THE SUBLETTE INSIDER

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



TOP NEWS OF THE MONTH





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
4/31Jessie 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



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LUCK	CLOVER	CELEBRATE	PARADE
GREEN	RAINBOW	LEPRECHAUN	PATRICK

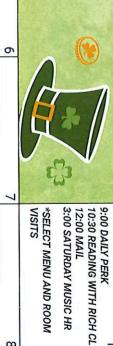
St. Patty's Day Fun Facts

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!



March

	2:00 SUNDAY MOVIE AND COOKIES	
SR 2:00 NETFLEX SERIES CL	8:30 COFFEE SOCIAL AND MONTHLY GAZETTE READING SR 10:30 EDIEGY BAINT SHAMBOCK 2:00 BOWLING HSD	2
VISITS 4:30 HAND MASSAGE SNF	8:30 DAILY PERK 8:30 POLISH ME RETTY SNF 10:30 BIBLE STUDY HR 2:00 MARDI GRAS SOCIAL GDR 3:30 SHOPPING LIST AND ROOM	n.
GDR	RIDLEYS 8:00 DAILY PERK 3:00 BINGO GDR	
2:00 HAPPY ENDINGS ANIMAL VISITS SR	9:00 DAILY PERK 10:30 SUNROOM GAMES SR 11:00 COMMUNITY LUNCH OITTING	
*SELECT MENU AND ROOM	9:00 DAILY PERK 10:30 PEDICURES 12:00 MAIL 2:00 BAKING COOKIES GDR	VISITS

-		Control of the Contro	0.7.70
9:00 DAILY PERK 10:30 CDC VISITORS HR 11:30 RENDEZVOUS POINTE FOR LUNCH 2:00 ARMCHAIR TRAVEL HSD 5:00 COCKTAIL PARTY HR	18 9:00 DAILY PERK 10:30 CDC VISITORS HR 2:00 FLY SWATTER BALLOON TOSS SR	11 9:90 DAILY PERK 10:30 CDC VISITORS HR 2:00 EIO BAND GDR	4 9:00 DAILY PERK 10:30 CDC VISITORS HR 2:00 BOWLING HSD
26 8:00 DAILY PERK 8:30 BEAUTY SHOP SNF 10:30 BIBLE STUDY WITH CHRIS HR 2:00 RESIDENT COUNCIL HR 3:30 SHOPPING LIST AND ROOM VISITS 4:30 TRIVIA	19 9:00 DAILY PERK 10:30 BIBLE STUDY HR 1:30 HERE AND NOW ART SR	9:00 DAILY PERK 10:30 BIBLE STUDY WITH CHRIS HR 2:00 ST. PATRICK'S DAY RIDDLES AND DOOR HANGERS SR 3:30 SHOPPING LIST AND ROOM VISITS	5 8:00 DAILY PERK 8:30 POLISH ME PRETTY SNF 10:30 BIBLE STUDY HR 2:00 MARDI GRAS SOCIAL GDR 3:30 SHOPPING LIST AND ROOM VISITS 4:30 HAND MASSAGE SNF Mardi Gras
RIDLEYS 9:00 DAILY PERK 10:30 LIFELONG LEARNING "IF YOU COULD" AND COFFEE SOCIAL SR 3:00 BINGO GDR 3:45 ICE CREAM SOCIAL GDR	HELLO SPRING RIDLEYS 8:00 DAILY PERK 3:00 BINGO 6DR 3:45 ICE CREAM SOCIAL GDR Spring Begins	RIDLEYS 8:00 DAILY PERK 3:00 BINGO GDR 3:45 ICE CREAM SOCIAL GDR Purim Begins	RIDLEYS 8:00 DAILY PERK 3:00 BINGO GDR 3:45 ICE CREAM SOCIAL GDR
27	20	13	0

21

22

9:00 DAILY PERK

2:00 POPCORN AND A

MOVIE CL

9:00 DAILY PERK

14

VISITS

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9:00 DAILY PERK

15

ANIMAL VISITS SR

10:00 BOOK MOBILE CL

10:30 SUNROOM GAMES

2:00 WII BOWLING HSD

12:00 MAIL

*SELECT MENU AND ROOM

10:30 READING WITH RICH CL

2:00 POPCORN TROLLEY SNF

CONVERSATION CARDS SR

10:30 COFFEE AND 9:00 DAILY PERK

2:00 SUNROOM GAMES SR

12:00 MAIL

10:30 SUNROOM GAMES SR

*SELECT MENU AND ROOM

2:00 SUNDAY MOVIE AND COOKIES

8:00 DAILY PERK 8:30 BEAUTY SHOP 10:30 CHAIR AEROBICS HSD

2:00 NETFLEX SERIES CL 4:30 TRIVIA

10

2:00 NETFLEX SERIES CL 5:30 ESSENTIAL OIL MASSAGE SNF

Daylight Saving Time Begins

16

17

2:00 SUNDAY MOVIE AND

9:00 DAILY PERK 10:30 LIFELONG LEARNING "MARCH TABLE TALK TIDBITS" SR 11:00 ST. PATRICK'S DAY BREAKING

2:00 BOOZE AND TATTOOS GDR St. Patrick's Day

COOKIES



SUBLETTE CENTER ACTIVITIES

14年 14年

2:00 SUNDAY MOVIE AND

2:00 NETFLEX SERIES CL 10:30 CHAIR AEROBICS HSD

9:00 DAILY PERK

30

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COOKIES

2:00 SUNDAY MOVIE AND COOKIES

10:30 CHAIR AEROBICS

2:00 NETFLEX SERIES CL

9:00 DAILY PERK

23

24

VISITS

8:00 DAILY PERK

28

29

8:30 POLISH ME PRETTY SNF

10:30 PEDICURES 9:00 DAILY PERK

12:00 MAIL

10:00 BOOK MOBILE CL

10:30 SUNROOM GAMES SR 2:00 MARCH BIRTHDAY PARTY

2:00 COOKIE AND MOVIE CL

AND PIANO WITH PAM 4:30 HAND MASSAGE SNF

VISITS

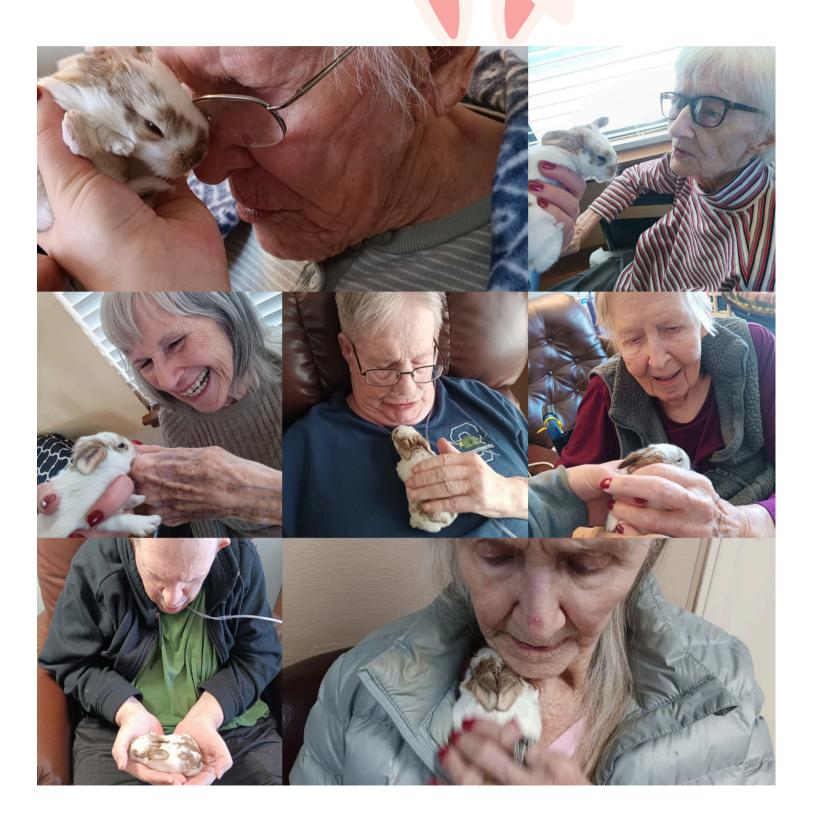
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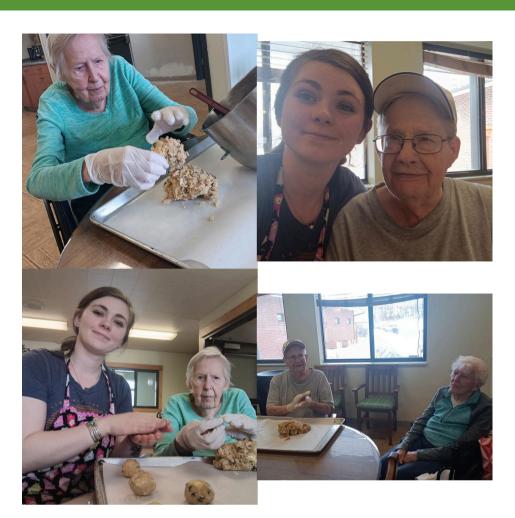
ACTIVITIES ARE SUBJECT TO CHANGE

What Have We Been Up To?

A collection of activities since the last issue

Bunny snuggles







EUN

PARTYTIME





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 fortifed.





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.





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