

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

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HOW TO REACH US

Phone: (208) 354-6973
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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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LESSONS FROM
 THE PAST YEAR
 OF LIVING
 WITH COVID-19

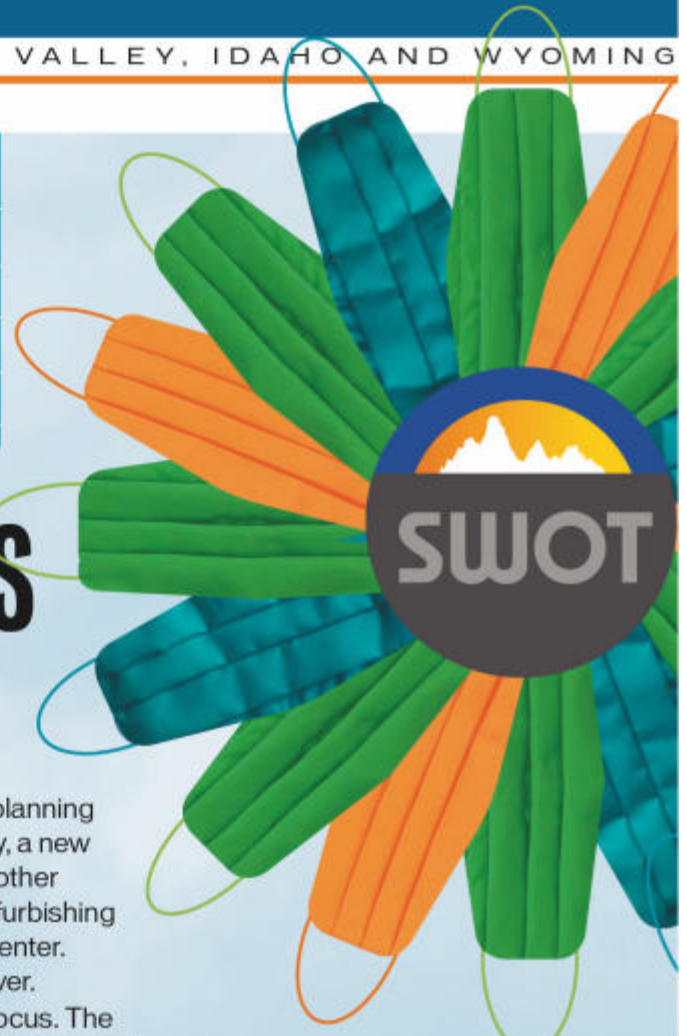
SENIORS ADAPT

A year ago, we were planning a St. Patrick's Day party, a new series of art programs, other new programs and a refurbishing project for the Senior Center. Then COVID-19 took over.

So we switched our focus. The community stepped up to the need.

In the year since, our home-delivered meals have almost tripled, growing about 168 percent. We went ahead with the refurbishing project. Outdoor events and activities, following safe pandemic practices, drew people out. We celebrated together with a picnic, served Thanksgiving meals and holiday cookies to the senior community and expanded our virtual programs.

But most importantly seniors in Teton Valley accepted, adapted and made changes to get by. In this issue, we share a few of their stories.



SENIORS SHARE THEIR
 THOUGHTS ON A YEAR
 OF THE PANDEMIC, PAGE 10



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



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MEALS DELIVERED



Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

RIVER RAMBLINGS

Remain vigilant during this historic event



RIVER OSBORN
executive director

WOW, CAN YOU believe it's been a whole year since we closed the doors to the Senior Center? That one whole year feels like just yesterday - and also a lifetime ago. Closing the doors was a difficult decision. I remember one of our board members wondering if it would be six months before we reopened.

We all guffawed - it wouldn't be that long. The Idaho Falls Senior Center staff joked in a meeting, "Yeah, maybe we'll open summer 2021!" That also seemed preposterous at the time, which was only last summer.

And, yet, here we are, hoping and praying we will reopen by summer 2021.

Life in the time of corona. What an extraordinary historical event to bear witness to. We have watched as healthcare workers put their lives on the line to save

others.

We have watched the death toll climb and climb. We have watched communities around the world come together to try and fight back the virus.

I want to urge you to continue the efforts. We can't let our guard down now. Wear your mask, social distance, and if you are able to, get the vaccine.

And as always, if there is anything we can do to help, don't hesitate to call upon us. We are here for you.

CHAIR CHAT

Stay positive, some kind of 'normal' is near



ANNA KIRKPATRICK
board chair

"COVID VACCINE SCHEDULING" is a phrase we heard on repeat last month. I imagine that by the time you are reading this, some of you probably have had your first vaccine shot, some of you are ready for your second and some of you haven't been scheduled yet. Please be patient and don't give up!

Easy for us to say, but here at Seniors West of the Tetons we have been working hard to get as much information out as possible to you. We know we are missing some folks who maybe don't have access to technology, so if you know of someone who hasn't been scheduled for a vaccination, please don't hesitate to call us and let us know.

It's hard to believe that March is here already. We will have been closed for a year mid-March, and

that doesn't seem possible.

But spring is full of possibilities, right? This crazy time we are living in will surely get back to some kind of "normal." Hopefully, this summer we will be able to see you at lunch, at exercise classes and at fun field trips.

Meanwhile, keep wearing your mask in crowded places, even if you've had the vaccine, and stay positive!

We're going to get through this - together!

NEW HEALTHY SENIORS WORKSHOPS BEING OFFERED

Hilary Frenette, a registered nurse with a bachelor's degree in nursing, will be presenting health information for seniors starting this month with a program about the COVID-19 vaccine.



Frenette, a nurse with St. John's Health Center for eight years, will discuss the safety, efficacy, doses, immunity, side effects and availability of the COVID vaccine in a Zoom presentation at 11 a.m. March 8. She will present future sessions in a Healthy Seniors recurring program.

To register for this program, go to <http://tetonseniors.com/healthyseniors>.

Snowshoe at Targhee with a naturalist

Seniors West of the Tetons is partnering with Grand Targhee Resort to offer a snowshoe walk with a naturalist at 11 a.m. March 11.

The cost will be \$40, and the group size will be limited to six for social distancing.

Two sessions are possible, depending on registrations, one for beginners and one for advanced snowshoers. The walk and program will take between two to three hours.

Snowshoes will be available.

Please register at tetonseniors.com/snowshoes.

Get online for taxes, bingo and book club

Seniors West of the Tetons is offering online sessions for seniors about tax information, snow science and a book about medical care.

- A tax session with info that seniors should know will be 10 a.m. March 10 on Zoom. Tax preparation assistance is also available. See <http://tetonseniors.com/VITA>.

- St. Patrick's Day Bingo is set for 1 p.m. March 17. Register at tetonseniors.com.

- The selection for the March book club is "Being Mortal: Medicine and What Matters in the End" by Atul Gawande.

VALLEY TALK 3

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in the SPOTLIGHT

STACEY NAIL-CANEDY IS A NEW FACE in the SWOT kitchen, but a familiar face around Teton Valley. You might have seen her last summer at the Artisans at Mugler Plaza in Driggs on Fridays selling her clay creations or picking up meals to deliver for Seniors West of the Tetons. Now she's working in the kitchen, crafting delicious food. She's got lots of talents, as we keep discovering.

Have you always been interested in cooking?

I grew up in Saratoga, a small town in Northern California. My parents were big foodies and home farmers. That influenced me, and I got a bachelor's in nutrition and food-service management from California State-Long Beach. My career goal was to work as a dietitian, but we moved to Hawaii, and I ended up in a long career in catering and destination travel management.

What brought you to Teton Valley?

In 2017, my husband was offered a job opportunity in Jackson Hole. We moved, sight unseen, and once we pulled into Driggs, we felt at home and decided to

Q&A WITH STACEY NAIL- CANEDY

STACEY JOINED
THE KITCHEN
STAFF IN LATE
OCTOBER
AS ASSISTANT
KITCHEN
MANAGER



make it permanent.

What got you interested in SWOT?

My mom. She lives in Colorado now and will be 81 years old in April. She has been volunteering at her local senior center for 15 years. A few years ago during a visit, she invited me to volunteer at lunch. While there, I experienced a caring, welcoming community, and I saw how it gave her so much joy. I thought about SWOT and how I could help locally. When COVID caused a sudden layoff at my work last March and a call went

out to the community for help, I immediately answered and was put to work delivering meals. Helping out allowed me to understand and appreciate how important it is to be a part of SWOT at any age.

What do you like about cooking for the seniors?

I'm very proud for this opportunity to be on the SWOT kitchen team and making nutritious meals for our elders, especially during this pandemic. It is such a difficult time for so many, and food can be

healing in so many ways. If the one thing I can do for this organization is provide a healthy meal to a senior, then I feel honored to do so.

What's a favorite dish you like to cook?

I have a sweet tooth (or two!) and love making caramel popcorn. Hey, popcorn is healthy, right?! My recipe creates a perfect combination of sweet and salty with a light caramel crunch. I'm happy to make it anytime for anyone.

What might others not know about you?

After college, I took an improvisation course at the Groundlings Theatre & School. It was something I wanted to do all my life, and the experience was life-changing. I performed weekends in a five-person improv troupe for eight years. When we moved to Driggs, I tried out for open auditions for the local troupe, Laugh Staff, in Jackson Hole. I didn't make it, but the experience auditioning with troupe members reminded me how creative and fun improv is, and I need to make sure it remains part of my life.

What's the best part of living in Teton Valley?

That's a tough question. For me, it's the opportunity to walk out my front door and be in the mountains or rivers any time of the year.



MARCH

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
Lasagna soup Green salad Apricots with cottage cheese 1	Chicken salad wraps Creamed corn Lemon bars 2	Pulled pork sandwiches Green beans Cornbread Pears 3	Fish tacos Spanish rice Chipotle coleslaw BIRTHDAY CAKE 4	Hamburger casserole Bananas 5
Pork enchiladas with lettuce and tomato Mexican rice Mandarin oranges 8	Chicken alfredo Spinach salad Pudding 9	Split pea soup with ham Glazed carrots Whole wheat roll Pears 10	Ham and cheese sliders Green salad Roll Rice Krispie treat 11	Meatloaf and mashers Peas Peaches 12
Spaghetti with marinara sauce Green salad Garlic bread Peanut butter squares 15	Frittatas Green beans Bagel Apricots with cottage cheese 16	ST. PATRICK'S DAY Irish stew Colcannon potatoes Mint brownies 17	Broccoli chicken mac and cheese Green salad Mandarin oranges 18	Teriyaki pork stir-fry vegetables Pineapple rice Cookie 19
Honey mustard chicken Cheesy baked brussel sprouts Quinoa Grapes 22	Fish Spinach salad Barley Carrot cake 23	Pot roast Roasted garlic potatoes Glazed carrots Peaches 24	Indian dal Rice Cucumber salsa Blondies 25	Shepherd's pie Green salad Pears 26
Swedish meatballs Brown rice Green beans Pears 28	Creamy Tuscan chicken Broccoli Pudding 30	Vegetarian chili Green salad Cornbread Cottage cheese with mandarin oranges 31		



MARCH

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
Pilates on Zoom with Frankie, 9:30 a.m. Zoom link: https://us02web.zoom.us/j/2273366819 1	Tai Chi, online via Zoom, 9:30 a.m. (See link above.) 2	Gentle Yoga Zoom classes on hold this month. Check Kari Swenson's website for classes. 3	Fit and Fall Proof suspended until further notice. Check Tetoseniors.com for updates. 4	Tai Chi, online via Zoom, 9:30 a.m. 5
Pilates on Zoom, 9:30 a.m. Meeting ID 2273366819 HEALTHY SENIORS ZOOM: THE COVID VACCINE, 11 A.M. Register at tetoseniors.com 8	Tai Chi, online via Zoom, 9:30 a.m. 9	TAX INFO FOR SENIORS ZOOM, 10 A.M. Register online at tetoseniors.com HAPPY HOUR ZOOM, 5 P.M. Register at tetoseniors.com 10	SNOWSHOE TARGHEE 11 A.M. Cost \$40. Snowshoes provided. Register online FOOT-CARE CLINIC, 11 A.M. TO 12:30 P.M. Call (208) 354-6973. 11	Tai Chi, online via Zoom, 9:30 a.m. 12
Pilates on Zoom with Frankie, 9:30 a.m. Zoom link: https://us02web.zoom.us/j/2273366819 15	Tai Chi, online via Zoom, 9:30 a.m. 16	ST. PATRICK'S DAY BINGO, 1 P.M. Register at http://tetoseniors.com/bingo 17	18	Tai Chi, online via Zoom, 9:30 a.m. 19
Pilates on Zoom with Frankie, 9:30 a.m. Zoom link: https://us02web.zoom.us/j/2273366819 22	Tai Chi, online via Zoom, 9:30 a.m. 23	24	FOOT-CARE CLINIC II, 1 TO 2:20 P.M. Call (208) 354-6973. SWOT BOOK CLUB, 2 P.M. "Being Mortal" by Atul Gawande. Register at tetoseniors.com 25	Tai Chi, online via Zoom, 9:30 a.m. 26
Pilates on Zoom with Frankie, 9:30 a.m. Zoom link: https://us02web.zoom.us/j/2273366819 29	Tai Chi, online via Zoom, 9:30 a.m. 30	31	FOOT-CARE CLINIC The clinic will be 11 a.m. to 12:30 p.m. March 11 with Anna Gunderson and 1 p.m. to 2:20 p.m. March 25 with Sandra Woolstenhulme. Call (208) 354-6973 to schedule. Participants should soak their feet for 20 minutes that morning or the night before.	





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR JANUARY 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

5,377

AT THE CENTER: 2,017
HOME-DELIVERED: 3,360

MEALS SERVED IN JANUARY

494

AT THE CENTER: 141
HOME-DELIVERED: 353

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Dick Beman
- Jack Caresia
- Randal Hill
- Gloria Hoopes
- Jeanne Larson
- Marva Poole
- Marie Roehm
- Sam Williams



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.

VALLEY TALK 7



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Daniel Marshall, DO
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PICTURE perfect



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



zooming with the birds

Amanda Penn, avian care technician for the Teton Raptor Center, introduced seniors to three birds at the center in a Zoom program. She described Hemlock, the barred owl at top; the peregrine falcon Hunter as he showed off his wings, above left and center; and Bert, above right, a northern saw-whet owl. About 20 people tuned in.



a shot in the arm

Vaccinations for COVID-19 began last month for those 65 and over. The process was evolving amid high demand and limited supply. Eastern Idaho Public Health and a cooperative effort of Teton Valley Health and local pharmacies is offering the vaccine. Above, Ella Adams, left, receives her first shot and Francisca Parke, right, gets her initial dose. Teton Valley Health is scheduling vaccines on Mondays at 1 p.m. by calling (208) 716-0063. EIPH has a form on it's website, www.EIPH.idaho.gov. Check for updates.



pilates begins

A new exercise program on Zoom started in February. Frankie Owens of Barefoot Fitness & Pilates in Driggs is offering a Pilates class for seniors at 9:30 a.m. on Mondays. The Zoom meeting ID is 2273366819.



snow sculpting

Doug Cassidy, one of the sculptors for the Downtown Driggs Association Snowscapes, described the process of making the sculpture in January to a group of seniors who gathered to walk around the artwork, drink hot chocolate and eat cookies.



St. Patrick's Day word search

BAGPIPES	C	A	P	G	R	E	E	N	B	E	E	R
BLARNEY	L	R	F	C	O	L	D	L	R	E	E	U
BLESSINGS	O	E	S	R	T	M	A	M	C	X	A	E
CASTLE	V	E	I	S	H	R	T	N	A	H	E	N
CHARM	E	H	A	R	N	G	A	O	C	R	N	O
CHEER	R	C	S	E	E	D	R	E	P	O	C	B
CLOVER	C	S	Y	H	E	L	R	E	I	H	L	H
DANCE	F	E	I	K	A	P	A	T	E	E	A	S
GREEN	R	P	T	C	E	M	I	N	S	N	E	T
GREEN BEER	P	I	L	U	R	D	R	S	D	K	K	A
IRELAND	W	P	E	L	A	H	I	O	A	Z	C	D
IRISH	O	G	C	R	M	N	S	N	C	J	I	C
JIG	B	A	T	J	G	O	S	I	I	K	R	H
LIMERICK	P	I	L	U	R	D	R	S	D	K	K	A
LUCK	W	P	E	L	A	H	I	O	A	Z	C	D
MARCH	O	G	C	R	M	N	S	N	C	J	I	C
PARADE	B	A	T	J	G	O	S	I	I	K	R	H
POT OF GOLD	N	B	I	S	G	H	R	A	R	Q	E	A
RAINBOW	I	G	W	I	S	H	B	N	W	I	M	R
SHAMROCK	A	A	P	A	R	A	D	E	I	D	I	M
SNAKES	R	D	L	O	G	F	O	T	O	P	L	R
TOP HAT												
TRADITION												
WISH												

SWOT sudoku

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

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

VALLEY TALK 9

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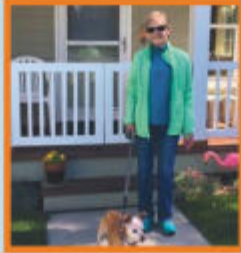


LIVING WITH COVID

HOW SENIORS ADAPTED: IN THEIR OWN WORDS

Ella Adams

This year – wow! COVID on top of chemo made it very different! I enjoyed the delivered meals



during chemo. I miss the Fit and Fall Proof classes, visiting friends and traveling. I do see a couple of friends – social distancing, of course. I appreciate the folks at the Senior Center who call and check on me. I have joined a jigsaw puzzle swap group, and that has been fun. I have spent enjoyable time on the phone and emailing friends, too. And then there is Netflix and PBS. And I love the neighborhood free library. So it hasn't been too bad, but I do miss the Senior Center and meeting friends there.

Lina Marquis

This past year our COVID hideout has been in River Meadows in our sweet little home. We are



lucky to be retired and able to keep ourselves busy with dogs, feeding the birds and mountain activities. But I did ride my bike more than 1,000 miles. I appreciate all the things SWOT does. The things I miss the most are all the holiday meals. And, my most favorite is the pie auction. We were glad it was still happening via the Internet. But sadly, we forgot and didn't participate. We believe there is a new illness called "COVID Brain," and we were afflicted by it.

Donna Molinelli

Reflecting on the past year, one word came to mind – acceptance. I have not had to worry about a job, childcare



or homeschooling. The loss was contact with friends at Tai Chi, at yoga or at the bridge table. Age changes perspective. I was born in the Depression, grew up with the fear of polio and experienced the scarcity of everything during World War II. This past year contained much that was good. SWOT provided us with great meals, foot care, needed information, special events to ease the loneliness. Tai Chi moved to Zoom as we learned to accept wearing masks. I am filled with gratitude as I watch my neighbor blow snow from our walk.

BIRDVIEW

BIRD WATCHING WITH ANNA KIRKPATRICK, SWOT BOARD CHAIR

An iconic wintering bird in Teton Valley, Trumpeter swans can be seen on the Teton River, on ponds, in marshes and on agricultural fields engaging in winter activities: feeding and resting. They are our largest native waterfowl, with adults stretching six feet in length and weighing more than 25 pounds. They are extremely graceful unless they are attempting to fly. They need almost 100 yards to achieve takeoff.



TIP of THE MONTH

HOW TO PREVENT CAR DOORS FROM FREEZING IN WINTER



Apply a heavy coating of vegetable oil on the rubber gaskets of your car doors. The oil will seal out water, but won't harm the gasket. This is especially easy with vegetable spray oils and especially good to do before washing your car when temperatures are below freezing.

TESTED BY BOARD MEMBER NELL FAY

WHETHER IT WAS BIKING more than 1,000 miles, baking sweet delicacies or completing jigsaw puzzles, seniors in Teton Valley found ways to get through the past 12 months. Here we share a few of their thoughts about what it's been like, what they've missed and how they coped.

Barb Sanders

To get through the winter, I committed to exercising six days a week. Walking is free, and we all need



winter sunshine. I found when walking you run into someone wanting to say, "Hello!" or even chat awhile. I've met numerous new people this past year I otherwise would of never met. I also started baking again. I made baked items for the nice guys building our shed. Then I started passing them off to neighbors. I started listening to audio books, borrowing them from the library, which helps people set it up, and I have read a lot of books. Podcasts are another idea - tons of those out there for free.

Linda Swope

Here's what I missed: the unbridled joy of being with a community of fun, positive, helpful people. I can honestly



say that I have never spent one unhappy moment at a Senior Center gathering. There is always laughter, camaraderie and stimulating growth. My days have been duller without that bright light!

Connie Tyler

I miss going to lunch at SWOT. All the holiday themed lunches/parties with music - so missed!



Phin and Jessie, my grandkids, really missed lunch at the Senior Center this summer. I made it a point to attend many Zooms, outings, hikes and other safe encounters with people. My daily meditation practice and teaching yoga in the Victor park in the summer were life-savers. My cell minutes increased dramatically. I watched way too much streaming services. I did read and listen to some good books. And these activities tripled when I finally (after delaying it for 4 years) decided to have elective surgery on my hand.



words of wisdom



He who laughs last didn't get the joke."

- CHARLES DE GAULLE

PUZZLE answers

» PUZZLES ARE ON PAGE 9

St. Patrick's word search



SWOT sudoku

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



SAVE the date



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

- March 8 Healthy Seniors Zoom, 11 a.m. Register at tetonseniors.com for link.

- March 9 SWOT Board Meeting, 9 a.m.

- March 10 Tax Info for Seniors Zoom, 10 a.m., register at tetonseniors.com.

- March 10 Zoom Happy Hour, 5 p.m. Register online.

- March 11 Snowshoe at Targhee Resort, cost \$40. 11 a.m. Register online.

- March 11 & 25 Foot-Care Clinic, 11 a.m. to 12:30 p.m. on March 11 and 1 to 2:30 p.m. on March 25. Call (208) 354-6973

- March 17 St. Patrick's Day Bingo, 1 p.m.

- March 25 SWOT Book Club, 2 p.m. via Zoom, to discuss "Being Mortal" by Atul Gawande. Register online.



12 VALLEY TALK



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