

# Valley Talk

SERVING ACTIVE SENIORS IN TETON VALLEY, IDAHO AND WYOMING

## 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 Mondays through Thursdays.

### HOW TO REACH US

Phone: (208) 354-6973  
 Email: [swot@tetonseniors.com](mailto:swot@tetonseniors.com)  
 Mail: P.O. Box 871, Driggs, ID 83422

### ONLINE

 [www.tetonseniors.org](http://www.tetonseniors.org)  
 On Facebook: Seniors West of the Tetons

## INSIDE

The SWOT Team	2
The Senior Scene	3
Programming Guide	4
Fit + Active Calendar	5
Menu	6
Picture Perfect	8
Spotlight	10
Save the Date	12



## WE LOOK BACK WITH FOND MEMORIES OF 2022 AND LOOK AHEAD WITH HOPE FOR THE NEW YEAR

OVER THE YEARS, WE'VE ALL MADE a ton of resolutions. Many we've kept. Others? Well, we tried. Here, we share fond memories of our achievements last year and hopes for the year ahead. (On Page 2, SWOT Chair Anna Kirkpatrick shares how well we did with her resolutions last year. And on Page 11, we offer some suggestions for what your resolutions could be this year.)

### A SENSE OF COMMUNITY

Seniors West of the Tetons seeks to enrich seniors' lives and foster a community not just within the Senior Center but beyond. Activities occur across the valley. We plan to build on that in the coming year for all aging adults in the area.

### A SENSE OF TEAMWORK

Whether it's holding down the tent during a windstorm at the Teton Valley Farmers Market, putting on a successful golf tournament or feeding nearly 8,000 meals in a year, SWOT staff and volunteers work together to make sure it all happens.

### A SENSE OF GRATITUDE

It's a card of thanks from a woman who receives home-delivered meals. It's comments on Facebook from grateful participants at a SWOT event. It's an email from a daughter, overjoyed at how we've helped her mother transition to a new community.

>> CONTINUED ON PAGE 11

## STAFF MEMBERS

EXECUTIVE DIRECTOR  
**River Osborn**

PROGRAM DIRECTOR  
**Allie Mollenkof**

KITCHEN MANAGER  
**Peter Troy**

ASSISTANT KITCHEN MANAGER  
**Denise Bertsch**

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**Jim Haag & Carol Lichti**

### WANT TO GET INVOLVED?

To join our Board of Directors or volunteer, call (208) 354-6973 or email [swot@tetonseniors.com](mailto:swot@tetonseniors.com).

## MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

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

# theSWOTteam

## RIVER RAMBLINGS

# What a gift it is to serve our seniors



**RIVER OSBORN**  
executive director

HELLO, DEAR FRIENDS! I can't tell you how thrilled I am to be back at the Senior Center, though taking a three-month sabbatical was a wonderful experience.

I was able to catch up on some needed rest and to putter around the house working on a never-ending list of projects. I had high hopes of getting my puppy, Waffles, trained during this time, but - alas - some things got left undone.

I want to publicly thank Allie Mollenkof, our program director extraordinaire, who jumped into action to serve in my absence. She did an excellent job keeping the show going, so please make sure to give her a pat on the back next time you see her.

I also want to thank SWOT's

Board of Directors, who stepped in to assist in my absence and who were wholly supportive during my time away. I am lucky to have such a lovely team of people to work with.

As we enter 2023, I'm coming back to the center feeling rested and restored. Seeing your faces and catching up with you all reminds me what a gift it is to work for, and to serve, the older adults of our community.

You all bring so much joy and meaning into my life, and for that I thank you.

Happy New Year!

## CHAIR CHAT

# In hindsight, my 2022 resolutions held up



**ANNA KIRKPATRICK**  
board chair

I LOOKED BACK at the January 2022 Chair Chat and saw that I had made several New Year's resolutions. Guess what? They mostly came true! Here's how we did:

• **I resolved that SWOT would be fully open for lunch.**

We opened for lunch three days a week in April and added a fourth day in July. Currently, we have an incredibly popular lunch program.

• **I resolved that everyone get fully vaccinated.**

As of last month, 71.85 percent of Teton Valley's population is vaccinated.

• **I resolved that we stop having to learn the Greek alphabet.**

A year ago, new variants of COVID-19 such as Omicron were popping up, and it seemed that

we'd be forced to work our way through the entire Greek alphabet. Fortunately, things slowed down, and we didn't get that far.

• **I resolved that we would participate in lots of activities.**

That was an easy one. Boy, did we keep busy - inside and outside!

• **I resolved that we remain healthy and safe.**

For the most part, I think we did, but that's one that is definitely worth keeping for 2023.

So here's hoping for a happy and healthy new year for all of us.

See you at the Senior Center!

## SENIOR MENTAL HEALTH SERIES LAUNCHES THIS MONTH

It should be easy, even normal, to talk about mental health. That's the goal of a new senior series starting this month with the Mental Health Coalition of Teton Valley.



**White** **Schultheis**

The first session on mental health first aid is Jan. 23 at 1 p.m. at the Senior Center. Sara McKeown White, executive director of the Mental Health Coalition and a licensed clinical professional counselor, and Olivia Schultheis, a youth mental health first aid administrator and trainer, will discuss signs and symptoms of mental health distress and provide resources.

Coffee and dessert will be served. Register at [tetonsenior.org/mentalhealth](http://tetonsenior.org/mentalhealth).

## Center closing for remodeling work

The Senior Center will be closed from Jan. 9 through Jan. 16 for remodeling.

Grants from the CHC Foundation – \$6,559 – and modernization funds for the Area Agency on Aging are being used to create a room for a private setting for seniors and staff.

The Foot Care Clinic at 12:30 p.m. Jan. 12 will be open via the entrance in the hallway. Meals still will be delivered. Other activities are delayed. See Page 5 for details.

Staff is available by phone, email or appointments.

## Valley Voices story telling to help SWOT

Valley Voices, an informal storytelling group, will support Seniors West of the Tetons on Jan. 12.

The storytelling event will be at 6:30 p.m. at Highpoint Cider, 7565 Lupine Lane, Units D and E, in Victor.

Attendees give \$5, and that money will go to SWOT.

The topic is "Second Wind." Seniors are encouraged to share their stories. To reserve a spot, email [valleyvoices33@gmail.com](mailto:valleyvoices33@gmail.com).

Tim Gruber, a teacher at Mountain Academy, organizes the group, which started last year.

### VALLEY TALK 3

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## Get Back To What You Love...

Swing Bed Transitional Care helps you recover close to home when released from the hospital following a procedure or illness.



Teton Valley Health  
**Hospital**  
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Call - (208) 354-2383 ext. 177

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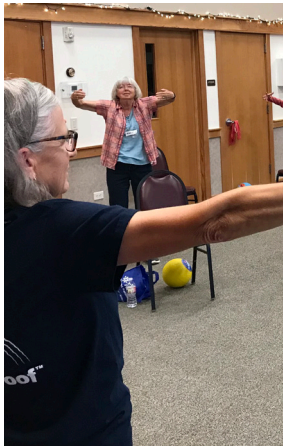


# PROGRAMS & activities



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

## 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.

### Aiki Balance

4 p.m. Tuesdays. \$5 suggested donation.

Based on the flowing, strengthening and bending moves of the Japanese martial art Aikido. Aiki improves balance, coordination, posture and poise. You can explore a new way of being that calms the nervous system, and reduce pain and tension. Plus, it's fun. Led by Cathy Pollock.

### 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 and with deep breathing. Beginners are welcome. Individual instruction is given during and after class. This class is led by longtime SWOT friend, Dan Kessler.

### 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

Check calendar for dates. Free. Open to seniors. 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 Anna Gunderson and Sandra Woolstenhulme are here to help with foot care. They also provide referrals for potentially larger issues.

### Blood Pressure Check

The second Wednesday of the month at 11:45 a.m. Free. Open to all.

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

### Healthy Seniors

Happens four times a year. Free. Open to all.

This program highlights various areas of health and wellness issues.

## SOCIAL



### Bingo

Usually once a month. Check the calendar for the dates and make a plan to come on down! Free. Open to all.

With a great caller, fun prizes and a classic game, why wouldn't you venture to the Senior Center and play a few rounds of bingo? You might win a game or two, and we promise you'll have that many laughs!

### Bridge

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

Whether you've played for years or haven't played once, this one's for you. Bridge is a trick-taking card game using a standard 52-card deck. Experienced or not, you're welcome to come learn and play or just play!

### 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 mental health series

1 p.m. Jan. 23. Free. Limited.

A monthly session addressing needs of seniors and mental health will run through March. A joint effort of the Mental Health Coalition and Seniors West of the Tetons will cover signs, symptoms, anxiety, depression and suicide prevention.



# 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><b>SENIOR CENTER IS CLOSED</b></p> <p>2</p>	<ul style="list-style-type: none"> <li>• Yoga, 9 a.m.</li> <li>• Coffee klatsch, 10:30 a.m.</li> <li>• Bridge, 1 p.m.</li> <li>• Aiki balance, 4 p.m.</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Live music at lunch: Alan Kirk Wobbeking</li> <li>• Mah-jongg, 1 p.m.</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> </ul> <p>6</p>
<p><b>SENIOR CENTER IS CLOSED FOR REMODELING</b></p> <p>9</p>	<p><b>SENIOR CENTER IS CLOSED FOR REMODELING</b></p> <p>10</p>	<p><b>SENIOR CENTER IS CLOSED FOR REMODELING</b></p> <p>11</p>	<p><b>CENTER CLOSED</b></p> <ul style="list-style-type: none"> <li>• <b>FOOT-CARE CLINIC, 12:30 P.M.</b> Enter via hallway.</li> <li>• <b>VALLEY VOICES, 6:30 P.M.</b> Story telling on second wind at Highpoint Cider to benefit SWOT. See Page 3.</li> </ul> <p>12</p>	<p><b>SENIOR CENTER IS CLOSED FOR REMODELING</b></p> <p>13</p>
<p><b>SENIOR CENTER IS CLOSED</b></p>  <p>16</p>	<ul style="list-style-type: none"> <li>• Yoga, 9 a.m.</li> <li>• Coffee klatsch, 10:30 a.m.</li> <li>• <b>TECH TIME, NOON</b></li> <li>• Bridge, 1 p.m.</li> <li>• Aiki balance, 4 p.m.</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Mah-jongg, 1 p.m.</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>SNOW SCULPTING, 1 P.M.</b> Learn about sculpting and participate in the process. Register at <a href="http://tetonseniors.org/snowsculpting">tetonseniors.org/snowsculpting</a></li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• <b>DRUMMING WITH LANA, 1 P.M.</b></li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>SENIOR MENTAL HEALTH, 1 P.M.</b> Signs and symptoms. Register at <a href="http://tetonseniors.org/mentalhealth">tetonseniors.org/mentalhealth</a></li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>• Yoga, 9 a.m.</li> <li>• Bridge, 1 p.m.</li> <li>• Aiki balance, 4 p.m.</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Mah-jongg, 1 p.m.</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>MEDICARE LUNCH CHAT, NOON TO 2 P.M.</b></li> <li>• <b>FOOT-CARE CLINIC, 12:30 P.M.</b></li> <li>• <b>DEATH CAFE, 1:30 P.M.</b></li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• <b>PIZZA AND A MOVIE, 5 P.M.</b> "Grumpy Old Men," starring Walter Mathau and Jack Lemmon. Register at <a href="http://tetonseniors.org/movie">tetonseniors.org/movie</a></li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>SCRAPBOOKS INTRO, 1 P.M.</b> Learn scrapbook techniques from Deb Grove Hinkley. Register at <a href="http://tetonseniors.org/scrapbook">tetonseniors.org/scrapbook</a></li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>• Yoga, 9 a.m.</li> <li>• Bridge, 1 p.m.</li> <li>• Aiki balance, 4 p.m.</li> </ul> <p>31</p>	<div data-bbox="771 1648 1445 1942" style="border: 1px solid gray; padding: 10px;"> <p><b>SNOW-SCULPT LIKE A PRO</b> Learn the ins and outs of snow-sculpting at 1 p.m. Jan. 19 after touring and hearing about the snow sculptures in the Driggs City Plaza organized by the Downtown Driggs Association. Refreshments available. Register at <a href="http://tetonseniors.org/snowsculpting">tetonseniors.org/snowsculpting</a></p>  </div>		



# JANUARY

## at the center table

**MENU** is subject to change depending on availability and weather.

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

**SUGGESTED DONATIONS**  
 \$5 for those 60 years and older, \$7 under 60 and \$3 for children.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>SENIOR CENTER IS CLOSED</b> 2	Italian-style meatloaf with orzo pasta Grilled zucchini Green salad Balsamic-glazed strawberries 3	Shrimp and corn salad Vegetable cheese soup Wheat dinner roll Sliced pears 4	Grilled 3-cheese sandwich Cream of tomato soup Green salad <b>BIRTHDAY CAKE</b> 5	6
<b>SENIOR CENTER IS CLOSED FOR REMODELING</b>  <b>MEALS BEING DELIVERED TO THOSE ELIGIBLE</b> 9	<b>SENIOR CENTER IS CLOSED FOR REMODELING</b>  <b>MEALS BEING DELIVERED TO THOSE ELIGIBLE</b> 10	<b>SENIOR CENTER IS CLOSED FOR REMODELING</b>  11	<b>SENIOR CENTER IS CLOSED FOR REMODELING</b>  <b>MEALS BEING DELIVERED TO THOSE ELIGIBLE</b> 12	13
<b>SENIOR CENTER IS CLOSED</b>  16	Grilled chicken tacos Spanish rice Refried beans Pico de gallo Tortilla soup Churros 17	Grilled ham steak Cheddar mashed potatoes Buttered peas and carrots Green salad Chocolate chip cookies 18	Tuna salad on wheat Homemade potato chips French onion soup Mixed fruit 19	20
Swedish meatballs with brown gravy Mashed potatoes Sautéed green beans Garden salad Peaches and cream 23	Chef's salad Beef barley soup Wheat dinner roll Chocolate strawberry upside down cake 24	Vegetarian bean and cheese burrito Beans and rice Fresh salsa bar Black bean vegetable soup Cinnamon tortillas with honey 25	Chicken cordon bleu Oven-roasted potatoes Steamed broccoli Green salad Sliced apples 26	27
Chipotle roast turkey Spanish rice Black beans Avocado aioli Green salad Cupcake 30	Asian pork tacos with Asian slaw and red chili aioli Fried rice Carrot ginger soup Fortune cookie 31	<div data-bbox="820 1654 1360 1921"> <p><b>LIVE MUSIC AT LUNCH</b>                              Alan Kirk Wobbeking performed last month at lunch and hopes to be at the center the first Wednesday every month.</p>  </div>		







# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR NOVEMBER AND 2022

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

### MEALS SERVED IN 2022

# 7,721

AT THE CENTER: 4,393  
HOME-DELIVERED: 3,328

### MEALS SERVED IN NOVEMBER

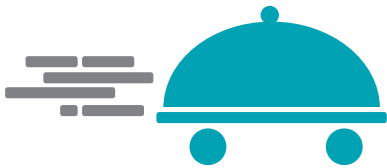
# 892

AT THE CENTER: 628  
HOME-DELIVERED: 264

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Julina Curtis**
- Joseph Hornberger III**
- Quinn Clint Penfold**



### Interested in home delivery?

SWOT delivers meals to home-bound seniors 60 years and older. Call (208) 354-6973 or (208) 522-5391 to sign up.

## VALLEY TALK 7



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# PICTURE perfect



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



## celebrating holidays at SWOT

Seniors found lots of joy, fun and food during holiday celebrations late last year. The Thanksgiving lunch saw a record crowd, and there was a great turnout in December for a holiday lunch followed by bingo. Teton Valley Realty sponsored the Thanksgiving lunch, at which 130 people were served. Bank of Commerce sponsored the holiday lunch that fed 100 people. Top left is the Thanksgiving lunch crowd. Top right, Program Director Allie Mollenkof, board member Hilary Frenette and her daughter, Cora, helped with the Thanksgiving festivities. Bottom right, Chef Peter Troy rings the triangle for the holiday lunch service.



## prepping for emergencies

Teton Valley Fire & Rescue's Capt. Jerry Moore, top left, and Becca Parkinson, driver and operator, showed volunteers and staff steps to take in case someone collapses. Volunteers - including Clayton Quayle, above right - practiced compressions on dummies, watched how to operate a defibrillator and learned other actions to take.

## the best things

... happen when you're dancing or watching a holiday movie at SWOT. Board members Ken Kirkpatrick and Matthew Senitzer served pizza to those who came to see "White Christmas."



## traditions

Clio, age 6, daughter of Juli Patty and granddaughter of Marie Patty, continues her tradition of making holiday bags for home-delivered meals.



## Winter time

BACK COUNTRY	X	U	H	S	O	P	P	S	L	E	E	T
BLIZZARD	E	F	R	E	E	Z	I	N	G	F	O	G
CROSS COUNTRY	F	R	E	R	M	T	M	N	S	Z	H	E
DOWNHILL	D	N	P	U	Y	E	K	C	O	H	S	Q
FREEZING FOG	U	H	O	T	I	A	Y	E	Q	G	W	P
HOARFROST	B	C	W	P	J	K	R	G	L	T	O	E
HOCKEY	P	B	D	L	S	H	T	N	L	L	N	P
LIFT	L	L	E	U	O	O	N	I	A	L	S	L
NORDIC	O	I	R	C	I	A	U	D	B	I	Q	W
POGONIP	W	Z	S	S	G	R	O	D	W	H	C	I
PLOW	C	Z	K	W	N	F	C	E	O	N	I	N
POWDER	H	A	A	O	T	R	K	L	N	W	D	D
SHOVEL	Y	R	T	N	U	O	C	S	S	O	R	C
SKATING	A	D	I	S	B	S	A	O	Q	D	O	H
SLEDDING	E	P	N	J	I	T	B	M	B	N	N	I
SLEET	D	T	G	N	N	E	S	H	O	V	E	L
SNOWBALL	M	I	G	H	G	T	A	Z	T	F	I	L
SNOW												
SCULPTURE												
SNOWSHOE												
TUBING												
WINDCHILL												

## SWOT sudoku

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

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

<p><b>CREATIVE MEMORIES</b> Deb Grove  <b>307-413-5360</b>          INDEPENDENT ADVISOR          photo safe archival products, sorting &amp; organization  <a href="http://www.creativememories.com/cm/deb.grove">www.creativememories.com/cm/deb.grove</a>  <a href="mailto:debgro24@gmail.com">debgro24@gmail.com</a>          personal shopping at 40 Scott Drive in Victor  <i>3~Season Scrapbooks &amp; Pretty Papers</i></p> <ul style="list-style-type: none"> <li>Photo Albums, Paper Crafts, Custom Albums</li> <li>Card Kits, Punches, Trimmers, Stickers</li> <li>Classes at Seniors West of the Tetons Workshops at Victor Elementary</li> <li>3 Season Scrapbook Group</li> </ul>	 <p><b>FREE</b>  <b>AD DESIGN</b>          with purchase          of this space  <b>CALL 800-950-9952</b></p>
<p><b>ADT-Monitored Home Security</b>          Get 24-Hour Protection          From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>Burglary</li> <li>Flood Detection</li> <li>Fire Safety</li> <li>Carbon Monoxide</li> </ul> <p>ADT Authorized Provider   SafeStreets   <b>833-287-3502</b></p>	

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# in the SPOTLIGHT

IT'S NOT SURPRISING that volunteer driver John Norton thought of biking as a way to help a local senior while he was delivering meals, a task he's done since 2021. We caught up with him recently to learn a little more about this volunteer.

### Tell us about your background.

I grew up on a family farm in Gonic, N.H. I have a bachelor's in mechanical engineering from Norwich University in Vermont and a master's in astronautical engineering from the Air Force Institute of Technology in Ohio. I served 10 years in the Air Force as an officer. My duties included systems engineer detailed to NASA on the space shuttle, Desert Storm veteran serving with Defense Support Program Space Surveillance Unit, and mathematics instructor at the U.S. Air Force Academy. After the military, I rode a bicycle across North America from Seattle, Wash., to York Beach, Maine, followed by a three-month bicycle trip around the North and South Islands of New Zealand. I'm still working as an independent technology consultant.

### What drew you here?

In 2006, my high school best friend and now wife, Kathy O'Neil,

## Q&A WITH JOHN NORTON

A VOLUNTEER DRIVER, WHO DELIVERS MEALS TO HOMEBOUND SENIORS



and I were living in Salt Lake City when friends recommended we purchase a place in Driggs as a vacation home with thoughts of retiring to Teton Valley.

### What got you involved with the Senior Center?

Serving community needs has always been a core part of my adult life. I did hospice volunteer work in Salt Lake City and found joy in working with seniors. I also have fond memories of a Senior Center in North Dakota that was on my cross-country bicycle route. It was there that I learned seniors are great fun and key partners in a community. SWOT helps me reconnect to the magic I discovered there. We are all senior citizens in training and it is great to train with experts.

### What's it like being a driver?

I have witnessed the remarkable recovery of a cancer patient. When I first started delivering to him, he was very sick and depressed. He had been an active person when younger, and I thought he could benefit from exercise. I am also a volunteer with Pierre's Pedal Project and was able to bring him a bicycle that he rode with joy. He's a genuine soul who, with faith and some exercise, is nearly recovered from cancer.

### What have you learned about the organization?

SWOT is a vibrant part of the community. I am constantly amazed at all the activities and events going on.

### Any advice for others thinking about

### volunteering?

Just do it. The rewards are great, and the people are fun, thoughtful people. If you're delivering meals, you might "get credit" for all of the great food that comes out of the kitchen at SWOT. I do report back to Peter and Denise to give credit where credit is due. Smiles from people you greet are the greatest reward of all.

### When not driving for SWOT, what do you like to do?

I enjoy the great outdoor activities in Teton Valley – cycling, hiking and skiing. I also volunteer with Pierre's Pedal Project restoring bicycles.

### What is the best part of living in Teton Valley?

It's a small agricultural community at the edge of the wilderness.







# SAVE the date



## ALL ACTIVITIES

should be registered for online at [tetonseniors.org](http://tetonseniors.org) or call (208) 354-6973.

Jan. 9-16	Senior Center closed for remodeling. Home-delivered meals continue and Foot Care Clinic only. Enter via hallway.
Jan. 12 & 26	Foot-Care Clinic, 12:30 p.m.
Jan. 12	Valley Voices at Highpoint Cider, \$5 donation to SWOT.
Jan. 17	Tech Time, noon
Jan. 19	Lunch with Mayor August Christiansen, noon
Jan. 19	Snow sculpting, 1 p.m. Come try it!
Jan. 20	Drumming with Lana, 1 p.m.
Jan. 23	Senior Mental Health series with Sarah McCowen and Olivia Schultheis, 1 p.m. Register at <a href="http://tetonseniors.org/mentalhealth">tetonseniors.org/mentalhealth</a>
Jan. 26	Medicare chat, noon
Jan. 26	Death Cafe, 1:30 p.m.
Jan. 27	Pizza and a movie, "Grumpy Old Men," 5 p.m. Register at <a href="http://tetonseniors.org/movie">tetonseniors.org/movie</a>
Jan. 30	Scrapbooks with Deb, 1 p.m. Register at <a href="http://tetonseniors.org/scrapbooks">tetonseniors.org/scrapbooks</a>



**VALLEY VOICES** at 6:30 p.m. Jan. 12 at Highpoint Cider in Victor will benefit Seniors West of the Tetons and involve stories of "Second Wind." Tim Gruber, left, organizer of the group, gets things going at a recent gathering.

LINDA SWOPE/  
SWOPE MOUNTAIN PHOTOGRAPHY

## 12 VALLEY TALK



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**LIVING THE HIGH LIFE  
IN TETON VALLEY**