



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.

HOW TO REACH US

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

FRIDAY LUNCHES ARE BACK!

See menu, Page 6

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OCTOBER 2023

Valley Talk

SERVING SENIORS IN TETON VALLEY AND WYOMING



SENIORS WEST OF THE TETONS

MY, OH, MY! IT'S TIME FOR PIE

SWOT'S ANNUAL HARVEST FEST PIE CONTEST & AUCTION IS OCT. 13. ANYWAY YOU SLICE IT, IT'LL BE A BLAST!

WE'VE FOUND SOME OF THE BEST BAKERS in Teton Valley to enter our annual pie competition at the Harvest Fest Pie Contest & Auction. This fun community event has been an annual tradition of Seniors West of the Tetons for many years. It's a way to celebrate harvest time in our area and enjoy the fruits of those efforts.

And, who doesn't love pie?

the contest

Oct. 13. Pies will be judged that morning. The public is invited to join in at noon for lunch.

the contest

The winning sweet and savory pies will receive prizes. The top three in each category get ribbons.

the contest

Pies will be auctioned to the highest bidders. Raffle prizes also will be offered.



STAFF MEMBERS

INTERIM EXECUTIVE DIRECTOR

Allie Mollenkof

KITCHEN MANAGER
Peter Troy

HOME SERVICES PROVIDER
Carissa Cook

BOARD OF DIRECTORS

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Anna Kirkpatrick

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Christina Assante
Lynne Browning
Cindy Dender
Tim Foreman
Jim Haag
Matthew Senitzer

NEWSLETTER EDITORS
Jim Haag & Carol Lichti

MEALS DELIVERED

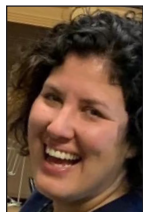
Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

Feel it? We're falling into that slower rhythm



ALLIE MOLLENKOF
interim executive director

I HAVE NEVER BEEN more aware of season changes since moving out here over five years ago. Once mid-September comes, you can feel things slow down. You may have to close your windows more, you may reach for socks more than those hot summer days – there's a shift.

Whatever marks the season change for you, there is no denying that things slow down. Don't get me wrong, I love those crazy Teton summer months, but that September shift is always welcome.

We have lots of fun stuff in store for our fall months. Our movie nights are back, we are starting to have Trivia along with Bingo in the afternoons and our field trips are up and running! BUT, nothing says

fall like pie – apple, pumpkin, you name it! Whether you're a baker of pies or whether you may want to bid on one to support the Senior Center, Harvest Fest is such a fun event. We've even got our auction caller back. Eating lunch and hearing Ken Chambers are worth prioritizing on Oct. 13!

Things are slowing down, but they aren't too slow. I look forward to seeing you soon!

CHAIR CHAT

SWOT's sweet new ride is on the way



ANNA KIRKPATRICK
board chair

I AM EXCITED to announce that our order for the 2024 Ford Transit XL van has finally been placed! Why the delay? Well, we had to wait until Sept. 13 to be able to even put in our order due to the availability of these vans.

We were informed that we will receive an update on our order after the company has the necessary parts and our vehicle has been placed on the production schedule.

So while we don't know for sure when the vehicle will be delivered, we DO know that we are so grateful to the Teton Springs

Foundation and the Community Foundation of Teton Valley for awarding us grants that helped us purchase this much needed van. And we are especially grateful to all the folks who purchased a seat on the van to the tune of \$18,000!

You all will have the first ride around the block when we get it!

DONATE TO MAKE A DIFFERENCE

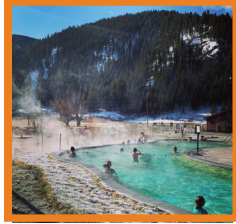
Donate online Go to our website and make a contribution: www.tetonseniors.org/online-donation-portal

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

TAKE A SOAK OR BOWL A LANE WITH SWOT THIS MONTH

Many fun activities are planned for fall at Seniors West of the Tetons, including the chance to soak in hot springs or bowl a few lanes.



Astoria Hot Springs

• **Astoria Hot Springs trip:** Take the SWOT bus or follow by car at 1 p.m. Oct. 16. Bring your swimsuit or soaking attire. Expected return by 3:15 p.m. Limited capacity. Register at tetonseniors.org/soak.

• **Fat Cats Bowling:** Travel on Oct. 24 on the SWOT bus to Rexburg for an hour of bowling and then lunch. Limited to 12. Bus leaves at 10 a.m. Fee \$10. Register at tetonseniors.org/bowl.

Fraud, flu prevention activities on schedule

Seniors West of the Tetons will host two activities in October to help seniors avoid becoming victims of fraud and from catching the flu.

Carolyn Dessin, a semi-retired law professor who lives in Alta, will share her research on how to help seniors avoid fraud at 1 p.m. on Oct. 5. She taught at the University of Idaho and University of Akron.

Eastern Idaho Public Health will conduct a flu vaccination clinic at 11 a.m. Oct. 17 at the Senior Center. COVID-19 vaccination could also be available. Register at tetonseniors.org/flushot.

Open enrollment begins for Medicare

Medicare open enrollment runs from Oct. 15 to Dec. 7. Local volunteers from Idaho's Senior Health Insurance Benefits Advisors will discuss benefits and enrollment options for seniors in Teton County at 1 p.m. Oct. 19.

The presentation will be followed by individual consultations.

SHIBA volunteers will be available by appointment to review coverage and help change plans if necessary. Call (208) 274-3252 to schedule an in-person session at the Senior Center or a phone call.

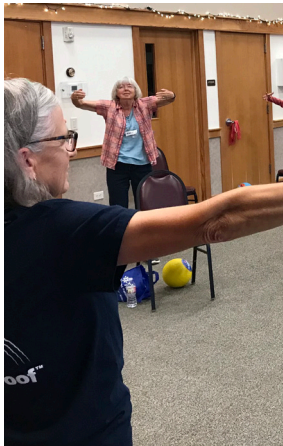


PROGRAMS & activities



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

10:15 a.m. Tuesdays. \$5 suggested donation.

Based on the martial art Aikido; movements are circular, flowing and dance-like. It improves balance, coordination and posture. No falling, tumbling, grappling or rough stuff. Aikido develops our ability to be strong and centered while also empathetic and nurturing. Led by Aikido Shodan Cathy Pollock.

Tai Chi

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

Friday session in Driggs City Park. 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 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

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>



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR AUGUST 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

8,255

AT THE CENTER: 6,116
HOME-DELIVERED: 2,139

MEALS SERVED IN AUGUST

1,028

AT THE CENTER: 789
HOME-DELIVERED: 243

FITNESS/HEALTH PROGRAMS IN JULY

395

GAMES: BRIDGE, BINGO, & CRIBBAGE IN AUGUST

127

ENRICHMENT PROGRAMS IN AUGUST

86

GONE BUT NOT FORGOTTEN ...



These residents with ties to Teton Valley passed away recently:

Val Casper
Brian Hendrickson
Roger "Sam" Huff
Frank Mello





PICTURE perfect



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

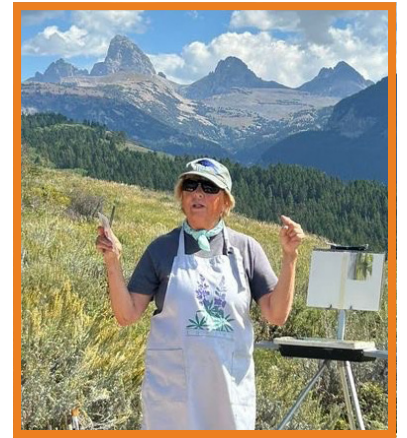


brightening our lives

Red House Flowers provided flowers and guidance to a dozen seniors to create floral displays to cheer up their homes.

picture this

Sue Tyler led a plein air watercolor session at the overlook of Teton Canyon on Ski Hill Road near Alta. Senior Arts is a collaboration between Teton Arts and SWOT.



did you scream?

SWOT hosted two ice cream socials in August. About 25 attended in Victor and 33 in Teton. Where will SWOT turn up next?

it pays to get old

National Senior Citizen Day in August brought in a crowd of 115 eager for a free lunch.



enjoying the view

Jenny Lake Boating donated a scenic boat ride to 24 seniors from Seniors West of the Tetons. It turned out to be a fabulous September day for a tour on the lake in Grand Teton National Park.



pie time word search

APPLE	I	M	I	X	E	D	B	E	R	R	Y	H
APRICOT	P	U	M	P	K	I	N	N	O	M	E	L
BLUEBERRY	M	A	E	R	C	T	U	N	O	C	O	C
BOYSEN- BERRY	H	U	C	K	L	E	B	E	R	R	Y	B
BUTTER- SCOTCH	E	B	O	Y	S	E	N	B	E	R	R	Y
CARAMEL	R	Y	R	Y	R	R	E	B	E	U	L	B
APPLE	C	A	R	A	M	E	L	A	P	P	L	E
CHERRY	F	S	H	R	G	P	L	A	W	H	B	P
CHOCOLATE	R	H	H	C	E	U	L	L	R	O	M	E
COCUNUT	E	R	I	H	A	H	S	U	N	N	M	C
CREAM	N	W	X	O	A	E	C	G	M	E	C	A
FRENCH SILK	C	L	D	C	A	P	P	L	E	Y	Q	N
HONEY	H	C	T	O	C	S	R	E	T	T	U	B
HUCKLE- BERRY	S	K	X	L	K	Q	I	I	L	Y	R	Y
KEYLIME	I	F	M	A	W	M	S	B	C	X	O	Y
LEMON	L	K	P	T	U	N	A	E	P	O	X	C
MIXED BERRY	L	K	P	T	U	N	A	E	P	O	X	C
PEACH	K	V	K	E	Y	L	I	M	E	U	T	E
PEANUT												
PECAN												
PLUM												
PUMPKIN												
SUGAR												

SWOT sudoku

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

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



in the SPOTLIGHT

HER HUMOR AND WIT make Cindy Dender a wonderful asset for one of Seniors West of the Tetons' newest board members. We caught up with her to find out more about her Cinderella story.

Tell us about your background.

I was raised in Maryland along the Chesapeake Bay. Elementary years were in my beloved East Tennessee. I graduated from James Madison University with degrees in psychology and sociology. My career was in advertising as a buyer of media for Publix Supermarkets, McDonald's and Paramount Pictures in the Southeast. This was in Florida where I raised my kids.

When and how did you get to Teton Valley?

While in college, I came to Jackson to work in the summers. My uncle was, and still is, an architect in Jackson. I fell in love with the West and found it hard to think of anything besides getting back to Jackson after graduation, which is what I did. I then moved to Florida, met my kids' dad and settled in. Then flashback to East Tennessee and a boy from first grade. We reconnected after 42 years, fell in love and married. We were going to move out West after he



retired. Will was diagnosed with PSP, a neurological disease at 57, I lost him at 62. Fulfilling our wish to be out West, I knew of only one place I wanted to be.

How did you get involved at SWOT?

Being new to the valley, I searched for like-minded people my age. Once COVID lifted and we were full-steam ahead, I realized SWOT was more than a senior center; it is a community center with something for everyone – plus food! After winning my first bingo game, I was hooked.

Why did you join the SWOT board?

I found I was spending a lot of time at SWOT. I started volunteering

and quickly found that I enjoyed being there and helping others. Plus, everyone is so fun and welcoming. You are never a stranger at SWOT.

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

I like to keep busy. I enjoy crafting, selling some but giving most away! I have fallen in love with shoveling my driveway. Well, it's more of an obsession. I love to volunteer and do so all the time for different nonprofits. I belong to the ever-growing, popular pickleball group in Driggs. We welcome everyone – from novice to seasoned players! Every summer my goal is to lose count of how many times I kayak the Teton River. I am looking

forward to snowshoeing this winter and fly-fishing next summer. And if you know me, you know I follow the music in the valley. We have SO many talented musicians here.

What is the best part of living in Teton Valley?

Just look outside. I love living in a small town with a big view! The sense of community is boundless – you learn that quickly by volunteering. I am thrilled that festivals are back, the farmers market is strong, so much live music and Music on Main is a gem. The diversity of artists living in the valley is inspiring. And the wildlife – where else can you find a meandering moose in your backyard!

BIRDVIEW

BIRDWATCHING WITH
ANNA KIRKPATRICK, SWOT BOARD CHAIR

Ospreys are extremely common in our valley. I'm pretty sure we have all seen these large raptors flying over the Teton river, or perched in their nests on several light poles scattered over the valley. They are unique in that their diet consists of only live fish which they catch by diving into the water with barbed pads on the soles of their feet that help them grip those slippery fish. I love watching them – especially when I'm in a kayak and have a front row seat as captured in this photograph.



FRAUD ADVICE

TIPS FROM NATIONAL
COUNCIL ON AGING

- 1. Don't act on impulse:** Threatening letters or calls can be upsetting. Try to stay calm and talk to a trusted family member or friend to determine next steps.
- 2. Don't click on any links,** open attachments or call phone numbers in any unexpected emails or texts.
- 3. Avoid answering calls** from unknown numbers. Let it go to voicemail, even if the number appears to be from an official agency.
- 4. Protect your personal information.** Always question a contact you did not initiate. Never volunteer your Social Security or Medicare number.

MONTHLY TIP

START YOUR DAY RIGHT

Start your day with a few stretches, yoga or meditation. Mindfulness practice has been shown to reduce stress and anxiety and has a series of beneficial health effects, including improving cognitive functioning in older adults. Eat breakfast. The first meal of the day is important. It is also a chance to sit down and check in with your family, or if you live alone, to take an inventory of your physical and emotional state that day.

SOURCE: UNIVERSITY OF CALIFORNIA SAN FRANCISCO



words of wisdom



Birthdays are good for you. Statistics show that the people who have the most live the longest.”

- LARRY LORENZONI

PUZZLE answers

» PUZZLES ARE ON PAGE 9

Word search

I (MIXED BERRY) H
 P U M P K I N N O M E L
 M A E R C T U N O C O C
 H U C K L E B E R R Y B
 E B O Y S E N B E R R Y
 R Y R Y R R E B E U L B
 C A R A M E L A P P L E
 F S H R G P L A W H B P
 R H H C E U L L R O M E
 E R I H A H S U N N M C A
 N W X O A E O G M E C
 C L D C A P P L E Y Q N
 H C T O C S R E T T U B
 S K X L K Q I L Y R Y
 I F M A W M S B C X O Y
 L K P T U N A E P O X C
 K V K E Y L I M B U T E

SWOT sudoku

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



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.

- Oct. 3 Hike in Horseshoe Canyon, 1:30 p.m. SWOT bus leaves at 1 p.m. Bring water, hiking poles and comfortable shoes.

- Oct. 4 Live music at lunch with Henry Pepin, noon

- Oct. 5 Fraud prevention with Carolyn Dessin, a law professor who has researched senior citizen fraud. 1 p.m.

- Oct. 13 Harvest Fest Pie Contest & Auction, noon

- Oct. 16 Astoria Hot Springs soak, 1 p.m. SWOT bus will take those who register in time, others can follow. Limit 30. Register at tetonseniors.org/soak.

- Oct. 17 Flu Shot Clinic, 11 a.m. Register at tetonseniors.org/flushot.

- Oct. 24 Bowling at Fat Cats in Rexburg, 10 a.m. SWOT bus will take 12 people to bowl for an hour and eat lunch after. \$10 fee. Register at tetonseniors.org/bowl.

- Oct. 27 Drumming with Lea and Cindie, 1:30 p.m.

- Oct. 27 Pizza & a Movie, 5 p.m. "La La Land" with Ryan Gosling and Emma Stone. Register at tetonseniors.org/movie.

- Oct. 31 Halloween Costume Contest, noon. Spooky Bingo, 1 p.m.



JOIN SWOT to bowl a few lanes at Fat Cats in Rexburg on Oct. 24. \$10 fee. The SWOT bus leaves at 10 a.m. Register at tetonseniors.org/bowl

12 VALLEY TALK



Nonprofit Organization
U.S. Postage
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Driggs, Idaho 83422

