



ABOUT SWOT

OUR MISSION

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

SENIOR 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](https://www.instagram.com/seniors_west_of_the_tetons)

Snowshoeing event
Explore the Big Eddy on snowshoes.
1 p.m. March 5.
See Pages 3 and 5.

MARCH 2024

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING

BLACK TIE BINGO

WE'RE DOING IT AGAIN. AND YOU CAN HELP BY BECOMING A SPONSOR!

- **HELP SWOT** fund its growing meal program and help feed older adults in Teton Valley. The goal is to raise \$75,000 to cover our grocery bills. The event will be June 8.
- **THE NEED:** We served 5,000 more meals last year than the year before. We expect the number to be higher in 2024. A sponsorship helps us defray skyrocketing food prices.
- **SEVERAL SPONSORSHIP LEVELS** are available: \$3,000, \$1,500, \$750 and \$350. Sponsorships earn you various benefits and the knowledge that you are providing needed nutrition to the valley's seniors.
- **RESERVE YOUR SEAT** by becoming a sponsor.
- **LEARN MORE ABOUT SPONSORSHIP** levels or sign up by calling 208-354-6973 or emailing swot@tetonseniors.com.
- **TICKETS FOR THE PUBLIC** aren't yet on sale. But we'll keep you posted.

A HUGE SHOUTOUT

BrushBuck Wildlife Tours

has again agreed to be SWOT's title sponsor for the event. We deeply appreciate the continued support. Thank you!





STAFF MEMBERS



EXECUTIVE DIRECTOR
Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
Ken Kirkpatrick



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MEALS DELIVERED



Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

Picture this, your photo right here!



ALLIE MOLLENKOF
executive director

AT THE END OF EACH MONTH, we mail out a lot of these newsletters. Our most up-to-date count is 547! And here's a question for those of you who get this newsletter and love it: How many of you actually come into the Senior Center on a regular basis?

We see many of you, and we love that. But we want to challenge those who read the newsletter but are "waiting to become seniors" before actually coming into the center to COME ON IN! I promise it will be good for you, and it will be good for us! We love to make new friends.

Just for fun, we're having a drawing to celebrate this very newsletter that Carol Lichti and Jim Haag work so hard on. Send in a picture of you reading your Valley Talk (send to Stacey Nail at programs@tetonseniors.com) to be entered into a drawing for five free lunches on me!

send us your photo

Send us a photo of you reading this newsletter, and you'll be entered into a drawing for five free lunches at the Senior Center. The winning photo will be published in the March newsletter. Send photos to programs@tetonseniors.com.

We will put the winner's picture in next month's newsletter. We can't wait to see all of you enjoying your latest installment - extra points for creativity!

Happy March, and see you around!

CHAIR CHAT

We're getting ready to 'spring' into action



ANNA KIRKPATRICK
board chair

THIS HAS BEEN the wackiest of winters, hasn't it? Even though around here we don't dare think of spring until maybe May, it's hard not to imagine that it's here now with the added light that March brings and the off-and-on warm weather we've had the past couple of months.

We think of spring as a rebirth of sorts, and our center has definitely experienced that lately. We have beautiful new flooring in the dining room, conference room, offices and kitchen. It makes the place shine, and it's fitting to have this occur during the Senior Community Center's 45th anniversary year! We are so thankful to the City of Driggs, which included us in this year's budget and enabled us to get this much needed renovation.

March is National Nutrition

Month, and we have plenty of activities to reflect that. In addition to our amazing daily lunches, we have a nutritionist coming in to talk about healthy foods and a workshop about growing sprouts.

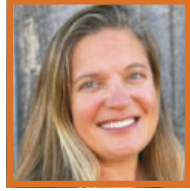
Nutrition goes hand in hand with fitness and, in addition to our daily fitness classes, we have a snowshoe hike planned. Also, we have our weekly Friday walks that keep us all energized.

Are you ready to spring forward? I am! See you 'round the center!

TETON ADVENTURE TRAVELER SERIES CONTINUES IN MARCH

The Teton Adventure Traveler Series continues this month.

The series - hosted by Seniors West of the Tetons - involves a suggested donation of \$5 at the door. Each talk starts at 6 p.m.



Kim Trotter

• **March 7:** "North America in 12 Months." Kim Trotter shares images and stories from her family's wild adventures as they traveled for a year in their RV through the United States and western Canada.

• **March 14:** "Tatshenshini River Rafting." Tim Burnham shares his adventure with 10 friends who traveled 135 miles of pristine river wilderness on four rafts from the Yukon to Alaska.

New focus for programs this month

Come learn Tai Chi, find out about volunteer opportunities and create a collage of your pet photos.

• **Intro to Tai Chi:** Starting this month at 9 a.m. on Wednesdays, Dan Keslar is giving beginner lessons with lots of instruction.

• **Volunteer info:** Meet with Stacey Nail at 11 a.m. March 25 to hear about positions for the kitchen, decor, fundraisers, activity leaders and events.

• **Pet photo collages:** At 11 a.m. on March 25, bring your favorite photos of your pet to create a collage your family will love. Instruction included.

Birds, bingo events on tap for SWOT

Enjoy snowshoeing to see birds and play bingo at Highpoint Cider as part of early events this month.

• **March 5:** At 1 p.m., snowshoe in the Big Eddy area with Anna Kirkpatrick to possibly see trumpeter swans and moose. Bring your own gear or rent from a local shop. Meet at the trailhead or caravan from SWOT.

• **March 8:** SWOT is the featured nonprofit at Highpoint Cider's monthly bingo event at 6:30 p.m. A donation jar will be at the bar. Highpoint Cider is at 7565 Lupine Lane in Victor.

VALLEY TALK 3

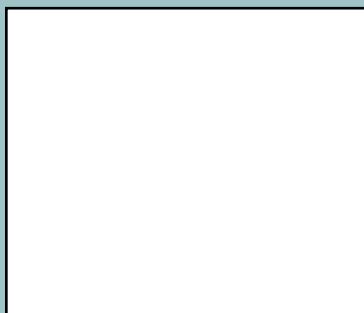
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PROGRAMS & activities



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 Keslar.

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. Come hear about the health services in our community and ask questions to learn more about the care available. 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!

Cards & such

11 a.m. second and fourth Mondays.

Make cards, learn scrapbooking and photo tips with Deb Grove. 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.

Trivia

1 p.m. Check calendar for monthly date. Free.

Kate Driscoll leads a trivia competition once a month that becomes more challenging as we go. Winners get a prize.

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>



MARCH

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>PRIORITIZE YOUR HEART HEALTH! Join us on March 18 at 10:30 a.m. for a heart healthy nutrition session with Dietitian Alexis Blaser from Teton Valley Health.</p>		<p>GROW SPROUTS WORKSHOP Alison Godlewski will demonstrate how to grow sprouts and microgreens at 3 p.m. March 22. Sample and take a kit home to grow your own. \$10 fee. Register at Tetonseniors.org/sprouts.</p>		<ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting circle, 9 a.m. Drumming, 10:30 a.m. SWOT walk, 1 p.m. Dress for winter conditions, including shoes and gear.
<ul style="list-style-type: none"> Fit & Fall, 9 & 10 a.m. Cribbage, 1 p.m. SENIOR ARTS, 1 P.M. SEQUENCE PAINTING: Paint with your fingers to create abstract art and use it to create greeting cards at Teton Arts. Register at https://tinyurl.com/seniorarts. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. SNOWSHOE AT BIG EDDY, 1 P.M. Meet at trailhead or caravan from SWOT. Bring or rent your own equipment. 	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. TRAVEL ADVENTURE SERIES, 6 P.M. "North America in 12 Months" - Kim Trotter shares her family's wild RV adventures. \$5 suggested donation. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT walk, 1 p.m. BINGO AT HIGHPOINT CIDER, 6:30 P.M. Donation jar for SWOT. 7565 Lupine Lane, Victor
<ul style="list-style-type: none"> Fit & Fall Proof, 9 & 10 a.m. CARDS, 11 A.M. Join Deb Grove to make St. Patrick's Day or other cards. Free supplies. Cribbage, 1 p.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. TECH TIME, NOON Bridge, 1 p.m. 	<ul style="list-style-type: none"> Intro to 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. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. COCOA IN THE BUBBLE, 11 A.M. LUNCH WITH MAYOR AUGUST Death Cafe, 1:30 p.m. TRAVEL SERIES, 6 P.M. "Tatshenshini River Rafting," \$5 suggested donation 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting circle, 9 a.m. Drumming, 10:30 a.m. ST. PATRICK'S DAY LUNCH, noon and Bingo, 1 p.m. LIBRARY INFO, NOON. Learn about the local library. SWOT walk, 1 p.m.
<ul style="list-style-type: none"> Fit & Fall, 9 & 10 a.m. PRIORITIZE YOUR HEART HEALTH, 10:30 A.M. Dietitian Alexis Blaser from Teton Valley Health will give us tips. Cribbage, 1 p.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. 	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. TRIVIA WITH KATE, 1 P.M. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT walk, 1 p.m. SPROUTS SESSION, 3 P.M. Register at tetonseniors.org/sprouts
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. VOLUNTEER WITH STACEY NAIL, 11 A.M. Learn about volunteer opportunities. PET PHOTO COLLAGE, 11 A.M. Free. Cribbage, 1 p.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. TETON VALLEY HEALTH NEWS & UPDATES, 1 P.M. Topic: Medicare billing 	<ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE CHAT, NOON 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT walk, 1 p.m. PIZZA & A MOVIE, 5 P.M. "Mrs. Doubtfire." Register at tetonseniors.org/movie





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR JANUARY 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

13,101

AT THE CENTER: 9,920
HOME-DELIVERED: 3,181

MEALS SERVED IN JANUARY

1,029

AT THE CENTER: 759
HOME-DELIVERED: 270

FITNESS/HEALTH PROGRAMS IN JANUARY

208

GAMES: BRIDGE, BINGO, & CRIBBAGE IN JANUARY

96

ENRICHMENT PROGRAMS IN JANUARY

97

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Marian Durtschi Butler**
- Elva Jean Durtschi**
- Evelyn Evans**
- Kurt Schiess**
- Lyle Schiess**
- Dix Waddell**
- Gayle Woolley**



VALLEY TALK 7

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PICTURE perfect

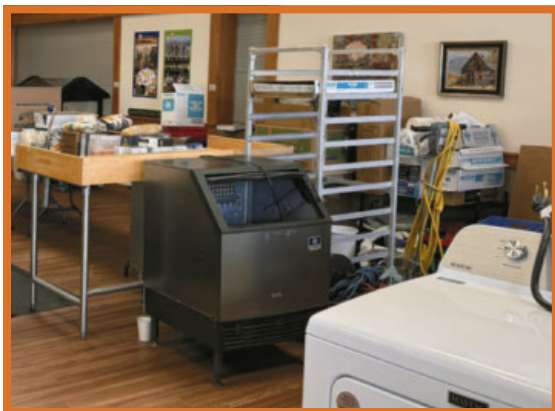


A LOOK AT some of the activities from the past few weeks.



our hearts are full

February fun included an elegant, plated Pal 'n' Dine dinner, above and top right, where volunteers in the kitchen had as much fun as those being served; a Valentine's card making activity, right center; and fun with pals like Vancie Turner and Tammy Andrews, bottom right, at a special Valentine's Day luncheon. The Pal 'n' Dine dinner included live music and a three-course meal with a gift of flowers for everyone. It was such a hit that people left trying to make reservations for next year. The monthly card-making event with Deb Grove was popular, with lots of free supplies.



thanks for bearing with us during the chaos

Our staff dealt with a lot of upheaval last month as all the kitchen and office equipment and items had to be moved to replace the floor in the offices, meeting room and the kitchen. It was a huge undertaking that staff and volunteers made possible. Executive Director Allie Mollenkof, above center, and Chef Peter Troy, at right, enjoy the new floors in their work areas.

March nutrition

BARLEY	F	W	H	O	L	E	G	R	A	I	N	S
BEANS	D	I	M	S	R	E	P	P	E	P	G	T
BERRIES	L	A	B	I	N	C	G	Q	S	T	O	R
BROCCOLI	R	E	I	E	N	I	Z	U	J	I	A	A
CALCIUM	Q	E	A	R	R	E	M	V	M	D	T	W
CAULIFLOWER	F	I	W	F	Y	R	R	A	S	E	S	B
DAIRY	M	R	H	O	Y	U	I	A	T	P	S	E
KALE	C	U	U	N	L	G	F	E	L	I	S	R
LEAFY	T	K	I	I	Y	F	R	O	S	S	V	S
GREENS	Y	B	I	S	T	N	I	E	T	O	R	P
LEGUMES	O	Y	R	M	S	C	O	L	E	Q	D	I
FIBER	G	E	Q	O	I	A	V	M	U	N	V	N
FISH	U	L	F	H	C	L	T	F	L	A	S	A
FRUIT	R	R	J	S	S	C	K	O	P	A	C	C
MILK	T	A	S	L	T	I	O	O	P	Q	S	H
MINERALS	B	B	Y	Q	O	U	F	L	K	A	L	E
NUTS	S	N	A	E	B	M	N	V	I	A	C	I
PEPPERS												
POTASSIUM												
PROTEIN												
SALMON												
SPINACH												
TOFU												
VITAMINS												
WATER												
WHOLE												
GRAINS												
YOGURT												

SWOT sudoku

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

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

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in the SPOTLIGHT

THAT SMILING FACE we all love to see at least once a month for a fun game of trivia belongs to Kate Driscoll. She shows up at the Senior Center - even on her wedding day! We caught up with her to find out more about her.

Tell us about your background.

I'm originally from Maine. I grew up in Bethel, a small ski town, and I went to college in Portland at the University of Southern Maine. I actually went to school for film, but a few years after graduating I switched careers and started working as a special education para teacher and also working nights at different concert and event venues.

When and how did you get to Teton Valley?

I was visiting Jackson in August 2018 when the Perez brothers decided to start Highpoint Cider. They asked if I would want to move out West to run the taproom, and I relocated to Jackson in November of that year. We ended up moving the business to Teton Valley, and I couldn't be happier!

How did you end up leading trivia at the Senior Center?

I host a trivia night once a week at Highpoint.

KATE DRISCOLL

SHE'S THE TAPROOM AND EVENTS DIRECTOR AT HIGHPOINT CIDER IN VICTOR, AND SHE LEADS MONTHLY TRIVIA COMPETITIONS AT SWOT



After attending a few bingo events at SWOT, (Executive Director) Allie (Mollenkof) reached out and asked if I would want to host trivia once a month. It's been so much fun!

Have you always liked trivia or did you learn to love it when you started planning these events?

I've always loved games and activities that bring people together. Trivia has been a great way to do that.

How much time does it take you to research your trivia sessions?

It takes about two to three hours once I've decided on the topics.

As you've planned more and more trivia events, is it harder to come up with stuff?

Luckily it hasn't - yet!

Besides trivia and events at Highpoint, what else do you like to do?

I love spending time with my husband and our two pups and game nights with friends. During the summer, my favorite thing is to go paddleboarding on the Teton River.

Any trivia about yourself you'd be willing to share?

Hmm, most folks don't know my real name is

Kathryn. That always seems to be a surprise to people.

Do you ever get the chance to play trivia yourself? Bet you're pretty good at it!

I do get to play every once in a while. It's fun to be a part of the competitive spirit of it.

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

I think the best part about this valley is the people. I've met some of the kindest and most incredible people living here. It's really amazing to be a part of this community.

NONPROFITFOCUS

This monthly feature shines a spotlight on nonprofits that offer services to seniors.

Teton Valley Food Pantry

WHAT THE ORGANIZATION DOES The Teton Valley Food Pantry provides nutritious supplemental food to residents in the community. The organization’s vision is that no one in Teton Valley goes hungry.

DETAILS Located at 481 N. Main in Driggs. Open Monday, Tuesday, Thursday and Friday from 10 a.m. to 2 p.m. and Wednesdays from 11 a.m. to 7 p.m. for distributions and donations.



“Our community takes care of each other. The Teton Valley Food Pantry is here because of your support in every way. Thank you for helping fulfill a basic need for those having a tough time putting food on the table.”

- Sue Heffron, executive director

TO LEARN MORE For more information about the work that the Teton Valley Food Pantry does and to sign up for the organization’s monthly newsletter, visit www.tvfoodpantry.com.

BIRDVIEW

BIRDWATCHING WITH
ANNA KIRKPATRICK, BOARD CHAIR



One of the most common birds seen on the shores of the Teton River is the great blue heron. All of us probably have seen one wading slowly or standing statue-like while stalking fish. Breeding birds gather in colonies of nests or rookeries built high in trees. We have at least two of these in Teton Valley!

words of wisdom



“We should start referring to age as levels, so when you’re ‘Level 80’ it sounds more badass.”

- UNKNOWN

PUZZLE

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



ALL ACTIVITIES

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

March 5	Snowshoeing at Big Eddy, 1 p.m.
March 7	Travel Adventure Series, 6 p.m. "North America in 12 Months."
March 8	Bingo at Highpoint Cider, 7565 Lupine Lane, Victor, 6:30 p.m. Cash donations benefit SWOT.
March 11	Make St. Patrick's Day cards, 11 a.m.
March 13	Blood-pressure check, 11:45 a.m. to 12:45 p.m.
March 14	Hot cocoa in the Driggs bubble, 11 a.m.
March 14	Travel Adventure Series, 6 p.m. "Tatshenshini River Rafting."
March 15	Library lunch table, noon.
March 15	St. Patrick's Day lunch celebration and bingo, noon and 1 p.m.
March 18	Heart Health Nutrition: Alexis Blaser MS, RDN, LD, 10:30 a.m.
March 21	Trivia with Kate, 1 p.m.
March 22	Sprouts and Microgreens with Alison Godlewski, 3 p.m.
March 25	Volunteer with SWOT, 11 a.m. Come learn about volunteering.
March 26	Teton Valley Health update, Medicare billing. 1 p.m.
March 29	Pizza & a Movie, 5 p.m. "Mrs. Doubtfire." Register at tetonseniors.org/movie



LEARN TO GROW SPROUTS
with Alison Godlewski at a workshop
at 3 p.m. on March 22. Register at
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12 VALLEY TALK



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