



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
- P.O. Box 871, Driggs, ID 83422

ONLINE

- www.tetonseniors.org
- Facebook: Seniors West of the Tetons
- Instagram: [seniors_west_of_the_tetons](https://www.instagram.com/seniors_west_of_the_tetons)



JANUARY 2025

Valley Talk

SERVING SENIORS IN TETON VALLEY, IDAHO AND WYOMING



TAKE THE SWOT CHALLENGE

RESOLVE THIS YEAR to complete the SWOT Challenge. Participate in one of Seniors West of the Tetons' physical or balance activities on each day of the week to earn your SWOT Challenge Completed badge.

We're giving you a whole month to do it, which means you could do one activity on a different day each week or do them all in one shot in an entire week.

This will allow you to experience all the activities SWOT offers to decide which ones you want to stick with for the rest of the year. Take one of the Fit and Fall Proof classes on Monday, Yoga on Tuesday, Intro to Tai Chi on Wednesday, another Fit and Fall Proof class on Thursday and then on Friday choose from Tai Chi, Drumming or the SWOT Walk.

Do all three on Friday and you will have gone the extra mile!

how it works

Sign in at registration

Use your SWOT scan card to register each time you complete a SWOT activity. If you don't have a SWOT card, get registered for this program and others.

Participate in a movement activity for every day of the week

The Senior Center has at least one movement activity every day of the week. Complete one for each day to earn your badge.

The result

You will receive a SWOT embroidered badge to show that you did the challenge. Plus you'll know which activities you will stick with for the rest of 2025.



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Allie Mollenkof

KITCHEN MANAGER
Peter Troy

OPERATIONS DIRECTOR
Stacey Nail

SYSTEMS MANAGER
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Cindy Dender

Becky Eidemiller

Tim Foreman

Amy Fradley

Jim Haag

Jackie McManus

Cliff Stockdill

NEWSLETTER EDITORS
Jim Haag & Carol Lichti

MEALS DELIVERED

Home-delivered meals are available by contacting:

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

theSWOTteam

NOTE FROM ALLIE

We've got big plans for this year



ALLIE MOLLENKOF
executive director

WE HAVE FLIPPED THE CALENDAR on another year and, without 2024 even out of our sights, we are making big plans for 2025. We are prioritizing things to make sure we are being strategic in meeting YOUR needs here in Teton Valley. Some of that includes:

- A newly formed outreach committee to determine areas of growth to meet the most need.
- Increased programming and engagement specific to aging in Teton Valley.
- More transportation to help with running errands in and out of the valley. And that's just the start.

We know that with our growth and programming we have to keep up fundraising. It's important to understand that only 11 percent of our budget comes from state

and federal reimbursements. That means 89 percent of our budget comes from personal donations and grants. That's different from most senior centers, which are funded heavily from the state.

We thank you for your willingness to support us in so many ways. We could not do what we do here without our generous donors and tireless staff, board and volunteers.

Here's to 2025! May it be the best year yet here at SWOT!

CHAIR CHAT

Thanks for joining me on this ride



ANNA KIRKPATRICK
board chair

THIS IS A BITTERSWEET MOMENT for me. I have been writing this Chair Chat since January 2020, and now I'm writing my last one as board chair. What a ride it's been!

The COVID shutdowns in 2020 made us realize how important social interaction was for our seniors. That led to increased home-meal deliveries, activities on Zoom, regular phone calls and installing an air filtration system that allowed us to have masked activities and eventually reopen and offer lunch again in April 2022.

But, boy, did we take off after that! We hired an incredibly talented chef who brought seniors back in droves, added a small conference room, purchased a new van, had our story told in a promotional video and replaced the old carpeting with vinyl flooring.

And we're not done. New tables are coming, and we hope to

start looking at raising money for chairs in the near future.

All of this was accomplished by an incredibly talented and determined staff, a devoted group of board members and a selfless army of volunteers who are the beating heart of our organization.

I am proud to have played a part alongside this group of caring individuals. This last year has been a joy for me. I truly believe that enriching the lives of our seniors enriches the whole community.

Our Senior Center has evolved into a wonderful gathering place for everyone. I will remain on the board and look forward to seeing our organization continue to grow.

I'll see you at the center!

ANNA KIRKPATRICK HONORED AS WOMAN OF INFLUENCE

Seniors West of the Tetons Board Chair Anna Kirkpatrick was honored as one of the Women of Influence, an annual award program recognizing women in Eastern Idaho.



Anna was honored for lifetime achievement for her leadership focusing on her role with Seniors West of the Tetons and other nonprofit volunteerism in Teton Valley.

The award was presented at a banquet at the Shoshone-Bannock Casino at Fort Hall. She was accompanied by several board members and staff traveling in the SWOT van, which her efforts helped raise funds to secure. Anna has been chair for four years.

SWOT discount now at Wydaho Roasters

Seniors 60 years and older will receive a discount on Tuesdays when they show their SWOT scan card at Wydaho Roasters Coffee House in Driggs.



Seniors will receive:

- A 20 percent dine-in discount with the purchase of food, beverages, roasted coffee beans and ice cream.

- A 10 percent discount on to-go orders.

A SWOT scan card (as shown) must be shown to receive a discount. Purchases of retail items and bulk orders are excluded from this offer.

Youth Philanthropy Grant benefits SWOT

A Youth Philanthropy Grant from the Community Foundation of Teton Valley is providing two all-terrain wheelchairs for the Senior Center.

One wheelchair will be in the SWOT van for use in transportation and the other will be at the center available for check out.

The \$1,200 grant was one of 10 awarded from 35 requests to the program, a project involving a Teton High School class that reviews the applications and determines which organizations get funding. The grants are part of the many ways the foundation supports local nonprofits.

VALLEY TALK 3



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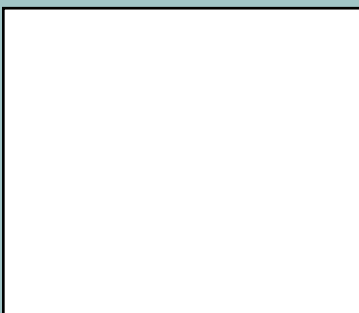
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PROGRAMS & activities



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

10:30 a.m. Friday mornings. 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

Intro session on Wednesdays at 9 a.m. and regular session 9 a.m. 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 welcome. Individual instruction after class. Led by Dan Keslar.

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 Connie Tyler.

ENRICHMENT



Death Cafe

1:30 p.m. the second Thursday of the month, with some exceptions. Free. Open to all.

A gathering to eat, drink and discuss the often taboo subject: Death. It is not a support group, but a directed discussion with the objective to increase awareness and help 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, friends of SWOT, are 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

One Wednesday a month at 11 a.m. Check calendar on Page 5 for date. 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.

Blood Pressure Check

The second Wednesday at 11:45 a.m. Free.

Teton County Fire and Rescue EMTs will check your blood pressure.

Aging healthy

Free. Open to all.

A quarterly panel discussion about aging issues in Teton Valley.

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!

Coffee klatsch

10:30 a.m. Wednesdays. Free. Open to all.

Coffee or tea and conversation. Snack while you chat.

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.

SWOT Walks

1 p.m. Fridays. Free. Open to all.

Join us for a walk around Driggs. Meet at the SWOT lunch registration table. Subject to weather.

Coffee & conversation

1:30 p.m. First Thursday. Free. Open to all.

New friends, regulars meet to chat. Join us!

Senior art

Monthly art activities occur usually 1 p.m. the second Monday or Tuesday at Teton Arts studio. Check the calendar. \$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>



JANUARY

fit & 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>PANEL ON AGING</p> <p>This quarterly program debuts at 5 p.m. on Jan. 9 with a focus on brain health and aging with local health care and aging specialists.</p>  | | <p>HAPPY NEW YEAR!</p> <p>The Senior Center is closed.</p> | | |
| | | | | |
| <ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. BRIDGE LESSONS, 1:30 TO 4 P.M. Discuss bidding, declarer play or defense strategy, and play a game. Register at TetonSeniors.org/learn-bridge | <ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. | <ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. BLOOD-PRESSURE CHECK, 11:45 a.m. Mah-jongg, 1 p.m. PHOTOGRAPHY CLUB, 5:30 P.M. | <ul style="list-style-type: none"> Fit & Fall Proof, 9 & 10 a.m. SWOT COFFEE & CONVERSATION, 1:30-3 P.M. Come drink and socialize. | <ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting Circle, 9 a.m. Drumming, 10:30 a.m. SWOT Walk, 1 p.m. Meet at lunch registration table. |
| 6 | 7 | 8 | 9 | 10 |
| <ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SPORTS JERSEY DAY AT LUNCH SENIOR ARTS, 1 P.M. Sequence painting. Visit tinyurl.com/seniorarts. | <ul style="list-style-type: none"> Yoga, 9 a.m. Tech Time, noon Bridge, 1 p.m. | <ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mah-jongg, 1 p.m. SENIOR MAKER-SPACE: CULINARY WORKSHOP, 1 P.M. Learn to roll Maki-Zushi (vegetarian rice rolls with no raw fish). Register at TetonSeniors.org/makerspace | <ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. FIT AND FALL PROOF 20TH ANNIVERSARY, 9:45 A.M. Library info table, noon | <ul style="list-style-type: none"> Tai Chi, 9 a.m. Knitting Circle, 9 a.m. Drumming, 10:30 a.m. SWOT Walk, 1 p.m. Meet at lunch registration table. |
| 13 | 14 | 15 | 16 | 17 |
| <p>MARTIN LUTHER KING JR. DAY</p> <p>The Senior Center is closed.</p> | <ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. | <ul style="list-style-type: none"> Intro to Tai Chi, 9 a.m. Coffee Klatsch, 10:30 a.m. TETON VALLEY HEALTH UPDATE, 11 A.M. Medicare and You, Deductibles and Coinsurance. Mah-jongg, 1 p.m. | <ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE CHAT, NOON. | <ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT Walk, 1 p.m. Meet at lunch registration table. |
| 20 | 21 | 22 | 23 | 24 |
| <ul style="list-style-type: none"> Fit and Fall Proof, 9 & 10 a.m. COSTCO SHOPPING TRIP, 10 A.M. Travel to Idaho Falls Costco. Limited space. Register at TetonSeniors.org/costco BRIDGE LESSONS, 1:30 TO 4 P.M. Discuss bidding, declarer play or defense strategy, and play a game. Register at TetonSeniors.org/learn-bridge | <ul style="list-style-type: none"> Yoga, 9 a.m. Bridge, 1 p.m. | <ul style="list-style-type: none"> Intro to 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. AUTHOR KEVIN GRANGE OF "GRIZZLY CONFIDENTIAL," 5 P.M. Grange will discuss his book. Copies will be available. | <ul style="list-style-type: none"> Tai Chi, 9 a.m. Drumming, 10:30 a.m. SWOT Walk, 1 p.m. Meet at lunch registration table. PIZZA & A MOVIE, 5 P.M. "Boys in the Boat." \$8. Register at TetonSeniors.org/movie. |
| 27 | 28 | 29 | 30 | 31 |





JANUARY

lunch menu

MENU is subject to change depending on availability and weather.

WHEN Lunch is served at noon on Mondays through Fridays. Get a SWOT card at registration desk for 60 and over.

SUGGESTED DONATIONS
• \$6 for those 60 years and older,
• \$10 under 60 and \$5 for children.

VEGETARIAN OPTION
A vegetarian option is available. It may include dairy.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p>SPECIAL SHIRT DAYS</p> <p>Wear a Hawaiian shirt on Jan. 10 for a special lunch. Then, on Jan. 13, don your favorite sports-team jersey for a lunch featuring a breakfast buffet.</p> | | <p>HAPPY NEW YEAR!</p> <p>The Senior Center is closed.</p> <p>1</p> | <p>Grilled ham steak Scalloped potatoes Broccoli Vegetable bean soup</p> <p>BIRTHDAY CAKE</p> <p>2</p> | <p>Philly cheese steak sandwich Housemade potato chips Garden salad Cookie</p> <p>3</p> |
| <p>Asian salmon salad Mixed greens Sesame dressing Fried wontons Asian chicken noodle soup Fortune cookie</p> <p>6</p> | <p>REUBEN TUESDAY</p> <p>Reuben sandwich Housemade potato chips Garden salad Mixed fruit</p> <p>7</p> | <p>Barbecue chicken Baked beans Coleslaw Cornbread Pork stew Chocolate brownie</p> <p>8</p> | <p>Grilled three-cheese sandwich Cream of tomato basil soup Garden salad Mixed fruit</p> <p>9</p> | <p>HAWAIIAN SHIRT DAY</p> <p>Hawaiian pulled pork sandwich Pineapple Coleslaw Pork fried rice Hawaiian salad Coconut pie</p> <p>10</p> |
| <p>BREAKFAST BUFFET SPORTS JERSEY DAY</p> <p>Eggs, bacon and sausage Home fries Croissant French toast Fresh fruit Mini muffins</p> <p>13</p> | <p>TACO TUESDAY</p> <p>Beer-battered cod fish taco with cabbage and chipotle aioli Salsa bar Refried beans and rice Green chile white bean soup</p> <p>14</p> | <p>Chopped Italian sub sandwich Housemade potato chips Minestrone soup Gelato</p> <p>15</p> | <p>Flatbread cheese pizza Side salad Cream of tomato basil soup Fresh grapes</p> <p>16</p> | <p>Southwest pork tenderloin Fire-roasted corn Black beans Avocado aioli Red chile tortilla soup Spiced chocolate mousse</p> <p>17</p> |
| <p>Deviled egg salad croissant sandwich Vegetable pasta salad Garden salad Diced peaches</p> <p>20</p> | <p>Chicken schnitzel Warm bacon potato salad Sauerkraut Green beans Beef barley soup Sliced apples</p> <p>21</p> | <p>Layered black bean enchiladas Refried beans Spanish rice Salsa bar Taco salad with chipotle ranch Churros</p> <p>22</p> | <p>Grilled pork chops Maple sweet potatoes Steamed broccoli Garden salad Apple sauce</p> <p>23</p> | <p>Fish and chips with beer-battered cod Roasted potato wedges Housemade tartar sauce Coleslaw Clam chowder Vanilla pudding</p> <p>24</p> |
| <p>Brie and tomato tart Side salad Cream of asparagus soup Lemon cookie</p> <p>27</p> | <p>RACHEL TUESDAY</p> <p>Grilled Rachel sandwich with turkey and Swiss Coleslaw Housemade chips Garden salad Mixed fruit</p> <p>28</p> | <p>Ground beef taco salad in flour tortilla bowl with corn, black beans, cheese and chipotle ranch Green chile tortilla soup</p> <p>29</p> | <p>Cornflake chicken Mashed potatoes and gravy Buttered peas and carrots Garden salad Fresh grapes</p> <p>30</p> | <p>Roast pork bánh mi sandwich Cucumber orange salad Asian vegetable noodle soup Oranges Fortune cookie</p> <p>31</p> |





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2024 AND NOVEMBER

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 2024

14,129

AT THE CENTER: 10,876
HOME-DELIVERED: 3,253

MEALS SERVED IN NOVEMBER

986

AT THE CENTER: 758
HOME-DELIVERED: 228

FITNESS/HEALTH PROGRAMS IN NOVEMBER

208

GAMES: BRIDGE & MAH-JONGG IN NOVEMBER

46

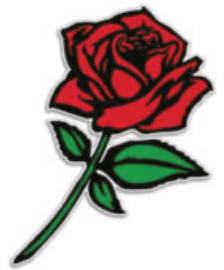
ENRICHMENT PROGRAMS IN NOVEMBER

104

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

- Timothy Black
- Farrell Kunz
- Jeffrey Phillips
- Margaret Savino



VALLEY TALK 7

TETON VALLEY FAIR
101
PLANTING SEEDS FOR THE NEXT CENTURY
August 4-10, 2024

VOLUNTEERS welcome!

Teton County, Idaho



Celebrate our Western History during Fair week: Open Class entries, Teton Valley Heritage Days, Pig Wranglin', Dinner & Barn Dance, Farm Tour, 19th Annual Horse Pull, Lawnmower race, Figure 8 race, Tractor Show, 4H Style Revue, Working Ranch, Dog, Cat, Horse, Swine, Sheep, Goat, Beef, Rabbit, Poultry Shows, Livestock Auction and Free Entry all week to the Teton Valley Museum!

Live music: July 3rd & July 6th

SCAN FOR MORE INFORMATION



tetoncountyfairgrounds.com





PICTURE perfect



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



SWOT elf magic during the holidays

SWOT elves were in Victor for the Mistletoe Market, walking around Driggs to herald in the holidays and helping create bountiful boxes of cookies and treats at the Holiday Cookie Market. Above left, SWOT elves Stacey Nail, Cindy Dender and Anna Kirkpatrick greet Driggs Mayor August Christensen and her husband, Aaron. Above top right is the elf cookie crew. Above right bottom, Board Chair Anna Kirkpatrick and Executive Director Allie Mollenkof at the Victor holiday event.



smell the pine

SWOT covered half the cost for a special wreath-making activity with MD Nursery for seniors. Fees from participants helped pay the rest of the discounted expense of the event.



nature walk

SWOT Walks - usually every Friday - have included strolls along the Buxton River Park on the Teton River west of Driggs. The SWOT van has taken walkers to the park as well as to the Teton Creek Corridor Trail east of Driggs. More fun walks are being planned.



shining stars

Marie Patty, one of SWOT's first monthly donors, hangs a special Shining Star ornament given to those who donate monthly. Become a Shining Star by giving monthly at TetonSeniors.org/shining-star

January word search

| | | | | | | | | | | | | |
|--------------|---|---|---|---|---|---|---|---|---|---|---|---|
| BALANCE | M | S | N | O | I | T | I | T | I | P | E | R |
| BREATHE | C | O | N | C | E | N | T | R | A | T | E | G |
| CARDIO | O | I | D | R | A | C | R | E | T | A | W | F |
| CHILDS POSE | K | E | S | T | R | E | N | G | T | H | S | I |
| CONCENTRATE | I | D | S | M | F | Q | A | Z | E | W | T | T |
| DANCE | N | O | S | O | E | I | E | G | O | J | R | A |
| DOWNWARD | T | W | L | K | P | D | T | V | O | U | E | N |
| DOG | R | N | B | U | L | S | I | N | O | Y | T | D |
| DRUMMING | O | W | G | R | F | A | D | T | E | M | C | F |
| FIT AND FALL | T | A | T | N | E | D | W | L | A | S | H | A |
| PROOF | O | R | D | A | I | A | N | T | I | T | S | L |
| FITNESS | T | D | F | A | U | M | T | I | O | H | E | L |
| FORM | A | D | F | O | N | Q | M | H | M | W | C | P |
| ISOMETRIC | I | O | Y | U | R | C | S | U | E | H | S | R |
| JOG | C | G | I | S | O | M | E | T | R | I | C | O |
| MEDITATE | H | C | E | C | N | A | L | A | B | D | Q | O |
| MOVE | I | S | T | E | S | T | A | I | C | H | I | F |
| REPETITIONS | | | | | | | | | | | | |
| SETS | | | | | | | | | | | | |
| SQUAT | | | | | | | | | | | | |
| STRENGTH | | | | | | | | | | | | |
| STRETCH | | | | | | | | | | | | |
| SWOT WALKS | | | | | | | | | | | | |
| TAI CHI | | | | | | | | | | | | |
| WATER | | | | | | | | | | | | |
| YOGA | | | | | | | | | | | | |

SWOT sudoku

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

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

VALLEY TALK 9

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in the SPOTLIGHT

WITH MORE THAN 25 years of experience working in multiple medical settings, Becky Eidemiller is interested in helping find fresh solutions to medical issues in Teton Valley, specifically those relating to senior adults and homebound community members. A resident of Victor who joined the Seniors West of the Tetons Board in October, she recently told us a little more about herself.

Tell us about your background.

I was born and raised in Seattle, then went to Linfield College in Portland, Oregon, for my bachelor's degree in nursing. I worked at a children's hospital in Seattle before moving to Jackson.

How did you get to Teton Valley?

My husband and I went to Jackson for our honeymoon in



BECKY EIDEMILLER

MEET A NEW MEMBER OF THE SWOT BOARD OF DIRECTORS

to Henderson Canyon in Teton Valley.

How did you learn about the Senior Center?

Cindy [Dender, a volunteer and SWOT board member] can take all the credit for introducing me to SWOT. We met playing pickleball, and as I got to know her, I learned about the Senior Center and decided to get involved.

What else are you involved in?

I am an avid pickleball player, skier and hiker - as well as a curious traveler. We took our kids to Argentina for three years, we are certified scuba divers, and we play music together as a family on occasion. I seek opportunities to volunteer as a nurse in Teton Valley as well as Jackson.

1996 and never left - isn't that the story we all hear on both sides of the Tetons! For the next 27 years we lived in Jackson, where our two kids were born and raised. In 2020, we made the wise decision to move

What is the best part of living in Teton Valley?

The best part of living in Teton Valley is getting to know people that are so passionate about this community!



SWOTVIEW

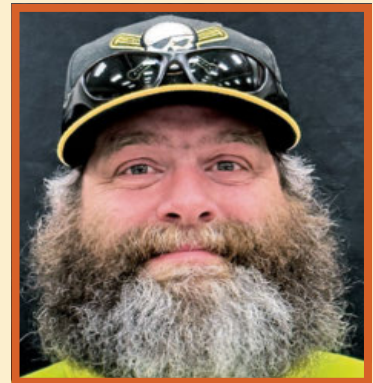
PHOTO OF THE MONTH
DAVE WICHMANN

This photo of Oxbow Bend in Grand Teton National Park was captured by SWOT Photo Club Member Dave

Wichmann. Each month a photo from a member of the SWOT Photo Club will be featured in the newsletter. The club meets on the second Wednesday of the month at 5:30 p.m., and new members are welcome. This month's meeting is on Jan. 8.

A FOND FAREWELL

SWOT SADLY SAYS GOODBYE TO BOARD MEMBER MATTHEW SENITZER



Matthew Senitzer

AFTER 10 YEARS with the organization - initially as a volunteer and then as a board member - he's leaving Teton Valley for a new adventure. Here, in his own words, he talks about his involvement with Seniors West of the Tetons

Ten years ago, I'd grown sour on commuting the pass to Jackson for work so I began a job search in Teton Valley.

One day, I saw an ad in the paper and came to SWOT for what I mistakenly thought was a job posting. I spent an hour discussing the position before realizing it was a call for volunteers. Liking what the organization stood for, I started delivering meals once a week while continuing my search for paid employment.

Never would I have expected to still be a part of SWOT a decade later, but how could I leave? The people whom I delivered food to shared their life stories and experiences, and that left more of an impact on me than they will ever know.

As time wore on, I became a member of the board and learned about the tireless efforts that make this place thrive. The staff, volunteers and board truly care about this mission, and the people that come for meals and activities

all bring pieces of themselves to the center, creating a homelike feeling.

As 2025 rolls in, I once again have the itch for change in my life and will soon be embarking on my next adventure in New Mexico.

It has been incredible to be a part of SWOT, and I will take with me countless positive memories.

Thank you to all that have been a part of my time here, past and present. Until our paths cross again, be well - and cheers to living our lives to the fullest!

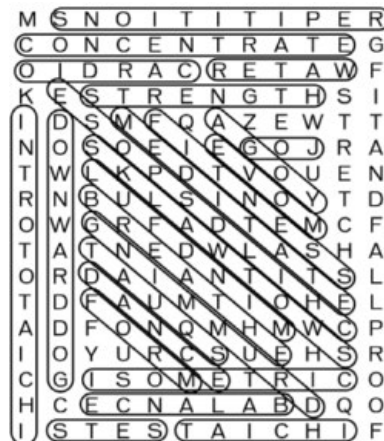
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PUZZLE answers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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|---|---|---|---|---|---|---|---|---|
| 9 | 5 | 1 | 3 | 4 | 7 | 2 | 6 | 8 |
| 7 | 6 | 8 | 9 | 5 | 2 | 3 | 4 | 1 |
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| 1 | 9 | 5 | 2 | 3 | 6 | 7 | 8 | 4 |
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| 5 | 2 | 7 | 4 | 9 | 1 | 8 | 3 | 6 |
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SAVE the date



ALL ACTIVITIES
are at the Senior Center unless
noted. Participants should register
online at tetonseniors.org
or call (208) 354-6973.

- Jan. 2 Coffee and conversation, 1:30 to 3 p.m.

- Jan. 6 & 27 Bridge lessons: learn and play, 1:30 to 4 p.m. Register at TetonSeniors.org/learn-bridge.

- Jan. 13 Senior Art, 1 p.m. at Teton Arts Studio, 110 Rodeo Drive, Driggs. Sequence painting. Register tinyurl.com/seniorarts.

- Jan. 9 Lunch with Driggs Mayor August Christensen, noon.

- Jan. 9 Death Cafe, 1:30 p.m.

- Jan. 9 Aging in Teton Valley: a panel discussion and questions, 5 p.m.

- Jan. 15 Makerspace: Learn to roll Maki-Zushi (vegetarian rice rolls), 1 p.m. TetonSeniors.org/makerspace.

- Jan. 16 Fit and Fall Proof 20th Anniversary Celebration, 9:45 a.m.

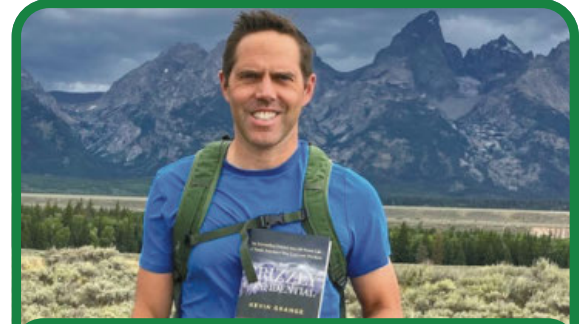
- Jan. 20 Martin Luther King Jr. Holiday, SWOT is closed.

- Jan. 22 Teton Valley Health Update on Medicare billing, 11 a.m.

- Jan. 27 Costco shopping trip, 10 a.m. Ride the SWOT van to Idaho Falls. Limited space. Register at TetonSeniors.org/costco.

- Jan. 30 Kevin Grange, author of "Grizzly Confidential," 5 p.m.

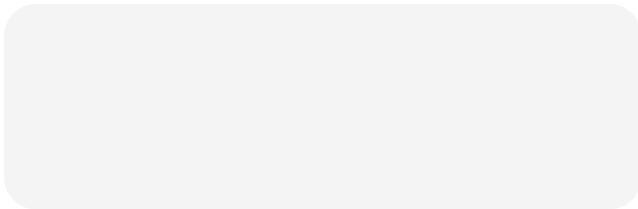
- Jan. 31 Pizza & A Movie "The Boys in the Boat." \$8 per person. Register at Tetonseniors.org/movie.



MEET THE AUTHOR

Kevin Grange, the author of three books including his latest "Grizzly Confidential," will speak at 5 p.m. Jan. 30 at the Senior Center. Grange is a firefighter paramedic who lives in Jackson Hole.

12 VALLEY TALK



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