



# Valley Talk

SERVING 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

- (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

## WHAT'S INSIDE

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**JOIN US FOR A NIGHT OF BLACK TIE BINGO\***

**\* DUSTING OFF YOUR FANCY PANTS IS RECOMMENDED BUT NOT REQUIRED**

**Come play and help raise money for SWOT'S meal program**

OUR LONG WINTER has finally passed, spring is here, and it's time to gather to celebrate and play bingo!

Dig through your closet. Find that bejeweled dress, tux or fancy suit and get decked out. Wear a black tie - or not. You might want to don shades to dim the glare from all those sequins!

It would almost be a sin to have so much fun, except that it's for a great cause.

So join us for our inaugural Black Tie Bingo event. You won't want to miss it.

» MORE DETAILS, PAGE 11

**ABOUT THE EVENT**

**When** 5:30 p.m. Saturday, June 3

**Where** SWOT Community Center

**What's happening** A special night of bingo with music, hors d'oeuvres, drinks, raffle items and a silent and live auction

**Cost** Space is limited so buy your tickets now at tetonseniors.org/blacktiebingo. \$60 for a regular pass, \$100 VIP pass gets you early entry, a signature wine glass and a free cocktail/mocktail

**PRESENTED BY BRUSHBUCK WILDLIFE TOURS**



## STAFF MEMBERS

EXECUTIVE DIRECTOR  
**River Osborn**  
OPERATIONS & PROGRAM DIRECTOR  
**Allie Mollenkof**  
KITCHEN MANAGER  
**Peter Troy**  
ASSISTANT KITCHEN MANAGER  
**Denise Bertsch**  
HOME SERVICES PROVIDER  
**Carissa Cook**

## BOARD OF DIRECTORS

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**Matthew Senitzer**  
POPULATION HEALTH ADVISER  
**Bob Whipple**  
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

## RIVER RAMBLINGS

### Let's have a ball and keep seniors fed



**RIVER OSBORN**  
executive director

WOOHOO, spring has finally arrived! I don't know about you, but I was certainly white-knuckling it through the never-ending winter. But now, I'm ready for us to spring into our summer programming with the gusto we always put into it.

To start our summer season off right, I hope you will please consider attending our new annual fundraiser, Black Tie Bingo.

We made the switch from our usual golf tournament in hopes of including more of our constituents, like you! It's going to be such a fun evening of getting gussied up (though not required) and helping raise money for our ever-growing grocery bill. We doubled our grocery budget for 2023 because

of rising food costs but also because we have so many more people attending lunches – which we love! But now we need help covering those costs.

So, dust off your fancy pants and help us raise \$20,000 to make up the difference of our food costs and help us ensure that meals remain affordable for all. It's going to be a hoot that you won't want to miss.

See you there!

## CHAIR CHAT

### A month of hope and a lot of great activities



**ANNA KIRKPATRICK**  
board chair

*"I'VE GOT SUNSHINE on a cloudy day. When it's cold outside I've got the month of May ..."*

– SMOKEY ROBINSON

Yes, I know that April around here is not really the start of spring. But May? May, for me, is always filled with hope.

After the long winter, I'm ready for those buds to bloom on the trees and willows, for those wildflowers to start popping up from under that snow and for the birds to get louder and louder in the morning – at least

I hope all that happens!

We've got lots in store this month: Goat snuggling to greet the babies of spring, taking a walk along the Teton Corridor Pathway with Friends of the River, going to Wilson to the Teton Raptor Center, and so much more!

And don't forget to get your tickets to Black Tie Bingo!

## GET A SEAT

### ON THE SWOT VAN

Help SWOT raise its matching funds for a new van to replace our troubled, bumpy bus.

**Donate online** Go to [tetonseniors.org/getaseat](http://tetonseniors.org/getaseat).

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



## SWOT SEES CONTINUED SUCCESS AT WINNING GRANTS

Seniors West of the Tetons received several grants in recent months.

The Community Foundation of Teton Valley awarded SWOT \$7,000 toward the purchase of a van to replace SWOT's only vehicle. The grant supplements a \$25,000 grant from the Teton Springs Foundation, along with additional funds raised by SWOT.

SWOT also received \$500 from Silver Star Communications for the Senior Art Program with Teton Arts. The Battelle Energy Alliance of the Idaho National Laboratory provided a \$1,000 grant for operations.

Board Chair Anna Kirkpatrick accepted the Community Foundation grant.



**Anna Kirkpatrick**

## SWOT's exec director speaks at conference

River Osborn, executive director of Seniors West of the Tetons, shared ideas to help other Idaho senior centers at the 2023 Nutrition Conference of the Idaho Commission on Aging on March 28 in Boise.

River was one of six exemplary senior center representatives who spoke and SWOT was recognized for its success. She emphasized the importance of recognizing staff's hard work, adequate pay and benefits.



**River Osborn**

## Goats, a walk, painting and raptors

Lots of fun planned for SWOT this month including:

- **Snuggle with goats** at 1 p.m. on May 12 at Winter Winds Farm, 375 W. 4000 S, Victor. It's a special rite of spring. Register at [tetonseniors.org/goats](https://tetonseniors.org/goats).
- **Tour the Teton Creek Corridor** and learn about restoration work at 1 p.m. May 18. Park north of the Driggs Cemetery at N. 1000 E. Register at [tetonseniors.org/tetoncreek](https://tetonseniors.org/tetoncreek).
- **Paint** water colors at Teton Arts at 1 p.m. May 8 or at Paint & Sip at the Center at 2 p.m. May 17. Register at <https://tinyurl.com/seniorarts> or [tetonseniors.org/paint](https://tetonseniors.org/paint). \$5 fee.
- **Visit the Teton Raptor Center** at 5450 Wyoming Highway 22 near Wilson at 11 a.m. on May 23. Take the bus or meet us there. \$10 fee. Learn about the center's work with eagles, owls and other raptors. Register at [tetonseniors.org/raptors](https://tetonseniors.org/raptors).

### VALLEY TALK 3

NEVER MISS OUR NEWSLETTER!

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Have our newsletter emailed to you every week.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



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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**  
Swing Bed Transitional Care

For more information about Swing Bed Transitional Care: Visit - [tvhcare.org/swing-bed](http://tvhcare.org/swing-bed) Call - (208) 251-3282 ext. 477

**THRIVE**  
LOCALLY

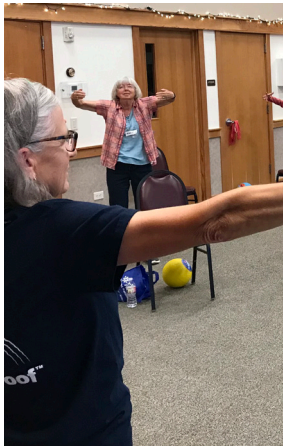


# PROGRAMS & activities



**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.

### 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 reduces 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 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 focus this year has been on mental 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

1 p.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.





# MAY

## 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   |
|--|---|---|--|--|
| <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• Cribbage Club, 1 p.m.</li> </ul> <p>1</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>2</p>   | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Coffee Klatsch, 10:30 a.m.</li> <li>• <b>ALAN KIRK WOBBEKING</b> performs at lunch</li> <li>• Mah-jongg, 1 p.m.</li> </ul> <p>3</p>   | <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>CINCO DE MAYO CELEBRATION, NOON</b></li> <li>• Chakra yoga, 4 p.m.</li> </ul> <p>4</p>  | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> </ul> <p>5</p>   |
| <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>SENIOR ART, 1 P.M.</b> Watercolor painting at Teton Arts. Register at <a href="https://tinyurl.com/seniorarts">https://tinyurl.com/seniorarts</a>.</li> <li>• Cribbage Club, 1 p.m.</li> <li>• <b>SCRAPBOOK &amp; CARDS, 1 P.M.</b></li> </ul> <p>8</p> | <ul style="list-style-type: none"> <li>• Yoga, 9 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>9</p>   | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Coffee Klatsch, 10:30 a.m.</li> <li>• <b>BLOOD PRESSURE CHECK, 11:45 A.M.-12:45 P.M.</b></li> <li>• Mah-jongg, 1 p.m.</li> </ul> <p>10</p>  | <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>LUNCH WITH MAYOR AUGUST CHRISTENSEN</b></li> <li>• <b>DEATH CAFE, 1:30 P.M.</b></li> <li>• Chakra yoga, 4 p.m.</li> </ul> <p>11</p>   | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• <b>GOAT SNUGLING AT WINTER WINDS FARM, 1 TO 2:30 P.M.</b> Meet at the farm at 375 W. 4000 S, Victor. Register at <a href="http://tetonseniors.org/goats">tetonseniors.org/goats</a></li> </ul> <p>12</p> |
| <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• Cribbage Club, 1 p.m.</li> </ul> <p>15</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>16</p>  | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Coffee Klatsch, 10:30 a.m.</li> <li>• Mah-jongg, 1 p.m.</li> <li>• <b>TETON PAINT &amp; SIP, 2 P.M. \$5 FEE.</b> Paint Teton Wildflowers shown below. Register at <a href="http://tetonseniors.org/paint">tetonseniors.org/paint</a></li> </ul> <p>17</p> | <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>TETON CREEK CORRIDOR TOUR, 1 TO 2:30 P.M.</b> Meet at the parking lot north of Driggs Cemetery at N 1000 E. Register at <a href="http://tetonseniors.org">tetonseniors.org</a>.</li> <li>• Chakra yoga, 4 p.m.</li> </ul> <p>18</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>19</p>  |
| <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• Cribbage Club, 1 p.m.</li> <li>• <b>SCRAPBOOK AND CARDS WITH DEB, 1 P.M.</b></li> </ul> <p>22</p>  | <ul style="list-style-type: none"> <li>• Yoga, 9 a.m.</li> <li>• <b>TETON RAPTOR CENTER TOUR, 11 A.M.</b> Take bus or drive yourself. \$10 fee. Register at <a href="http://tetonseniors.org/raptorcenter">tetonseniors.org/raptorcenter</a></li> </ul> <p>23</p> | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Coffee Klatsch, 10:30 a.m.</li> <li>• <b>INVESTMENTS, IRAS AND TAXES, 1 P.M.</b> Talk with Ken Kirkpatrick</li> <li>• Mah-jongg, 1 p.m.</li> </ul> <p>24</p>  | <ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>MEDICARE CHAT, NOON</b></li> <li>• <b>FOOT-CARE CLINIC, 12:30 P.M.</b></li> <li>• Chakra yoga, 4 p.m.</li> </ul> <p>25</p>  | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• <b>PIZZA &amp; A MOVIE, 5 P.M.</b> "80 For Brady." Register at <a href="http://tetonseniors.org/movie">tetonseniors.org/movie</a></li> </ul> <p>26</p>   |
| <p><b>MEMORIAL DAY SWOT IS CLOSED.</b></p> <p>29</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>30</p>  | <ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> <li>• Coffee Klatsch, 10:30 a.m.</li> <li>• Mah-jongg, 1 p.m.</li> </ul> <p>31</p>  |  <p><b>PAINT &amp; SIP</b><br/>Join Michelle Walters of Teton Paint &amp; Sip at the Senior Center at 2 p.m. May 17. \$5 fee.</p>   |  |





# MAY

## 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**  
• \$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 |
|--|---|--|---|--------|
| Grilled chicken and wild rice<br>Green beans and tomatoes<br>Garden salad<br>Fresh melon<br>1                                    | Veggie-loaded cheese quesadilla with black beans, green chiles and tomatoes<br>Spanish rice<br>Salsa bar<br>Tortilla soup<br>2                  | Oven-roasted turkey<br>Mashed potatoes and gravy<br>Peas and carrots<br>Dinner roll<br>Garden salad<br>Coconut macaroons<br>3  | <b>CINCO DE MAYO CELEBRATION</b><br>Chicken fajitas with beans and rice<br>Salsa bar<br>Black bean soup<br><b>BIRTHDAY CAKE</b><br>4  | 5      |
| BBQ pork sandwich<br>Baked beans<br>Potato salad<br>Watermelon<br>Chocolate brownie<br>8   | Teriyaki chicken stir-fry with white rice, broccoli and red pepper<br>Asian mushroom soup<br>Mandarin oranges<br>Fortune cookie<br>9            | Crispy fish & chips with homemade tarter sauce<br>Coleslaw<br>New England clam chowder<br>Vanilla pudding<br>10                | Falafel pita with tzatziki sauce, lettuce and tomato<br>Garden salad<br>Fresh grapes<br>11  | 12     |
| Spaghetti and meatballs<br>Sautéed zucchini<br>Garlic bread<br>Minestrone soup<br>Balsamic-glazed strawberries<br>15             | Crispy pork chop<br>Oven-roasted potatoes<br>Braised red cabbage<br>Garden salad<br>Applesauce<br>16  | Grilled Caprese sandwich with fresh mozzarella, tomato and basil<br>Potato chips<br>Cream of tomato basil soup<br>Grapes<br>17 | Beef chili bowl<br>Corn bread<br>Broccoli salad<br>18   | 19     |
| Crispy chicken sandwich on brioche bun with lettuce and tomato<br>Coleslaw<br>Potato salad<br>Sliced melon<br>Garden salad<br>22 | Pedro's Fish Tacos with shredded cabbage and chipotle aioli<br>Refried beans<br>Spanish rice<br>Salsa bar,<br>White bean<br>tortilla soup<br>23 | Philly cheese steak sandwich with peppers, onions & cheese sauce<br>Homemade chips<br>Sliced apples<br>24                      | Vegetable risotto with garden vegetables and Parmesan cheese<br>Dinner roll<br>Fresh fruit<br>Lentil soup<br>25   | 26     |
| <b>MEMORIAL DAY SWOT IS CLOSED</b><br>29   | Asian pork tacos with hoisin pulled pork and red chile aioli<br>Asian slaw<br>Fried rice<br>Miso soup<br>Mandarin oranges<br>30                 | BBQ baked chicken<br>Baked beans<br>Bacon potato salad<br>Vegetable salad<br>Cornbread<br>31                                   |  <p>Join us on May 4 for an early celebration. The Hispanic Resource Center of Teton Valley will provide a special salsa bar!</p> |        |







# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR MARCH 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

# 2,912

AT THE CENTER: 2,066  
HOME-DELIVERED: 846

MEALS SERVED IN MARCH

# 1,234

AT THE CENTER: 913  
HOME-DELIVERED: 321

FITNESS/HEALTH PROGRAMS IN MARCH

# 318

GAMES: BRIDGE, BINGO, CRIBBAGE ETC. IN MARCH

# 117

ENRICHMENT PROGRAMS IN MARCH

# 142

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Michael Boyd
- Casey Boyle
- Tordie Combs
- Earl Hamblin
- LaVerta Hansen
- Henry McCracken
- Terry Ripplinger
- Roy Walters



VALLEY TALK 7



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# PICTURE perfect



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



## great combo

SWOT Board Member Carol Lichti combined the Senior Art program of making sequence paintings with card making activities. Thanks to Teton Arts and Deb Grove Hinkley, she now has some great thank you cards to send.



## puppy love is great at any age

Aska's Animals Foundation paid a visit to the Senior Center last month and brought along a Pit Bull named Lukie and a puppy. At left, Cathy Bolstad cuddles the puppy. At right, Aska Lagnman explains how she started the nonprofit that helps local shelters with rehabilitation, behavior training and adoptions.

## spring work

Spring break involved work for Peter Mollenkof, son of Program and Operations Director Allie Mollenkof. He cleaned all of the chairs in the Senior Center dining room.



## pizza is served

Board Member Ken Kirkpatrick, right, puts out the popcorn at the monthly Pizza & Movie night in March. The popular event attracts 35 to 40 people each month. March's movie was "What About Bob," April was "Walk the Line," and this month we will see "80 for Brady."

## no snow!

Barb Rieb, who does enjoy skiing, wore an expression many of us had been feeling last month as winter continued to challenge us.





## bird watch word search

|             |   |   |   |   |   |   |   |   |   |   |   |   |
|-------------|---|---|---|---|---|---|---|---|---|---|---|---|
| AVOCET      | C | E | D | A | R | W | A | X | W | I | N | G |
| BALD EAGLE  | L | N | O | R | E | H | E | B | C | E | E | E |
| BLUEBIRD    | X | B | G | C | W | I | E | T | I | G | R | N |
| CEDAR       | F | E | M | H | O | T | F | A | N | E | W | A |
| WAXWING     | N | A | C | I | L | E | P | N | N | K | F | R |
| CHICKADEE   | S | B | A | C | L | F | E | A | A | D | K | C |
| CINNAMON    | H | A | T | K | A | A | N | G | M | W | E | L |
| TEAL        | O | L | N | A | W | C | M | E | O | G | S | L |
| CORMORANT   | V | D | A | D | S | E | O | R | N | R | T | I |
| GROSBEAK    | E | E | R | E | P | D | O | B | T | O | R | H |
| HERON       | L | A | O | E | L | I | S | L | E | S | E | D |
| KESTREL     | E | G | M | R | P | B | P | U | A | B | L | N |
| KILLDEER    | R | L | R | E | J | I | R | E | L | E | B | A |
| OSPREY      | E | E | O | V | B | S | E | B | R | A | R | S |
| PELICAN     | T | E | C | O | V | A | Y | I | O | K | A | O |
| PLOVER      | K | I | L | L | D | E | E | R | R | W | W | C |
| SANDHILL    | A | T | F | P | K | C | U | D | D | O | O | W |
| CRANE       |   |   |   |   |   |   |   |   |   |   |   |   |
| SANDPIPER   |   |   |   |   |   |   |   |   |   |   |   |   |
| SHOVELER    |   |   |   |   |   |   |   |   |   |   |   |   |
| SWALLOW     |   |   |   |   |   |   |   |   |   |   |   |   |
| SWAN        |   |   |   |   |   |   |   |   |   |   |   |   |
| TANAGER     |   |   |   |   |   |   |   |   |   |   |   |   |
| WARBLER     |   |   |   |   |   |   |   |   |   |   |   |   |
| WHITE-FACED |   |   |   |   |   |   |   |   |   |   |   |   |
| IBIS        |   |   |   |   |   |   |   |   |   |   |   |   |
| WOOD DUCK   |   |   |   |   |   |   |   |   |   |   |   |   |
| WREN        |   |   |   |   |   |   |   |   |   |   |   |   |

## SWOT sudoku

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| 4 | 7 |   | 2 |   | 5 | 1 |   |   |
| 2 |   |   |   | 1 | 8 |   |   |   |
| 7 | 2 | 6 |   |   |   | 9 |   |   |
|   |   |   |   |   | 9 |   |   | 1 |
|   |   | 9 |   |   |   |   | 7 | 4 |
|   |   |   |   | 5 |   |   | 2 | 6 |
| 8 |   |   |   |   |   |   | 4 |   |
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>> **ANSWERS** TO THIS MONTH'S PUZZLES CAN BE FOUND ON PAGE 11

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# in the SPOTLIGHT

SHE'S THAT SMILING face with a spoon who is at the ready to serve your lunch. Meet Lynn Sandmann, who you probably already know. She's been a regular kitchen volunteer for several years. We finally caught up with her to learn more about her.

## Tell us about your background.

I grew up near Cleveland, graduated from Ohio State (go Bucks!) and spent most of my career as an operating nurse in Columbus.

## How did you get to Teton Valley?

I began skiing after college and knew that someday I wanted to live in a ski town. But it took until retirement for it to actually happen. We bought the land in the early '90s and got a home built and moved in 2001. My husband became ill and died in 2003 - and volunteering was a way for me to make friends and become part of the community. Early on, there were not nearly as many nonprofits. But another friend who also had lost her husband and I became universal volunteers: Land Trust parties, Friends of the Teton River fundraisers, Alta Library,



addressing envelopes, picking up trash, aid stations for marathons and ski races – you name it, we did it. And we had fun!

## How did you get involved with SWOT?

Sometime in 2019, I heard that River Osborn, [SWOT's executive director], needed help in the kitchen. I've known River for a while and realized I could help out. And it's been a good decision. I have fun, see lots of people I know and have made a bunch of new friends. And I'm learning kitchen tricks from Chef Peter Troy!

## What would you tell others thinking about volunteering?

For anyone new to the community, volunteering is the perfect way to get acquainted and make friends. And there are now so many different

nonprofits that it's easy to find a good fit.

## What are things you like to do?

I moved to Teton Valley to ski – summer was just icing on the cake! In the winter, if I'm not at the hill, I'll be checking the Teton Valley Trails and Pathways grooming reports to decide where to get some exercise. In summer, I like to road bike and hike. And I have a yard and a dandy raspberry patch. Then there's mud season – that can be hard.

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

The best thing is the mountains, the chance to be outdoors. And this community is really special. If I don't see someone I know at the post office or grocery store, I'm surprised! It's been a wonderful

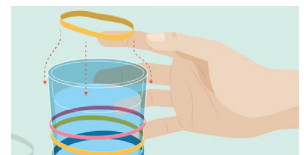
## WILDLIFE VIEW

.....  
WILDLIFE SPOTTING WITH ANNA KIRKPATRICK, SWOT BOARD CHAIR  
.....



These gorgeous hawks – the Swainson's Hawk – are back in the valley now. If you see them, look for their hooded appearance and that will be them. They will be here all summer hanging out on fence posts and utility poles looking for bugs to eat.

## TIP of THE MONTH



## Need help getting a grip?

.....  
Having problems getting a grip or know someone who does? Place several rubber bands around the glass to help it from slipping. What about a fork or toothbrush? Buy foam rollers, take them apart, and insert the foam on a fork or toothbrush.

SOURCE: AARP



>> CONTINUED FROM PAGE 1

# Play bingo, raise funds for SWOT

IF YOU WANT TO SUPPORT our meal program - and have a blast while you're doing it - get tickets now for our Black Tie Bingo event on June 3.

If you've eaten at the Senior Center, we don't have to tell you how fabulous and well-attended our lunches are. That same delicious food is delivered across this valley to older adults who can't leave home.

"I appreciate it so much," said Alice McIntosh, who receives meals at her home in Victor. "I'm 92, and I can't get to the store. It means so much."

She's among the many seniors who benefit from the meal program at SWOT. More than 700 meals have been delivered this year, and more than 2,500

meals have been served at the Senior Center. Last year, SWOT provided 8,600 meals to adults 60 years and over, a 58 percent increase from five years ago.

With rising food costs and operational expenses, it's vital to help fund this program through SWOT's major fundraiser of the year.

We're planning a fun evening with great food, drinks, live music, great prizes, a fabulous auction and raffle items. You might be interested in 18 holes of golf at the Jackson Hole Golf & Tennis Club? Gift certificates



**Alice McIntosh receives meals at her home from volunteer driver John Norton.**

to the best restaurants in Teton Valley? Great creations by local artists? We can't give away too many secrets yet, but we're going to make this event the talk of the valley.

Get your tickets soon at [tetonseniors.org/blacktiebingo](http://tetonseniors.org/blacktiebingo). Seating is limited!

## words of wisdom



Aging seems to be the only available way to live a long life."

- KITTY O'NEILL COLLINS

## PUZZLE answers

>> PUZZLES ARE ON PAGE 9

### Word search

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# SAVE the date



**ALL ACTIVITIES**  
are at the Senior Center unless  
noted. Participants should be  
register online at [tetonseniors.org](http://tetonseniors.org)  
or call (208) 354-6973.

|            |   |
|------------|---|
| May 3      | Alan Kirk Wobbeking performs at lunch, noon   |
| May 4      | Cinco de Mayo Almost celebration, noon  |
| May 8      | Senior Art at Teton Arts studio, 1 p.m., watercolor painting  |
| May 8 & 22 | Card-making or scrapbooking, 1 p.m.   |
| May 9      | Tech Time, noon   |
| May 10     | Blood-pressure checks, 11:45 a.m.   |
| May 11     | Death Cafe, 1:30 p.m.   |
| May 12     | Goat Snuggle at Winter Winds Farm, 375 W. 4000 S., Victor. 1 p.m. Register at <a href="http://tetonseniors.org/goats">tetonseniors.org/goats</a> .  |
| May 17     | Paint & Sip, 2 p.m. at Senior Center. \$5 fee. Register online.   |
| May 18     | Teton Creek Corridor Tour with Friends of the Teton River, 1 p.m. Meet at N. 1000 E. north of the Driggs Cemetery. Register at <a href="http://tetonseniors.org/tetoncreek">tetonseniors.org/tetoncreek</a> . |
| May 19     | Drumming with Lana, 1 p.m.  |
| May 23     | Teton Raptor Center Tour, 11 a.m. \$10 fee. Register online.  |
| May 24     | Investments, IRAs and Taxes Talk, 1 p.m.  |
| May 26     | Pizza and a movie, "80 for Brady," 5 p.m. Register at <a href="http://tetonseniors.org/movie">tetonseniors.org/movie</a>  |



**Join SWOT to snuggle with goats  
at Winter Winds Farm, 375 W. 4000  
S, Victor at 1 p.m. May 12. Bring cash  
if you want to buy some cheese.  
Register at [tetonseniors.org/goats](http://tetonseniors.org/goats).**

## 12 VALLEY TALK



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