

Valley Talk

SERVING ACTIVE SENIORS IN TETON VALLEY, IDAHO AND WYOMING

ABOUT SWOT

THE MISSION

To provide health, nutrition and social connections for seniors in Teton Valley, Idaho and Wyoming.

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

Available for delivery to home-bound seniors or take-out.

HOW TO REACH US

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 Mail: P.O. Box 871,
 Driggs, ID 83422

ONLINE

 www.tetonseniors.com
 On Facebook: Seniors West of the Tetons

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WELCOME TO ...



TWENTY-TWENTYONEDERFUL!

IT'S A NEW YEAR WITH NEW HOPE

We made it to 2021, a year we're referring to as "Twenty-TwentyOnederful," thanks to Executive Director River Osborn. We're calling it that because we know wonderful things will happen this year at Seniors West of the Tetons and in Teton Valley. We are excited for the year ahead and planning fun activities, great menus and exciting programs. We are so sure it's going to happen that we've created a checklist for you of things to watch for as the year unfolds. We invite you to add your own thoughts - your list of things you want to do this year with SWOT and on your own.

» FIND YOUR 2021 CHECKLIST ON PAGE 10



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WANT TO GET INVOLVED?

To join our Board of Directors or volunteer, call (208) 354-6973 or e-mail swot@tetonseniors.com.

...
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EXECUTIVE DIRECTOR
River Osborn

KITCHEN MANAGER
Ceci Clover

...
MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

RIVER RAMBLINGS

My hopes are high for a wonderful year



RIVER OSBORN
executive director

WELL, WE FINALLY MADE IT out of the clutches of 2020. Good riddance! I won't dwell on what was but will instead turn toward what can be. I have so much hope for the coming year. I hope an effective vaccine will soon be widely available. I hope that you all get one. I hope that we can reopen the doors of the Senior Center sooner than later.

I hope to be able to give you all giant bear hugs and not have to let go. I hope that we can make up for lost time by providing more programming at the Senior Center than ever before.

I hope that collectively we can move forward as a community to heal from our losses, division and missed opportunities. This, I hope.

As I round the corner toward my second anniversary working for the Senior Center, there is much to reflect upon. I can't believe how

quickly two years have gone by and how much I have learned in that time. How quickly I have met so many lovely and downright wonderful people. How much more my own life is enriched because of you.

You have taught me so much about serving others, humility, aging, compassion and grace.

I can't thank you enough for keeping me around, and for all of your support.

Here's to another year filled with gratitude and hope!

CHAIR CHAT

This year, I can't wait to see you at the center



CAROL LICHTI
board chair

IN 2020, A PHRASE we kept repeating and you read probably too much was how "now more than ever" seniors in Teton Valley needed support and protection. We promise not to use that phrase this year.

But we will stress how the needs for our services are increasing. We can say that because the numbers don't lie.

Last month, our home-delivered meal count reached a new high when the staff of Seniors West of the Tetons prepared 135 meals a week. We hit a monthly high of 575 meals served, and our yearly total - more than 5,000 - was a 13 percent increase from last year.

I'm sharing this information not to pat ourselves on the back - although our staff and devoted

volunteers should be commended - but to show that the needs of seniors are increasing and will continue to go up because we know that many local seniors are not relying on our services. Please, help us sign them up.

My stint as chair of SWOT has been incredibly rewarding despite tough decisions, including telling seniors in March that we were closing. I look forward to a vaccine, better ventilation and reopening the center to welcome you all back inside.

Let's make it a date!

SWOT STARTS VIRTUAL BINGO WITH 'PRIZES' ON JAN. 12

Seniors West of the Tetons is planning a virtual bingo event with fun prizes for 1 p.m. on Tuesday, Jan. 12.

For now, the bingo game will be played via Zoom, an online meeting program.

Bingo cards will be mailed to those who register by Jan. 7. Those who miss the deadline can still play by picking up cards at the Senior Center, 60 S. Main, in Driggs. Called numbers will be visible via a white board and in the Zoom chat program.

To register, visit <http://tetonseniors.com/bingo>. A Zoom link will be emailed to players. For Zoom instruction, call (208) 354-6973.



Snowscapes tour set for Teton seniors

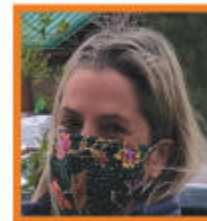
Seniors West of the Tetons will tour the Snowscapes sculpture in the Driggs City Plaza at 1 p.m. Jan. 22. Refreshments, including hot cocoa, will be available.

Registration is not required but preferred. Register online at <http://tetonseniors.com/snowscapes>. The sculpture is a project of the Driggs Downtown Association and is celebrating its 10th anniversary of sculpting snow.

Sculptors will be creating "That's Snow Snake River," which will depict wildlife and rafting on the river. For now, the Snow Ball is postponed.

SWOT hires second cook for the kitchen

Stacey Nail has joined the staff of Seniors West of the Tetons as assistant kitchen manager.



She joins Kitchen Manager Ceci Clover and a staff of volunteers who prepare more than 100 meals a week for delivery to seniors.

Stacey is an artist who likes to cook and has event-planning experience. She also has volunteered to deliver meals for SWOT.

VALLEY TALK 3

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in the SPOTLIGHT

SHE'S WHAT MAKES it all happen. She solves a myriad of problems daily. She keeps us on track. And she makes us smile. River Osborn has been executive director for two years. She grew up in Salt Lake City, raised by her grandmother, Fran, who is the reason she has a soft spot for seniors. She has a degree in ecology, spent two years as an AmeriCorps volunteer and has worked in environmental conservation and restoration. She knows many people from her past gig managing a store in Driggs. Now she knows a lot of us.

Why brought you to Teton Valley?

I moved here in 2006 after graduating college. I took an internship with Wyoming Game and Fish as a habitat biologist technician to study the health of aspen communities. I spent my first summer here, commuting from Victor to deep in the Gros Ventre five days a week. Fun fact: I know many of the Latin names of native plants in the Rockies. I assumed I would just be a summer seasonal resident for a few years. But 15 years later, I'm still here!



Q&A
WITH
RIVER
OSBORN

THIS MONTH,
RIVER STARTS
HER THIRD YEAR
AS EXECUTIVE
DIRECTOR OF
SENIORS WEST
OF THE TETONS

Why did you decide you wanted to be executive director of SWOT?

I had been managing a small business for a couple of years but wasn't feeling fulfilled. I've always felt driven to serve others, and taking this job seemed like an obvious next step for me. I am so glad I did! It's been a tremendous learning experience and incredibly fulfilling. I love our staff, board and the seniors of Teton Valley so much.

What has surprised you about your job?

There is never a dull day running a senior center, especially during a pandemic. A lot of my day-to-day responsibilities have really shifted. I find myself doing more advocacy and problem-solving. And I really enjoy those aspects.

What do you wish people knew about SWOT?

I would like people to know they can call and ask questions about all things

senior-related. If I don't know the answer, I'll figure it out or point you in the direction of someone who can better help you. We are a resource for more than just lunches, fitness and social events.

You juggle work and online learning with your children. Any advice for other parents?

Oy - it's been tough. I have four kids doing virtual school from the living room as I type this! I'd say cut yourself some slack. This is not going to be a perfectly balanced year educationally. And that's OK. Big kudos to the SWOT Board for bearing with me while I work from home and "supervise" the kids.

What do you do for fun?

Our family spends a lot of time camping and floating the nearby rivers. Date nights with my amazing husband, Steve, are high on the list, of course. I also love international travel (I've been to 14 countries!), reading and crossword puzzles. Oh, and wine tasting!

What's the best part of living here?

The community, hands down. We are such a tight-knit little valley! The people here are so friendly and helpful. It is really comforting to feel like I am part of something bigger and stronger than just myself. The scenery and wildlife are OK, too, I guess. Joking!



JANUARY

at the center table

MENU is subject to change depending on availability and weather.

WHEN Lunch is available for take out and delivered Mondays, Tuesdays and Thursdays for 5 meals a week.

SUGGESTED DONATIONS
\$4 for those 60 years and older.

TO RECEIVE MEALS
Call (208) 354-6973 to reserve takeout meals or sign up for delivery.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				HAPPY NEW YEAR! 
Baked honey-mustard chicken Squash Whole wheat roll Pears 4	Shepherd's pie Spinach salad Lemon bars 5	Frittatas Peas Peaches Bagel 6	HAWAIIAN LUAU Kalua shredded pork Cabbage salad Hawaiian rolls BIRTHDAY CAKE 7	Lemon-rosemary salmon filets Herbed quinoa Glazed carrots Pears 8
Swedish meatballs Green beans Peaches 11	Chicken noodle soup Sweet potatoes Fruit cocktail Rice Krispie treats 12	Pork enchilades Mexican rice Pears 13	Cowboy stuffed potatoes Mandarin oranges with cottage cheese Brownies 14	Lasagna with Italian sausage Green salad Garlic bread Pears 15
Fish filets in cream sauce Rosemary-roasted potatoes Whole wheat roll Peaches 18	Turkey noodle casserole Spinach salad Fruit cobbler 19	Lamb stew Brussels sprouts Cornbread Fruit cocktail 20	Chicken parmesan Green salad Cookies 21	Meatloaf Mashed potatoes and gravy Green beans Mandarin oranges 22
Steak sandwiches Brussels sprouts Peaches 25	Baked spicy peanut chicken Asian salad Roasted potatoes Pudding or mouse 26	Penne florentine with Italian sausage Pears 27	Homemade hamburger helper Green beans Blondies 28	Tamale pie Green salad Cornbread Mandarin oranges with cottage cheese 29



JANUARY

fit and active

TAI CHI Learn the Chinese exercise. Zoom classes online at <https://us02web.zoom.us/j/81354988221>. Enter passcode 452787. Donations accepted.

GENTLE YOGA Zoom classes on hold for this month. Visit www.mountainmermaidwellness.com for the latest info about classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 FOOT-CARE CLINIC The January clinic is set for noon to 2 p.m. Jan 14. Call (208) 354-6973 to schedule. Mask required.			HAPPY NEW YEAR!  1
Fit and Fall Proof suspended until further notice. Check Tetonseniors.com for updates. 4	Tai Chi, online via Zoom, 9:30 a.m. 5	Gentle Yoga Zoom classes on hold this month. Check Kari Swenson's website for classes. 6	7	Tai Chi, online via Zoom, 9:30 a.m. 8
11	Tai Chi, online via Zoom, 9:30 a.m. SWOT BINGO ON ZOOM, 1 P.M. https://us02web.zoom.us/j/81354988221 . Enter passcode 452787. 12	13	FOOT-CARE CLINIC, NOON TO 2 P.M. Call (208) 354-6973 to schedule. Wear a mask. 14	Tai Chi, online via Zoom, 9:30 a.m. 15
18	Tai Chi, online via Zoom, 9:30 a.m. 19	20	21	Tai Chi, online via Zoom, 9:30 a.m. SNOWSCAPES TOUR, 1 P.M. 22
25	Tai Chi, online via Zoom, 9:30 a.m. 26	27	28	Tai Chi, online via Zoom, 9:30 a.m. 29





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR NOVEMBER AND 2020

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

MEALS SERVED IN 2020

4,775

AT THE CENTER: 1,908
HOME-DELIVERED: 2,867

MEALS SERVED IN NOVEMBER

498

AT THE CENTER: 96
HOME-DELIVERED: 402



Interested in home delivery?

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

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Thad Beard
Thomas Hunter
Joan Wood
Urska Zagar



VALLEY TALK 7

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Daniel Marshall, DO
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A LOOK AT some of the activities from the past few weeks.

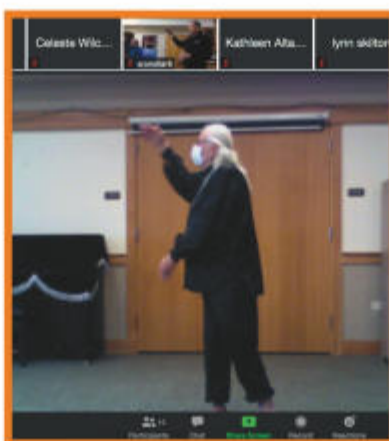
spreading holiday cheer

Team Turkey prepared more than 60 Thanksgiving meals for the community. Below left, Board Members Nell Fay, Laura Brattain, Anna and Ken Kirkpatrick loaded the meals to be given away. Below middle, volunteer Jim Haag and Board Member Kate Hull completed the packing. A group of home-schooled students, bottom right, created Thanksgiving cards that were sent out with home-delivered meals. Clio Patty, age 4, shown at right, created holiday gift cards for gift bags with the help of her mom, Juli Patty, which were delivered to seniors with their meals before Christmas. Volunteers also made cookies for boxes that seniors picked up as they drove by the Senior Center.



warming hearts

John and Alice Finley donated hot chocolate, whipped cream and chocolate sprinkles for SWOT to sell at the Holiday Bazaar in December. Alice also baked cookies for SWOT's holiday cookie giveaway.



it's back

Tai Chi has resumed at the Senior Center, via Zoom that is, because it's no longer possible to meet outdoors. Ed Kenny has started Zooming the ancient Chinese art from the Senior Center on Tuesday and Friday mornings.



the winner is ...

Lea Hardee, left, and Leanna Peterson of the Teton Valley Loose Threads Quilt Guild, which made and donated a quilt, draws the winning raffle ticket for the quilt. The winner was Vicki Ciulla.

January word search

BLANKET	R	H	S	F	F	U	M	R	A	E	F	W
BOOTS	E	O	I	N	S	Y	B	S	C	A	R	F
CABINFEVER	T	C	O	N	L	D	E	L	C	I	C	I
EARMUFFS	N	K	E	C	E	H	P	B	O	O	T	S
FROST	I	E	O	L	A	L	N	E	Z	O	R	F
FROZEN	W	Y	S	T	O	G	L	O	V	E	S	T
GLOVES	T	Z	O	W	C	L	E	V	O	H	S	U
HAT	E	T	A	N	R	E	B	I	H	O	R	S
HIBERNATE	K	A	S	E	U	R	S	B	R	E	O	S
HOCKEY	N	N	T	S	E	N	H	F	V	N	K	J
ICICLE	A	J	T	V	O	S	K	E	A	A	A	R
JANUARY	L	I	I	W	K	C	F	M	T	N	U	I
JACKFROST	B	H	S	I	A	N	W	I	U	L	Z	T
PLOW	S	T	I	J	I	O	N	A	F	Z	S	T
SCARF	O	N	G	B	N	G	R	Z	A	O	C	Y
SHIVER	G	A	A	S	A	Y	G	R	R	Y	T	S
SHOVEL	A	C	N	L	R	A	D	F	T	A	O	C
SKATING												
SKIING												
SLED												
SNOW												
SNOWMAN												
WINTER												

SWOT sudoku

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

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

VALLEY TALK 9

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A CHECKLIST FOR
TWENTY-TWENTYONEDERFUL

21 THINGS WE CAN'T WAIT TO DO IN THE NEW YEAR

1

Seeing friends as we “tour” the snow sculpture and enjoy hot chocolate on the Driggs City Plaza.

2

Playing bingo online and later in person.

3

Waving to Matt Senitzer, Liz Pitcher, Vancie Turner and Kate Hull as they drive through the valley delivering meals to seniors.

4

Being led on a snowshoe hike in Teton Valley.

5

Participating in an online photo challenge.

6

Riding the bus on a springtime bird-watching tour.

7

Eating SWOT breakfast burritos from the Teton Valley Farmers Market.

8

Playing golf in the Teton Springs Bronze Buffalo Charity Golf Tournament.

9

Celebrating the valley’s nonprofits at the Tin Cup Challenge in July.

10

Sitting with friends at Music on Main.

11

Eating sandwiches and playing cornhole at the SWOT summer picnic.

12

Riding the tram to the top of Grand Targhee.

13

Receiving the coronavirus vaccine from a local health professional.

14

Seeing Donna Molinelli greet guests at the registration table for lunch once the Senior Center reopens.

15

Keeping up with Christy Guidry during a Fit And Fall Proof class.

16

Watching Ceci Clover dish up the fabulous food she and Stacey Nail have prepared.

17

Performing meditative movements in the ancient art of Tai Chi with Ed Kenny.

18

Stretching to the calming directions of Kari Swenson during Gentle Yoga.

19

Relearning the card game bridge under the watchful guidance of Nell Fay.

20

Bidding for pies at the Harvest Fest and Pie Auction in person.

21

Celebrating the holidays at community gatherings in November and December.

FLOWER POWER

A LOOK AT LOCAL WILDFLOWERS
BY BOARD MEMBER ANNA KIRKPATRICK

The Elephanthead Pedicularis is found along marshy meadows and streams. This wildflower can grow up to two feet tall. The pink-and-purple flowers look like elephant heads. The flowers were first discovered by the Lewis and Clark expedition in Montana. This picture was taken in the Alaska basin while on a hike.



TIP of THE MONTH

ELIMINATE WATER STAINS WITH SHAVING CREAM OR RAIN-X

Who'd have thought that shaving cream could be used to clean? It is a great way to remove water stains from shower glass. Apply the shaving cream and let it sit for 15 minutes, then wipe off. For extra long protection, use the Rain-X White RX11806D that you would use for your car windows on your shower glass. It has water-beading technology that is specially formulated to repel water, causing water to bead up and roll away. Hello, clear shower glass!

TESTED BY BOARD MEMBER NELL FAY

words of wisdom



Wine is constant proof that God loves us and loves to see us happy."

- BENJAMIN FRANKLIN

PUZZLE answers

» PUZZLES ARE ON PAGE 9

JANUARY



SWOT sudoku

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



SAVE the date

• **ALL ACTIVITIES**
will be held at the
SWOT Community
Center, unless
specified.

- Jan. 5 SWOT Annual Board Meeting, 9 a.m.

- Jan. 12 SWOT Bingo via Zoom, 1 p.m. Register at <http://tetonseniors.com/bingo>.

- Jan. 14 Foot-Care Clinic, noon to 2 p.m. Email swot@tetonseniors.com or call (208) 354-6973.

- Jan. 18 Martin Luther King Jr. Day

- Jan. 22 Driggs Snowscapes Tour, 1 p.m., refreshments available. Registration preferred but not required at <http://tetonseniors.com/snowscapes>.



12 VALLEY TALK



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