



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



Valley Talk

SERVING SENIORS IN THE TETON VALLEY, IDAHO AND WYOMING



SHARE THE JOY OF GIVING BY BECOMING

A SHINING STAR

FOR OUR END-OF-THE-YEAR GIVING CAMPAIGN, we aren't seeking thousands or even hundreds dollars. Instead, we'd rather you give a few dollars every month.

More recurring donations means SWOT can focus more on our mission of enriching seniors lives in Teton Valley and less time on fundraising. Monthly donations provide a sustainable cash flow with income coming regularly.

It also can help donors better handle their finances because their contributions are spread out over a year.

And it can be a lot of fun. We're planning rewards for those who choose to give monthly - ranging from SWOT swag to a first chance to sign up for some events. The theme for this campaign relates to SWOT's 45th anniversary, which we will celebrate during 2024. Help us kick off our anniversary celebration with your monthly, recurring donations!

learn more

Learn how to sign up for monthly giving and why it's important to SWOT's mission on Page 11.



STAFF MEMBERS

EXECUTIVE DIRECTOR
Allie Mollenkof
KITCHEN MANAGER
Peter Troy
HOME SERVICES PROVIDER
Carissa Cook
SYSTEMS MANAGER
Ken Kirkpatrick

BOARD OF DIRECTORS

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MEMBERS
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Lynne Browning
Cindy Dender
Tim Foreman
Jim Haag
Matthew Senitzer

NEWSLETTER EDITORS
Jim Haag & Carol Lichti

MEALS DELIVERED

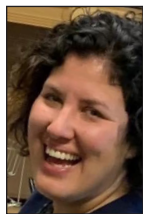
Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

You make the Senior Center what it is



ALLIE MOLLENKOF
executive director

AS WE SET OUR SIGHTS on the holidays, I am filled with gratitude and warmth as I reflect on the incredible journey we have undertaken together this year. Our Senior Center continues to flourish in ways we could only dream of, thanks to the unwavering support, enthusiasm and participation of each and every one of you.

It is heartening to witness the remarkable increase in the number of seniors joining us for meals, engaging in our diverse programs, and fostering meaningful connections with one another.

As we enter this festive season I want to express my deep gratitude to our incredible staff, dedicated board, committed volunteers and to all of you who contribute to the heart and soul of our Senior

Center. Your presence and participation have made this a truly special place, and I, for one, can't wait to flip the calendar and see what the next year holds.

I am wishing you joy and laughter with friends and family this holiday season, and I look forward to creating even more memories in the new year. With love, from my family and me, to all of you.

CHAIR CHAT

The power of gathering occurs at SWOT



ANNA KIRKPATRICK
board chair

"THIS IS THE POWER OF GATHERING: it inspires us, delightfully, to be more hopeful, more joyful, more thoughtful: in a word, more alive."

– Alice Waters, chef

I've been searching for a word or phrase that describes what happens at our Senior Center every day, and this quote sums it up: the power of gathering.

All year, I've watched the Senior Center turn into a place where seniors mingle with people of all ages and gather together not only to have lunch but also to linger in conversation after

they are finished eating. To play Mah-jongg, bridge or cribbage. To enjoy a round or two of bingo or trivia. To participate in one of our many activities. In short: to be together.

This holiday season, we hope you join us at the center for great food and companionship.

Happy Holidays from all of us at SWOT!

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 part of Team SOS - Support Our Seniors - by giving each month - any amount - at www.tetonseniors.org/sos

HOLIDAY COOKIE DRIVE-BY EVENT RETURNS TO SWOT

It was a fun idea during a pandemic: Make dozens of cookies for seniors because we can't gather to celebrate holidays together. Then, choose a day to let seniors drive by to pick them up.



In 2020, it snowed as seniors filed by in their cars and SUVs. In 2021, as self-distancing continued, it was still a magical day even without the snowflakes.

Now in 2023, we're bringing it back. Seniors can get a box of holiday cookies between 1 and 2 p.m. on Dec. 18 by driving by the rear SWOT entrance of the Driggs City Center, 60 S. Main, in Driggs. Register by Dec. 15 at tetonseniors.org/cookies.

'Tis the season for lots of holiday fun

Besides holiday cookies, SWOT's holiday events include:

- **Wreath making** with Red House Flowers, 1 p.m. Dec. 4. Class limited. \$15 fee.
 - **Create an ornament** at 1 p.m. on Dec. 11 at Teton Arts studio, 110 Rodeo Drive. \$5 fee.
 - **Holiday locks and nails** at 1 p.m. on Dec. 12 will have you sparkling for the season. Free.
 - **Holiday trivia**, 1 p.m. Dec. 13.
 - **Pizza & a movie**, "Christmas Vacation" at 5 p.m. on Dec. 15.
 - **Cookie Drive-By**, 1:30 p.m. Dec. 18.
 - **Holiday Lunch** with live music at noon Dec. 21 and **Holiday Bingo** 1 p.m.
- See registration info on Page 5.

SWOT receives grant for containers

The Youth Philanthropy Awards program of the Community Foundation of Teton Valley has awarded Seniors West of the Tetons \$550 for additional reuseable containers for the growing home-delivered meal program.

Students at Teton High School in the Youth Philanthropy program decided to provide the grant to SWOT. Two years ago, the program provided reuseable containers greatly reducing waste. This grant will provide needed additional supplies and milk bottles.



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 Bouwer 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

Foot-Care Clinic

Free. Open to seniors. See calendar for date. First come, first served. Sign up when you arrive.

Do you have trouble getting to your toes? Is clipping your toenails difficult? Health-care professionals are here to help with foot care. They also provide referrals for potentially larger issues.

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 a long with a monthly update from Teton Valley Health.

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. Open to all.

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

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 and has spread throughout the world - and is now spreading through Teton Valley. Come on down to join in or learn how to play!

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>



DECEMBER

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



SPARKLE FOR THE HOLIDAYS
Add a sparkling silk strand to your hair and get your nails done to match the season at SWOT's special Lucky Locks event at 1 p.m. on Dec. 12. Register at tetonseniors.org/hair-nails.

- Tai Chi, 9 a.m.
- Knitting circle, 9 a.m.

1

- Fit and Fall Proof, 9 and 10 a.m.
- Cribbage Club, 1 p.m.
- **WREATH MAKING WITH RED HOUSE FLOWERS, \$15 FEE, 1 P.M.** Register at tetonseniors.org/wreaths

4

- Yoga, 9 a.m.
- Bridge, 1 p.m.

5

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- Mah-jongg, 1 p.m.

6

- Fit and Fall Proof, 9 and 10 a.m.
- **LUNCH WITH MAYOR AUGUST CHRISTENSEN**
- **MEDICARE CHAT, NOON.** Open enrollment ends today.
- **HANUKKAH BEGINS**

7

- Tai Chi, 9 a.m.

8

- Fit and Fall Proof, 9 and 10 a.m.
- **SCRAPBOOKS & CARDS, 11 A.M.**
- Cribbage Club, 1 p.m.
- **TETON ARTS STUDIO.** Register at <https://tinyurl.com/seniorarts>

11

- Yoga, 9 a.m.
- **TECH TIME, NOON**
- Bridge, 1 p.m.
- **HOLIDAY LOCKS AND NAILS, 1 P.M.** Register at tetonseniors.org/hair-nails

12

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- **BLOOD PRESSURE CHECK, 11:45 a.m.**
- Mah-jongg, 1 p.m.
- **HOLIDAY TRIVIA, 1 P.M.**

13

- Fit and Fall Proof, 9 and 10 a.m.
- **DEATH CAFE, 1:30 P.M.**

14

- Tai Chi, 9 a.m.
- Knitting circle, 9 a.m.
- **PIZZA & A MOVIE, 5 P.M.** "National Lampoon's Christmas Vacation." Register at tetonseniors.org/movie.

15

- Fit and Fall Proof, 9 and 10 a.m.
- **SCRAPBOOKS & CARDS, 11 A.M.**
- Cribbage Club, 1 p.m.
- **HOLIDAY COOKIE DRIVE-BY, 1-2 P.M.** Register at tetonseniors.org/cookies

18

- Yoga, 9 a.m.
- Bridge, 1 p.m.

19

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- Mah-jongg, 1 p.m.

20

- Fit and Fall Proof, 9 and 10 a.m.
- **HOLIDAY LUNCH, NOON**
- **HOLIDAY BINGO, 1 P.M.**

21

HAPPY HOLIDAYS!
Senior Center is closed.

22

MERRY CHRISTMAS



SWOT is closed.

- 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 healthcare system.

25

- Tai Chi, 9 a.m.
- Coffee Klatsch, 10:30 a.m.
- Mah-jongg, 1 p.m.

27

- Fit and Fall Proof, 9 and 10 a.m.
- **FOOT-CARE CLINIC, 12:30 P.M.**
- **DRUMMING, 1:30 P.M.**

28

- Tai Chi, 9 a.m.

29



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR OCTOBER 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

10,608

AT THE CENTER: 7,965
HOME-DELIVERED: 2,643

MEALS SERVED IN OCTOBER

1,252

AT THE CENTER: 997
HOME-DELIVERED: 255

FITNESS/HEALTH PROGRAMS IN OCTOBER

398

GAMES: BRIDGE, BINGO, & CRIBBAGE IN OCTOBER

95

ENRICHMENT PROGRAMS IN OCTOBER

181

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

- Geralyn Little**
- Melanie Marcum**
- Christopher Runyan**
- Kurt Schiess**





PICTURE perfect



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



wild about wildlife art

SWOT was treated to a docent tour at the National Museum of Wildlife Art near Jackson. Seniors who traveled to the museum were given a preview of an African photography exhibit that was ready to open. Many stayed for lunch at the Palate Cafe in the museum.

bowls of fun

SWOT Board Member Cindy Dender confidently takes her turn at bowling at Fat Cats in Rexburg.



honoring veterans

Jim Steele and Jim Rein, both who served in the Navy, were among veterans who were honored with a free lunch and special music on Nov. 9 in advance of Veteran's Day.

thank you Teton Springs

Executive Director Allie Mollenkof displays a \$25,000 check from the Teton Springs Foundation for SWOT's new van, which is now on order.



healthy meals aren't hard

That's what Registered Dietitian Nutritionist Alexis Blaser from Teton Valley Health taught seniors last month. Alexis shared easy ways to create healthy meals by following the "My Plate" plan - with half the plate full of fruits and vegetables, which can be frozen or canned. Remember to check labels to avoid added sugars and opt for low sodium. Even frozen dinners like the Amy's brand can be healthy.



thanksgiving word search

ADVENT	C	I	W	P	Z	M	T	N	E	V	D	A
BELLS	O	S	E	N	A	C	Y	D	N	A	C	S
BINGO	O	I	L	I	G	H	T	S	I	Y	M	L
CANDLES	O	I	L	I	G	H	T	S	I	Y	M	L
CANDY	O	I	L	I	G	H	T	S	I	Y	M	L
CANDY CANES	K	J	O	L	L	Y	E	C	J	T	I	E
CAROLING	I	M	H	E	E	L	F	A	Y	N	S	I
CHRISTMAS	E	G	H	C	E	B	I	N	G	O	T	G
CHRISTMAS EVE	E	G	H	C	E	B	I	N	G	O	T	G
COOKIE-DRIVE-BY	D	V	E	G	H	L	S	D	D	E	L	H
COOKIES	R	E	E	L	N	R	V	L	L	L	E	T
DECORATIONS	I	D	C	S	U	I	I	E	W	U	T	N
EIGHT NIGHTS	I	D	C	S	U	I	I	E	W	U	T	N
ELVES	V	R	S	O	A	Y	L	S	S	Y	O	I
FROSTY	E	F	A	Y	R	M	Y	O	T	N	E	G
HANUKKAH	E	F	A	Y	R	M	Y	O	T	N	E	G
JOLLY	B	T	N	I	D	A	T	T	R	M	Z	H
KWANZAA	B	T	N	I	D	A	T	T	R	M	Z	H
LIGHTS	Y	N	T	K	P	N	T	S	S	A	A	T
MISTLETOE	J	P	A	X	M	B	A	I	I	O	C	S
NOEL	J	P	A	X	M	B	A	I	I	O	C	S
SANTA	A	A	Z	N	A	W	K	C	O	R	R	M
SLEIGH	A	A	Z	N	A	W	K	C	O	R	R	M
YULE	M	T	S	E	I	K	O	O	C	N	H	F
	M	T	S	E	I	K	O	O	C	N	H	F
	L	H	A	N	U	K	K	A	H	K	S	C
	L	H	A	N	U	K	K	A	H	K	S	C

SWOT sudoku

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

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



in the SPOTLIGHT

TIM FOREMAN'S A FAMILIAR FACE at the SWOT lunch registration desk and most events. He's such a fan of SWOT that we asked him earlier this year to join the board. We only waited that long because we knew how involved he was in other nonprofits in the community. We're lucky to have him. He recently shared more about himself.

Tell us about your background.

I grew up in Minnesota and, after graduation from St. John's University, I entered the Marine Corps and served as an officer for nine years. I have lived in Virginia, Oklahoma, North Carolina, Japan, Louisiana, Texas and California. My career following the Marine Corps was in a variety of sales and managerial roles for E.R. Squibb, a pharmaceutical company; Experian, a credit reporting agency; IBM; and AT&T.

When and how did you get to Teton Valley?

In March of 2020, I moved to Teton Valley from Fort Worth, Texas, to be closer to my children and grandchildren.

How did you get involved at the Senior Center?

I attended a Valentine's Day lunch in March 2022

**Q&A WITH
TIM
FOREMAN**

**A BOARD MEMBER,
TIM WORKS LUNCH
REGISTRATION,
ATTENDS EVENTS
AND IS SWOT'S
BIGGEST FAN ON
FACEBOOK**



and found everyone to be welcoming, loving, caring and genuine people who are really fun to be with. I attended many events thereafter and enjoyed them immensely so I felt that I should try to contribute some time and effort to help with SWOT's great mission.

Why did you join the SWOT board?

The activities, programs and wonderful spirit of SWOT all result in the seniors in this community being welcomed, happy, physically and mentally healthy, and thus able to be better community members. I want to help further all of these mission areas of SWOT.

What do you know now

about SWOT you think others should know?

SWOT offers great fun-filled activities and events. The activities are well-planned and address numerous areas of interest in the lives of seniors. They include outings, crafts, physical and mental health programs, presentations on a broad range of subject matter from a variety of experts, and fun games. The events are planned in great detail and are always most appropriate for the theme.

You serve the board of the Teton Valley Food Pantry as well. What do you get out of your involvement with local nonprofits?

I have found that the board members, staff,

and fellow volunteers with whom I get to work are the most selfless, caring and giving people and are an absolute joy to work with!

When not at SWOT, what do you like to do?

I enjoy spending time with my children, their spouses and grandchildren. I love to be active outdoors and enjoy this beautiful valley. I also enjoy tending to our yard and surrounding land, mowing and snow-blowing.

What do you think is the best part of living in Teton Valley?

The stunning beauty of this valley and the genuine kindness and caring of the people.

>> CONTINUED FROM PAGE 1

BE A SWOT SHINING STAR BY DONATING MONTHLY

Feel the joy of giving year-round. Recurring monthly donations are a simple way to know you're helping Seniors West of the Tetons throughout the year.

And, what a year 2024 will be. SWOT turns 45 in the new year and what better way to help sustain services for older adults in Teton Valley than giving \$45 a month. That equates to \$540 a year!

Not sure your monthly bills can take on that much? You can sign up to give \$5 or \$10 a month to provide support for SWOT's programs and staff. Able to give more? We've got plenty of options to fit any financial situation. And, you'll get fun swag and rewards, plus updates on what's happening at SWOT in return for your generosity.

Sign up as a recurring donor and you'll join a group of dedicated contributors who already are giving monthly. Many signed up in 2021 when SWOT launched it's Support Our Seniors monthly giving campaign. All monthly donors receive an early electronic copy of SWOT's monthly newsletter, Valley Talk, via email. Here are other rewards we are planning to thank those for helping sustain us:



**\$5
A MONTH**

You'll receive a SWOT hat.

**\$10
A MONTH**

You'll get SWOT hat and two free lunches.

**\$25
A MONTH**

You'll receive a SWOT hat and five free lunches.

**\$45
A MONTH**

One meal card for 10 free lunches, a SWOT hat and a SWOT 45th anniversary tote bag.

**\$85
A MONTH**

Team SWOT membership, 20 free lunches, a burrito card for 10 free burritos, a SWOT hat and SWOT tote bag.

**\$150
A MONTH**

All of the above plus a unique gift crafted by a local artisan.

**\$375
A MONTH**

All of the above plus visible recognition at the Senior Center for providing what will total \$4,500 a year to SWOT.

words of wisdom



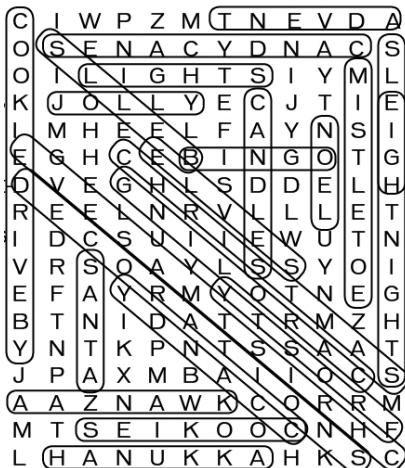
Don't let aging get you down. It's too hard to get back up!"

- JOHN WAGNER

PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



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.

- Dec. 4 Wreath making with Red House Flowers, 1 p.m. Register at tetonseniors.org/wreath

- Dec. 7 Medicare Chat, noon, end of open enrollment

- Dec. 11 Senior Art: Ornaments, 1 p.m. Teton Arts Studio, 110 Rodeo Drive, Driggs. Register at <https://tinyurl.com/seniorarts>

- Dec. 12 Holiday locks and nails, 1 p.m. Register online.

- Dec. 14 Death Cafe, 1:30 p.m.

- Dec. 15 Pizza & a Movie, 5 p.m. National Lampoon's Christmas Vacation. Register at tetonseniors.org/movie

- Dec. 11 & 18 Cards and scrapbooks with Deb, 11 a.m.

- Dec. 18 Cookie Drive-By, 1 to 2 p.m. Register at tetonseniors.org/cookies.

- Dec. 13 Trivia with Kate, 1 p.m.

- Dec. 21 Holiday Luncheon, noon, and Holiday Bingo, 1 p.m.

- Dec. 26 Teton Valley Health update, 1 p.m.

- Dec. 28 Foot-Care Clinic, 12:30 p.m. First-come, first-served.

- Dec. 28 Drumming, 1:30 p.m.



MAKE WREATHS with SWOT and Red House Flowers at 1 p.m. on Dec. 4. Register at tetonseniors.org/wreaths.

12 VALLEY TALK



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