



ABOUT SWOT

OUR MISSION

Enriching seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities.

COMMUNITY CENTER

Located in the Driggs City Center at 60 S. Main in Driggs, Idaho. Hours are 9 a.m. to 3 p.m. Monday through Friday.

LUNCH

Served at noon Mondays through Fridays.

HOW TO REACH US

- (208) 354-6973
- swot@tetonseniors.com
- P.O. Box 871, Driggs, ID 83422

ONLINE

- www.tetonseniors.org
- Facebook: Seniors West of the Tetons
- Instagram: seniors_west_of_the_tetons



JANUARY 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING

CELEBRATING 45 YEARS

Living the high life in Teton Valley

HAPPY NEW YEAR! The year 2024 is special for Seniors West of the Tetons because it marks our 45th anniversary, at least. SWOT became official in May of 1979 when it was incorporated with the State of Idaho as Senior Citizens of Teton County, Idaho.

The organization became known as Seniors West of the Tetons in 2008 in recognition that SWOT serves older adults in Teton Valley Wyoming as well as Idaho. That was also when the Senior Community Center opened in the Driggs City Center, where we still operate today.

We are planning many special activities to celebrate this milestone including some to take you back to 1979. Stay tuned for some '70s related trivia, dance lessons, crafts of macrame and tie-dying and more. It's going to be a fantastic year!



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
Ken Kirkpatrick

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Jim Haag & Carol Lichti

MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

Eastern Idaho
Community Action
Partnership,
(208) 522-5391

theSWOTteam

NOTE FROM ALLIE

A new year gives us a chance to dream



ALLIE MOLLENKOF
executive director

AND JUST LIKE THAT we are on the brink of another year. 2024 is here whether we like to flip that calendar page or not. I, for one, have never been a big New Year's resolution person. It feels way too stressful and always looming. I like the idea of it, but when it gets down to the nitty gritty it makes me feel trapped.

However, what I do like about a new year is the chance to dream. With a new year you are staring down 12 months to go hog wild. That's where I can really lean in and sink my teeth in.

For the Senior Center, this is where I love to sit for some time and think about what we are doing well and where we can improve, add and dream about the possibilities. I've got some ideas

up my sleeve for the coming year and with Stacey Nail on board I can't wait to see what we can do!

I invite you all to reach out if there are things you think are missing or would like to see. After all, this is YOUR Senior Center.

So cheers friends to 2024. May it be the best year yet for what we strive for at the Senior Center – to keep you all engaged, supported and THRIVING!

CHAIR CHAT

SWOT to shine like a star in 2024



ANNA KIRKPATRICK
board chair

HAPPY NEW YEAR! We ended 2023 with a bang with our Shining Star End-Of-The-Year Giving Campaign, and I want to thank all of you who joined me and other board members and staff in becoming sustaining monthly members of SWOT!

I've been a sustaining member of SWOT and other nonprofits for some time now, and I find it easier to budget my donations by having them spread out over the year.

And it's great for SWOT, because it provides a regular cash flow to allow us to focus on keeping our seniors engaged,

supported and thriving!

We'd love you to join us, at tetonseniors.org/shining-star.

2024 is looking to be an awesome year for SWOT. It is our 45th anniversary, and we are planning lots of ways to celebrate that milestone!

So join us at the Senior Center won't you?

DONATE TO MAKE A DIFFERENCE

Donate online Go to our website and make a contribution: www.tetonseniors.org/online-donation-portal

By mail Send us a check at P.O. Box 871, Driggs, ID 83422

Become a monthly donor
Be a SWOT Shining Star by giving each month - any amount - at www.tetonseniors.org/shining-star

SWOT BACK TO FULL STAFF WITH NEW HIRE, NEW POSITION

Stacey Nail, the new operations director for Seniors West of the Tetons, starts her job this month.

She will be coordinating volunteers and arranging enrichment programs among other duties for the organization. Stacey has extensive experience in event planning in the hospitality industry and has worked for several local nonprofits.

SWOT also hired Ken Kirkpatrick, a former board member and volunteer systems manager, for a new, paid position of systems manager that also involves handling payroll, accounting, donor database software, the SWOT website and other duties. See Page 10 for more information about them.



Stacey Nail

Donors and partners provide improvements

A new floor and a new washer and dryer are coming to the Senior Center.

• **The city of Driggs** and the **Eastern Idaho Community Action Partnership** are providing funds for new flooring for the Senior Center, replacing the carpet in the main room and the floor in the kitchen. The work in January will mean closing the center for a few days. Watch for the announcement of those dates.

• **Mark and Mary Kaczor** have donated \$1,000 toward replacing the washer and dryer in the Center's kitchen. SWOT greatly appreciates their support.

Foot-care clinic program ends

SWOT's foot-care clinic program is ending.

"We developed the program to serve a need for a lack of foot care in the valley," said Anna Gunderson, PA-C, who has been providing the service for the last 11 years. "We now have a wonderful podiatrist, Dr. McGurn, at Teton Valley Hospital. She is available to assist you in your foot care needs. I am also available in the Victor clinic and Janene Witherite is at the Driggs clinic."

Appointments for the service can be made at either the Driggs or Victor clinics.

VALLEY TALK 3

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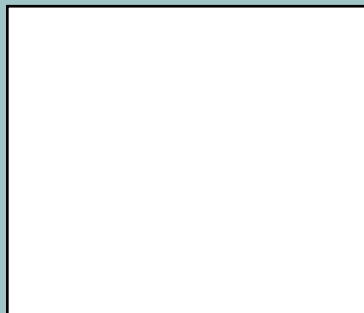
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Teton Valley Health Hospital
Swing Bed Transitional Care

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Call - (208) 354-2383 ext. 177

THRIVE
LOCALLY



PROGRAMS & activities



WE'VE GOT a lot going on at the Senior Center. Here is your guide to our programs.

FITNESS



Fit & Fall Proof

9 and 10 a.m. Mondays and Thursdays. Wear loose-fitting clothing and bring water with you. Free. Open to all.

This is an exercise program that focuses on improving strength, mobility and balance to reduce an older adult's risk of falling. Local volunteer leaders are trained to teach the class.

Drumming

Check the activities calendar for the date and time. Wear loose-fitting clothing; bring water. Free. Open to all.

Led by Lea Hardee and Cindie Brouwer this fun cardio routine set to music involves movement and beating an exercise ball with drumsticks. Also helps cognitive function through concentration and coordination.

Tai Chi

9 a.m. Wednesdays and Fridays. Wear loose clothing; bring water. Suggested \$5 donation. Open to all.

This is a series of movements performed in a slow, focused manner with deep breathing. Beginners are welcome. Individual instruction is given during and after class. Led by Dan Kesler.

Yoga for a Better Life

9 a.m. Tuesdays. Wear loose clothing; bring water. Yoga mats and gear are provided. Suggested \$5 donation. Open to all.

This Hatha-based yoga practice is designed to increase flexibility while building strength and using your breath efficiently. It's led by instructor extraordinaire, Connie Tyler.

ENRICHMENT



Death Cafe

1:30 p.m. the second Thursday of each month (with some exceptions). Free. Open to all.

At these gatherings, we eat, drink and discuss that often taboo subject: Death. It is not a support group; rather, it is a directed discussion whose objective is "to increase awareness of death with a view to helping people make the most of their lives."

Tech Time

At noon the second Tuesday of each month. Free. Open to all.

This program will help you with any technology questions. Phil Mollenkof and Andy Harlan are good friends of SWOT and quite proficient with various technologies. These guys will help you master technology; just bring your device in question and fire away.

HEALTH

Teton Valley Health updates

Free. Open to all.

Teton Valley health provides a monthly update of news and information. See the activities calendar on Page 5 for date and time.

Blood Pressure Check

The second Wednesday at 11:45 a.m. Free.

Teton County Fire and Rescue EMTs will check your blood pressure.

Healthy Seniors

Free. Open to all.

A variety of health topics are covered throughout the year along with flu shots and other clinics.

SOCIAL



Bingo

Check the calendar. Free. Open to all.

We can't guarantee you'll win fun prizes but we can promise you'll have many laughs!

Scrapbooking

11 a.m. second and fourth Mondays. Some materials for purchase. Learn scrapbooking, card making and photo tips. Preserve memories.

Cribbage

1 p.m. Mondays. Free.

This card game uses a board and pegs to score points as cards reach combinations of 15.

Intro to Bridge

1 p.m. Mondays. \$10 or \$25 for six lessons.

Kristen Schulz teaches beginners in this six-week session. Sign up at tetonseniors.org/intro-to-bridge

Bridge

1 p.m. Tuesdays. Free. Open to all.

Bridge is a trick-taking card game using a standard 52-card deck.

Mah-jongg

1 p.m. Wednesdays. Free. Open to all.

Mah-jongg is a tile-based game that was developed in the 19th century in China.

Senior art classes

1 p.m. second Monday at Teton Arts studio. \$5 suggested donation. Limited.

A collaboration with Teton Arts offers monthly opportunities to explore your creativity with clay, painting, drawing and other creative endeavors. Register at <https://tinyurl.com/seniorarts>



JANUARY

fit and active



WE'LL KEEP you busy, whether it's a fitness class, a game or a gathering to teach you something.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY NEW YEAR!</p> <p>SWOT is closed.</p> <p>1</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. <p>2</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • GUIDED YOGA: INTENTIONS, 11 A.M. • Mah-jongg, 1 p.m. <p>3</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. <p>4</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Knitting circle, 9 a.m. <p>5</p>
<ul style="list-style-type: none"> • Fit & Fall, 9 & 10 a.m. • Scrapbooks, 11 a.m. • Cribbage, 1 p.m. • Intro to Bridge, 1p.m. \$25 for 6 sessions. Register tetonseniors/intro-to-bridge • SENIOR ARTS, 1 P.M. Clay art. Register at https://tinyurl.com/seniorarts <p>8</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. <p>9</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • BLOOD PRESSURE CHECK, 11:45 a.m. to 12:45 p.m. • Mah-jongg, 1 p.m. <p>10</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • LUNCH WITH MAYOR AUGUST CHRISTENSEN • DEATH CAFE, 1:30 P.M. <p>11</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • WYDAHO ADVENTURE FILM FEST, 5 P.M. See films from last summer's festival. <p>12</p>
<p>MARTIN LUTHER KING JR. HOLIDAY</p> <p>Senior Center is closed.</p> <p>15</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • TECH TIME, NOON • Bridge, 1 p.m. <p>16</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. <p>17</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • SNOW SCULPTURE TOUR, 1 P.M. Visit with the snow sculptors in Driggs City Plaza. <p>18</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Knitting circle, 9 a.m. <p>19</p>
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • Cribbage, 1 p.m. • Intro to Bridge, 1 p.m. A six-week session for beginners. \$25 for series or \$10 a session. Register at tetonseniors.org/intro-to-bridge <p>22</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • TETON VALLEY HOSPITAL AUXILIARY INFO, NOON Learn about the auxiliary and volunteer opportunities. • Bridge, 1 p.m. <p>23</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. • TRIVIA WITH KATE, 1 P.M. <p>24</p>	<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • MEDICARE CHAT, NOON. <p>25</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Knitting circle, 9 a.m. • Drumming, 1:30 p.m. • PIZZA & A MOVIE, 5 P.M. "Meet the Parents." Register at tetonseniors.org/movie <p>26</p>
<ul style="list-style-type: none"> • Fit and Fall Proof, 9 and 10 a.m. • Make cards, 11 a.m. • Cribbage, 1 p.m. • Intro to Bridge, 1 p.m. A six-week session for beginners. \$25 for series or \$10 a session. Register at tetonseniors.org/intro-to-bridge <p>29</p>	<ul style="list-style-type: none"> • Yoga, 9 a.m. • Bridge, 1 p.m. • TETON VALLEY HEALTH NEWS & UPDATES, 1 P.M. A monthly program to hear and ask questions about our health-care system. <p>30</p>	<ul style="list-style-type: none"> • Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • Mah-jongg, 1 p.m. <p>31</p>	<div data-bbox="974 1659 1177 1858" data-label="Image"></div> <p>SPECIAL VIEWING Come see films from this year's Wydaho Adventure Film Festival, 5 p.m. Friday, Jan. 12.</p>	



JANUARY

lunch menu

MENU is subject to change depending on availability and weather.

WHEN Lunch is served at the Center at noon on Mondays through Fridays.

SUGGESTED DONATIONS
 • \$6 for those 60 years and older,
 • \$8 under 60 and \$4 for children.

VEGETARIAN OPTION
 A vegetarian option is available. It may include dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY NEW YEAR! SWOT is closed.</p> <p>1</p>	<p>Italian-style meatloaf with marinara Orzo pasta Sautéed zucchini Garden salad Rice cereal treat</p> <p>2</p>	<p>Grilled chicken quesadilla Beans and rice Salsa bar Spanish beef stew Cinnamon tortillas with honey</p> <p>3</p>	<p>Oven-roasted pork Stuffing and gravy Mixed vegetables Garden salad Mixed fruit BIRTHDAY CAKE</p> <p>4</p>	<p>Philly cheese steak sandwich with peppers, onions and cheese sauce Housemade chips Vegetable lentil soup Cookie</p> <p>5</p>
<p>Sweet and sour pineapple pork with white rice Stir-fry vegetables, Carrot ginger soup Mandarin oranges Fortune cookie</p> <p>8</p>	<p>Grilled tuna melt on wheat Housemade potato chips New England clam chowder Chocolate brownie</p> <p>9</p>	<p>Turkey cauliflower cheese casserole Rice pilaf Garden salad Cookie</p> <p>10</p>	<p>Bacon cheddar burger with brioche bun Fried pickle chips Garden salad Mixed fruit</p> <p>11</p>	<p>Butternut squash risotto with sausage on the side Steamed broccoli  Cream of mushroom soup Vanilla pudding</p> <p>12</p>
<p>MARTIN LUTHER KING JR. HOLIDAY Senior Center is closed.</p> <p>15</p>	<p>Beef tamales Refried beans Spanish rice Salsa bar Chicken enchilada soup Cookie</p> <p>16</p>	<p>Meat lovers' lasagna Mixed vegetables Dinner roll Garden salad Coconut macaroons</p> <p>17</p>	<p>Hummus plate with warmed pita bread and tomatoes, cucumbers, kalamata olives and feta cheese  Garden salad Lemon bar</p> <p>18</p>	<p>Marsha's crab cakes with roasted red pepper aioli Side salad New England clam chowder Cookie</p> <p>19</p>
<p>Build-your-own sandwich with choice of meats and cheeses Housemade potato chips Cream of potato soup Chocolate pudding</p> <p>22</p>	<p>Spaghetti with Bolognese sauce Sautéed squash Cheesy garlic bread Garden salad Fresh grapes</p> <p>23</p>	<p>Bacon and Swiss quiche with sour cream Fresh cut fruit Vegetable bean soup Seven-layer bar</p> <p>24</p>	<p>Chipotle roast turkey breast Spanish rice Black beans Avocado aioli Tortilla soup Cookie</p> <p>25</p>	<p>Chicken and stuffing casserole Buttered peas and carrots Dinner roll Garden salad Vanilla pudding</p> <p>26</p>
<p>Mediterranean beef gyro with warmed pita Tzatziki sauce Pasta salad Garden salad Lemon bar</p> <p>29</p>	<p>Teriyaki chicken tacos Asian slaw Red chile aioli Pork fried rice Asian vegetable soup Fortune cookie</p> <p>30</p>	<p>Better-than-your-mom's meatloaf Mashed potatoes and gravy Glazed carrots Garden salad Mixed fruit</p> <p>31</p>		





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR NOVEMBER AND 2023

HERE ARE THE NUMBER OF PARTICIPANTS for a few of the activities available at Seniors West of the Tetons. Numbers are the latest month available.

MEALS SERVED IN 2023

11,878

AT THE CENTER: 8,949
HOME-DELIVERED: 2,929

MEALS SERVED IN NOVEMBER

1,270

AT THE CENTER: 984
HOME-DELIVERED: 286

FITNESS/HEALTH PROGRAMS IN NOVEMBER

327

GAMES: BRIDGE, BINGO, & CRIBBAGE IN NOVEMBER

135

ENRICHMENT PROGRAMS IN NOVEMBER

81

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Ronnie Ard
- John "Lynn" Bevan
- Bonnie Hatch
- Elva Hillman
- John Letham
- Kali Randall and Zeke Best
- Helen Ripplinger
- Kathy Robertson
- Jamie Sera



VALLEY TALK 7

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PICTURE perfect



A LOOK AT some of the activities from the past few weeks.



so much holiday fun

The SWOT board and staff and a legion of volunteers along with sponsorships from Teton Valley Realty and the Steve and Cynthia Sudela family served a multitude of seniors and members of the community for SWOT's holiday luncheons. Above is part of the Thanksgiving crew (from left to right): Tim Foreman, Christina Assante, Carol Lichti, Cindy Dender, Peter Troy, Lynne Browning, Jim Haag, Anna Kirkpatrick, Hilary Frenette and Allie Mollenkof. Note: Ken Kirkpatrick was in the kitchen washing dishes.

holiday decor

Thanks to Red House Flowers and Teton Arts, seniors had opportunities to make holiday decorations. Below Mary Kaczor builds a wreath. Below that, SWOT board members Lynne Browning and Cindy Dender create glass ornaments.

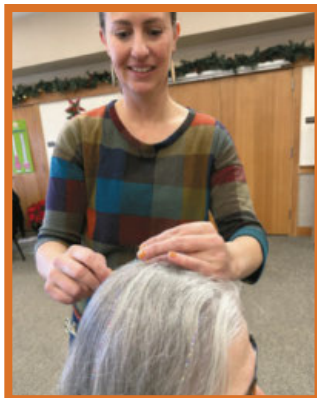


family giving tradition

In 2019, Juli Patty wanted to share "the gift of giving to others" with her daughter Clio. It's now a holiday tradition, and for the past five years, Juli, Clio and grandma Marie have lovingly packed gift bags with holiday goodies to be delivered to homebound seniors along with their daily meal. Seniors West of the Tetons appreciates this wonderful gesture.

sparkles and glitter to match the season

Seniors and friends got the chance to add sparkle to their appearance for the holidays. Christy Thomas of Lucky Locks attached silk hair sparkles to lucky participants, including Anna Kirkpatrick, left, and Evan Grott, center. April Johnson of the Loft Hair Studio spruced up our nails, including those of Tammy Andrews.



January fun word search

ALPINE	E	L	Z	Z	U	P	W	A	S	G	I	J
BACK-COUNTRY	G	N	I	D	D	E	L	S	J	D	H	U
BONFIRES	E	T	A	L	O	C	O	H	C	T	O	H
CARVE	T	N	T	P	L	U	C	S	D	E	T	A
CROSS-COUNTRY	Y	U	R	E	V	R	A	C	A	L	T	K
CURLING	B	R	B	W	B	L	W	W	U	E	O	I
HOCKEY	V	A	T	I	R	I	Z	A	P	M	D	C
HOT CHOCOLATE	S	L	C	N	N	N	S	P	L	A	D	E
HOT TODDIES	L	N	U	K	U	G	C	O	M	R	I	F
ICE FISHING	E	L	O	S	C	O	S	I	O	K	E	I
IGLOOS	G	O	A	W	E	O	C	K	D	L	S	S
JIGSAW	Y	N	H	B	A	R	U	S	I	R	G	H
PUZZLE	B	E	I	S	W	N	I	N	S	I	O	I
NORDIC	A	A	K	T	W	O	G	F	T	O	N	N
SCULPT	N	F	O	C	A	O	N	E	N	R	R	G
SKATING	F	E	U	D	O	K	N	S	L	O	Y	C
SKIING	G	H	U	T	V	H	S	S	A	S	B	P
SLEDDING												
SNOW ANGELS												
SNOW BALL												
SNOW SHOE												
TELEMARK												
TUBING												

SWOT sudoku

			1			9		
	2			6	9	4		
4							7	5
				8				
							4	
9	6				2		5	
2	7				8			
1			4					8
5				7				1

>> **ANSWERS** TO THIS MONTH'S PUZZLES CAN BE FOUND ON PAGE 11

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in the SPOTLIGHT

MEET THE NEWEST MEMBERS OF THE SWOT TEAM ...

STACEY NAIL

SHE'S THE NEW
OPERATIONS
DIRECTOR



STACEY NAIL returns to SWOT as the new operations director. For those who don't remember her from the kitchen or crafting activities, here's a little more about her.

Tell us about your background.

In my previous career, I was tasked with planning and leading corporate incentive groups on tours and activities to beautiful destinations near and far. These adventures and experiences - which gave my clients lifelong friendships and memories - were rewarding for me to have had a part of. I'd like to

apply my activity-planning skills to support the robust programming that is taking place at SWOT. Seniors here in Teton Valley are living the "high life," as they say, and I look forward to joining the SWOT family to help continue enriching seniors lives through the many programs and events to come.

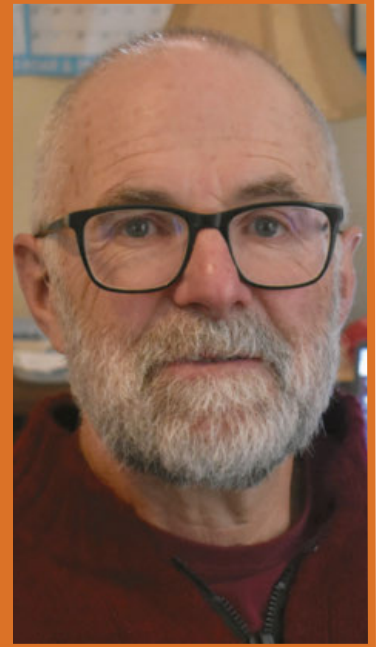
We know your enthusiasm and some of the creative things you've done in the past with seniors. What are some ideas you have about programming for the Senior Center?

I am so excited to engage with our seniors

» See **STACEY**, Page 11

KEN KIRKPATRICK

HE'S GIVEN UP HIS
BOARD SEAT TO
BECOME SWOT'S
SYSTEMS MANAGER



KEN KIRKPATRICK is no stranger to SWOT. A former board member, leader of Fit & Fall Proof sessions, and regular volunteer now holds the official staff role of systems manager, his former volunteer job. We asked him about his "new" gig.

You are well-known for your volunteer work and board service for SWOT. Explain why you decided to take an official role as a staff member?

When I started filling in as the bookkeeper for SWOT in August, I realized

that this was a system that needed a lot of attention. Although we were keeping good records of money coming in and going out, we weren't doing a very good job filling in the details. With our operating costs rising so much in 2023, we really needed accurate and complete records at hand so that we could make timely decisions: Did we need to cut back? Could we afford to pay our staff competitive wages? Is our fundraising keeping pace with our program growth? We couldn't answer these questions without doing a lot of data backfilling in all our systems and without

» See **KEN**, Page 11

STACEY

» FROM PAGE 10

and to positively impact their programming and experiences. Helping SWOT during the pandemic year with meal delivery and then in the kitchen, I got to know a lot of our senior community. The importance of coming together was challenging, and now that services and businesses are opening more and more, it is my goal to support our seniors to feel safe, supported and encouraged to live their best life by offering them a variety of engaging opportunities for all skill sets, interests and abilities. I look forward to collaborating and learning more about what may excite our seniors in

order to continue building on those goals and continue to offer a place of enjoyment and a warm welcome for all.

What else would you like people to know about you as they get to know you?

“I look forward to learning more about what may excite our seniors.”

If I had my own quote, it would be “Yes, let’s.” And, there better be snacks involved! I am always up for a fun outing or a good board game with friends and family that generates lots of laughter and eating yummy small bites. My husband will tell you that I can’t leave our house on an adventure or even just to the garden without bringing the “bag of snacks,” and he is right. Don’t be surprised if you see me at SWOT with a snack in my hand! I’ll have plenty to share!

KEN

» FROM PAGE 10

learning how to use them more effectively. I came to feel that bringing these administrative systems up to speed would be a major distraction for everyone at SWOT and particularly for a new executive director.

What would you like people to know about your new position?

This new position is just a sign that SWOT has grown. When I started as a board member in 2019, we had only one administrative system, QuickBooks, and our use of it was limited to simple bookkeeping. Now, we have three major systems that are critical to our staffing, administration, programming

and fundraising. Having a systems manager means that our executive director, staff and board can focus their attention on using these systems rather than developing and maintaining them. I remember one data systems workshop I attended that began with

“This new position is just a sign that SWOT has grown.”

a two-part question: “Is your system working for you? ... Or are you working for it?” Overwhelmingly, the answer was the latter. I think the role of the systems manager is to make sure the

systems are working for SWOT rather than the other way around.

Does this mean you will still wash dishes?

I think I’ve gotten pretty good at the dishes. It would be a terrible waste of my talents if I were to stop now.

words of wisdom



“The really frightening thing about middle age is that you know you’ll grow out of it.”

- DORIS DAY

PUZZLE answers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

6	3	7	1	5	4	9	8	2
8	2	5	7	6	9	4	1	3
4	1	9	8	2	3	6	7	5
7	5	4	6	8	1	2	3	9
3	8	2	5	9	7	1	4	6
9	6	1	3	4	2	8	5	7
2	7	3	9	1	8	5	6	4
1	9	6	4	3	5	7	2	8
5	4	8	2	7	6	3	9	1



SAVE the date



ALL ACTIVITIES

are at the Senior Center unless noted. Participants should be register online at tetonseniors.org or call (208) 354-6973.

- Jan. 3 Guided yoga on intentions, 11 a.m.
- Jan. 8 Senior Arts: Handbuilt clay pots or sculptures, 1 p.m. Teton Arts Studio, 110 Rodeo Drive, Driggs. Register at <https://tinyurl.com/seniorarts>
- Jan. 8 & 22 Cards and scrapbooks with Deb, 11 a.m.
- Jan. 10 Blood pressure checks, 11:45 a.m. to 12:45 p.m.
- Jan. 11 Death Cafe, 1:30 p.m.
- Jan. 12 Wydaho Adventure Film Fest night, 5 p.m.
- Jan. 15 Martin Luther King Jr. holiday, SWOT is closed.
- Jan. 18 Snow Sculpture Tour, 1 p.m.
- Jan. 23 Teton Valley Hospital Auxiliary info, noon
- Jan. 24 Trivia with Kate, 1 p.m.
- Jan. 25 Medicare Chat, noon
- Jan. 26 Drumming, 1:30 p.m.
- Jan. 26 Pizza & a Movie, 5 p.m. "Meet the Parents." Register at tetonseniors.org/movie
- Jan. 30 Teton Valley Health update, 1 p.m.



TOUR THE SNOWSCAPES
with SWOT at the Driggs City Plaza at 1 p.m. Jan. 18 and learn about snow sculpting and enjoy refreshments.

12 VALLEY TALK



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