn Worl, 1st
Women's Short Slalom: Liz Coleman, 1st
Men's Snowshoe: Monte Skinner, 1st; Jack Hegardt, 1st; Cork Kelly, 2nd
Hockey Shoot: Jack Hegardt, 1st
Men's Breaststroke: Cork Kelly, 1st, and two 2nds
Men's 50 Yard Freestyle: Jack Hegardt, 1st
Men's Biathlon: Courtney Skinner, 1st; Paul Jensen, 1st; Ken Konicek, 2nd
For more complete information, see www.wyswintergames.com

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.

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.



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.



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ACTIVITIES AND EDUCATION

You are invited to take part in Wii bowling, art classes, Tai Chi, crafts, cards, bingo, pool, ceramics, scrapbooking, 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.



Volunteer of the Month

as recognized by our Board of Trustees:

Connie Wenz and Gene Andrews

for volunteering their time as dance instructors for our Winter Community Dances. Thank You!

"I don't want everyone to like me; I should think less of myself if some people did." Henry James

"Kindness is never wasted. Even if it has no effect on the recipient, it at least benefits the bestower." S.H. Simmons

TAX HELP

Once again this year Pat Underberg will be available to offer free tax help, sponsored by AARP and Rendezvous Pointe. Please call 367-2881, for an appointment, Mon-Wed-Fri. Pat will not be available March 12-28, but will resume appointments on the 29th, until April 15th. IF YOU CANNOT MAKE YOUR APPOINTMENT, PLEASE CALL AND CANCEL.

COMMUNITY HIGHLIGHTS

March 5th - Grammy nominated storyteller, Diane Ferlatte. Pinedale Fine Arts Council presentation at Pinedale Auditorium, 7:00pm. Tickets \$13.00 adults / \$7.00 for students.

March 6th & 7th - Pinedale Boat Club Ice Fishing Derby on Fremont Lake

March 27th - Aniel Daniel Chili Cookoff and Dessert Auction

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....

- March 18 Jackson
- April 20 Rock Springs
- May 18 Jackson
- June 17 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.

A BIT O' TRIVIA: All swans in England are the property of the Queen.

Taken from So Now You Know... by Harry Bright and Harlan Briscoe

Wyoming Winter Senior Games— 2010

The games are over now but the memories last for those who swam and skied and skated fast

racquetball and pickle ball and
hockey teams
with evening meals and torchlight streams

a snowshoe race on a green flagged track
that led you out then brought you back

the medley relay: back, breast, fly, free
took gold with Julie, Amber, Joan, and me

ice arena, Pinedale aquatic, White Pine,
Rendezvous Pointe—a fantastic venue line

participants must be at least fifty years old
and unlimited up for the
very bold



C.F. "Cork" Kelly
won 8 medals in the
Senior Olympics
"Congratulations,
Cork!"

many senior friends and
familiar smiling faces
will return again for the
contests and the races

we'll rest a year and
unless we've gone to
heaven

will strut our senior stuff
again in twenty eleven.
—C. F. Kelly

The Role of Gratitude in Health and Well-Being

An article written by Carol Patton, a free-lance journalist from Las Vegas, reported that our thoughts not only influence our sense of happiness, they can also have an impact on our immune system and general sense of well-being.

- There is a growing body of evidence in the research showing that feelings of gratitude, thankfulness, and appreciation can boost the immune system and help minimize the ill-effects of illnesses. One study found that people who scored high on happiness tests developed more antibodies when given a flu vaccine.
- With the help of technology for mapping activity in the brain (magnetic resonance imaging), researchers can study how the brain reacts to different thoughts. When people have thoughts about worry, anger, pessimism, or frustration, the right prefrontal cortex of the brain is activated and the body is flooded with stress hormones. When individuals have thoughts about gratitude, kindness, optimism or hopefulness, the left prefrontal cortex is activated which floods the body with endorphins, the brain's pain-fighting chemicals.
- A recent article reported in *The Journal of Neuroscience*, helps to explain the powerful effect of placebos.

Reseachers from the University of Michigan provided direct evidence that endorphins can reduce a patient's perception of pain. According the research, when participants of the study merely began thinking a medicine would bring pain relief, those thoughts caused the brain to release endorphins and brought about pain relief. This study and others demonstrate the power that human thinking can have on overall well-being.

- The article suggests one way of increasing your sense of gratitude is by keeping a journal of all the things in life you are grateful for such as a warm house in the winter, a good friend, and a cupboard of food. The article also suggests you develop gratitude toward small things in life you might often take for granted like a great cup of coffee or tea, a beautiful sunrise, a giggle of a child, or a friendly nuzzle from your dog.
- The article also states that learning how to use gratitude as a healing tool in your life is a "process," not a "quick fix." It is a process not only based on making a conscience effort to think more thoughts of gratitude, but the process also includes allowing your body to relax and figuring out ways to decrease your anxiety so a natural sense of gratitude rises to the surface.

Compiled by Betty Holmes, MS, RD, Senior University Extension Educator, University of Wyoming

SENIOR SPOTLIGHT:

Virginia M. Davis



Virginia Blaesing (pronounced "blessing") was born and raised in Chicago, Illinois. Her parents, Bill and Edna Blaesing were also natives of Illinois. She met Myrthen Davis, a career Navy man at the USO and married in 1943. They then began a life that included living in many different locations.

One of Virginia's favorite places to live was in Cavite, in the Philippines, because the people there were so nice. They lived in Cavite for a couple of years on the naval base, and would have to take a boat from Manila to get to Cavite. She has also visited China and Japan, and she and Myrthen spent a lot of time in Hawaii over the years.

Virginia and Myrthen had two children: Edna Mae, who now lives in California with her husband and two children, and Myrthen "Dave" Davis, III, who lives in Boulder with his wife, Suzan. Virginia has 5 grandchildren and 3 great-grandchildren. She also has two "lovely" sisters, who live in Michigan. Myrthen passed away five years ago.

Right out of high school, Virginia went to work for the Illinois Bell Telephone Company. She later worked in the Anaheim Union High School district offices, from which she is retired.

She has an apartment in Banning, California, but has come back and forth to Pinedale for a couple of years now. This year she is here for the winter. Banning is in the high desert part of the state, and used to be a stage coach station, years ago. Virginia also has an apartment at the Sublette Center. She loves Pinedale, and Wyoming, and says she likes to experience the four seasons. She says the people are very friendly here and the country is stunning.

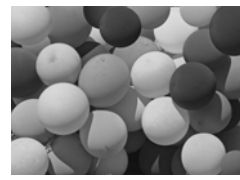
She likes coming to Rendezvous Pointe because it has so much to offer, including lovely meals and friendly people. She has learned to play Hand and Foot, and hopes to become more computer savvy. She says our building is the prettiest senior center she's ever seen. "It's something you would expect to see in a big city."

Virginia's hobbies are sewing (she used to make clothing for herself and her children), reading and music. She also loves theater and art, and is impressed with all that our small town has to offer. "Pinedale has a great library!" She is interested in the history of this area, "the real west."

Virginia's loves are people, traveling and life!

As told to Pat Rush

March Birthdays



- | | | |
|-------------------|-----------------------|-----------------------|
| 1 Fred Oliver | 9 Emma Lou Mason | 18 Phyllis Corbisier |
| Al Tabatzky | 10 Judy Andrikopoulos | Howard McKelrath |
| 2 Judy Almeda | Helen Cuthbertson | Nancy Taylor |
| 3 William Good | Everett Johnson | Jane Warinner |
| Sheral Heninger | 11 Helen Mandell | 19 Conley Geary |
| 4 Ray Gentry | Brent Montague | 20 Dorothy Radakovich |
| Charles Golden | 12 Nedra Lundberg | Sam Sharp |
| Joyce Robinson | Bill Twichell | 22 Lynn Jephson |
| 5 Josie Westbrook | 13 Neil Heikes | Bob Underberg |
| Peggy Winters | Terry Shaffer | 23 Loren Jorstad |
| 6 Jerry Garvin | 15 George Ditton | 25 Mary Jo Garvin |
| Ann Huss | Bob Gilbank | Nancy Kenyon |
| Monte Skinner | Linda Smittle | 26 Doris DeGraw |
| 8 Cathy Blackburn | 16 Judy Irwin | 27 John Varley |
| Mary Borgeson | Shirley Setzler | 30 Larry Clause |
| Elaine Tully | 18 Bob Johnson | 31 David Cutlip |
| 9 Miriam Davison | | |

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 1st Bank and Jeannie Slack for our birthday cakes, and to George Ditton, Doc Johnston and Kim Buchanan for our music.

MISSION STATEMENT OF RENDEZVOUS POINTE

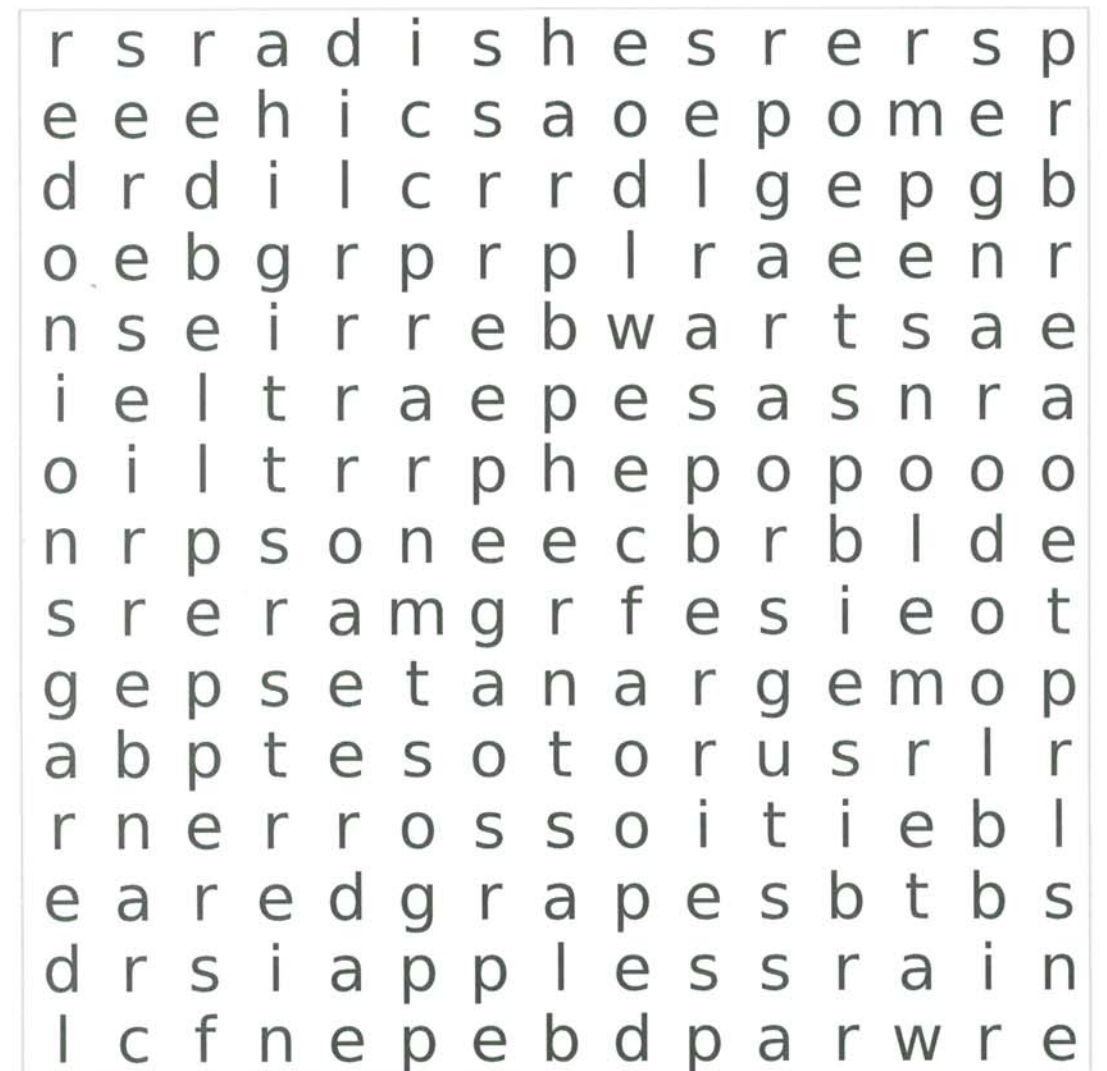
Rendezvous Pointe's goal is to help keep Sublette County seniors and disabled adults healthy, active, self-reliant, and able to live independently or in their own homes as long as possible.

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!

MARCH IS NATIONAL NUTRITION MONTH!

Nutrition Puzzles: Red Fruits and Vegetables www.personal-nutrition-guide.com

Circle all the red fruits and vegetables you can find. Eat at least one red fruit or vegetable today!



apples
cherries
radishes
red grapefruit
red pears
watermelon

beets
cranberries
raspberries
red grapes
strawberries

blood oranges
pomegranates
red bell peppers
red onions
tomatoes

ACTIVITIES



On Thursday the 11th Edna Georgis and Jackie Sea helped the 4H Cloverbuds make valentines for Hospice patients.



55 ALIVE
Driving Skills Course that
reduces your insurance cost
@ Rendezvous Pointe

Tues. - 3/30/2010 12 noon – 5pm
 Wed. - 3/31/2010 12 noon – 4pm

Call if you wish to attend,
 367-2881, or
 see sign-up sheet at the
 Lunch Sign-in table

March is
National Nutrition
Month -

Be on the look out for special
 Brain Games, activities, and
 demos.



Dinner Out this month is going
to be a Dinner In.
Join us for pizza and games.
As folks sign up we can decide
to order out or we each can
each bring a pizza
creation to share.

Friday, March 26, 5pm

Dancing, dancing,
 dancing...

Wednesdays (3,10,17,24)

Line Dancing; sign up with BO-
 CES or Beth

Saturday (6th)

Learn the Cha Cha and
 East Coast Swing

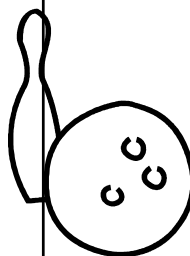
Saturday (20th)

Country Dance and Ice Cream So-
 cial

Call Beth or see the
 bulletin board for details

100 Pin Wii Bowling

Come in and try out this special
 bowling game. It's a blast! We
 will be playing this game
 at 10 AM on the 8th,
 10th, 15th and 17th. On
 Friday, March 19th we
 will have a Tournament.



St. Patrick's
Day
Wednesday,
March 17

Wear your green and
 join us
 for an Irish lunch



Pie (Pi π) Social and Sale

Our Annual Pie Social and sale is coming up!

Sue will make the following pies:

Peach, Cherry, Apple, Rhubarb,
 Chocolate, and Coconut Crème.

All pies are \$11.00 each and orders must be in by 2:00pm on Thursday, March 11th. Pies must be paid for in the office in advance, and will be ready for pick up on March 15th, before 5:00pm.

You are also invited to stay for our Pie Social on Monday afternoon, the 15th, 1 - 5pm. Come and have a slice!

I Can Hear Just Fine!

Three retirees, each with a hearing loss, were playing golf one fine March day. One remarked to the other, "Windy, isn't it?" "No," the second man replied, "it's Thursday..." And the third man chimed in, "So am I. Let's have a beer."

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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50% OFF
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 For Over 10 Years.
Wyo. License #112

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

Mon	Tue	Wed	Thu	Fri
1 - Wii @ 10am - Cribbage @ 1pm	2 - Crafts @ 9:30am - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm	3 - Art @ 9am - Wii League @ 9am - Ceramics @ 3:30pm - BOCES Line Dancing, 6:30pm	4 - Hand & Foot @ 9:30 - Tai Chi @ 10am - Wii Awards @ Lunch - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm - Scrapbooking @ 3:30pm	5  Saturday Night, 6:30pm Date Night Dance
8 - Wii 100 Pin @ 10am - Cribbage @ 1pm	9 - Crafts @ 9:30am - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm Birthday Lunch	10 - Art @ 9am - Wii 100 Pin @ 10am - Ceramics @ 3:30pm - BOCES Line Dancing, 6:30pm Board of Trustees Meeting 	11 - Hand & Foot @ 9:30 - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm	12 Saturday: Rummage Sale, 9 - 3pm Sunday: Daylight Savings "Spring Forward"
15 - Wii 100 Pin @ 10am - Pi (π) Social @ 1-5 pm - Cribbage @ 1pm	16 - Cardmaking @ 9:30a - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm	17 - Hearing checks, 9am - Blood Pressures @ 11:00a - Art @ 9am - Wii 100 Pin @ 10am - St. Patrick's Lunch - Ceramics @ 3:30pm - BOCES Line Dancing, 6:30pm	18 - trip to Jackson for Drs. Appts. - Hand & Foot @ 9:30a - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm - Scrapbooking @ 3:30pm	19 - Wii 100 - Pin Tournament Saturday: -Country Dance & Ice Cream Social @ 6:30pm
22 - Wii @ 10am - Cribbage @ 1pm	23 - Crafts @ 9:30am - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm	24 - Art @ 9am - Wii @ 10am - Ceramics @ 3:30pm - BOCES Line Dancing, 6:30pm	25 - Hand & Foot @ 9:30 - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm	26 - Dinner In, Pizza/ Games Party @ 5pm Sunday is Palm Sunday 
29 - Wii @ 10am - Cribbage @ 1pm	30 - NO Crafts today - Tai Chi @ 10am - 55 Alive Class @ 12 - Pinochle @ 1pm - Bingo @ 7pm	31 - Art @ 9am - Wii @ 10am - 55 Alive Class @ 12 - Ceramics @ 3:30pm		Birthstone: Bloodstone Flower: Daffodil Color: White

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fresh Veg Salad, Topped w/Crunch Chicken Salad, Honey Mustard Dressing, Crackers W/M Optional, Macaroni Salad Lite, Homemade Bread W/M, Fruit Spread, Anytime Orange Salad Lite 168-A	2 Garden Veg Salad, Creamy Italian Dressing Lite, Bratwurst, Herbed Potato Bake, Creole Green Beans, Homemade Bread W/M, Apple Brown Betty Lite 284-A	3 Tossed Green Salad, Ranch Dressing Lite, Beef Fajita, Spanish Rice, Carrots & Peas, Chilled Grapes 126-A	4 Mediterranean Salad LS, Ranch Dressing Lite, Cheese Ravioli w/Meat Sauce LS, Grilled Broccoli LS, Garlic Bread, Fresh Fruit 200-A	5 Creamy Codfetti Cole Slaw, Tuna Noodle Bake, Seasoned Zucchini Lite, Bread W/M, Peach Cobbler 256-A
8 Green Bean Salad Lt, Chicken Fried Steak, Cream Style Gravy, Baby Carrots, Homemade Bread w/w, Chocolate Cherry Mousse Lt 228-A	9 Carrot Salad lite, Roast Pork, Mashed Potatoes, Brown Gravy, Green Beans, WH Bread, Pineapple Upside-down Cake 77-A	10 Homestyle Veg Salad, Hamburger Steak & Grilled Onions, Baked Potato, Sour Cream Lite & Chives, Homemade Bread w/w, Plum Whip 280-A	11 Lettuce Salad, Italian Dressing Lt, Beef Stroganoff over Pasta Noodles, Herbed Broccoli Lt, Cindy's Rolls, Fluffy Fruit Cup 7-A	12 Garden Veg Salad, Ted Wine Vinaigrette, Crackers W/M, Salmon Flunheel, Green Beans, Ginger Rice, Sliced Bananas & Grapes, Yogurt Fruit Dip 207-A
15 Garden Veg Salad, Italian Dressing Lite, Grilled Cheese Sandwich, Mixed Veg, Fruit Ambrosia 92-A	16 Veg Soup Lite, Roast Beef & Gravy, Whipped Potatoes, Broccoli & Cheese Sauce lite, Cindy's Rolls w/M, Strawberries & Grapes 262-A	17 Carrot Raisin Salad, Cabbage Patch Stew Lite, Hot Roll W/M, Applesauce Cake Lite, Whipped Topping w/ Orange Slice Garnish 177-A	18 Garden Veg Salad, Creamy Italian Dressing Lt, Sloppy Joe Sandwich, Mixed Veg, Fruit & Marshmallow Cup 269-A	19 German Cole Slaw Lite, Baked Fish, Basil & Garlic Pasta, Spinach, Hot Roll, Fresh Grapes 189-A
22 Crunchy Veg Surprise, Creamed Chicken, Steamed Rice, Herbed Broccoli, Hot Roll, Apple Brown Betty Lite, 272-A	23 Spinach Mushroom Salad, Mandarin Orange Garnish Optional, Sweet & Sour Pork, Steamed Rice, Peas & Carrots, Egg Roll, Sliced Bananas 49-A	24 Mixed Relish Tray, Creamy Italian Dressing Lite, Tacoos, Soft Shell, Salsa, Refried Beans, Fluffy Fruit Cup 264-A	25 Tortilla Soup, Chicken Enchiladas, Salsa, Garden Veg Salad, Ranch Dressing Lite, Refried Beans Lite, Sliced Melon 114-A	26 Spinach Mushroom Salad, Red Wine Vinaigrette, Tuna Salad Sandwich, Mixed Veg, Strawberry Shortcake, Whipped Topping 243-A
29 Mixed Relish Tray, Blue Cheese Dressing Lite, Chicken w/BBQ Sauce, Potato Salad, Seasoned Zucchini Lite, Hot Roll, Applesauce, Whipped Topping Opt. 40-A	30 Chef Salad w/Carrot Stick Garnish, Creamy Italian Dressing Lite, Crackers w/M, Bread w/M, Chocolate Chip Cookie, Strawberry & Bananas 244-A	31 Spring Salad, Ranch Dressing Lite, Baked Pork Chop, Brown Gravy, Mashed Sweet Potatoes, Lemon Cauliflower, w/M Bread, Apple Crisp 76-A	<p><i>Approved as requested</i> <i>Dunking on Mkt</i> 3/23/10</p> <p>*Salad Bar Served Daily *Butter Available *1 1/2 and 2 1/2 Milk Offered Daily</p>	

Please Call Rendezvous Pointe @ 367-2881 for your Reservations