

# Valley Talk

SERVING ACTIVE SENIORS IN TETON VALLEY, IDAHO AND WYOMING

WE'RE REOPENING

## WELCOME BACK!

At last! SWOT's indoor activities plan to resume on a limited basis this month.

### 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

See the menu on Page 5 for details.

#### HOW TO REACH US

Phone: (208) 354-6973  
 Email: [swot@tetonseniors.com](mailto:swot@tetonseniors.com)  
 Mail: P.O. Box 871, Driggs, ID 83422

#### ONLINE

 [www.tetonseniors.org](http://www.tetonseniors.org)  
 On Facebook: Seniors West of the Tetons

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It's happening!

With improved ventilation, low case counts of COVID-19 and access to vaccines, Seniors West of the Tetons is planning a slow reopening to services in June.

Executive Director River Osborn, at right, will be there to greet you!

Starting June 15, lunches will be served at the center on Tuesdays, Wednesdays and Thursdays. Home-delivered meals will continue. Fitness programs are resuming, and a monthly art class is scheduled.

Plus, the Tin Cup Challenge has begun, and we hope you remember Seniors West of the Tetons. We plan to end the month with a SWOT picnic. Why? Because it's June.

#### to donate

To donate to SWOT through the Tin Cup Challenge, visit <http://tetonseniors.org/tin-cup>.





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INVOLVED?**

To join our Board of Directors or volunteer, call (208) 354-6973 or email [swot@tetonseniors.com](mailto:swot@tetonseniors.com).

...  
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**Stacey Nail-Canedy**

PROGRAM  
COORDINATOR  
**Allie Mollenkof**

...  
**MEALS  
DELIVERED**

Home-cooked and delivered meals are available by contacting:

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

# theSWOTteam

## RIVER RAMBLINGS

### As we reopen, do what comforts you



**RIVER  
OSBORN**  
executive  
director

SO THE BIG NEWS is that we are FINALLY going to reopen. We are busily working to get all of our previous programming back up and running, and we plan on expanding our calendar to include fun new activities.

We just hired a fantastic and talented woman, Allie Mollenkof, to be our new program coordinator. She will be building our senior enrichment programming to be better than ever! Of course, I'm also thrilled to have a sidekick that's going to help me run the place. You all are going to love her.

Speaking of programming, we unfortunately lost Ed Kenny, our Tai Chi instructor, on May 17 to the coronavirus. This is a huge blow to the organization, as well as the community. I spoke with Ed a few times while he was hospitalized. I want to share with you something he said to me. "I gambled, and I lost," Ed told me. This was in regard to his choice not to get vaccinated for COVID-19. He and I had many conversations before he became sick, and I repeatedly urged him to get the shots. He

told me it just didn't feel right in his heart. Ultimately, I honored his wishes and agency. But for those who have chosen not to get vaccinated or are on the fence, please think about Ed and the gamble he lost. Rest in peace, our dear Ed.

Now onto the next controversial topic: masks. Following Center for Disease Control guidelines, we have decided to make masks optional for our Senior Center. By the time we reopen, most everyone who wants a vaccine will have had one, and thus it should be theoretically safe to re-enter public spaces. However, if you want to keep your mask on, that's totally fine. We want you to do what is most comfortable for YOU.

I look forward to seeing you all as we make up for a year's worth of lost hugs.

## CHAIR CHAT

### In June, we'll be busting out breakfast burritos



**ANNA  
KIRKPATRICK**  
board  
chair

"JUNE IS BUSTIN' OUT all over ..." Rogers and Hammerstein's lyric is pretty apropos for this month. So much is happening!

Can you say Breakfast Burrito? The first Farmer's Market is Friday, June 4, and we are excited as usual to bring you your favorite Teton Valley breakfast.

Ken Kirkpatrick and I will be preparing scrambled egg burritos loaded with potatoes, cheese and either bacon or veggies, and our amazing sales team of board

members and volunteers will be manning the Seniors West of the Teton booth each Friday through Sept. 3.

We want to reward our loyal, local buyers, so this year we will have burrito punch cards so you can get a free burrito after you buy a certain amount.

Now that's a deal!



## SWOT ADDS STAFF, HIRES PROGRAM COORDINATOR

Allie Mollenkof has joined the staff of Seniors West of the Tetons as program coordinator.



The part-time job is a new position for Seniors West of the Tetons. Allie will arrange programs, coordinate volunteers and expand activities to keep seniors engaged and thriving.

Allie is the ministry coordinator of Church in the Tetons and has experience with nonprofit work for a campus ministry and a foundation. She has been serving on SWOT's board of directors but resigned before accepting the staff position. Reach her by email at [programs@tetonseniors.com](mailto:programs@tetonseniors.com).

## Join SWOT for goats, fitness and clay art

June's calendar includes the center's reopening for many activities and special events:

» Tour **Winter Winds Farm**, 375 W. 4000 S., Victor, at 1 p.m. June 7 to cuddle with goats.

» **Healthy Seniors** will meet 11 a.m. June 14 at the Center to talk about fitness.

» A **walk** is planned at Sheep Bridge in Teton Canyon at 10:30 a.m. June 16. Meet at trailhead and bring a lunch.

» A **Fit And Fall Proof info session** is at 9:30 a.m. June 17.

» **Clay Handbuilding** at Teton Arts will be 1 to 3 p.m. June 22. Visit our website for registration.

## Two new members join SWOT board

Seniors West of the Tetons has two new board members. Hilary Frenette and Matthew Senitzer were elected to the board in May.

Hilary, who has been leading the center's Senior Health programs, is a registered nurse at St. John's Health, where she has served in nursing and leadership roles. She is a former math and science educator.

Matthew operates Country Mile Cab and is a SWOT volunteer who delivers meals to seniors on Mondays. He also is a commissioner on the Driggs Urban Renewal Agency.

### VALLEY TALK 3

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# in the SPOTLIGHT

A NATIVE OF TETON VALLEY, Sandra Woolstenhulme is making it possible for one of the Senior Center's most popular programs to expand. A nurse practitioner, she helps seniors once a month with foot-care and other health-related questions. We caught up with her one morning before the clinic to find out a bit more about her.

### Tell us a little about your background?

I was born and raised in Teton Valley and have spent most of my career as a registered nurse. I recently went back to school to earn my doctorate in nursing practice and have been a nurse practitioner for going on one year.

### What brought you to Teton Valley?

I lived and worked for six and a half years in Salt Lake City after graduating from nursing school, but my family and the mountains drew me back to Teton Valley.

### What led to your interest in a medical career?

In high school, I was interested in healthcare and actually completed a work study at Teton Valley



## Q&A WITH SANDRA WOOLSTENHULME

SHE VOLUNTEERS EACH MONTH FOR ONE OF THE SENIOR CENTER'S FOOT-CARE CLINICS

TO SIGN UP FOR THE FOOT-CARE CLINIC, CALL (208) 354-6973.

Hospital. This expanded my interest even more as I saw the important and necessary service that healthcare providers offer to their patients.

### How did you become interested in volunteering at Seniors West of the Tetons?

Anna Gunderson, a physician assistant, and Nathan Levanger, a doctor of osteopathic medicine,

approached me about helping out with Seniors West of the Tetons when I was awaiting my licensing and credentialing. I was excited to begin working as soon as possible, so I jumped at the opportunity.

### Is there any advice you'd give seniors about their health?

One key to a longer and more fulfilling life is

staying active by doing something you enjoy. Find others who share your enjoyment and get together (once COVID-19 restrictions allow).

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

It's what brought me back to the valley from Salt Lake City years ago and is still the best part – my family!



# JUNE at the center table

**MENU** is subject to change depending on availability and weather.

**WHEN** Lunch is served at noon Tuesdays, Wednesdays and Thursdays starting June 15.

**SUGGESTED DONATIONS**  
 • \$5 for those 60 years and older,  
 • \$7 under 60 and \$3 for children.

**TO RECEIVE MEALS**  
 • Call (208) 354-6973 for delivery of five meals a week to homebound seniors.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NOTE</b> The Senior Center will be open for meals June 15-17, 22-24 and 29-30. The menu for other days is for home-delivered meals.</p>	Steak sandwich hoagies Strawberries Lemon bars	Chili Green salad Cornbread Banana	Honey mustard chicken Green beans Whole wheat roll  <b>BIRTHDAY CAKE</b>	Taco pasta salad Chips Fruit cocktail
	1	2	3	4
White fish filets Quinoa Glazed carrots Pudding	Reuben party French fries Banana	Curry chicken salad wrap Grapes Cookies	Veggie fried rice Spring roll Pineapple with cottage cheese	Tamale pie Cornbread Peaches Rice Krispie treats
7	8	9	10	11
Salmon filets Herbed couscous Peas Melon	<b>CENTER TABLE LUNCH OPENS</b> Pasta Primavera Carrot cake	<b>CENTER TABLE LUNCH OPEN</b> Hamburgers or veggie burgers Chips or fries Berries	<b>CENTER TABLE LUNCH OPEN</b> Chicken peanut pasta salad Steamed broccoli Blondies	Frittata Friday with meat or veggies Spinach salad Bran muffin
14	15	16	17	18
Corncakes with summer salsa Roasted garlic potatoes Fruit cocktail with cottage cheese	<b>CENTER TABLE LUNCH OPEN</b> Meatball and potato salad Mandarin oranges with cottage cheese	<b>CENTER TABLE LUNCH OPEN</b> Barbecue pulled pork Baked beans Sauted squash	<b>CENTER TABLE LUNCH OPEN</b> Pesto pasta Green salad Bread pudding	Tuna salad wraps Pickle Melon
21	22	23	24	25
Enchiladas Three bean salad Pudding	<b>CENTER TABLE LUNCH OPEN</b> Creamy chicken Spinach salad Peaches	<b>CENTER TABLE LUNCH OPEN</b> Chef's salad Whole wheat roll Cookies		
28	29	30		





# JUNE fit and active

**FIT AND FALL PROOF** Information session 9:30 a.m. June 17. Classes resume June 21. Improve flexibility, strength and balance.

**GENTLE YOGA** Learn the practices and discipline of yoga.

**BRIDGE** and **MAH-JONGG** Learn bridge and the Chinese tile game. Call (208) 354-6973.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	We are sad to announce Tai Chi classes are on hold. See Page 11.			Teton Valley Farmers Market, 9 a.m.
	1	2	3	4
<b>WINTER WINDS FARM TOUR, 1 P.M.</b> Register at <a href="http://tetonseniors.org/farm-tour">tetonseniors.org/farm-tour</a>			<b>FOOT-CARE CLINIC, 11 A.M. TO 12:30 P.M.</b> For appointments with Anna Gunderson, call (208) 354-6973.	Teton Valley Farmers Market, 9 a.m.
7	8	9	10	11
<b>SENIOR CENTER REOPENS</b> <b>HEALTHY SENIORS, 11 A.M.</b> Register at <a href="http://tetonseniors.org/healthyseniors">tetonseniors.org/healthyseniors</a>	Gentle yoga, 9 a.m. Bridge, 1 p.m.	<b>SHEEP BRIDGE TRAIL WALK, 10:30 A.M.</b> Meet at trailhead, bring picnic lunch for after. Register at <a href="http://tetonseniors.org/walk">tetonseniors.org/walk</a> Mah-jongg, 1 p.m.	<b>FIT AND FALL PROOF INFO SESSION, 9:30 A.M.</b>	Teton Valley Farmers Market, 9 a.m.
14	15	16	17	18
Fit and Fall Proof, 9:30 a.m.	Gentle yoga, 9 a.m. Bridge, 1 p.m. <b>SENIOR ARTS, 1 TO 3 P.M.</b> Register at <a href="http://tetonseniors.org/art">tetonseniors.org/art</a> for this clay hand-building class. Meet at Teton Arts.	Mah-jongg, 1 p.m.	Fit and Fall Proof, 9:30 a.m. <b>FOOT-CARE CLINIC II, 1 TO 2:20 P.M.</b> For appointments call (208) 354-6973.	Teton Valley Farmers Market, 9 a.m.
21	22	23	24	25
	Gentle yoga, 9 a.m. Bridge, 1 p.m.	<b>SWOT PICNIC, DRIGGS CITY PARK, NOON.</b> RSVP online at <a href="http://tetonseniors.org/picnic">tetonseniors.org/picnic</a>	<b>FOOT-CARE CLINIC</b> 11 a.m. to 12:30 p.m. June 10 with Anna Gunderson and 1 p.m. to 2:20 p.m. June 24 with Sandra Woolstenhulme. Call (208) 354-6973 to schedule. Participants should soak their feet for 20 minutes that morning or the night before.	
28	29	30		





# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR APRIL AND 2021

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 2021

# 1,843

AT THE CENTER: 501  
HOME-DELIVERED: 1,342

## MEALS SERVED IN APRIL

# 420

AT THE CENTER: 94  
HOME-DELIVERED: 326



## 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:

**Janet Arnold**  
**Dave Flatberg**  
**Linda Howell Harding**  
**Ellen Jones**  
**Ed Kenny**  
**J.B. McLaren**  
**Kyle Tonks**



VALLEY TALK 7



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# PICTURE perfect



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



## may flowers

Stacey Nail-Canedy prepares flowers for delivery with meals after Alice Finley and Joyce Kennedy volunteered to give seniors a burst of springtime. Seniors also received messages of hope and cookies from students of Melissa Hare, business teacher at Teton High School.



## walkin' and talkin'

Seniors West of the Teton organized a walk in May along the Victor-Driggs Bike Trail in the Creekside neighborhood of Driggs. The group walked - and did a lot of talking - and decided it was an activity they'd like to do on a regular basis. The next walk is planned for 10:30 a.m. June 16 on the Sheep Bridge Trail in Teton Canyon. Participants can register at [tetonseniors.org/walk](http://tetonseniors.org/walk) and bring along a picnic lunch to enjoy after the walk.

## we got beef

Our thanks to Jesse and Amber Dewey from Crowfoot J Ranch & Meats, who donated more than 100 pounds of beef to the center. Below left, a grateful Ceci Clover, kitchen manager, accepts the gift.



## meeting in person - at last!

The Seniors West of the Teton Board of Directors met in person in May for the first time since March 2020. The fully vaccinated board convened at the Community Center, but several members who were out of town joined in via Zoom, an online video conferencing program. One positive outcome of the pandemic is knowledge and access to videoconferencing programs to bring people together despite their location. Shown are Chair Anna Kirkpatrick, far left, Executive Director River Osborn, board members Allie Mollenkof, Nell Fay, Kate Hull and Ken Kirkpatrick.





## Summer picnics

ANTS	S	I	B	C	H	I	P	S	O	R	B	S
BEER	E	C	H	U	L	P	G	L	S	E	B	H
BLANKET	M	E	A	I	R	U	Y	S	E	F	L	O
BONFIRE	A	P	D	S	B	G	T	R	R	R	A	T
BOTTLEDWATER	G	A	L	R	O	T	E	A	O	I	N	D
BUGS	N	C	A	E	T	E	L	R	M	E	K	O
BURGERS	W	K	W	W	T	C	G	C	S	D	E	G
CHIPS	A	S	N	O	L	I	N	S	E	C	T	S
COOLER	L	R	C	H	E	N	I	F	R	H	H	F
CROQUET	E	E	H	S	D	C	L	T	E	I	S	R
FLYSWATTER	C	E	A	N	W	I	L	U	P	C	E	E
FRIED CHICKEN	I	B	I	I	A	P	I	Y	N	K	N	L
FRISBEE	D	S	R	A	T	N	R	A	R	E	I	O
GRILLING	N	I	S	R	E	S	G	P	B	N	W	O
HOTDOGS	W	R	J	S	R	T	E	U	Q	O	R	C
ICEPACKS	A	F	L	Y	S	W	A	T	T	E	R	D
INSECTS	L	D	A	L	A	S	O	T	A	T	O	P
LAWNCHAIRS												
LAWNDICE												
LAWNGAMES												
PICNIC												
POTATO SALAD												
RAINSHOWERS												
S'MORES												
SPATULA												
WINE												

## SWOT sudoku

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

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

## VALLEY TALK 9

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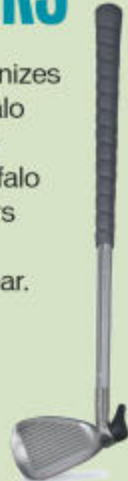




GOLF FOR CHARITY TOURNAMENT

# THANK YOU, SPONSORS

SENIORS WEST OF THE TETONS recognizes the Platinum Sponsors for the Bronze Buffalo Sports Club Golf for Charity Tournament on July 12. The great support from Bronze Buffalo at Teton Springs and these \$1,500 sponsors will support our \$38,000 in-house lunch program and home-delivered meals for a year. A few slots for teams remain available at <https://www.tetonseniors.org/golf>. Auction items are still being sought. We also need volunteers. Call (208) 354-6973 or email [volunteer@tetonseniors.com](mailto:volunteer@tetonseniors.com).



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## FLOWERPOWER

WILD FLOWERS WITH ANNA KIRKPATRICK, SWOT BOARD CHAIR

Ranunculus Occidentalis, or Western Buttercup, is one of the earliest bloomign wildflowers to be found in the valley. I saw these along the bike path between Victor and Driggs in early April. There are many varieties and are found in many habitats. They are delightful to find, and bears like to eat them!



## TIP of THE MONTH

### HOW TO REMOVE BLOOD STAINS

Most nurses know this and now you will too! To remove blood (even after it has dried), use hydrogen peroxide and wash regularly.



TESTED BY BOARD MEMBER NELL FAY



IN LOVING MEMORY

# ED KENNY DAVE FLATBERG

Last month, Ed Kenny, a longtime Tai Chi instructor for Seniors West of the Tetons and the Teton Valley community, died after contracting the coronavirus. He was beloved member of the community and the Senior Center. The same day, Dave Flatberg, another friend of many at the Senior Center and the community died from cancer. We are saddened we won't have the chance to visit with Dave at lunch as the Center re-opens and the chance to dance the rainbow, waltz the willows and circle the Earth once again with Ed. Ed shared this Tai Chi quote from Lao Tsu in the book "The History of Consciousness" with his class members: "There was something formless, but complete, that existed before heaven and earth, without sound, without substance, dependent on nothing, unchanging, all pervading, unending. One may think of it as the mother of all things under heaven."



Ed Kenny led Tai Chi classes at Seniors West of the Tetons.

words of wisdom



You're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."

- GEORGE BURNS

## PUZZLE answers

» PUZZLES ARE ON PAGE 9

### Summer picnics



### SWOT sudoku

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





# SAVE the date

### ALL ACTIVITIES

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

June 7	Winter Winds Farm tour, 1 p.m.
June 8	SWOT Board Meeting, 9 a.m.
June 10 & 24	Foot-Care Clinic, 11 a.m. to 12:30 p.m. on June 10 and 1 to 2:30 p.m. on June 24. Call (208) 354-6973.
June 14	Healthy Seniors, 11 a.m.
June 15	Senior Center re-opens with yoga at 9 a.m., lunch at noon, bridge at 1 p.m.
June 16	Sheep Bridge Trail walk, 10:30 a.m.
June 17	Fit and Fall Proof info meeting, 9:30 a.m.
June 22	Senior Arts at Teton Arts, 1 p.m.
June 30	Driggs City Park Picnic, noon. RSVP at <a href="mailto:swot@tetonseniors.com">swot@tetonseniors.com</a> by June 24.



## 12 VALLEY TALK



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