



## ABOUT SWOT

### OUR MISSION

Enriching seniors' lives through advocacy, diverse programming, and wellness and nutrition opportunities.

### SENIOR 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 at noon Mondays through Fridays.

### 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)

**CENTER CLOSING**  
Feb. 5-9 for floor  
repair in kitchen  
and offices.

FEBRUARY 2024

# Valley Talk

SERVING SENIORS IN THE VALLEY OF IDAHO AND WYOMING

JOIN SWOT FOR  
**PAL 'N' DINE**

5 P.M. FEB. 9

## GRAB A PAL AND DINE WITH US AT A SPECIAL VALENTINE'S CELEBRATION

THIS MONTH, SWOT is having a special Valentine's event to celebrate love and friendship. Couples are welcome, but you can come alone or with a pal.

We're calling it Pal 'n' Dine. We'll have live music and a special three-course plated dinner, which will include filet mignon and other surprises. It's SWOT's way of kicking off a fabulous month that features Mardi Gras, Valentine's Day and Leap Year Day on Feb. 29. The Pal 'n' Dine event will occur from 5 to 7 p.m. Feb. 9 at the Senior Community Center.

Seats are limited, so register early. We're asking \$35 a person to cover food expenses and other costs.

Join us for this special evening.

**COST IS \$35 A PERSON.**  
**REGISTER AT [TETONSENIORS.ORG/PAL-N-DINE](http://TETONSENIORS.ORG/PAL-N-DINE)**



## STAFF MEMBERS

EXECUTIVE DIRECTOR  
**Allie Mollenkof**

KITCHEN MANAGER  
**Peter Troy**

OPERATIONS DIRECTOR  
**Stacey Nail**

SYSTEMS MANAGER  
**Ken Kirkpatrick**

## BOARD OF DIRECTORS

CHAIR  
**Anna Kirkpatrick**

VICE CHAIR  
**Lynne Browning**

TREASURER  
**Matthew Senitzer**

SECRETARY  
**Carol Lichti**

MEMBERS  
**Christina Assante**  
**Cindy Dender**  
**Tim Foreman**  
**Hilary Frenette**  
**Jim Haag**

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

# A place to find your sense of purpose



**ALLIE MOLLENKOF**  
executive director

I WAS READING RECENTLY about loneliness and isolation in the senior community. I forget how much the lack of social connection can affect our overall health, but it's so true. It's something we see with new moms after they give birth, and we also see this so often after people retire. We are hardwired to connect and belong.

We're hardwired to have a purpose! When you take that away, it can have rippling effects.

Have you retired in the past year or two? How's that going for you?

I am mulling over the idea of getting a group of newly retired folks together to network and chat about how you're doing, but until then, if it's been hard, I promise you are not alone.

While the Senior Center provides food and programming, I think the biggest thing it offers is a sense of place. It's a place where you can walk in the door and be known.

Whether you're recently retired or not, we would love to see you for any of our programming or for lunch.

Come and hang with us. We would love to get to know you!

## CHAIR CHAT

# SWOT's board and staff are here for you!



**ANNA KIRKPATRICK**  
board chair

I AM SO HONORED and humbled to be able to tell you that I was re-elected chair of Seniors West of the Tetons. I am especially glad to stay in this role as we head into our 45th anniversary year!

I'm excited to be a part of helping to organize and participate in all the celebrations. We head into 2024 with an awesome new vice chair, Lynne Browning; an amazing new treasurer, Matthew Senitzer; and longtime board member, Carol Lichti, who is continuing her role as secretary.

I and our other dedicated board members and our incredible staff are itching to continue enriching seniors' lives through advocacy, diverse programming, and wellness and nutritional opportunities.

It's going to be a great year, and we hope you all join us at the Senior Community Center!

# DONATE TO MAKE A DIFFERENCE

If you love the services we're providing and want to see even more, please consider making a donation today. We couldn't do this without your help.

**Donate online** Go to [www.teton-seniors.org/online-donation-portal](http://www.teton-seniors.org/online-donation-portal)

**By mail** Send us a check at P.O. Box 871, Driggs, ID 83422

**Become a monthly donor** Become a SWOT Shining Star by signing up to give monthly at [teteoseniors.org/shining-star](http://teteoseniors.org/shining-star)

## SWOT BOARD OF DIRECTORS ELECTS OFFICERS FOR 2024

The Board of Directors of Seniors West of the Tetons elected new officers at its meeting in January, but some faces will look familiar.

The new officers are:

- Chair: Anna Kirkpatrick, who will be serving her fourth term in this role.

- Vice chair: Lynne Browning, who joined the board in July.

- Treasurer: Matthew Senitzer, who has served on the board since 2021.

- Secretary: Carol Lichti, who will be serving her second year in this role.

The board also approved its 2024 Strategic Plan and 2024 Fundraising Plan. The 2024 budget was approved in December.



**Anna Kirkpatrick**

## VITA program begins to aid tax preparation

Seniors West of the Tetons again will sponsor the Teton Valley VITA program offering free federal and state income tax preparation and filing to low- and moderate-income taxpayers in Teton Valley.

VITA, the Volunteer Income Tax Assistance program, uses volunteer tax preparers who are IRS-certified. Other sponsors include Valley of the Tetons Library and Teton Valley Health. The process begins by scheduling an intake interview and assembling the necessary documents.

Call (208) 274-3252 to schedule an intake interview.

## Center to close again for floor work

The dining hall of the Senior Community Center got a new floor in January, but the kitchen and offices still are in need of repair.

To make that happen, the Senior Center will be closed Feb. 5 to 9, reopening for all activities on Feb. 12.

The only regular SWOT activity occurring during that time is the start of the **Senior Art** three-part process painting at Teton Arts studio, 110 Rodeo Drive, at 1 p.m. on Feb. 6. You can attend one or all of the sessions also offered on Feb. 13 and 20. Register at <https://tinyurl.com/seniorarts>.

### VALLEY TALK 3

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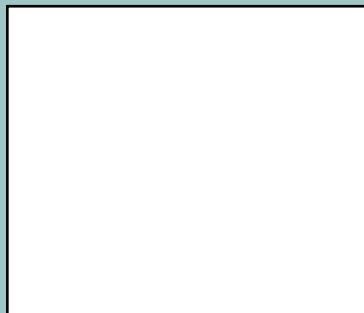
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Swing Bed Transitional Care

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Call - (208) 354-2383 ext. 177

**THRIVE LOCALLY**



# 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.

### Drumming

Check the activities calendar for the date and time. Wear loose-fitting clothing; bring water. Free. Open to all.

Led by Lea Hardee and Cindie Brouwer this fun cardio routine set to music involves movement and beating an exercise ball with drumsticks. Also helps cognitive function through concentration and coordination.

### 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 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

### Teton Valley Health updates

Free. Open to all.

Teton Valley health provides a monthly update of news and information. Come hear about the health services in our community and ask questions to learn more about the care available. See the activities calendar on Page 5 for date and time.

### 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 along with flu shots and other clinics.

## 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!

### SWOT walks

1 p.m. Fridays. Free.

Join us after lunch for a walk around Driggs. Meet at the SWOT registration table.

### Cribbage

1 p.m. Mondays. Free.

This card game uses a board and pegs to score points as cards reach combinations of 15.

### Intro to Bridge

1 p.m. Mondays. \$10 or \$25 for six lessons.

Kristen Schulz teaches beginners in this six-week session. Sign up at [tetonseniors.org/intro-to-bridge](https://tetonseniors.org/intro-to-bridge)

### 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.

### 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>



# FEBRUARY

## 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
<p><b>NEW PROGRAM: FRIDAY SWOT WALKS</b></p> <p>Join us each Friday for a fun walk-about town following lunch. Bring a friend or meet new ones. It's free, and all ability levels are welcome. Meet at 1 p.m. at the SWOT registration desk. Dress with walking gear for slippery conditions. Dogs on a leash, with doggie bags, are welcome. Walks will end back at the Senior Center.</p>			<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Knitting circle, 9 a.m.</li> <li>SWOT walk, 1 p.m. Dress for winter conditions, including shoes and gear.</li> </ul>
<p><b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b></p>	<p><b>SENIOR CENTER CLOSED</b></p> <ul style="list-style-type: none"> <li><b>SENIOR ARTS, PROCESS PAINTING, 1 P.M.</b> Teton Arts Studio: Deirdre Morris leads three weekly sessions. Attend one or all. Register at <a href="https://tinyurl.com/seniorarts">https://tinyurl.com/seniorarts</a></li> </ul>	<p><b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b></p>	<p><b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b></p>	<p><b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b></p> <ul style="list-style-type: none"> <li><b>PAL 'N' DINE DINNER, 5 TO 7 P.M.</b> \$35 per person for three-course, plated dinner, live music and more. Register at <a href="https://tetonseniors.org/pal-n-dine">tetonseniors.org/pal-n-dine</a></li> </ul>
<ul style="list-style-type: none"> <li>Fit &amp; Fall, 9 &amp; 10 a.m.</li> <li>Make Valentine's with Allie &amp; Stacey, 11 a.m. Free, materials provided.</li> <li>Cribbage, 1 p.m.</li> <li>Intro to Bridge, 1 p.m. \$25 for 6 sessions. Register <a href="https://tetonseniors.org/intro-to-bridge">tetonseniors.org/intro-to-bridge</a></li> </ul>	<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><b>SENIOR ARTS, PROCESS PAINTING, 1 P.M.</b> Session II at Teton Arts Studio. Register at <a href="https://tinyurl.com/seniorarts">https://tinyurl.com/seniorarts</a></li> </ul>	<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. to 12:45 p.m.</b></li> <li><b>VALENTINE LUNCH, NOON</b></li> <li><b>BINGO, 1 P.M.</b></li> <li>Mah-jongg, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>SNOW SCULPTURE TOUR, 1 P.M.</b> Visit with the snow sculptors in Driggs City Plaza.</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Knitting circle, 9 a.m.</li> <li>SWOT walk, 1 p.m. Dress for winter conditions, including shoes and gear.</li> </ul>
<p><b>PRESIDENTS' DAY</b></p> <p>Senior Center is closed.</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Bridge, 1 p.m.</li> <li><b>SENIOR ARTS, PROCESS PAINTING, 1 P.M.</b> Session III at Teton Arts Studio. Register at <a href="https://tinyurl.com/seniorarts">https://tinyurl.com/seniorarts</a></li> </ul>	<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>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>TRIVIA WITH KATE, 1 P.M.</b></li> <li><b>TRAVEL ADVENTURE SERIES, 6 P.M.</b> "From Zambia to Zanzibar"</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Knitting circle, 9 a.m.</li> <li>SWOT walk, 1 p.m.</li> <li>Drumming, 1:30 p.m.</li> <li><b>PIZZA &amp; A MOVIE, 5 P.M.</b> "Groundhog Day." Register at <a href="https://tetonseniors.org/movie">tetonseniors.org/movie</a></li> </ul>
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li>Cards and scrapbooking with Deb, 11 a.m.</li> <li>Cribbage, 1 p.m.</li> <li>Intro to Bridge, 1 p.m. \$25 for 6 sessions. Register <a href="https://tetonseniors.org/intro-to-bridge">tetonseniors.org/intro-to-bridge</a></li> </ul>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Bridge, 1 p.m.</li> <li><b>TETON VALLEY HEALTH NEWS &amp; UPDATES, 1 P.M.</b> The orthopedics team will visit to discuss slip and fall prevention.</li> </ul>	<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>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>TRAVEL ADVENTURE SERIES, 6 P.M.</b> Jasmine Star shares "Traversing the Indian Himalaya"</li> </ul>	






# FEBRUARY lunch menu

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

**WHEN** Lunch is served at the Center at noon on Mondays through Fridays.

● ● ● ● ● ● ● ● ● ●  
**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
			Chicken schnitzel Warm potato salad Sauerkraut Sautéed green beans Beef barley soup <b>BIRTHDAY CAKE</b> 1	Barbecued pulled pork Baked beans Cornbread Coleslaw Garden salad Brownie 2
<b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b>  5	<b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b>  6	<b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b>  7	<b>SENIOR CENTER CLOSED FOR FLOOR REPAIR</b>  8	<b>SENIOR CENTER CLOSED</b> • <b>PAL 'N' DINE DINNER, 5 TO 7 P.M.</b> \$35 per person for three-course, plated dinner, live music and more. Register at <a href="http://tetonseniors.org/pal-n-dine">tetonseniors.org/pal-n-dine</a> 9
Italian sausage meatloaf with orzo pasta and marinara Sautéed zucchini Minestrone soup Fresh grapes  12	<b>MARDI GRAS</b> Chicken and sausage jambalaya Fried okra Cornbread Crab corn bisque King cake  13	<b>VALENTINE'S DAY</b> Baked salmon Idaho potato pancake Red pepper aioli Red salad Strawberry shorcake  14	Cornflake chicken Mashed potatoes and gravy Mixed vegetables Garden salad Chocolate pudding  15	French dip sandwich with au jus Housemade potato chips Potato bacon soup Mixed fruit  16
<b>PRESIDENTS DAY</b> Senior Center is closed.  19	Reuben Tuesday! Reuben sandwiches with housemade potato chips Garden salad Mixed fruit  20	Meatball sub sandwich with marinara sauce and provolone cheese Vegetable pasta salad Garden salad Fresh grapes  21	Shrimp and grits with andouille sausage on the side Fried okra Red bean and bacon soup Vanilla pudding  22	BLT on sourdough bread Housemade potato salad Chicken noodle soup Mixed fruit  23
Southwest chicken Alfredo pasta with tomato, corn, black beans and Monterey Jack cheese Garden salad Cookie  26	Teriyaki beef broccoli stir fry White rice Vegetable eggroll Asian mushroom soup Mandarin oranges Fortune cookie  27	Grilled three-cheese sandwich Cream of tomato basil soup Garden salad Fresh grapes   28	Pedro's fish tacos with beer-battered cod and cabbage Refried beans Spanish rice Salsa bar Black bean and blue tortilla soup Churros  29	





# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR DECEMBER 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

# 13,101

AT THE CENTER: 9,920  
HOME-DELIVERED: 3,181

### MEALS SERVED IN DECEMBER

# 1,223

AT THE CENTER: 971  
HOME-DELIVERED: 252

### FITNESS/HEALTH PROGRAMS IN DECEMBER

# 267

### GAMES: BRIDGE, BINGO, & CRIBBAGE IN DECEMBER

# 85

### ENRICHMENT PROGRAMS IN DECEMBER

# 168

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Shannon Connole
- Rod Gust
- Brenda Hargraves
- Kathi Jorgensen
- Janice Krahn
- Neil Muncaster
- Virgil Schultz
- Lee Ann Sorenson
- Ron Weston



VALLEY TALK 7

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# PICTURE perfect



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



## take a very deserved bow, chef

Kudos to Chef Peter Troy, below. Not only does Peter cook a tasty meal, but he keeps his kitchen in such tip-top shape that there were zero violations in the report when the food inspector showed up between Thanksgiving and Christmas. You read that right – zero, none. Isn't it nice to know you that you are eating a great meal in one of the cleanest places in town? Plus, the kitchen is producing more meals than ever before. Last year, meals served in the center jumped 97 percent. So next time you join us for a meal, let Peter know how much you appreciate his devotion to cooking and keeping the place so clean.

## we're totally floored!

Well, almost. The flooring project should be completed this month with the replacement of the floors in the kitchen, offices and conference room. But, wow, the dining hall - which was completed in January - looks amazing! Thanks to the City of Driggs, a modernization grant from the Department of Aging of Idaho and matching funds from SWOT for the project, and to Carpet Direct for doing the installation. Revelling in the new look are operations director Stacey Nail, board chair Anna Kirkpatrick and executive director Allie Mollenkof.



## kudos, part 1

Give a bow to Evan Grott. Evan fired up his pizza ovens and provided a dozen or so homemade pizzas for a gathering of the SWOT board and staff at a celebration last month. Also earning kudos are SWOT's new vice chair Lynne Browning and her husband, Glenn, for graciously opening their home for the event and supplying dozens of desserts.



## kudos, part 2

And a final bow goes to Kristen Schulz, an adviser to SWOT's Investment Committee. She's also the instructor of a six-week program to teach bridge to any newbies and veteran players who want to get better.





## February fun

ADMIRE	Z	S	N	O	W	S	H	O	E	I	S	Q
BEADS	M	O	V	I	E	N	I	G	H	T	U	K
CANDY	J	S	W	E	E	T	H	E	A	R	T	S
CARNIVAL	J	S	W	E	E	T	H	E	A	R	T	S
CHOCOLATE	J	S	W	E	E	T	H	E	A	R	T	S
DANCE	S	D	N	E	I	R	F	F	I	L	E	T
DATE NIGHT	Y	A	D	S	E	U	T	T	A	F	A	C
DINNER	Y	A	D	S	E	U	T	T	A	F	A	C
FAT TUESDAY	L	E	N	I	T	N	E	L	A	V	D	V
FILET	L	E	N	I	T	N	E	L	A	V	D	V
FLOWERS	G	Y	E	T	A	L	O	C	O	H	C	F
FRIENDS	G	Y	E	T	A	L	O	C	O	H	C	F
HEART	T	N	S	K	I	S	S	E	S	E	A	L
HUG	T	N	S	K	I	S	S	E	S	E	A	L
KING CAKE	D	H	I	L	A	S	Y	V	G	A	R	O
KISSES	S	I	G	R	E	C	D	Y	J	R	N	W
LOVE	S	I	G	R	E	C	D	Y	J	R	N	W
MARDI GRAS	E	D	N	I	O	D	G	R	D	T	I	E
MOVIE NIGHT	E	G	A	N	N	J	D	N	A	N	V	R
PALS	E	G	A	N	N	J	D	N	A	N	V	R
ROSES	R	V	N	E	E	E	I	I	I	C	A	S
SKIING	R	V	N	E	E	E	I	I	I	C	A	S
SKIJORING	I	F	Q	I	B	R	T	K	N	K	L	C
SLEDDING	I	F	Q	I	B	R	T	K	N	K	L	C
SNOWSHOE	M	A	R	D	I	G	R	A	S	G	O	H
SWEET	M	A	R	D	I	G	R	A	S	G	O	H
HEARTS	D	A	N	C	E	K	J	M	D	M	V	U
VALENTINE	A	R	O	S	E	S	S	L	A	P	E	G

## SWOT sudoku

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

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

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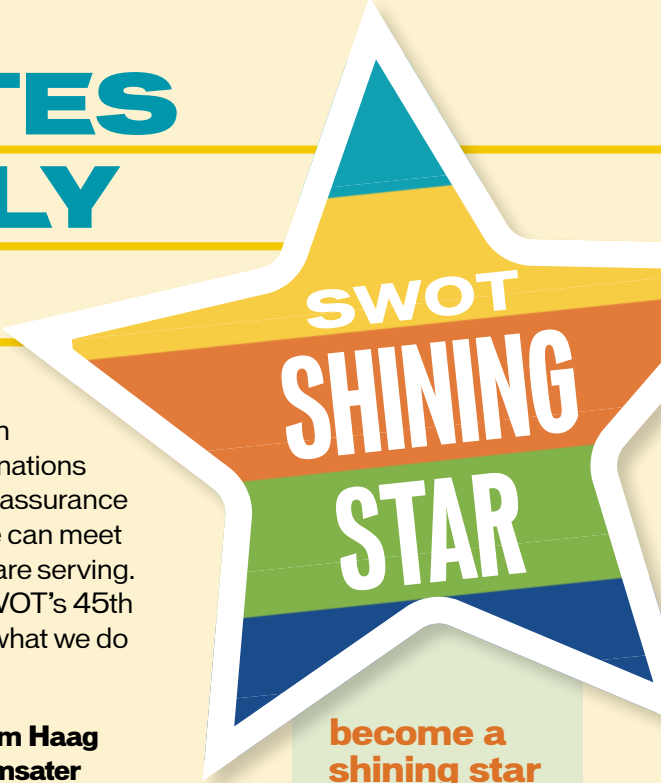
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# SWOT SALUTES OUR MONTHLY DONORS

Seniors West of the Tetons wants to thank all those who have responded to the monthly giving Shining Star Campaign to provide ongoing contributions to the organization. Your donations provide more a stable cash flow for our ongoing expenses, reassurance we can provide matching funds for grants and confidence we can meet the rising food costs for the increasing number of people we are serving. This campaign continues throughout 2024, which marks SWOT's 45th anniversary. Here are SWOT's Shining Stars, helping make what we do possible:

**Barbara and Gerald Aronowitz**  
**Cindie and Randy Brouwer**  
**Lynne and Glenn Browning**  
**Alli Corbet**  
**Cindy Dender**  
**Betty Elliott**  
**Thomas Feiger**  
**Alice and John Finley**  
**Tim Foreman**  
**Hilary and Dereck Frenette**  
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**Joyce and Mickey Kennedy**  
**Anna and Ken Kirkpatrick**

**Carol Lichti and Jim Haag**  
**Eva and Lars Marmsater**  
**Jacqueline McManus**  
**Allie and Phil Mollenkof**  
**Marnie Oakes**  
**Marie Patty**  
**Linda and John Prentice**  
**Pat Quimby**  
**Kathryn and Ned Rawn**  
**Carole Ruzzamenti**  
**Patty and Jerry Seymour**  
**Lynn Skilton**  
**Constance Tyler**  
**Diana Villamor and Tim Gittis**  
**Annette and Jeff White**



## become a shining star

Join the fun and know you are doing something every month to help seniors be engaged, supported and thriving. Go to our website at [tetonseniors.org/shining-star](http://tetonseniors.org/shining-star)

## HERE IS WHAT SHINING STARS RECEIVE

<p><b>\$5 A MONTH</b></p> <p>You'll receive a SWOT hat.</p>	<p><b>\$10 A MONTH</b></p> <p>You'll get SWOT hat and two free lunches.</p>	<p><b>\$25 A MONTH</b></p> <p>You'll receive a SWOT hat and five free lunches.</p>	<p><b>\$45 A MONTH</b></p> <p>One meal card for 10 free lunches, a SWOT hat and a SWOT 45th anniversary tote bag.</p>	<p><b>\$85 A MONTH</b></p> <p>Team SWOT membership, 20 free lunches, a burrito card for 10 free burritos, a SWOT hat and SWOT tote bag.</p>	<p><b>\$150 A MONTH</b></p> <p>All of the above plus a unique gift crafted by a local artisan.</p>	<p><b>\$375 A MONTH</b></p> <p>All of the above plus visible recognition at the Senior Center for providing what will total \$4,500 a year to SWOT.</p>
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## Adventure Travel Series returns to Senior Center

Seniors West of the Tetons is pleased to again host the Adventure Travel Series at the Senior Community Center in Driggs.

Local travelers will share experiences from their adventures. Each session starts at 6 p.m.

This month scheduled presentations are:

• **Feb. 22:** Kara Donnelly and Heidi and Eric Blischke will discuss "From Zambia to Zanzibar." The three friends will recount their recent two-month travels, both separately and together, through sub-Saharan Africa. They'll share images and stories from volunteer work with chimpanzees and elephants in Zambia, wildlife on safaris in Botswana and Tanzania, and scuba diving off the coast of Zanzibar.

• **Feb. 29:** Jasmine Star will talk about "Traversing the Indian Himalaya: A Five-month Trek from Kashmir to Kumaon." Jasmine will share her experiences crossing snow bridges over raging rivers, traversing active landslides, making it down tricky slopes and getting lost at night as she hiked in alpine meadows, cold deserts and glaciated passes.

## BIRDVIEW

BIRDWATCHING WITH  
**ANNA KIRKPATRICK, SWOT BOARD CHAIR**

Sharp-tailed grouse - or sharpies as they are affectionately called - are readily found in our valley. They forage for seeds and insects in open fields in the summer and for berries in shrubs or trees in winter. I love seeing them in trees where you can see their sharply pointed tail.



## MONTHLY TIP

**HYDRATE**

Research shows that up to 40 percent of older adults may not be consistently drinking enough water. Current recommendations advise about 13 cups for men and nine cups for women each day, including water contained in other beverages, the National Academy of Medicine suggests. Certain medications, incontinence and a decreased sense of thirst as we age can lead to reduced water intake. Adults who are not sufficiently hydrated may experience accelerated aging and increased risk of chronic illness such as lung disease, diabetes, heart failure and stroke.



## words of wisdom



"I think the proper term for 'senior' women should be 'Queen-agers.'"

- ANONYMOUS

## PUZZLE answers

>> PUZZLES ARE ON PAGE 9

### Word search

Z S N O W S H O E I S Q  
M O V I E N I G H T U K  
J S W E E T H E A R T S  
S D N E I R P F I L E T  
Y A D S E U T T A P A C  
L E N I T N E L A V D V  
G Y E T A L O C O H C F  
T N S K I S S E S E A L  
D H I L A S Y V G A R O W  
S I G R E C D Y J R N W  
E D N I O D G R D T I E  
E G A N N J O N A N V R  
R V N E E E L L C A S  
I F Q I B B T K N K L C  
M A R D I G R A S G O H  
D A N C E K J M D M V U G  
A R O S E S S L A P E G

### SWOT sudoku

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



# SAVE the date



**ALL ACTIVITIES**  
are at the Senior Center unless  
noted. Participants should be  
register online at [tetonseniors.org](http://tetonseniors.org)  
or call (208) 354-6973.

Feb. 2, 16, 23	SWOT Friday walks around Driggs, 1 p.m.
Feb. 5-9	Senior Center closed for floor repairs.
Feb. 9	Pal 'n' Dine dinner, 5 p.m. \$35 per person. Limited seating. Register at <a href="http://tetonseniors.org/pal-n-dine">tetonseniors.org/pal-n-dine</a>
Feb. 12	Valentine's card making with Stacey and Allie, 11 a.m. Free materials.
Feb. 14	Valentine's Day luncheon and bingo, noon and 1 p.m.
Feb. 15	Snowscapes Tour, 1 p.m.
Feb. 19	Presidents Day: Senior Center is closed.
Feb. 22	Trivia with Kate, 1 p.m.
Feb. 22	Travel Adventure Series, 6 p.m. "From Zambia to Zanzibar."
Feb. 23	Drumming, 1:30 p.m.
Feb. 23	Pizza & a Movie, 5 p.m. "Groundhog Day." Register at <a href="http://tetonseniors.org/movie">tetonseniors.org/movie</a>
Feb. 27	Teton Valley Health update, 1 p.m.
Feb. 29	Travel Adventure Series, 6 p.m. "Traversing Indian Himalaya."



**TOUR THE SNOWSCAPES**  
with SWOT at the Driggs City Plaza  
at 1 p.m. Feb. 15 and learn about snow  
sculpting and enjoy refreshments.

## 12 VALLEY TALK



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