

CELEBRATING  
45 YEARS

SENIORS  
WEST OF  
THE TETONS

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

Meet Cliff & Julie  
Learn about the  
Stockkills, our newest  
board members.

See Page 10

MARCH 2025

# Valley Talk

TRIPS  
WE'VE  
MADE



IDAHO AQUARIUM



CAMAS WILDLIFE REFUGE



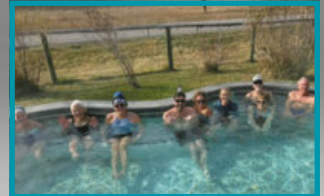
TETON RAPTOR CENTER



GRAND TETON NATIONAL PARK



SANDHILL CRANE TOUR



ASTORIA HOT SPRINGS



NATIONAL ELK REFUGE



COSTCO



BUXTON BRIDGE

## THE SWOT VAN IS ONE YEAR OLD

# OH, THE PLACES WE'VE GONE!

THIS MONTH MARKS the one-year anniversary for the SWOT van. The Ford Transit Van arrived on March 13, 2024 - thanks to a Buy-A-Seat fundraising campaign and grants from the Teton Springs Foundation and the Community Foundation of Teton Valley.

It's been quite a ride!

More than 2,270 miles have been traveled on at least 28 field trips with more than 300 passengers.

The van has traveled to Astoria Hot Springs; Buxton Bridge; Camas Wildlife Refuge; Costco and Idaho Aquarium in Idaho Falls; Grand Teton National Park; National Elk Refuge in Jackson; a Sandhill Crane tour; and Teton Raptor Center in Wilson - to name a few.

And we've got more in store in 2025!

### who made it happen

The van was purchased with the support of the following:

- Teton Springs Foundation
- Community Foundation of Teton Valley
- Christina Assante
- Century 21 Teton Valley
- Laura and Randy Curtis
- Dawn Felchle
- Alice and John Finley
- Nancy O. Griffin
- Jack and Jo Haddox
- James and Riesa Halpert
- Mark and Mary Kaczor
- Anna and Ken Kirkpatrick
- Earle and Pattie Layser
- LenzLadies
- Sweet Melissa's - Melissa Crowwhite
- Georgina Worthington



## STAFF MEMBERS

EXECUTIVE DIRECTOR  
**Allie Mollenkof**

KITCHEN MANAGER  
**Peter Troy**

OPERATIONS DIRECTOR  
**Stacey Nail**

SYSTEMS MANAGER  
**Ken Kirkpatrick**

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**Lynne Browning**

VICE CHAIR  
**Amy Fradley**

TREASURER  
**Jim Haag**

SECRETARY  
**Christina Assante**

MEMBERS  
**Margaret Bennett**

**Cindy Dender**

**Becky Eidemiller**

**Tim Foreman**

**Anna Kirkpatrick**

**Carol Lichti**

**Jackie McManus**

**Cliff Stockdill**

**Julie 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

# Believe in the power of community



**ALLIE MOLLENKOF**  
executive director

THIS MONTH MARKS the anniversary of the start of the Senior Nutrition Program in 1972 for older citizens. Funded by the Older Americans Act, federal and state money help support local programs across the country, including meals at Seniors West of the Tetons.

Last month, I was involved in several meetings about the status of those funds. Much remains unsure as we move forward and, while the funding is not the biggest piece of our budget, it is something we rely on to help pay for our groceries that only continue to increase in price.

The board and I are working tirelessly to troubleshoot this problem and to prepare for whatever lies ahead to ensure our services remain the same. While facing these challenges, we are also looking at the largest lunch numbers we have ever seen. We celebrate that each day!

In January of 2024, we served 1,029 meals in our center and to our homebound seniors. This year in January, we served 1,554 meals. That's a 525-meal increase. Because we aim to keep the lunch price low for seniors, we are spending more to cover our grocery costs.

If you are wondering how you can support the Senior Center, the most obvious is with your dollars, and participating in our monthly Shining Star program is a great place to start. By giving

on a monthly recurring basis, it allows us to have sustainable funds that we can rely on to pay our grocery bill each month.

Many of you already give monthly, and more have joined in this year to offer us sustaining support. We can't thank you enough for your generosity.

You can become a Shining Star on our website at [Tetonseniors.org/shining-star](http://Tetonseniors.org/shining-star). The entire board and a majority of our staff support the Senior Center on a monthly basis because we believe that, if we are asking for this level of commitment from the community, we also need to be doing it. Will you join me in giving?

Another wonderful way to support us is during the Tin Cup Challenge this coming summer. Your Tin Cup donations are matched up to a percentage and are a large piece of our yearly income.

We believe in the power of community and find comfort in knowing that we are all in this together.

We love this place and will continue to work to keep it thriving for the senior community of Teton Valley.

## 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.

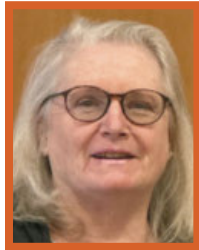
**Donate online** Go to [www.tetonseniors.org/online-donation-portal](http://www.tetonseniors.org/online-donation-portal)

**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 [tetonseniors.org/shining-star](http://tetonseniors.org/shining-star)

## MEET THE NEW SWOT CHAIR, ATTEND HEALTH PROGRAMS

This month, join SWOT's new board chair, Lynne Browning, for coffee and goodies at 1:15 p.m. on March 20.



**Lynne Browning**

Also planned are several programs that relate to health and aging, including:

- **File of Life info:** Teton County Fire & Rescue will have information available for your home to help first responders at 1 p.m. on March 19.
- **Aging in place:** Synergy Homecare will give tips on how to adapt our surroundings as we get older at 1:15 p.m. on March 26.
- **Teton Valley Health:** Teton Valley Health professionals will address important issues at 11 a.m. on March 26.

## Ride to Jackson to see history museum

Seniors West of the Tetons has scheduled a tour at the Jackson Hole History Museum on March 10.

The private tour will cost participants \$15 with SWOT picking up the rest of the cost. The SWOT van will leave at 9:15 a.m. on March 10.

Lunch will be on your own at Persephone or bring along a sack lunch. Register at [Tetonseniors.org/JHmuseum](http://Tetonseniors.org/JHmuseum).

The museum, which reopened in a new location last year, has an interactive main gallery, a changing upstairs gallery, historic cabins and a museum store.

## Record in a studio or make a greeting card

Creative endeavors available for seniors this month include:

• **Studio 101:** Learn audio and sound design at Makerspace at the Valley of the Tetons Library in Driggs at 1:15 p.m. on March 12. Record, edit and add sound effects to create a shareable audio recording. Class is limited. Register at [Tetonseniors.org/makerspace](http://Tetonseniors.org/makerspace).

• **Stamping Up!:** Create a greeting card with Sue Robertson, a Stamping Up! demonstrator, at 1:15 p.m. on March 27. Free with all materials provided.

No Senior Art this month as a fun series is planned for April.

### VALLEY TALK 3

# PINNACLE

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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

9 a.m. Wednesdays. 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 well

Free. Open to all.

A quarterly panel discussion with guest professionals on topics addressing aging.

## 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 & games

1:15 p.m. First Thursday. Free. Open to all.

New friends, regulars meet to chat or play.

### Senior art

Monthly art activities occur usually 1 p.m. the second 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>



# MARCH

## 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
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li><b>MARDI GRAS CELEBRATION</b>, noon.</li> <li>Bridge, 1 p.m.</li> </ul> <p>4</p>	<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> <p>5</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>COFFEE AND GAMES, 1:15 P.M.</b> Come meet up and visit.</li> </ul> <p>6</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Knitting Circle, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>SWOT Walk, 1 p.m. Meet at lunch registration table.</li> </ul> <p>7</p>
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>JACKSON HOLE HISTORY MUSEUM, 9:15 A.M.</b> Tour the museum and have lunch at Pershephone or bring your own. \$15 fee to help cover the cost. Register at <a href="http://tetonseniors.org/JHmuseum">tetonseniors.org/JHmuseum</a>.</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Tech Time, noon</li> <li>Bridge, 1 p.m.</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li>BP checks, 11:45 a.m.</li> <li>Mah-jongg, 1 p.m.</li> <li><b>MAKERSPACE, 1:15 P.M.</b> Studio 101: Learn audio recording. Register at <a href="http://TetonSeniors.org/makerspace">TetonSeniors.org/makerspace</a>. Free.</li> <li><b>PHOTOGRAPHY CLUB, 5:30 P.M.</b></li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li>Lunch with Mayor August Christensen, noon</li> <li>Death Cafe, 1:30 p.m.</li> </ul> <p>13</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>SWOT Walk, 1 p.m. Meet at lunch registration table.</li> </ul> <p>14</p>
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>ST. PATRICK'S DAY LUNCH, NOON</b></li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Bridge, 1 p.m.</li> <li><b>SUCCULENTS WITH MD NURSERY, 1:30 P.M.</b> \$12 fee. All materials provided. Class limited. Register at <a href="http://Tetonseniors.org/succulents">Tetonseniors.org/succulents</a>.</li> </ul> <p>18</p>	<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> <li><b>FILE OF LIFE, 1 P.M.</b> Teton County Fire &amp; Rescue to discuss first responder info.</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>VALLEY OF THE TETONS LIBRARY INFO, NOON.</b></li> <li><b>COFFEE WITH LYNNE BROWNING, 1:15 P.M.</b> Come meet the SWOT new board chair.</li> </ul> <p>20</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Knitting Circle, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>SWOT Walk, 1 p.m. Meet at lunch registration table.</li> </ul> <p>21</p>
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 &amp; 10 a.m.</li> <li><b>PAJAMA DAY AT LUNCH, NOON.</b> Come to lunch for brunch in your PJs.</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Bridge, 1 p.m.</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee Klatsch, 10:30 a.m.</li> <li><b>TETON VALLEY HEALTH TALK, 11 A.M.</b></li> <li>Mah-jongg, 1 p.m.</li> <li><b>AGING IN PLACE, 1:15 P.M.</b> How to adapt as we grow older.</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>MEDICARE CHAT, NOON.</b></li> <li><b>STAMPING UP! GREETING CARDS, 1:15 P.M.</b> Join Sue Robertson, a Stamping Up! demonstrator, to make a card. Free.</li> </ul> <p>27</p>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>SWOT Walk, 1 p.m. Meet at lunch registration table.</li> <li><b>PIZZA &amp; A MOVIE, 5 P.M.</b> "The Fall Guy" with Ryan Gosling and Emily Blunt. \$8. Register at <a href="http://TetonSeniors.org/movie">TetonSeniors.org/movie</a>.</li> </ul> <p>28</p>
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 &amp; 10 a.m.</li> </ul> <p>31</p>	<div data-bbox="389 1659 885 1911"> <p><b>Send us winter photos</b></p> <p>Send us pictures of how you're spending your winter. We'll use them on social media and/or in the next month's newsletter. Email to <a href="mailto:carol@tetonseniors.com">carol@tetonseniors.com</a>. Deadline is March 10.</p> </div>		<div data-bbox="917 1659 1518 1911"> <p><b>Create a succulent planter</b></p> <p>MD Nursery is offering a special class at 1:30 p.m. on March 18 to create a succulent planter. \$12 fee. The class is limited. All materials will be provided. Register at <a href="http://Tetonseniors.org/succulents">Tetonseniors.org/succulents</a>.</p> </div>	





# MARCH 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
Grilled chicken Caesar salad with shaved Parmesan cheese Garden vegetable soup Assorted dinner rolls <b>3</b>	<b>MARDI GRAS</b> Cajun shrimp and grits Andouille sausage Fried okra Corn bread Red bean and rice soup King cake <b>4</b>	Grilled three-cheese sandwich on sourdough bread Cream of tomato basil soup Garden salad <b>5</b>	Better-than-your-mom's meatloaf Mashed potatoes Brown gravy Mixed vegetable blend Broccoli cheddar soup <b>BIRTHDAY CAKE</b> <b>6</b>	Beef gyro in a warmed pita with tzatziki sauce, feta cheese and Kalamata olives Greek salad Grapes <b>7</b>
Corned beef and Swiss sandwich on your choice of bread Housemade potato chips Garden salad <b>10</b>	Tuna Nicoise salad Potato leek soup Rosemary Parmesan focaccia bread <b>11</b>	Lemon caper chicken Rice pilaf Steamed broccoli Garden salad <b>12</b>	Artichoke-and spinach lasagna Sautéed squash with tomatoes and basil Garden salad <b>13</b>	Asian barbecue pork ribs Asian slaw Pork fried rice Asian vegetable noodle soup Oranges Fortune cookie <b>14</b>
<b>ST. PATRICK'S DAY</b> Corned beef and cabbage Boiled potatoes Irish stew Guinness chocolate brownies <b>17</b>	<b>REUBEN TUESDAY</b> Reuben sandwich Housemade potato chips Salad <b>18</b>	Mediterranean-baked cod with rice Roasted asparagus Lemon chicken orzo soup <b>19</b>	Grilled green chile chicken sandwich on ciabatta roll Housemade tortilla chips Taco salad <b>20</b>	Vegetarian chili Cornbread Mixed fruit bowl <b>21</b>
<b>PAJAMA DAY</b> Breakfast-brunch buffet featuring eggs, bacon, sausage, home fries and croissant French toast Fruit platter Mini muffins <b>24</b>	Grilled chicken fajitas Refried beans Spanish rice Salsa bar Green chile and white bean soup <b>25</b>	Thai sweet chile pineapple stir-fry with rice Vegetable egg roll Carrot ginger soup Fortune cookie <b>26</b>	Grilled tuna melt on wheatberry bread Housemade potato chips Garden salad <b>27</b>	Ground beef tamale pie Salsa bar Pork enchilada soup <b>28</b>
Creamy beef and mushroom stroganoff on buttered egg noodles Roasted green beans Assorted dinner rolls Chocolate chip cookie <b>31</b>	<div data-bbox="613 1696 899 1915" data-label="Image"></div> <div data-bbox="933 1696 1229 1730" data-label="Section-Header"><h3>RING OUR BELL</h3></div> <div data-bbox="933 1736 1354 1915" data-label="Text"><p>Doug Johnson created a wooden sign for Chef Peter Troy so seniors can show when they really appreciate a meal. That means the triangle bell has been ringing a lot at the Senior Center. Thank you, Doug!</p></div> <div data-bbox="1328 1654 1425 1822" data-label="Image"></div>			







# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2024 AND JANUARY

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

# 15,408

AT THE CENTER: 11,847  
HOME-DELIVERED: 3,561

MEALS SERVED IN JANUARY

# 1,554

AT THE CENTER: 1,251  
HOME-DELIVERED: 303

FITNESS/HEALTH PROGRAMS IN JANUARY

# 522

GAMES: BRIDGE & MAH-JONGG IN JANUARY

# 84

ENRICHMENT PROGRAMS IN JANUARY

# 170

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

**Harry Baxter**

**Michael Nachtrieb**

**Reginald "Reg" Roberts**



**VALLEY TALK 7**

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

**VOLUNTEERS welcome!**



**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](http://tetoncountyfairgrounds.com)





# PICTURE perfect



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



## grizzly quest

Award-winning author Kevin Grange, a former park ranger and a firefighter paramedic from Jackson, spoke about his third book, "Grizzly Confidential." He talked about his journey to learn more about brown bears, research involving the species and how we can better co-exist with them.



## going wild over wildlife art

The tour of the National Museum of Wildlife Art in Jackson occurred after being rescheduled because of bad weather. Snow threatened again, but drivers Ken Kirkpatrick and Allie Mollenkof got the van to the museum in time for lunch at the facility's Palate Restaurant and back to SWOT safely after an enlightening tour. Docent Lucretia Finlay, above right, discovered she had a group of savvy seniors who were familiar with the area, whether it was scenes of Yellowstone's Mammoth Springs area or Sleeping Indian, also known as Sheep Mountain. This was SWOT's second visit to the museum.



## making stamps

The person focused on her task is Carole Ruzzamenti as Jackie Riley, Lisa Redden and SWOT Board Member Cindy Dender show their joy for making original stamps out of linoleum at the Driggs Makerspace of the Valley of the Tetons Library.



## pals that dine

Enjoying the music and food at Pal-N-Dine on Valentine's night were LouAnne Marshall, left, and SWOT Board Member Becky Eidemiller, front right, along with Chacy DuBose, Natalie Tanaka and Jeff Eidemiller. Musicians Jim Wilson, Henry Pepin, Andy Gabel and Harry Lowenthal played music.



## book-making

SWOT Vice Chair Amy Fradley works on a handmade book at the Senior Arts program last month at Teton Arts. The book-making workshop lasted for three weeks. No Senior Art this month. Stay tuned for big plans in April.



## March word search

ARIES	C	B	X	Y	E	N	R	A	L	B	S	C
BEADS	K	L	M	B	E	N	E	G	G	J	T	P
BEER	C	L	I	A	B	D	M	E	E	F	P	O
BLARNEY	V	T	S	M	L	E	A	W	R	E	A	T
CORNBEEF	A	R	H	E	E	F	A	R	D	G	T	O
DAYLIGHT	S	R	D	G	I	R	S	D	A	N	R	F
EMERALD	H	A	F	L	I	R	I	E	S	P	I	G
GREEN	A	I	R	E	A	L	A	C	C	X	C	O
GREEN BEER	M	N	H	G	E	R	Y	S	K	S	K	L
IRISH	R	B	V	S	I	B	E	A	H	K	I	D
LAMB	O	O	L	I	I	D	N	M	D	E	H	P
LEBRECHAUN	C	W	I	Y	Y	R	R	R	E	E	B	J
LENT	K	Q	O	G	B	O	I	A	O	Z	T	Y
LIMERICK	Y	Y	N	K	L	U	C	K	M	C	N	A
LION	L	E	P	R	E	C	H	A	U	N	E	D
LUCK	B	J	P	O	T	A	T	O	E	S	L	I
MARDI GRAS	F	N	R	E	E	B	N	E	E	R	G	P
PARADE												
PIDAY												
PISCES												
POTATOES												
POT OF GOLD												
RAINBOW												
SHAMROCK												
ST PATRICK												

## SWOT sudoku

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

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

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# in the SPOTLIGHT

MEET TWO NEWEST members of the SWOT Board of Directors, who you probably already know: Cliff and Julie Stockdill. Regulars at the Senior Center, they tell us a little more about themselves here.

**Share a little about your backgrounds.**

**Cliff:** My dad worked for the U.S. government, so growing up I moved around a lot. I was born in Germany and lived in Virginia, Minnesota, England, Maryland, Germany and Montana before finally settling in Colorado. I graduated from Colorado State University in 1984 and moved to the Denver Colo., area, where I first worked for a defense contractor building satellite command and control systems. Later, I moved to a software consulting firm, where I led the design and delivery of projects for our clients. Julie and I met and married in Denver, where we raised our two children. Our son now lives in Salt Lake City, and our daughter is in Duluth, Minn

**Julie:** I was raised in a small town in Minnesota. After graduating with a bachelor's degree in applied math, I was hired by Lockheed Martin Corp. in Denver, Colo., as a systems engineer. In Colorado I met Cliff and together we raised



**CLIFF & JULIE STOCKDILL**

**THIS COMMUNITY-MINDED COUPLE ARE THE NEWEST MEMBERS OF SWOT'S BOARD OF DIRECTORS**

our family. I chose to be a stay-at-home mom and loved the opportunity to help at my children's schools and activities.

**What got you to Teton Valley?**

**Cliff:** With our kids grown and away from home, Julie and I explored different areas in the West, looking for a smaller town and slower pace of life. We first visited Teton Valley in 2021 and fell in love with the area. In 2022, we were fortunate to find a home and have all of the details fall into place so that we could move and I

could still work remotely for a time before my retirement.

**Julie:** As we considered where we wanted to spend our "golden years," friends who knew us well mentioned Teton Valley. All it took was a summer road trip, and we were hooked. This place had it all - mountain beauty, peacefulness and easy access to outdoor activities year-round.

**How did you find the Senior Center?**

**Cliff:** Julie got involved with SWOT soon after we arrived - attending Fit and Fall Proof and delivering meals. Soon she was teaching Fit and Fall Proof, and we were participating in many of the functions. We were both impressed with the professionalism of the organization, the variety of activities it offers and how important it is to the active senior community here in Teton Valley.

**Julie:** We hadn't lived in Teton Valley long when I learned about the Senior Center through a friend who asked if I was a senior. I chuckled and asked what that meant. After realizing I was indeed a senior, I decided to check out SWOT. I was pleasantly surprised to discover that this small community had such an active and thriving Senior Center with an awesome chef! I started participating in Fit and Fall Proof

>> CONTINUED ON NEXT PAGE

# STOCKDILLS

>> FROM PREVIOUS PAGE

exercise classes and enjoyed them so much that I decided to get trained to teach. I attended field trips and social events, and I increased my volunteerism to include other events at SWOT, such as weekly meal delivery to homebound seniors. We moved to Teton Valley knowing no one, and SWOT quickly became the place I made friends, and the organization helped me feel at home and welcome here. I was honored when asked to become a SWOT board member. I love SWOT's mission and would like to contribute in its efforts reaching the needs of our seniors.

## What other things are you involved in?

**Cliff:** I got involved as

a mentor with the high school robotics team, and I enjoy sharing my software and technical background with a great group of students. I enjoy fly fishing, cycling and photography. In the summer, Julie and I love exploring the hiking trails and floating the rivers, and in the winter we enjoy cross-country skiing and snowshoeing.

**Julie:** I love to garden and "dig in the dirt." Of course, it's a bit of a challenge here, but I have taken on the opportunity to improve our yard with perennials,

knowing that it will be a work in progress with some successes and some failures. Together with Cliff, I love to hike and back-country ski. Reading is also a pastime I enjoy.

## What do you think is the best part of living in Teton Valley?

**Cliff:** Of course, the beautiful setting and easy access to outdoor activities are a wonderful part of living here. But what really sets the valley apart for me is the

community's can-do attitude and desire to add to and improve the community for everyone.

**Julie:** For a community as small as Teton Valley, there is no shortage of things to do. It doesn't matter whether you're an outdoor enthusiast or not. From small-town parades and local theater productions to concerts, art and good restaurants, our valley has a lot to offer! But the best part about living here is that people know who you are.

## SWOTVIEW

PHOTO OF THE MONTH  
**DAN ORR**

Members of the SWOT Photo Club, which meets the second Wednesday of the month at 5:30 p.m., submit a photo each month to the newsletter. This photo of a puffin was taken by club member Dan Orr.



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## PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

### Word search



### SWOT sudoku

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





# SAVE the date



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

- March 6 Coffee and games, 1:15 p.m.

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- March 6 & 12 Girl Scout cookie sales, 11:30 a.m. to 1:30 p.m.

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- March 10 Jackson Hole History Museum tour, 9:15 a.m. departure. \$15 fee.  
Buy lunch at Persephone restaurant or bring a sack lunch.  
Register at [Tetonseniors.org/JHmuseum](http://Tetonseniors.org/JHmuseum).

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- March 11 Tech time, noon.

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- March 12 Senior Makerspace: Studio 101, 1:15 p.m. Learn how to record a  
song or podcast. Register at [TetonSeniors.org/makerspace](http://TetonSeniors.org/makerspace).

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- March 12 SWOT Photo Club, 5:30 p.m.

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- March 17 St. Patrick's Day lunch celebration, noon. Wear green!

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- March 18 Succulents with MD Nursery, 1:30 p.m. \$12. Register at  
[Tetonseniors.org/succulents](http://Tetonseniors.org/succulents).

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- March 19 File of Life info with Teton County Fire & Rescue, 1 p.m.

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- March 20 Coffee with Lynne Browning, 1:15 p.m. Meet the new chair of  
Seniors West of the Tetons.

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- March 26 Teton Valley Health Talk, 11 a.m., and Aging in Place info, 1:15 p.m.

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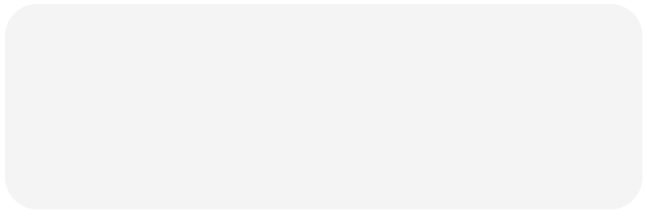
- March 28 Pizza & A Movie, 5 p.m. "The Fall Guy." \$8 a person. Register  
at [Tetonseniors.org/movie](http://Tetonseniors.org/movie).



### MUSEUM TOUR

Visit the Jackson Hole History Museum  
in Jackson for a private tour. Depart  
SWOT at 9:15 a.m. on March 10. \$15 fee  
will help cover the cost. Bring lunch or  
buy your own at Persephone. Register at  
[TetonSeniors.org/JHmuseum](http://TetonSeniors.org/JHmuseum).

## 12 VALLEY TALK



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