

## *Rendezvous Pointe*

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

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# *Rendezvous Pointe*



*A Gathering Place for Sublette County Seniors and Their Community*

JULY, 2010



Thank you to  
Betty Wardell for  
the donation of  
these beautiful  
peacock feathers!



**Wii Bowling  
with  
Kemmerer  
on June 25th.**

**"We had a blast!"**

**First Place Team:**

**Marie Pivik and  
Melba Jaskolski from  
Pinedale, center**



P.O. Box 804, Pinedale, Wyoming

Email: [rpenews@centurytel.net](mailto:rpenews@centurytel.net)  
307/367-2881 Fax: 307/367-6769

Website: [www.rendezvouspointe.com](http://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.

Help!

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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.

The Newsletter Crew for all their help folding and sorting the newsletter each month:  
**Connie Cutlip, George Ditton, Edna Georgis, Marie Pivik, and Jackie Sea**



Would you like to volunteer and not leave home? Rendezvous Pointe has some seniors that need a friendly, check-in phone call once a day. If you are interested, and need more details, please call Jeanene at 367-2881.

One of the side benefits of forgetting names and faces: You keep meeting new people everyday!

### COMMUNITY HIGHLIGHTS

**4th: Town of Pinedale 4th of July Picnic, and Big Piney Chuck Wagon Days**  
**8th-11th: Rendezvous Days in Pinedale**  
**17th: Daniel Community Yard Sale**  
**18th: Daniel Old Timer's Picnic**  
**29th - 8/8th: Sublette County Fair**

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....

- July 15 Jackson
- August 17 Rock Springs
- September 16 Jackson
- October 21 Rock Springs
- November 16 Jackson
- December 14 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.

### Rendezvous Pointe's Board of Trustees

Tim Crawford, Chair	367-2672
Nylla Kunard, Vice Chair	367-6363
James Thomas, Secretary	367-4600
Becky Thompson	367-3672
Betty Hunt	537-5620
Lora Grinestaff	367-4205
Kent Van	367-2582

### Airport Security

I must get through security  
to proceed to my boarding gate;  
I must get through security  
regardless of the dreaded wait.

In a one quart Ziploc plastic bag  
I place my miniature Crest toothpaste  
beside a cherry flavored lip balm  
and an emergency tube of Orajel.

"I am a diabetic and this pack contains  
my medical supplies, my swabs and syringes,  
my Humulin 70/30 and my Lantus, and my  
Accu-chek Compact Plus glucose meter."

My little speech was surely effective  
since the medical kit caused no delay  
and I avoided a pat-down which  
the elderly woman next to me did not.

I pass through the arch and an alarm sounds  
because of my watch and belt buckle.  
I should have removed them with my shoes.  
The arch is quiet on my second pass.

I have gotten through security at last  
and I put on shoes, watch,  
belt and  
reassemble all exposed  
items because  
I have gotten through  
security at last.



—C. F. Kelly

### Patriotic Trivia



1. Why is the US flag folded into a triangle when not being flown?
2. Which Washington, DC monument has the inscription, "We hold these truths to be self-evident that all men are created equal.."??
3. When is it permissible to fly the American flag upside down?
4. Who was given the right to vote on March 23, 1971?
5. T/F: Election Day is a national holiday.
6. On the first US flag, why are the stars in a circular pattern?
7. What was Francis Scott Key's profession?
8. On July 2, 1776, 12 of the 13 colonies voted for independence. Which delegation abstained?
9. What were the two capital cities before Washington, DC?
10. How many states have adopted the eagle as the state bird?

Answers below

1. It represents the tricolor hats worn by American Revolutionary soldiers. 2. Jefferson Memorial. 3. As a sign of distress or danger. 4. 18 year olds. 5. False. 6. So no one colony stood above another. 7. Lawyer. 8. New York (which finally conquered Philadelphia). 9. None. 10. None.

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### Senior Spotlight: Lora Grinestaff



Lora Duffy Grinestaff was born Sept 2, 1935, in Kemmerer, WY. Her father was a carpenter & worked in the coal mines. Her mother owned Duffy's Flower Shop. They moved around and she attended schools in Everett, WA & Rock Springs before graduating from West HS in Salt Lake. After taking classes in typing & shorthand at Henagers Business School for a year, she came to Big Piney as summer help for Mae Mickelson on the 67 Ranch. Lora said, "Mae had lots of interesting guests. I learned a lot." George Grinestaff was managing one of the Mickelson ranches & after they were married Jan 2, 1954 in Kemmerer, the couple lived on the Winkleman Ranch for 3 years. Lora said, "There was no refrigerator or freezer and we had a wood stove. The power plant provided us with electric lights, but it was like going back in time. It was good for me. It was fun. I cooked for the ranch hands & hay crews and at brandings -so many people. That was a struggle. But you learn. Our 2 daughters – Coral & Sheree - were born while we were there. Then came our 2 sons – Marcus & George. Four children in 5 years! They were all born in Salt Lake. My mother came to visit once and cried all the way back to SLC when she left. She felt sorry for me."

The Grinestaffs moved into Big Piney and George had the credit bureau. He sold cars & insurance. Lora added, "He was a crackerjack salesman." In 1963 they built a large house in Marbleton and Lora worked for the USFS for 3 years. She was Big Piney's elementary school secretary for 7 years and secretary to the superintendent for 22 years. She said, "I loved it there. I loved the teachers. It was a very nice career." Then she laughed & added, "I went through 5 superintendents." Meanwhile George had a photography business. He had a real bull stuffed with its legs up and traveled around to places like the Denver Stock Show taking photos of people 'bull riding'. In 1989, George died & Lora continued working for School District #9 until 2000. For a change of pace, Lora worked at Proactive Rehabilitation in Big Piney for the next 7 years. She said, "Seeing people heal was very rewarding."

Her oldest grandson, Tim, loved rodeos and after working in Pinedale one summer he asked if he could live with Lora to finish HS so he could be on the high school rodeo team. She told him her rules and he said, "Well, I wouldn't be any trouble". Lora said, "And he wasn't. A lot of work, but no trouble. We had good times. I'm proud of him. He graduated from Big Piney, went on to UWyo and just graduated from Washington State with a doctorate in Veterinarian Medicine."

Lora lived in the big house for 45 years before making the difficult decision to sell and move to Sublette Center. She said, "I love Wyoming. I didn't want to leave Sublette County. Pinedale has been so friendly & welcoming." Over the years Lora has enjoyed XC skiing, & golf. She joined 'Sisters in Stitches' while in BP and continues making quilts. She said, "I wanted to make a quilt for each grandchild, but there's so many of them." (15 plus 2 greats) Lora belongs to the PEO sisterhood, Bronx Club and has been a member of Eastern Star for over 50 years. She exercises at the PAC 2 to 3 times/week. She was on the Big Piney senior's board for 6 years & is now on the Board of Directors for Rendezvous Pointe. Lora exemplifies her own philosophy of life: "A person can be as happy as they choose to be. We can surround ourselves with positive people, people who are interesting & caring. Family is important. I've had a good run. I'm still running!" Yes, indeed.

By Judi Myers, July, 2010

A group of 40 year old girlfriends discussed where they should meet for dinner. Finally, it was agreed upon that they should meet at the Ocean View restaurant, because the waiters there had tight pants and nice buns.  
 Ten years later at 50 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the Ocean View restaurant, because the food there was very good and the wine selection was good also.  
 Ten years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the Ocean View restaurant, because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.  
 Ten years later at 70 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the Ocean View restaurant, because the restaurant was wheelchair accessible and they even had an elevator.  
 Ten years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the Ocean View restaurant, because they had never been there before.

## July Birthdays



1 Charlene Kallas	13 Harry Steele	21 Karen Galey
3 Mildred Pape	14 Boyd Andersen	21 Pauline Lee
4 Melba Jaskolski	Connie Cutlip	22 Blanche Sewell
Mary Helen Goicoechea	15 Bob Auston	23 Nancy Shaffer
5 Ernest Kawa	16 Richard Harris	24 Rudy Yeager
6 Victor Mack	Allen Barron	25 Mary Brodie
7 George Peck	Jim Straley	Leon Letsinger
9 Charles Schroyer	19 Marilyn Key	26 Sharon Lozier
11 Julie James Spitzer	Robert Lee	27 Betty Kerback
12 Mary Kay Dew	20 Pam Carlson	28 JoAnn Neumayer
Jan Remer	Charles Lichtendahl	Bernie Overgaag
Robert Schwartz	Betty Oliver	29 Susan Pape Riggs

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](http://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!

## Prunes? Yes!

Sweet with a deep taste and a sticky chewy texture, prunes are not only fun to eat but they are also highly nutritious.

- Just a quarter cup of prunes will give you 16.9% of the daily value for vitamin A, 9% of the daily value for potassium, and supply 12.1% of the daily value for fiber.
- The ability of prunes to increase absorption of iron into the body has also been documented in published research.
- Prunes have a high content of unique phytonutrients, and their function as antioxidants has been well documented.

Taken from [www.whfoods.org](http://www.whfoods.org)

## Heart Attack Signs



Heart disease is the top killer of men and women.

Learn the signs of a heart attack and the steps to take if one happens. You can save a life-maybe your own.

Treatments can stop a heart attack in its tracks.

Clot-busting drugs and other artery-opening treatments work best to stop a heart attack if given **within 1 hour** of the start of symptoms.

Know the warning signs:

- Discomfort or pain in the center of the chest.
- Discomfort in the arm (s), back, neck, jaw, or stomach.
- Shortness of breath.
- Breaking out in a cold sweat, nausea, or light-headedness.

Uncertainty is normal.

Heart attacks are not always sudden and intense. Many start slowly, with only mild pain or discomfort. You may not be sure what's wrong - even if you've had a heart attack. Each heart attack can have different signs. When in doubt, check it out.

Don't delay. Call 9-1-1.

Minutes matter! Don't wait more than a few minutes - 5 minutes at most - to call 9-1-1.

Plan ahead.

- Learn the warning signs.
- Talk with family and friends about the warning signs and the need to call 9-1-1 quickly.
- Talk with your health care provider about factors that increase your chance of having a heart attack - and how to reduce your risk.

From the US Department of Health and Social Services  
In partnership with the American Heart Association

# Activities Page



## Camera/Computer Classes

Matt Daniels will be here the third Tuesday of every month. He will alternate between computer and camera information. July 20th will be a camera session beginning at 10:00 AM. Cost is \$10.00. He will continue after lunch as needed to answer questions. Sign up today!

Show your patriotism on Thursday, July 1st by wearing red, white, and blue to lunch. You will be entered into a drawing for American themed prizes.



Join us Friday, July 16 for a **N,E,S,W Outing**. Where would you like to go? Our destination will be determined by those who sign up! Please see the white board.

**Dinner out on the Friday, July 30 will really be out!** Out on the patio that is. Sign up if you would like to join us for pizza, sun, and fun.



If it ever gets too hot outside come on in to RP to cool off. Sip on some ice water, enjoy an ice cream cone (donation appreciated), play some cards, work on the puzzle....



*We are on our way to Tuvalu! Are you coming with us? It is not too late to sign up. See Beth to register for this activity. Watch the Bulletin Board in the foyer to track our progress.*



Dozens of **Comic Books** from the 1950s FOR SALE at Rendezvous Pointe. See Judi Myers. Thank you to Joe Retel for this donation.



## FYI

**Question About Medicare** from Bob Storti, Wyoming Senior Medicare Patrol Manager: People often ask me why their Medicare number is essentially their Social Security number, plus a letter? Why is it not a more secure and less obvious number?

**Answer from Dennis Delpizzo, CMS Region VIII - Denver:** The system was set up in the 60s when identity theft was an unforeseen vulnerability. It was logically built around the SSA# with the suffix (alpha/numeric characters) indicating how an individual qualified for the benefits, i.e., their own work history, through a spouse, because of a disability, etc. The issue with changing the health identifier is significant costs, re-numerating, systems changes/conversions/programming, issuing new cards, mail costs, etc. Hopefully at some point, we can begin to convert to a new identifier for new enrollees, but this is a massive issue.

## 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 **380-9385**

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?*  
Let us make it simple  
We can help • Give us a call

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# July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 and 2% Milk Served Daily Salad Bar daily Butter Served Daily			108-A Garden Vegetable Salad, Honey Mustard Dressing Lt. Baked Steak, Mashed Potatoes, Grilled Broccoli, Bread Sticks, Apricot Crisp	<b>CLOSED FOR THE HOLIDAY</b>
5 A Chef Salad w Carrot Stick Garnish, Creamy Italian Dressing Lt, Cracker WW, Bread WW, Chocolate Chip Cookie, Strawberry & Bananas	9-A Vegetable Soup, Braised Pork Chops, Mashed Potatoes, Cream Style Gravy, Smoked Cabbage, WW Bread, Applesauce Cake	11 Mixed Relish Tray, Creamy Italian Dressing Lt, and Taco's, Soft Shell, Salsa Refried Beans, Fluffy Fruit Cup	54-A Spring Salad, French Salad Dressing Lt, Chicken & Dumplings, Herbed Broccoli Lt, Blueberry Muffin, Chilled Pears W/ Cottage Cheese	115-A Cob Salad Lt, Red Wine Vinaigrette W/ Carrot Slices, WW Crackers, Baked Fish W/ Lemon Pepper, WW Bread, Apple Butter, Citrus Fruit Salad
12 A Vegetable Soup Lt, Cheesy Beef Sandwich on WW Bread, Roasted Brussels Sprouts, Lyme's Roasted Potatoes, Peach & Berry Crisp	13 272-A Crunchy vegetable Surprise, Creamed Chicken, Steamed Rice, Herbed Broccoli, Hot Roll, Apple Brown Betty Lt.	14 Garden vegetable Salad, Italian Dressing Lt, Grilled Cheese Sandwich, Seasoned Green Beans W/ Red Pepper Strips, Plum Whip	49-A Spinach Mushroom Salad, Mandarin Orange Garnish, Honey mustard dressing, Sweet & Sour Pork, Steamed Rice, Peas & Carrots, Egg Roll, Sliced Bananas	1-A Chicken & Veg. Mulligatawny Soup, Hamburger Steak, Mashed Potatoes, Gravy Lt, Green Beans, WW Bread, Fruit Cocktail
19 A Broccoli & cheese Soup Lt, Tuna Salad Sandwich, Green Beans, Cranberries & Nuts, Carrirruit Salad	20 80-A Vegetable Soup Lt, Salisbury Steak, Baked Potato, Sour Cream Lt, Smoked Cabbage, Hot Roll, Fruit Spread, Apple Pie	21 75-A Pub Style Vegetables, Baked Pork Chop, Mashed Potatoes, Lt, Cream Style Gravy, Italian Veg., WW Bread, Fruit Spread, Melon Slices	22 293-A Garden Vegetable Salad, Ranch Dressing Lt, BBQ Chicken, Seasoned Green Beans, Macaroni Salad Lt, WW Bread, Mixed Fresh Fruit Granola	23 123-A V8 Juice, Scrambled Ham & Eggs, Grilled Hash Browns & Onions, Wheat Biscuit, Orange Sauce Peaches & Granola
26 268-A Carrot & Toasted Coconut Salad, Hot Turkey Sandwich w/ Gravy, Mashed Potatoes, Green Beans, Cranberry Salad	27 38-A Tortilla Soup, Beef Fajitas, Refried Beans, & Cheese, Carrots & Peas, Fruit Cocktail	28 283-A Broccoli & Cheese Soup Lt, Egg Salad Sandwich Lt, Pearl Onions, Pease and Carrots, Strawberries and Bananas	29 32-A Relish Tray, ranch Dressing Lt, Spaghetti Sauce Over Spaghetti Noodles, Grilled Broccoli, French Bread, Fruit Ambrosia	30 Relish Tray, Blue Cheese Dressing Lt, Country French Chicken, Mashed Potatoes, Italian Vegetables, WW Bread, Applesauce

Please Call Rendezvous Point @ 367-2881 for your Reservations

Approved to  
Closed  
Dinner 8:00 PM  
@ 12/10

# July Calendar

Mon	Tue	Wed	Thu	Fri
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Birthstone: Ruby</b>  <b>Flower: Larkspur</b>  <b>Colors: Green and Russet</b> </div>			1 - Hand & Foot @9am - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm  <i>Red, White &amp; Blue Day</i>	2 <b>Closed for Holiday</b> <b>Sunday is Independence Day</b>  <i>Halfway point of 2010!</i>
5 - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm	6 - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm	7 - Art @ 9am - Wii League @ 9am - Ceramics @ 3:30pm	8 - Hand & Foot @9am - Tai Chi @ 10am - Fiber Guild @ 1pm	9 "Do what we can, summer will have its flies." Ralph Waldo Emerson
12 - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm	13 - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm  <b>Birthday Lunch</b>	14 - Art @ 9am - Wii League @ 9am - Ceramics @ 3:30pm  <b>Board of Trustees Meeting</b>	15 - Trip to Jackson for Drs. Appts. - Hand & Foot @9am - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm - Scrapbooking @ 3:30pm	16 <b>NES or W Outing</b> <b>Please Sign Up</b>
19 - Cardmaking@9:30a - Wii @ 10am - Cribbage @ 1pm	20 - Tai Chi @ 10am - Camera Class @10am, please sign up - Pinochle @ 1pm - Bingo @ 7pm	21 - Art @ 9am - Hearing checks w/ L. Jephson @ 9-noon - Wii League @ 9am - Blood Pressure Checks @ 11-12:30pm - Ceramics @ 3:30pm	22 - Hand & Foot @9am - Tai Chi @ 10am - Fiber Guild @ 1pm	23
26 - Crafts @ 9:30am - Wii @ 10am - Cribbage @ 1pm	27 - Tai Chi @ 10am - Pinochle @ 1pm - Bingo @ 7pm	28 - Art @ 9am - Wii League @ 9am - Ceramics @ 3:30pm	29 - Hand & Foot @9am - Tai Chi @ 10am - Fiber Guild @ 1pm - Sweetwater Audiology @ 11 - 1pm - Scrapbooking @ 3:30pm	30 <b>Dinner Out: Pizza Pie on the Patio</b> <b>Please Sign Up</b>