



# 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](mailto:swot@tetonseniors.com)
- P.O. Box 871, Driggs, ID 83422

### ONLINE

- [www.tetonseniors.org](http://www.tetonseniors.org)
- Facebook: Seniors West of the Tetons
- Instagram: [seniors\\_west\\_of\\_the\\_tetons](https://www.instagram.com/seniors_west_of_the_tetons)

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# GET A SEAT ON THE NEW SWOT VAN

We're looking for donors to sponsor seats to help us raise the funds for an updated vehicle

OH, THE PLACES WE'LL GO when Seniors West of the Tetons gets a 14-passenger van. Yes, we're hoping to upgrade our transportation option for aging adults in Teton Valley with a vehicle that includes enhanced safety features and that allows us to go more places, more often.

It's a dream that looks more like a reality after the Teton Springs Foundation awarded a \$25,000 Community Impact Grant to SWOT.

### how to sponsor a seat on the van

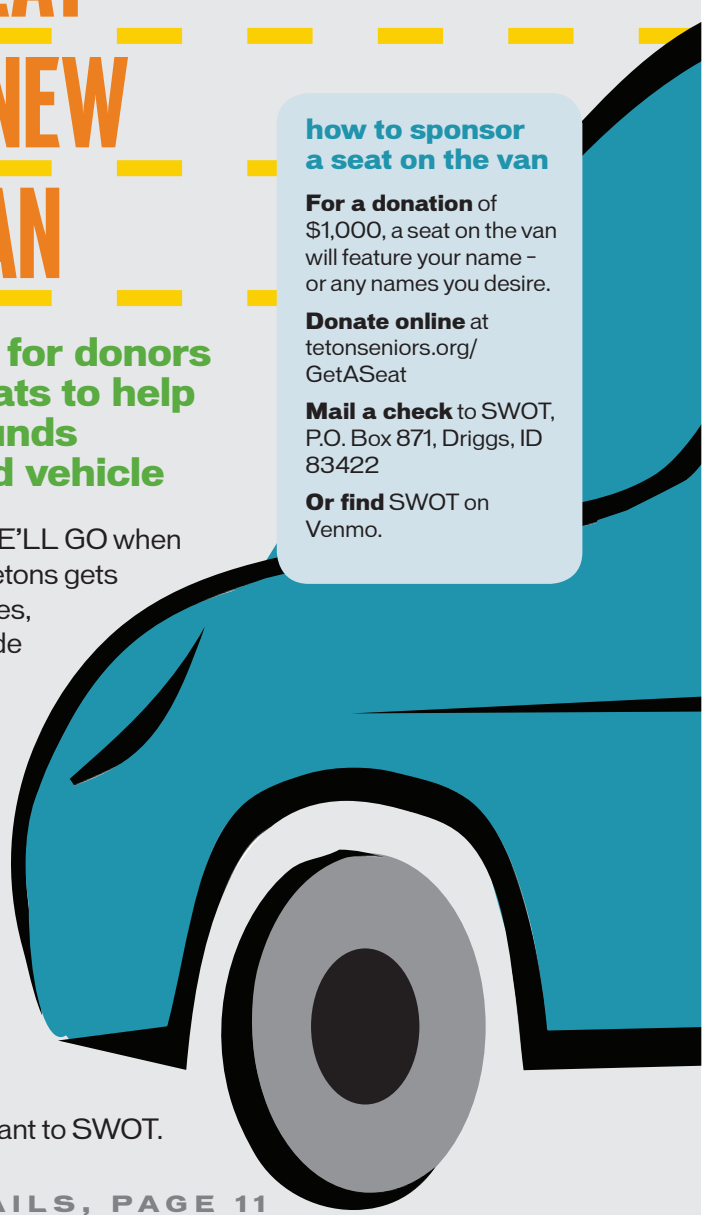
**For a donation** of \$1,000, a seat on the van will feature your name - or any names you desire.

**Donate online** at [tetonseniors.org/GetASeat](http://tetonseniors.org/GetASeat)

**Mail a check** to SWOT, P.O. Box 871, Driggs, ID 83422

**Or find** SWOT on Venmo.

>> MORE DETAILS, PAGE 11





## 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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**Anna Kirkpatrick**
- VICE CHAIR  
**Hilary Frenette**
- TREASURER & SYSTEMS MANAGER  
**Ken Kirkpatrick**
- SECRETARY  
**Carol Lichti**
- MEMBERS  
**Christina Assante**  
**Jim Haag**  
**Kate Hull**  
**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

## Our wheels are turning with big plans



**RIVER OSBORN**  
executive director

WE MADE IT! Another epic winter is behind us, and now it's on to mud season. While I don't think mud season is anyone's favorite, I'll take it just to know that warmer and sunnier days are on the horizon. Too early to break out the bikini and backyard kiddie pool?

As the cover story this month shares all the details, we are trying to raise funds to help purchase a cool new van for our senior enrichment programming.

Oh, the places we could go! Allie and I have big dreams of taking field trips to Lava Hot Springs to soak, Bozeman, Mont., to explore and even Salt

Lake City to catch a show.

Doesn't that sound fun?!

So if you're interested in purchasing a seat to help us move this project down the road, please let me know. You could even team up or form a group to purchase a seat! We're open to all ideas.

As always, thank you so much for ongoing support.

### CHAIR CHAT

## SWOT is gearing up for lots of outdoor fun



**ANNA KIRKPATRICK**  
board chair

*"SNOW IN APRIL is abominable," said Anne. "Like a slap in the face when you expected a kiss."*

— L.M. MONTGOMERY

Well, clearly Anne of Green Gables didn't live in Teton Valley! We tough seniors know to expect snow through April and, after this tough winter, who knows when we'll finally see sidewalks without ice on them? But we do know that warmer weather is coming, and that means lots of outdoor activities and field trips.

By now, you've heard that we received a generous grant from the Teton Springs Foundation to

purchase a 14-passenger van, and we are over the moon about it!

If you've ridden in our current bus, you know it can be kind of a bumpy ride when the roads are not in the best shape, so we are so looking forward to a smooth and safe ride in our new vehicle.

We need to raise matching funds for the van's cost, and we have some fun fundraising ideas that I hope you will help us with.

Get on board, and think spring!

## 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

## AARP DRIVER SAFETY COURSE ON SMART DRIVING AT SWOT

An AARP Smart Driver Course is being offered at the Senior Community Center from 9 a.m. to 4 p.m. April 21.



Those attending need to arrive at 8:45 a.m. The course will include evidence-based safe driving strategies, a review of new traffic laws and rules of the road and advice on how to deal with aggressive drivers. Completion of the course could help with savings on insurance.

Lunch will be available for a small donation.

To register, call AARP Idaho at (208) 589-9186. The course will be limited to 12 participants, so call today.

## Chakra yoga series starts on Thursdays

An eight-week Awaken & Balance Chakra yoga series starts this month on Thursdays at the Senior Center.

The first class is at 4 p.m. April 6.

Each hourlong class begins with a chakra description, an opening relaxation and an identification of imbalances. That is followed by chakra-focused yoga practice, healing chakra music, bija mantra and yantra and organic juice.

Connie Tyler, a registered experienced yoga teacher who leads SWOT's Tuesday class, is the instructor. A suggested donation of \$5 is appreciated.

## Grizzly expert to speak on April 26

Chris Servheen, who worked 35 years coordinating the recovery of grizzly bears in the Northern Rockies, will talk about the path to co-existence at the Senior Center at 6 p.m. April 26.

Servheen will speak about bear recovery, how dangerous bears really are, what to expect in the future with bear distribution and the importance of conflict management efforts to promote coexistence.

The talk is free, other than a suggested donation to the center for hosting, and is open to the public.

### VALLEY TALK 3

<p><b>NEVER MISS OUR NEWSLETTER!</b></p> <p><b>SUBSCRIBE</b></p> <p>Have our newsletter emailed to you every week.</p> <p>Visit <a href="http://www.mycommunityonline.com">www.mycommunityonline.com</a></p> 		<p><b>aspen</b> INSURANCE LLC</p> <p>Health • Life • Disability • Medicare Supplement</p> <p>834 N Highway 33 • PO Box 764 • Driggs • ID</p> <p>(208) 682-4700</p> <p><a href="mailto:elsie@AspenInsurance.net">elsie@AspenInsurance.net</a></p> <p><small>Consultation by appointment only. Local Agent: Elsie Wa</small></p>
	<p><b>Get Back To What You Love...</b></p> <p>Swing Bed Transitional Care helps you recover close to home when released from the hospital following a procedure or illness.</p>  <p><b>THRIVE LOCALLY</b></p> <p> Teton Valley Health <b>Hospital</b> Swing Bed Transitional Care</p> <p>For more information about Swing Bed Transitional Care: Visit - <a href="http://tvhcare.org/swing-bed">tvhcare.org/swing-bed</a> Call - (208) 354-2383 ext. 177</p>	

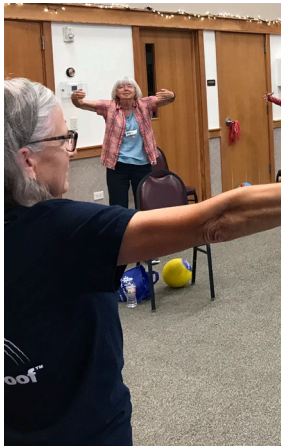


# PROGRAMS & activities



**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.



# APRIL

## 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>3</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>4</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>5</p>	<ul style="list-style-type: none"> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>TAX ASSISTANCE, 2-4 P.M.</b> See tetonseniors.org/vita.</li> <li>• Chakra yoga, 4 p.m. See Page 3</li> </ul> <p>6</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> </ul> <p>7</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> Ancient pottery at Teton Arts. <a href="https://tinyurl.com/ancientpottery">https://tinyurl.com/ancientpottery</a>.</li> <li>• Cribbage Club, 1 p.m.</li> <li>• <b>SCRAPBOOK AND CARDS, 1 P.M.</b></li> </ul> <p>10</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>11</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>12</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>• <b>TAX ASSISTANCE, 2-4 P.M.</b> See Teton seniors.org/vita.</li> <li>• Chakra yoga, 4 p.m.</li> </ul> <p>13</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>14</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>17</p>	<ul style="list-style-type: none"> <li>• Yoga, 9 a.m.</li> <li>• Bridge, 1 p.m.</li> <li>• <b>ASKA'S ANIMALS, 1 P.M.</b> Register at tetonseniors.org/animals</li> <li>• Aiki balance, 4 p.m.</li> </ul> <p>18</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>19</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>TATTOOS &amp; BLUES, NOON</b></li> <li>• <b>BINGO, 1 P.M.</b></li> <li>• Chakra yoga, 4 p.m.</li> </ul> <p>20</p>	<ul style="list-style-type: none"> <li>• Tai Chi canceled</li> <li>• <b>AARP SMART DRIVER COURSE, 8:45 a.m. to 4 p.m.</b> (See Page 3)</li> <li>• <b>PIZZA &amp; A MOVIE, 5 P.M.</b> "Walk the Line" Register at tetonseniors.org/movie</li> </ul> <p>21</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>24</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>25</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>GRIZZLIES IN THE ROCKIES, 6 P.M.</b> Grizzly expert Chris Servheen discusses the path to co-existence.</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>• <b>PETER TROY DAY!</b></li> <li>• Fit and Fall Proof, 9 and 10 a.m.</li> <li>• <b>FOOT-CARE CLINIC, 12:30 P.M.</b></li> <li>• Chakra yoga, 4 p.m.</li> </ul> <p>27</p>	<ul style="list-style-type: none"> <li>• Tai Chi, 9 a.m.</li> </ul> <p>28</p>

### ASKA'S ANIMALS

Come learn about Aska's Animals Foundation and its work for temporary or long-term care for these creatures. You might even meet a puppy or two. Register at [tetonseniors.org/animals](https://tetonseniors.org/animals).



### TATTOOS & BLUES PLUS BINGO

Celebrate blues tunes, get a temporary tattoo and play some bingo for a fun celebration on April 20. The fun starts at noon, followed by bingo at 1 p.m.





# APRIL

## 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
Chili mac and cheese Steamed broccoli Green salad Dinner roll Vanilla pudding 3	Grilled chicken tacos Spanish rice Refried beans Salsa bar Green chile cheese soup 4	Beer-braised bratwurst with sauerkraut Boiled potatoes Wheat roll Sliced apples 5	Mediterranean baked cod with olives, tomato & artichoke hearts Brown rice <b>BIRTHDAY CAKE</b> 6	7
Grilled cheese-burger or veggie burger Potato salad  Coleslaw Vegetable noodle soup Chocolate pudding 10	Baked macaroni with three cheeses and sausage on the side  Peas and carrots Green salad Dinner roll 11	Broccoli beef stir-fry with hoisin sauce Brown rice Mandarin oranges Carrot-ginger soup Fortune cookie 12	Grilled ham and Swiss sandwich Homemade potato chips Green salad Mixed fruit 13	14
Asian salmon salad with broccoli, red pepper, oranges and chow mein noodles Miso soup Fortune cookie 17	<b>REUBEN TUESDAY!</b> Grilled Reuben sandwich Homemade potato chips Green salad Sliced apples 18	Spinach artichoke lasagna Sautéed zucchini and yellow squash  Cream of tomato basil soup Fresh grapes 19	<b>BLUES &amp; TATTOOS</b> BBQ pulled pork Baked beans Cornbread Coleslaw Chocolate brownie 20	21
Grilled tuna melt on wheat Homemade chips Green salad Sliced melon 24	Taco salad, with or without chicken, in a tortilla bowl with cheese, tomato, black beans and corn Tortilla soup Cinnamon tortillas  25	Beef stroganoff with egg noodles Sautéed green beans Green salad Dinner roll Cookie 26	<b>PETER TROY DAY!</b> Oven-baked tilapia with lemon-oregano aioli Brown rice Grilled zucchini Red lentil vegetable soup 27	28

### CHEF PETER TROY APPRECIATION DAY

Chef Peter Troy's birthday is April 28, but SWOT will celebrate Peter at lunch on April 27. He's been cooking up great things for us just shy of a year. Come help us celebrate him on his birthday eve. Wear black as he always does - or dress like a chef!





# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR FEBRUARY 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

# 1,678

AT THE CENTER: 1,153  
HOME-DELIVERED: 525

MEALS SERVED IN FEBRUARY

# 829

AT THE CENTER: 572  
HOME-DELIVERED: 257

FITNESS/HEALTH PROGRAMS IN FEB.

# 326

GAMES: BRIDGE, BINGO AND MAH-JONGG IN FEB.

# 72

ENRICHMENT PROGRAMS IN FEB.

# 102

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- John Bach
- Sharon Bates
- Jim Christensen
- Robert Hufsmith
- Barbara Klebesadel
- Helen Kunz
- Creed Law
- Rosemary McIntosh
- Dr. Richard Nelson



VALLEY TALK 7



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Daniel Marshall, DO  
Brandon Tracy, FNP-C



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# PICTURE perfect



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



## celebrating and thinking green

About 85 people attended an early St. Patrick's Day celebration on March 16, followed by thrilling games of bingo. The traditional meal of corn beef and cabbage, along with Irish stew, received rave reviews. Besides wearing green, the crowd was thinking green while being led in a round of pleas for "No more snow!" Sorry, skiers. Above, from left to right, are Connie Tyler, Lina Marquis, Linda Swope, Linda Criswell and Jim Haag, a SWOT board member.

## adding to 15

Seniors played and helped teach each other the game of cribbage last month, now a regular activity at 1 p.m. on Mondays.



## aging myths

Social worker Carol Taylor made us laugh and taught us about brain health and well-being while dispelling myths of aging as part of the Senior Mental Health Series.

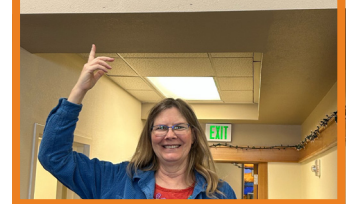
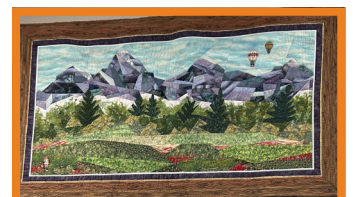


## learning about the river

Will Stubblefield, director of education for Friends of the Teton River, spoke last month about the nonprofit's work to restore stream banks, improve water quality and the importance of the valley's watershed. He gave a preview of the work on the Teton Creek Corridor, which SWOT will visit in May.

## in stitches

Lea Hardee of the Teton Valley Loose Threads Quilt Guild donated her pieced and quilted artwork of the Teton. We love it!





## SWOT van word search

ADVENTURE	O	P	O	T	S	M	O	R	L	C	F	A
BRAKE	A	D	V	E	N	T	U	R	E	I	X	Y
DRIVER	N	E	N	R	I	C	H	M	E	N	T	A
ENRICHMENT	T	A	E	I	T	O	Z	L	H	J	U	T
EXCITEMENT	N	M	T	T	A	Z	D	S	W	O	H	S
FIELD TRIP	E	E	O	U	T	T	R	E	Q	R	Z	S
FUN	M	O	V	E	R	N	I	G	H	T	H	N
GO PLACES	E	S	T	I	O	E	R	H	H	O	E	S
NATURE	T	R	P	O	P	R	S	Z	P	L	T	M
OVERNIGHT	I	U	P	A	S	S	E	N	G	E	R	S
PARK	C	O	A	R	N	O	A	V	E	V	W	E
PASSENGERS	X	T	R	V	A	K	T	R	I	A	E	C
RIDE	E	E	K	A	R	B	B	S	R	R	B	A
ROAD	Q	S	N	S	T	A	E	S	I	T	D	L
SEATS	O	A	U	G	S	R	L	R	D	N	A	P
SEATBELTS	V	M	F	L	I	F	T	L	E	I	O	O
SHOP	C	S	Z	T	E	A	S	H	A	M	R	G
SHOWS												
STAY												
STEER												
STOP												
TIRES												
TOURS												
TRANSPORT												
TRAVEL												
VAN												
WHEEL												

## SWOT sudoku

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

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

**CREATIVE MEMORIES** Deb Grove  
 INDEPENDENT ADVISOR  
 photo safe archival products, sorting & organization  
[www.creativememories.com/cm/deb.grove](http://www.creativememories.com/cm/deb.grove)  
[debgro24@gmail.com](mailto:debgro24@gmail.com)  
 personal shopping at 40 Scott Drive in Victor  
*3~Season Scrapbooks & Pretty Papers*

- Photo Albums, Paper Crafts, Custom Albums
- Card Kits, Punches, Trimmers, Stickers
- Classes at Seniors West of the Tetons Workshops at Victor Elementary
- 3 Season Scrapbook Group

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# in the SPOTLIGHT

SWOT'S NEWEST BOARD MEMBER adds energy and enthusiasm to our dynamic team. Christina Assante has been an active volunteer at her children's schools, the Mental Health Coalition of Teton Valley and Teton Valley Health's Patient and Family Advisory Council. Now, she's taking on board service for Seniors West of the Tetons. Here we find out a little more about her.

### Tell us about your background.

I was "born and bred" in Atlanta and received my undergraduate degree from a small, liberal arts college outside of Boston. Upon graduation, I began working for the Navy in human intelligence in the Washington, D.C., area as well as overseas. I left my career to become a stay-at-home-mom while my kids were young and the family was moving all over the U.S.

### How did you get to Teton Valley?

My family moved to Teton Valley in the summer of 2015 from the Idaho Falls area, but my two boys were on the Grand Targhee ski and snowboard team for years before that, so we would



spend as much winter time here as possible.

### How did you get involved with SWOT?

Even as a child, I had relationships with seniors that were not in my family, so I have always had an affinity for learning from the generation before me. Seniors have interesting life stories and wisdom to impart. I have a few friends who you could call seniors by age but not for any other reason. I have seen all of the activities that they and the local community join in on. The first SWOT event I attended was Death Cafe; I loved how open everyone was and the diversity of ages I saw there.

### What are things you like to do?

I love fly fishing and spending time on the

water in the summer. My youngest son has begun joining me on those adventures, which makes it even more enjoyable. I want to spend time doing some new hikes with my pup Ember this year. Living near the woods allows me to take quick hikes on public land. It's always interesting to see which beautiful wildlife I have as neighbors.

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

I cannot define only one. I was surprised that Teton Valley has so much to offer as far as activities. I love spending time with and getting to know the people. And, of course, I love the view from the best side of the Tetons. It is unparalleled in my personal opinion!

## WILDLIFE VIEW

WILDLIFE SPOTTING WITH ANNA KIRKPATRICK, SWOT BOARD CHAIR



Yellow-bellied marmots are one of the largest members of the squirrel family. They have reddish-brown or black fur and can weigh up to 11 pounds. They often stand up and call out a whistling sound and, because of that, were called "whistle pigs" by early settlers. They are usually seen sunning in rocky outcrop areas and are plentiful at Targhee, where many of them have acclimated to humans and often seem to be "begging" for food. Don't feed them!

## TIP of THE MONTH

SENIOR NUTRITION: Load that taco

Eating tacos in shells made from corn adds extra calcium. Add cheddar cheese to that taco and you're getting even more calcium. Consider yogurt as a topping, kale with your lettuce, and either salmon or lentils as the base of the taco, and you've got a calcium-rich entree.

>> CONTINUED FROM PAGE 1

# GET A SEAT ON THE VAN

The grant from the Teton Springs Foundation would allow SWOT to expand regional outings and field trips for seniors, to provide critical transportation to and from the Senior Center and to undertake other programs.

“We are thrilled by the community support and engagement for this project,” Executive Director River Osborn said. “We look forward to being able to expand our services and the breadth of our programming, thanks to this donation.”

It is a “challenge grant” contingent on SWOT

raising another \$25,000. That’s where you come in.

SWOT is seeking additional grants for the project, but we are committed to raising at least \$15,000 to match the grants received.

Hence the “Get a Seat on the Van” campaign.

For a \$1,000 commitment, a seat on the bus would feature your name, your parent’s name, your loved one, your pet or any name you want.

TETON SPRINGS  
FOUNDATION

Seniors West of the Tetons is grateful for the \$25,000 grant from the Teton Springs Foundation that will be used to upgrade our transportation.



## words of wisdom



A diamond is merely a lump of coal that did well under pressure.”

- UNKNOWN

## PUZZLE answers

>> PUZZLES ARE ON PAGE 9

### Word search



### SWOT sudoku

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



# SAVE the date



### ALL ACTIVITIES

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

April 5	Alan Kirk Wobbeking performs at lunch, noon
April 6 & 13	VITA tax preparation by appointment, 2-4 p.m. Go to <a href="http://tetonseniors.org/vita">tetonseniors.org/vita</a>
April 10	Senior Art at Teton Arts studio, 1 p.m., ancient pottery.
April 10 & 24	Card-making or scrapbooking, 1 p.m.
April 11	Tech Time, noon.
April 12	Blood-pressure checks, 11:45 a.m.
April 13	Death Cafe, 1:30 p.m.
April 18	Meet Aska's Animals, 1 p.m.
April 20	Medicare chat, noon
April 20	Tattoos & Blues, lunch at noon, bingo at 1 p.m.
April 21	AARP Smart Driver Course, 8:45 a.m. to 4 p.m.
April 21	Pizza and a movie, "Walk the Line," 5 p.m. Register at <a href="http://tetonseniors.org/movie">tetonseniors.org/movie</a>
April 26	"Grizzlies in the Rockies: The Path to Co-Existence," Chris Servheen, 6 p.m.
April 27	Peter Troy Appreciation and Birthday Celebration, noon
April 27	Foot-Care Clinic, 12:30 p.m.

**SENIORS WEST OF THE TETONS**

## black tie bingo

**SAVE THE DATE** On the evening of **June 3**, SWOT will unveil its new fundraiser, a gala night of bingo with awesome prizes, great food, live music and more fun than anyone of any age should have.

**Get tickets now at [tetonseniors.org/blacktiebingo](http://tetonseniors.org/blacktiebingo).**

## 12 VALLEY TALK



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**LIVING THE HIGH LIFE  
IN TETON VALLEY**