

Valley Talk

SERVING ACTIVE 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

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

ONLINE

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

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GO AHEAD, EAT THIS UP: A SENIOR NUTRITION QUIZ

THIS MONTH, WE CELEBRATE the 51st anniversary of the Senior Nutrition Program that helped improve the eating habits of older Americans. And what better way to do that than to test your knowledge about nutrition?

The Senior Nutrition Program was started in 1972 after Congress passed the Older Americans Act, which created meal programs for those 60 and over, including some now offered by Seniors West of the Tetons.

The new law was responsible for a program of home-delivered meals, sometimes known as "Meals on Wheels." Here in Teton Valley, SWOT served 8,618 meals in 2022. Of those, 5,026 were at the Senior Center and 3,592 were delivered to seniors who are homebound.

With our meals at the Senior Center, the nutrition that is provided is essential, but we know that the socialization that occurs also is vital.

TEST YOUR KNOWLEDGE In honor of this anniversary, turn to Page 11 for SWOT's Senior Nutrition Quiz - because we know we can't be there at every meal!

frozen or fresh?

We often think fresh produce is best, but fresh produce can be picked before all the nutrients develop. So frozen produce is a convenient and healthy option.

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OPERATIONS & PROGRAM DIRECTOR
Allie Mollenkof

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Peter Troy

ASSISTANT KITCHEN MANAGER
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WANT TO GET INVOLVED?

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

MEALS DELIVERED

Home-cooked and delivered meals are available by contacting:

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

theSWOTteam

RIVER RAMBLINGS

We're preparing to spring into action



RIVER OSBORN
executive director

HAPPY ALMOST SPRING! We're rounding the corner into better-ish weather. Even though March and April are still usually pretty snowy, it feels like there is finally light at the end of the tunnel.

As always, we are getting ready for our St. Patrick's Day Luncheon. Always well-attended, and always lots of fun, we hope to see you there – in green, of course!

As you may have heard through the grapevine, SWOT was awarded a \$25,000 pledge from the Teton Springs Foundation to purchase a new van for the organization.

We are thrilled!

Thank you, Teton Springs Foundation! This is a tremendous boost for our organization.

Your support means so much. And your generosity to help the community with this and your other contributions is commendable.

Now we need to come up with the matching funds. We have a fair amount already covered, but we will be working to raise about \$15,000 for the rest of what we need.

Stay tuned for more information on how you may be able to help us get some cool new wheels to transport seniors around the valley.

CHAIR CHAT

SWOT's back on track providing nutrition



ANNA KIRKPATRICK
board chair

THIS IS MY third March as board chair, and when I get ready to write my Chair Chat, I usually look back at the past issues of Valley Talk to see what I wrote back then.

Although I remembered we were under the throes of COVID, I was still surprised to see that we were closed for lunch in March of 2021 and '22. Looking back, that's so sad considering March is Senior Nutrition Program month, but the silver lining was that we were serving so many more seniors through our home-delivered meal program.

No matter the circumstances, we continued to keep our mission front and center: enriching seniors' lives through advocacy, diverse programming

and wellness and nutrition opportunities.

Fast forward to this March, and our lunch program is thriving, with community members of all ages coming to enjoy our nutritional meals prepared by our chef, Peter Troy, and his amazing kitchen volunteers. And, of course, we continue to provide home-delivered meals to homebound seniors.

We will never forget those two topsy-turvy years, but we are sure glad we are back on track.

See you at lunch!

SWOT TO RECEIVE TETON SPRINGS FOUNDATION GRANT

Seniors West of the Tetons learned last month that it will receive a major grant of \$25,000 from the Teton Springs Foundation toward the purchase of a 14-passenger van.



SWOT was one of two finalists for the major grant and made a final presentation to secure the funds. Fortunately, the board of the Teton Springs Foundation agreed to fund both finalist requests. The other finalist was the Valley of the Tetons Library, which was seeking funds for computers.

The grant for a van is contingent on receiving additional funds, including matching contributions or grants. A van would replace the SWOT bus, which is costly to maintain.

Mental health series teaches suicide QPR

The Senior Mental Health series - organized with the help of the Mental Health Coalition of Teton Valley - concludes at 1 p.m. March 20 with suicide prevention training.

The training is called QPR, which stands for question, persuade and refer. Comparable to CPR, QPR teaches techniques that involve questioning, persuading and referring. Those are three steps that can reduce the immediate risk of suicide and provide longer-term care for those at risk.

Register at tetonseniors.org/mentalhealth.

Cribbage starts; travel talks continue

SWOT is adding a Cribbage Club at 1 p.m. Mondays. Cribbage is a card game played with pegs and a board for scorekeeping.

The Adventure Travel Series continues at the center with Trevor Deighton on rafting the wild Alaskan Alsek on March 9 and Ned Corkran discussing his sailing adventures from Seattle to Maine and beyond on March 16. Both start at 6 p.m.

The Senior Art activity this month is abstract sequence painting at 1 p.m. at Teton Arts studio. Register at <https://tinyurl.com/SWOTart>.

VALLEY TALK 3

<p>CREATIVE MEMORIES Deb Grove 307-413-5360 INDEPENDENT ADVISOR photo safe archival products, sorting & organization www.creativememories.com/cm/deb.grove debgro24@gmail.com personal shopping at 40 Scott Drive in Victor</p> <p><i>3~Season Scrapbooks & Pretty Papers</i></p> <ul style="list-style-type: none">  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 	<div style="background-color: #e67e22; color: white; padding: 10px;"> <p>FREE AD DESIGN with purchase of this space</p> <p>CALL 800-950-9952</p> </div> <div style="background-color: #34495e; color: white; padding: 10px;"> <p>ADT-Monitored Home Security</p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li style="margin-right: 10px;">● Burglary <li style="margin-right: 10px;">● Flood Detection <li style="margin-right: 10px;">● Fire Safety <li style="margin-right: 10px;">● Carbon Monoxide <p> Authorized Provider SafeStreets 833-287-3502</p> </div>
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PROGRAMS & activities



WE'VE GOT a lot going on at the Senior Center. Here is your guide to our services.

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 that 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.



MARCH

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>NONPROFIT FRIENDS Learn about Friends of the Teton River's projects and find out more about the Teton River watershed at 1 p.m. on March 7. Register at tetonseniors.org/friends.</p> 		<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. ALAN KIRK WOBBEKING performs at lunch. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. TAX ASSISTANCE, 2-4 P.M. Make an appointment at tetonseniors.org/vita. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Cribbage Club, 1 p.m. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. FRIENDS OF THE TETON RIVER, 1 P.M. Register at tetonseniors.org/friends Aiki balance, 4 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. BLOOD PRESSURE CHECK, 11:45 A.M.-12:45 P.M. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. LUNCH WITH MAYOR AUGUST TAX ASSISTANCE, 2-4 P.M. See TetonSeniors.org/vita. DEATH CAFE, 1:30 P.M. ADVENTURE TRAVEL SERIES, 6 P.M. See Page 3. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SENIOR ART, 1 P.M. Sequence painting at Teton Arts, 110 Rodeo Drive, Driggs. https://tinyurl.com/SWOTart. Cribbage Club, 1 p.m. SCRAPBOOK AND CARDS, 1 P.M. 	<ul style="list-style-type: none"> Yoga, 9 a.m. TECH TIME, NOON Bridge, 1 p.m. Aiki balance, 4 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. ST. PATRICK'S DAY LUNCH AND BINGO TAX ASSISTANCE, 2-4 P.M. SEE TetonSeniors.org/vita. ADVENTURE TRAVEL SERIES, 6 P.M. See Page 3. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m.
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Cribbage Club, 1 p.m. SENIOR MENTAL HEALTH, 1 P.M. QPR TRAINING. Learn suicide prevention steps. Register at tetonseniors.org/mentalhealth 	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. Aiki balance, 4 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. FOOT-CARE CLINIC, 12:30 P.M. TAX ASSISTANCE, 2-4 P.M. See TetonSeniors.org/vita. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. PIZZA AND A MOVIE, 5 P.M. "What About Bob?" with Bill Murray and Richard Dreyfuss. Register at tetonseniors.org/movie
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Cribbage Club, 1 p.m. SCRAPBOOK AND CARDS, 1 P.M. 	<ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. Aiki balance, 4 p.m. 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. Mah-jongg, 1 p.m. 	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE LUNCH CHAT, NOON TO 2 P.M. TAX ASSISTANCE, 1-4 P.M. See TetonSeniors.org/vita 	<ul style="list-style-type: none"> Tai Chi, 9 a.m. SENIOR CENTER IS OPEN, BUT SWOT OFFICE IS CLOSED



MARCH 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
		Barbecue pork sandwich Baked beans Coleslaw Potato salad Chocolate brownie 1	Shepherd's pie Oven-roasted corn Green salad Fresh apple slices BIRTHDAY CAKE 2	3
Country biscuits and gravy Fresh-cut fruit Blueberry muffin 6	Pedro's fish tacos Beans Spanish rice Salsa bar Tortilla soup Cinnamon tortillas 7	Veggie falafel with tzatziki sauce Pita bread  Quinoa salad Red lentil soup Fresh grapes 8	Pesto-roasted turkey with orzo pasta Sautéed zucchini Green salad Balsamic-glazed strawberries 9	10
Parmesan chicken with marinara sauce Spaghetti noodles Steamed broccoli Dinner roll Minestrone soup 13	Swedish meatballs with mashed potatoes Sautéed green beans Green salad Sliced peaches 14	Marsha's crab cakes with red pepper aioli Side salad Tomato basil soup Seven-layer bars 15	ST. PATRICK'S DAY PARTY Corned beef and cabbage Boiled potatoes Irish stew Dinner roll Guinness cupcakes 16	17
Chicken fricassee with roasted Brussels sprouts Egg noodles Cream of potato soup Sliced pears 20	Better-Than-Mom's meatloaf Mashed potatoes Brown gravy Glazed carrots Green salad Chocolate brownie 21	Tamale pie with oven-roasted corn and sour cream White bean tortilla soup Cinnamon tortillas 22	Veggie fettuccine alfredo with or without chicken Roasted cauliflower Green salad  Dinner roll Mixed fruit 23	24
Veggie grilled three-cheese sandwich  Tomato basil soup Green salad Balsamic-glazed strawberries 27	Turkey pot pie Steamed broccoli Vegetable soup Coconut macaroons 28	Loaded baked potato with homemade chili, cheese sauce, broccoli and/or sour cream  Green salad Apple slices 29	Crispy fish and chips with tartar sauce Coleslaw New England clam chowder Vanilla pudding 30	31





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR JANUARY 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

849

AT THE CENTER: 581
HOME-DELIVERED: 268

MEALS SERVED IN JANUARY

849

AT THE CENTER: 581
HOME-DELIVERED: 268

FITNESS/MOVEMENT PROGRAMS IN JAN.

205

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

48

ENRICHMENT PROGRAMS IN JAN.

101

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

Ralph Higbee
Trent Smith



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.



travel adventure series

Aaron Crouch shared his experiences bikepacking along the Great Rift as he trekked through Idaho's Craters of the Moon National Monument to a packed house last month. Jasime Star also spoke about her hikes through mountain ranges of Pakistan. The series, organized by Sue O'Connor, continues this month with Trevor Deighton on rafting the wild Alaskan Alsek on March 9 and Ned Corkran discussing his sailing adventures from Seattle to Maine and beyond on March 16. Both start at 6 p.m.

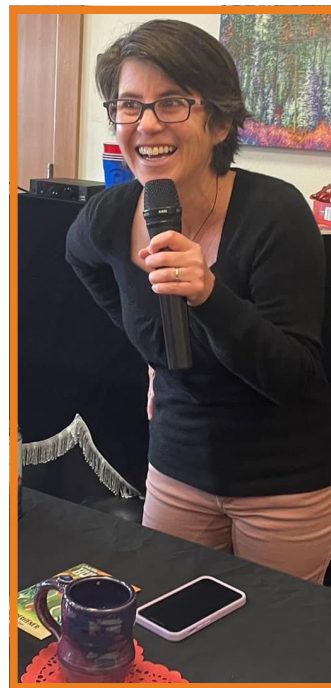
fun with clay

Barb Whissel was among seven seniors who created clay vessels and wall sconces at Teton Arts studio in February.



valentine's celebration

Holidays are special at Seniors West of the Tetons, and February brought us Valentine's Day and Mardi Gras celebrations. Above are some of the crowd of 75 who came to lunch on Feb. 14 to share some love and enjoy a fun hour of Valentine's bingo with guest caller, Driggs Mayor August Christensen, right. Winners picked prizes from among gift cards for coffee, puzzles, handmade coffee mugs and, of course, chocolates.



first aid

Olivia Schultheis, a mental health first aid administrator, taught us about assessing risk, listening non-judgmentally, giving reassurance and support, and encouraging appropriate help during a Mental Health Series talk. The series concludes this month.

Nutrition word search

ALMONDS	S	T	E	E	B	E	S	N	A	E	B	I
APPLE	T	A	L	M	O	N	D	S	I	P	M	L
AVOCADO	I	F	N	I	A	R	G	E	L	O	H	W
BANANA	E	O	T	A	T	O	P	T	E	E	W	S
BEANS	O	Q	D	E	E	S	X	A	L	F	O	E
BEETS	W	I	L	O	C	C	O	R	B	G	G	L
BERRIES	K	A	L	E	S	Q	F	D	Q	R	R	B
CARROT	U	E	L	Z	T	I	I	Y	H	A	A	A
CARBO-	H	C	A	N	I	P	S	H	V	I	P	T
HYDRATES	S	A	S	N	U	N	H	O	N	N	E	E
EGGS	Q	N	L	I	R	T	C	B	A	B	S	G
FAT	U	A	I	E	F	A	S	R	P	O	C	E
FIBER	A	N	T	T	D	R	G	A	P	W	A	V
FISH	S	A	N	O	M	F	G	C	L	P	R	I
FLAXSEED	H	B	E	R	R	I	E	S	E	M	R	T
FRUITS	A	O	L	P	N	E	G	N	A	R	O	O
GRAPES	T	W	A	T	E	R	E	B	I	F	T	N
KALE												
LENTILS												
ORANGE												
PROTEIN												
SALMON												
SPINACH												
SQUASH												
SWEET POTATO												
VEGETABLES												
WALNUTS												
WATER												
WHOLE GRAIN												

SWOT sudoku

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


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

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Teton Valley Health
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Visit - tvhcare.org/swing-bed
Call - (208) 354-2383 ext. 177





in the SPOTLIGHT

AS SWOT'S NEW Home Services Provider, Carissa Cook is helping seniors in Teton Valley with home duties such as light housekeeping, meal planning, assistance with managing prescriptions and other household needs. She also provides relief to older adult caregivers by coming into the home. The program, known as the Home Services and Respite Care, launched earlier this year thanks to a matching grant from the previous mayor of the City of Driggs and public donations. State funds for the program aren't available now, but SWOT launched the service with its own funds and money from the \$2,500 grant. If you are interested in these services, call (208) 354-6973. We caught up with Carissa to learn a little more about her.

Tell us about your background.

I was born in Jackson and grew up here. I was a cheerleader and graduated from Teton High in 2008. I worked at salons around the valley for eight years after high school, and some people may recognize me from



working at the Basin Burger gas station as well. Since 2014, I've been at Reddoor Rehabilitation Services, where I head a similar program called "peer support" that serves mental health clients. I have a 7-year-old daughter and a 3-year-old son. I'm also the Girl Scout "cookie mom" and help with that program, along with volunteering at Driggs Elementary School.

When not at work or busy with your family, what do you like to do?

I love to snowboard, float the river, camp, pick huckleberries and explore our beautiful valley with my kids.

How did you get involved with the Senior Center?

(Executive Director)

River (Osborn) roped me in! I love working with people in the community and being able to support them.

What would you like people to know about the Homemaker and Respite Care Program?

The program is great for those seniors who can still live independently. I come in and help with some of the small things that can seem overwhelming. I also provide support and companionship while I'm there.

What is the best part of living in Teton Valley?

The best part of Teton Valley is, by far, the sense of community. I love that we are all always ready to lend a hand to our neighbor, and it's like being in a huge family!

WILDLIFE VIEW

.....
WILDLIFE SPOTTING WITH ANNA KIRKPATRICK, SWOT BOARD CHAIR
.....



Living along the Teton Creek corridor means cohabiting with wildlife, and there's no better example than Teton Valley moose! When the snow gets deep in the mountains and fields, these mammals gravitate toward neighborhoods where they can walk easier on the plowed roads and dine on tree branches and shrubs. Show respect and keep your distance - especially with moms and kids!

TIP of THE MONTH

.....
SENIOR NUTRITION: Eat whole-grain bread!
.....

Whole grain vs. multigrain: Multigrain bread is made of several types of grains, but none of those grains might be whole. Whole-grain bread contains the entire grain and its three edible layers - the bran, the endosperm and the germ. Look for the word "whole" before wheat or other grains as the first ingredient.

» CONTINUED FROM PAGE 1

NUTRITION QUIZ

AS WE CELEBRATE the anniversary of the Senior Nutrition Program, we challenge you to see how much you know about nutrition. Questions are based on information from AARP or MyPlate.gov. Show your perfect score to win a “free” lunch at the Senior Center.



1 The compounds of which fruit mitigate the inflammation and oxidative damage associated with age-related deficits in memory and motor functions?

- A. Avocados
- B. Bananas
- C. Strawberries
- D. Blueberries

2 Eggs, skinless poultry and lean meat or fish provide protein necessary to prevent muscle loss and promote

fat burning. How many grams of protein should you consume each day?

- A. 80 to 90
- B. At least 100
- C. 60 to 70
- D. In excess of 213

3 The term “complete protein” refers to:

- A. Food that contains more protein and fiber than sugar
- B. Meat and eggs but not dairy
- C. A protein consumed at the same time as carbohydrates
- D. A protein that contains all essential amino acids

4 A serving of meat or poultry should be roughly the size of a deck of cards. True or False?

5 Which of these foods has more vitamin C?

- A. Red bell pepper
- B. Orange
- C. Half a medium grapefruit

6 Idaho is known for its potatoes. Which of these is heart healthier?

- A. Potato chips
- B. French fries

ANSWERS 1. D; 2. C; 3. D; 4. True; 5. A; 6. B

words of wisdom



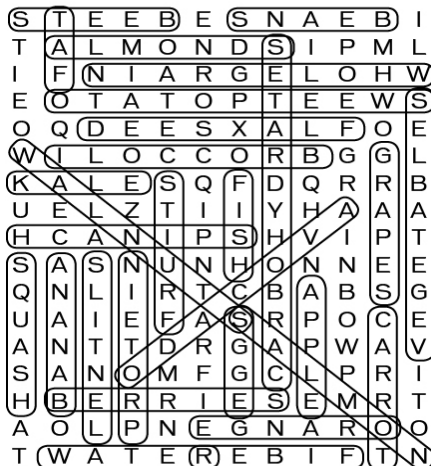
Never follow someone else's path unless you're lost in the woods and you see a path. Then by all means, you should follow that."

- ELLEN DEGENERES

PUZZLE answers

» PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date



ALL ACTIVITIES

should be registered for online at tetonseniors.org or call (208) 354-6973.

March 1, 8, 15, 22, 29	Coffee Klatsch, 10:30 a.m.
March 1	Alan Kirk Wobbeking performs at lunch, noon
March 2, 9, 16, 23, 30	VITA tax preparation by appointment, 2-4 p.m. See Tetonseniors.org/vita
March 6, 13, 20 & 27	Cribbage Club debuts, 1 p.m.
March 7	Meet Friends of the Teton River, 1 p.m.
March 8	Blood-pressure checks, 11:45 a.m.
March 9	Death Cafe, 1:30 p.m.
March 9 & 16	Adventure Travel Series, 6 p.m.
March 13	Senior Art at Teton Arts studio, 1 p.m. Sequence painting.
March 13 & 27	Card making or scrapbooking, 1 p.m.
March 14	Tech Time, noon
March 16	St. Patrick's Day lunch celebration and Bingo, noon and 1 p.m.
March 20	Senior Mental Health QPR, suicide prevention training, 1 p.m.
March 23	Foot-Care Clinic, 12:30 p.m.
March 24	Pizza and a movie, "What About Bob?," 5 p.m. Register at tetonseniors.org/movie
March 30	Medicare chat, noon



PUT ON YOUR GREEN for SWOT's St. Patrick's Day lunch celebration at noon on March 16, followed by a green-themed bingo at 1 p.m. A traditional Irish meal of corned beef and cabbage is on the menu. Don't miss the fun.

12 VALLEY TALK



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