



MARCH ISSUE



# THE SUBLETTE INSIDER

Your Guide to What's Going On Inside The Sublette Center



## TOP NEWS OF THE MONTH

**WE'VE BEEN LUCKY  
TO HAVE YOU**



**READ MORE**

**STAFF MEMBERS OFFER RHONDA EGLE, CFO  
WELL WISHES AS HER CHAPTER WITH THE  
SUBLETTE CENTER COMES TO A CLOSE.**

**PLUS!!**

St. Patrick's Day Crossword  
Birthdays  
Upcoming Events  
What have we been up to?

# WE'VE BEEN LUCKY TO HAVE YOU

If you've ever been to the front office of The Sublette Center, chances are you have met our CFO Rhonda Egle. She has been with our facility for the better part of a decade. Over the years, Rhonda has proven to be an integral part of operations for most of our departments. Rhonda is currently in her final days with us and a few staff members wanted to share their well wishes!



**RHONDA, AS YOU EMBARK ON YOUR NEW CHAPTER, I WISH YOU THE VERY BEST. I HOPE YOU CREATE TONS OF WONDERFUL AND LASTING MEMORIES WITH YOUR FAMILY. I WILL MISS YOU SO MUCH. I WANT TO THANK YOU FROM THE BOTTOM OF MY HEART FOR ALWAYS BEING THERE FOR ME- IN MORE WAYS THAN YOU KNOW. YOUR ADVICE, LISTENING EAR AND SUPPORT HAVE MEANT A LOT OVER THE YEARS. OUR FRIENDSHIP MEANS A LOT AND YOU WILL ALWAYS HAVE A SPECIAL PLACE IN MY HEART. I CAN'T WAIT TO SEE YOUR NEW ADVENTURES AND BEAUTIFUL MOMENTS YOU'LL EXPERIENCE. KEEP IN TOUCH AND DON'T FORGET ABOUT US. THANK YOU FOR EVERYTHING! WITH ALL MY LOVE, AMANDA BINGHAM**

**"I HAVEN'T HAD THE PLEASURE OF WORKING WITH RHONDA AS LONG AS MANY OF MY COWORKERS, BUT HAVE BEEN SO BLESSED TO GET TO KNOW HER. HER SKILL AND PERSONALITY HAVE BEEN SUCH AN ASSET TO THE SUBLETTE CENTER. GOOD LUCK RHONDA, WE WILL MISS YOU VERY MUCH!"  
-MARISSA MENDES**

**RHONDA,  
YOU HAVE BEEN A CORNERSTONE TO THE SUPPORT OF THIS FACILITY FOR SUCH A LONG TIME. WE WILL MISS YOU TERRIBLY BUT ARE SO EXCITED FOR ALL THAT THE LORD HAS IN STORE FOR YOU.  
BEST,  
DAWN**

**I WISH HER ALL THE JOY IN THE WORLD BUT SHE WILL BE GREATLY MISSED.  
-VIKKI**

**Rhonda has always been a very nice person to work with. She stood up for us the employees many times. She is excellent at her job and continuous of the budgets and making sure you knew what yours was. We will deeply miss her both as friend and colleague.  
-Kevin and Tammy Holsman**

**Rhonda, I will miss working with you greatly. I am forever grateful for all you have taught me and I wish you all of the joy and success in your next chapter. April is coming too soon.  
-Vanessa**

**May God Bless you in this new and exciting journey. We will miss you greatly.  
-Micaela**

**RHONDA,  
THANK YOU FOR MAKING SUCH A POSITIVE IMPACT ON BOTH STAFF  
AND RESIDENTS ALIKE. WHILE I WILL MISS YOUR PRESENCE HERE, I AM  
SO EXCITED FOR YOU AND YOUR JOURNEY. YOU WILL BE MISSED.  
LOVE APRIL**

**WE MISS RHONDA ALREADY! WE ARE FOREVER GRATEFUL FOR THE  
BEAUTIFUL EXAMPLE RHONDA HAS SET FOR OUR TEAM/ SUBLETTE  
CENTER FAMILY. RHONDA CARED FOR US WITH INTEGRITY AND  
STRENGTH THROUGH SOME OF THE MOST CHALLENGING OF TIMES WE  
ARE SO EXCITED FOR HER AND THIS NEW CHAPTER IN HER LIFE! WE'D  
LIKE TO ADD THAT RHONDA IS A SPECTACULAR WIFE AND MOTHER AND  
AN EXAMPLARY HUMAN BEING. WE DONT KNOW WHAT WE WILL DO  
WITHOUT HER.**

**-LARA HAYWARD AND ASHLEE MERRIAM**

***RHONDA, THE ENTIRE SUBLETTE CENTER FAMILY  
WOULD LIKE TO FORMALLY THANK YOU FOR  
ALWAYS TELLING US TO GET A MED D CARD AND TO  
ALWAYS BE PREPARED (HAHA)***

## Birthdays

4/1 Ruth Horne

4/1 Shandi Guzman

4/1 Cambry Boyer

4/15 Amanda Bingham

4/17 Ron Sanborn

4/31 Jessie McGinnis



## Holidays

3/3-National  
Caregiver

Appreciation Day

3/13-Plant a  
Flower Day

**3/17 St. Patrick's  
Day**

3/28-National  
Take A Walk in the  
Park Day

3/30-National  
Doctor's Day



# Saint Patrick Word Search

Can you find the words hidden in the puzzle?

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

GOLD

MARCH

SHAMROCK

IRELAND

LUCK

CLOVER

CELEBRATE

PARADE

GREEN

RAINBOW

LEPRECHAUN

PATRICK

## St. Patty's Day Fun Facts

IT'S ESTIMATED THAT \$5.3 BILLION DOLLARS WILL BE SPENT ON  
ST. PATRICK'S DAY THIS YEAR.

82.5% OF CELEBRATORS PLAN TO WEAR GREEN.

13 MILLION PINTS OF GUINNESS WILL BE CONSUMED WORLDWIDE  
ON ST. PATRICK'S DAY.

IT TAKES 45 POUNDS OF VEGETABLE-BASED DYE TO TURN THE  
CHICAGO RIVER GREEN AND THAT ONLY LASTS FOR 5 HOURS!



# What Have We Been Up To?

A collection of activities since the last issue

## BUNNY SNUGGLES





**BAKING  
FUN**



**PARTY TIME**





# March: National Nutrition Month

**March is National Nutrition Month! Though healthy eating and habits are encouraged throughout your entire life- these habits are especially important as we age. What are some ways we can make sure we are getting all of the nutrients we need?**

## ***Know what's in season:***

In March, you can find fresh produce like asparagus, broccoli, beets, artichokes, green beans, radishes, and mushrooms, as well as some fruits like strawberries, mangoes, and kiwi. The Academy of Nutrition and Dietetics recommends you fill half of your plate with fruits and vegetables!



## ***Look for fiber via whole grains to help keep you regular.***

## ***Include three servings of milk, yogurt or cheese a day.***

Older adults need more calcium to aid in keeping bones healthy.



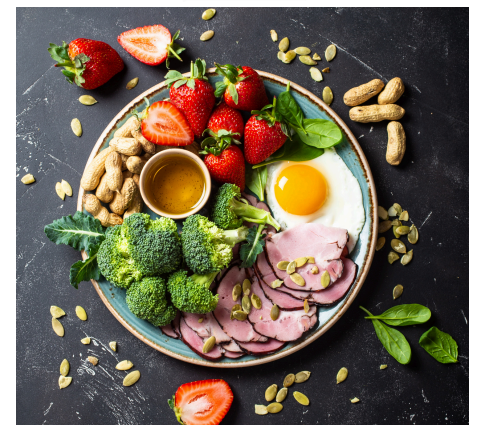
***Vary your protein choices.*** Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified.



## ***Stay Hydrated!***

***Cook your own meals as often as possible.*** Cooking your own meals provides the opportunity to control how much nutrients you are consuming. When eating out we have no control over things like sodium intake.

***Enjoy what you eat, but watch portion sizes.*** Older adults often need less calories than in younger years.



SUBLETTE CENTER  
RETIREMENT COMMUNITY



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