



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)

Death Cafe

Join a discussion about life, death and living each day fully at 1:30 p.m. on Aug. 14.

AUGUST 2025

Valley Talk



WE'VE REDESIGNED OUR WEBSITE

IT'S BETTER ORGANIZED.

IT'S BETTER LOOKING.

IT'S BETTER TO SERVE YOU.

We're undergoing change at TetonSeniors.org. The website for Seniors West of the Tetons is evolving with a new look and feel. We hope you will find it easier to use with information you need about our programs, events and services to keep aging adults engaged, supported and thriving.

CHECK IT OUT AT TETONSENIORS.ORG



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MEALS DELIVERED

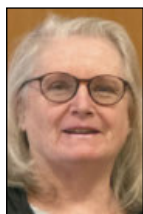
Home-delivered meals are available by contacting:

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

theSWOTteam

CHAIR CHAT

Special moments happen at SWOT



**LYNNE
BROWNING**
board chair

IT'S HARD TO BELIEVE we're already heading into August – summer always seems to fly by in a blur of sunshine, activity and connection.

Here at SWOT, we've been soaking up every joyful moment, and we hope you have, too.

We want to extend a heartfelt thank you to everyone who donated during the Tin Cup Challenge.

Your generosity ensures that we can continue offering vital services and meaningful experiences for seniors across Teton Valley.

Every dollar helps us bring warmth, care and connection to those who need it most.

One of the most touching moments this past month came in the form of a spontaneous celebration. When one of our

dear seniors, who has been facing some significant health challenges, had a birthday coming up, her friends came together to throw an impromptu party at the Senior Center.

There was live music, a beautiful bouquet of flowers, balloons and a big birthday cake to share.

The room was filled with laughter, hugs and a sense of deep community – the kind of magic that happens when people truly show up for one another. That is what SWOT is all about!

Thank you for being part of our community and for making those special moments possible.

YOU CAN HELP US MAKE A DIFFERENCE

IF YOU LOVE THE SERVICES that Seniors West of the Tetons provides, consider making a donation or offering to volunteer. Give to us in the Tin Cup Challenge!



MAKE A DONATION

Online Go to www.tetonseniors.org/online-donation-portal

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



DONATE MONTHLY

Become a Shining Star by signing up to give monthly at tetonseniors.org/shining-star. Monthly donations help us maintain a steady revenue stream.



BECOME A VOLUNTEER

Volunteers staff the front desk, assist in the kitchen, deliver meals and much more. Email programs@tetonseniors.com to learn more.

AGING WELL IN TETON VALLEY TO FOCUS ON NUTRITION

A special discussion about Aging Well in Teton Valley called "Nourish & Thrive" will address nutrition for aging in a healthy manner at 5 p.m. Aug. 6 at the Senior Center.



Margaret Bennett, a physical therapist and SWOT board member, will facilitate a special guest panel discussion about the importance of nutrition to physical, mental and social health. Issues to be addressed include weight loss or gain as we age; the importance of hydrating more than we might think we need; portion sizes for proteins, carbohydrates and fats; supplements; modifying diets for disease or auto-immune problems; and frailty.

Events to include music, photo exhibit

Travel with SWOT to hear the rehearsal of a Mozart piece on Aug. 8 at the Grand Teton Music Festival.

Register at Tetonseniors.org/music-fest and be at the Senior Center parking lot at 8:15 a.m. to ride the van or meet at the ticket office in Wilson at 9:45 a.m. A SWOT \$15 discount ticket price is available.

The Senior Center will host an exhibit of the Wyoming Public Media Photo Contest this month with a reception at 4:30 p.m. on Aug. 19. See photos by Board Member Anna Kirkpatrick and SWOT volunteer Beth Donaldson.

Free luau lunch on National Seniors Day

Seniors West of the Tetons is planning a special free lunch for seniors 60 years old and older at noon on Aug. 21 for National Senior Citizens Day.

The lunch will be served on the Driggs City Plaza at 60 S. Main St. Live music is planned, along with Hawaiian food and special drinks. Hawaiian leis and other surprises are in the works.

Seniors are encouraged to wear Hawaiian attire.

Generous sponsors are making it possible to provide the lunch. Seniors also can enjoy a free coffee drink from WYdaho Roasters.

VALLEY TALK 3

PINNACLE

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\$19⁹⁵

/mo.



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

10:15 a.m. Tuesdays and Fridays. 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 at the Senior Center. 9 a.m. Fridays in Driggs City Park, pending weather. 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 talk

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.

Mahjong

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

Mahjong is a tile-based game that was developed in the 19th century in China.

SWOT Photo Club

5:30 p.m. the second Wednesday of the month. Free. Open to all.

Come learn and share.

Knitting Circle

9 a.m. the first and third Fridays of the month.

Teton Arts and SWOT offer an opportunity to gather, converse and knit at the Senior Center.

Senior art

Check calendar for activities \$5 suggested donation. Limited.

Offers opportunities to explore your creativity.

Quilting club

3 p.m. the second Monday of the month. Open to all.

The Get "Sew" Connected club offers a way to share ideas and advice. Bring hand work and curiosity.



AUGUST

fit & active

GET A SWOT SCAN

card that lets you easily check in for programs and meals and that offers you discounts at some area merchants. Ask for a card at the registration desk.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH NEEDS RESULTS Hear the results of Teton Valley Health's assessment of health care needs in the valley at 11 a.m. on Aug. 20. The assessment occurs every three years. Come listen and join the conversation.	LEARN MAHJONG A three-session class to learn mahjong at 1 p.m. on Aug. 4, 11 and 18 will teach beginners how to play the game. The class, led by Patty Seymour, is limited. Register at Tetonseniors.org/mahjong .	TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT burritos for sale. • Knitting Circle, 9 a.m. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m.	1	
• Fit and Fall Proof, 9 and 10 a.m. • BEGINNER MAHJONG, 1 TO 2:30 P.M. Attend three weekly sessions to learn. Class is limited. Register at tetonsenior.org/mahjong	• Yoga, 9 a.m. • Drumming, 10:15 a.m. • Bridge, 1 p.m.	• Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • Mahjong, 1 p.m. • AQUAFIT, 3:30 P.M. Driggs City Park. Sign up at tinyurl.com/swotaquafit . • AGING WELL IN TETON VALLEY 5 TO 6:30 P.M. "Nutrition: Nourish and Thrive." See Page 3	• Fit and Fall Proof, 9 and 10 a.m. • Death Cafe, 1:30 p.m.	• GRAND TETON MUSIC FESTIVAL, 8 A.M. TO 2 P.M. \$15 fee. Register online. See Page 3. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m. • ICE CREAM SOCIAL, RUBY CARSON PARK IN TETONIA, 2 P.M.
4	5	6	7	8
• Fit and Fall Proof, 9 & 10 a.m. • BEGINNER MAHJONG, 1 P.M. See above. • GET "SEW" CONNECTED, 3 P.M. A new quilting club invites you to bring hand work, questions and ideas. Open to all.	• Yoga, 9 a.m. • Drumming, 10:15 a.m. • Tech Time, noon • Bridge, 1 p.m. • SWOT SWIM, 1:30 P.M. Register at Tetonseniors.org/swim .	• Tai Chi, 9 a.m. • Coffee, 10:30 a.m. • Blood-pressure checks, 11:45 a.m. • Mahjong, 1 p.m. • AQUAFIT, 3:30 P.M. Water aerobics at Driggs City Park. Sign up at tinyurl.com/swotaquafit . • PHOTOGRAPHY CLUB, 5:30 P.M.	• Fit and Fall Proof, 9 and 10 a.m.	• TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT burritos for sale. • Knitting Circle, 9 a.m. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m.
11	12	13	14	15
• Fit and Fall Proof, 9 & 10 a.m. • BEGINNER MAHJONG, 1 TO 2:30 P.M. Attend three weekly sessions to learn. Class is limited. Register at tetonsenior.org/mahjong	• Yoga, 9 a.m. • Drumming, 10:15 a.m. • Bridge, 1 p.m. • WYOMING PUBLIC MEDIA PHOTO RECEPTION, 4:30 TO 5:30 P.M. See Page 3.	• Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • TETON VALLEY HEALTH NEEDS ASSESSMENT RESULTS, 11 A.M. See note above. • Mahjong, 1 p.m.	• Fit and Fall Proof, CANCELED. • NATIONAL SENIORS DAY LUAU ON THE PLAZA, NOON TO 1:30 P.M. Seniors get a free lunch of authentic Hawaiian food, a free coffee drink and live music. See Page 3.	• TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT burritos for sale. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m. • ICE CREAM SOCIAL, SHERMAN PARK IN VICTOR, 1:30 P.M.
18	19	20	21	22
• Fit and Fall Proof, 9 & 10 a.m.	• Yoga, 9 a.m. • Drumming, 10:15 a.m. • Bridge, 1 p.m. • SWOT SWIM, 1:30 P.M. Register at Tetonseniors.org/swim .	• Tai Chi, 9 a.m. • Coffee Klatsch, 10:30 a.m. • TETON VALLEY HEALTH TALK, 11 A.M. Learn about respiratory care close to home. • Mahjong, 1 p.m.	• Fit and Fall Proof, 9 and 10 a.m. • MEDICARE CHAT, NOON.	• TETON VALLEY FARMERS MARKET, 9 A.M. TO 1 P.M. SWOT burritos for sale. • Tai Chi in Driggs City Park, 9 a.m. • Drumming, 10:15 a.m.
25	26	27	28	29



AUGUST

lunch menu

LUNCH is served from noon to 1 p.m. Mondays through Fridays. Menus are subject to change.

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

TAKEOUT MEALS Cost is \$1 more for disposable containers. No extra charge with reusable containers, which we sell for \$8.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ICE CREAM SOCIALS The SWOT van will be at Ruby Carson Memorial Park in Tetonia at 2 p.m. on Aug. 8 and Sherman Park in Victor at 1:30 p.m. on Aug. 29. Don't miss out on a fun time to socialize and enjoy ice cream.				
Quiche Lorraine with bacon and Swiss cheese Side salad Cream of artichoke soup Mixed fruit 4	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 5	Southern catfish Housemade tartar sauce Rice pilaf Coleslaw Red bean and sausage soup Vanilla pudding 6	Hummus platter with pita bread, tomato, cucumber, kalamatas and feta cheese Garden salad BIRTHDAY CAKE 7	Italian sub sandwich with ham, salami, pepperoni and provolone cheese Pasta salad Garden salad Cookie 1
Chicken fried steak Mashed potatoes Brown gravy Roasted vegetables Garden salad 11	Barbecue-baked chicken Baked beans Coleslaw Cornbread muffin White bean soup Sliced watermelon 12	Housemade macaroni with three cheeses Steamed broccoli Garden salad Cookie 13	Grilled bratwurst Bacon potato salad Sauerkraut Beef barley soup Fresh grapes 14	Po' Boy sandwich with popcorn shrimp, lettuce, tomato and remoulade sauce Housemade chips Garden salad 15
Grilled chicken breast Egg noodles Creamy mushroom sauce Parmesan cheese Mixed vegetables Dinner roll Lentil soup 18	Sweet potato curry stir-fry White rice Vegetable egg roll Asian vegetable soup Oranges Fortune cookie 19	Burger with bacon and white cheddar Brioche bun French fries Garden salad Chocolate brownie 20	NATIONAL SENIORS DAY LUAU ON THE DRIGGS PLAZA Free lunch with authentic Hawaiian food, special drinks and more 21	Roast beef on rye with Swiss cheese, caramelized onions and horseradish aioli Housemade potato chips Garden salad Cookie 22
Layered four-cheese lasagna Side salad Vegetable basil soup Focaccia bread Fresh grapes 25	Crispy chicken breast Mashed potatoes Chicken gravy Roasted green beans Garden salad Peaches and cream 26	Meatball sub with marinara and provolone cheese Hoagie roll Side salad Minestrone soup Cookie 27	Oven-baked tilapia Wild rice Housemade tartar sauce Roasted asparagus Garden salad Vanilla pudding 28	Turkey pesto sandwich Provolone cheese Roasted red pepper Pesto aioli Housemade chips Garden salad Cookie 29



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND JUNE

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 2025

8,532

AT THE CENTER: 6,649
HOME-DELIVERED: 1,883

MEALS SERVED IN JUNE

1,538

AT THE CENTER: 1,209
HOME-DELIVERED: 329

FITNESS/HEALTH PROGRAMS IN JUNE

566

GAMES: BRIDGE & MAHJONG IN JUNE

70

ENRICHMENT PROGRAMS IN JUNE

101

GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

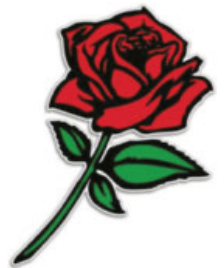
Terry Brattain

Jeffrey Hastings

Darren May

Jennifer Wagner

LeRoy Weston



VALLEY TALK 7

**Growing Memories at the
TETON VALLEY FAIR**

August 3-9, 2025

102

Logos: 4-H, Teton County, ID Fairgrounds, FFA

Celebrate our Western History during Fair week:

Open Class entries, Teton Valley Heritage Days, 4-H and FFA Animal Shows, Livestock Auction, Stock Dog Demo, 20th Annual Horse Pull, Figure 8 and Lawnmower Races, Dinner & Barn Dance, Tractor Show, and Free Entry all week to the Teton Valley Museum.

SCAN FOR MORE INFORMATION

Live music: July 3rd & August 6th

www.tetoncountyidaho.gov/fairgrounds





PICTURE perfect

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



celebrating our independence

Seniors West of the Tetons marched in the Fourth of July parade in Victor on Independence Day. Our contingent donned gray- and blue-haired wigs and other “old people” attire while blowing bubbles and throwing candy to the crowd. The group, accompanied by the SWOT van and antique vehicles, received a great reception from those gathered along the street.

water fitness

Operations Director Stacey Nail leads an AquaFit water aerobics class for Teton Valley Aquatics and SWOT this summer. The class continues this month at 3:30 p.m. Aug. 6 and 13. Register at tinyurl.com/swotaquafit.



green thumbs

MD Nursery helped seniors create planters filled with herbs at a July workshop.

can you surry?

Yes – just like the 5th Dimension – and, wow, can SWOT picnic. The annual SWOT Picnic provided food and music for the soul. Below, Jackie Riley and Stacey Nail serve the crowd. Right, many attended. Bottom right, Allie Mollenkof, Kathy Berman and Amy Fradley are all with smiles.



Nutrition word search

BEANS	V	G	O	C	D	N	I	M	A	T	I	V
BERRIES	I	B	S	N	A	E	B	E	L	A	L	E
CALCIUM	T	N	E	A	S	L	V	G	N	D	O	G
CARBO- HYDRATE	A	W	O	R	T	V	C	U	T	E	F	E
FIBER	M	N	A	I	R	A	T	I	U	R	F	T
FISH	I	O	C	T	T	I	E	N	U	T	S	A
FRUIT	N	M	F	S	E	A	E	M	G	M	M	B
GRAINS	B	L	F	F	A	R	R	S	N	G	K	L
HYDRATION	C	A	R	B	O	H	Y	D	R	A	T	E
LEAFY GREENS	S	S	S	A	V	M	S	D	Y	M	E	S
LEAN MEAT	E	B	T	N	R	E	B	I	F	H	P	L
LOW SODIUM	E	S	T	S	G	O	I	H	F	E	U	A
NUTS	D	S	N	E	E	R	G	Y	F	A	E	L
OATS	S	U	N	P	O	T	A	S	S	I	U	M
POTASSIUM	P	G	P	R	O	T	E	I	N	X	Y	K
PROTEIN	T	I	V	I	T	A	M	I	N	C	E	L
SALMON	M	U	I	D	O	S	W	O	L	S	L	Y
SEEDS												
TUNA												
VEGETABLES												
VITAMIN B												
VITAMIN C												
VITAMIN D												
WATER												

SWOT sudoku

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

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

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in the SPOTLIGHT

HE'S IN THE SWOT KITCHEN when the organization needs extra help or Chef Peter Troy needs time off. He recently was found carving beef tenderloin at a SWOT fundraiser. He operates a private-chef company called Culinary Range that offers private dinners in Jackson and Teton Valley. His dishes range from chilled corn soup with lemon crab, chives and basil to a chocolate torte with Chantilly cream. His name is Erik Lyngso, and he'll be helping out at SWOT this month. We caught up with him to learn more about him.

Share a little about your background.

I'm originally from outside of Chicago, and I'm a Cordon Bleu-trained chef (which means he has been trained at a renowned French culinary school). For the past 25 years, I've worked in all kinds of restaurants - from mom-and-pop places to high-end hotels and country clubs. Now, I run a small private-chef business in the valley and get to help out at SWOT when Peter is on vacation.

What got you to Teton Valley?



A FEW OF ERIK'S DISHES ...



**ERIK
LYNGSO**

**WHEN NOT CATCHING
BEAUTIFUL FISH, HE'S
A SUBSTITUTE CHEF IN
THE SWOT KITCHEN**

I moved to Jackson in 2004 to ski and soon discovered Teton Valley. I moved here full time three years later, and I've stuck around because I loved the proximity to the mountains and the small-town feel.

How did you get involved with the Senior Center?

I was recruited by Allie [Mollenkof, executive director]. Our sons play on the same soccer team, and

we've spent a lot of time together on the sidelines.

What do you like about cooking in general?

I love preparing food that is delicious and nutritious. Cooking is an expression of self through food. A great meal can set the tone for the whole day or make a stressful one fade away. Food brings people and families together.

What do you like about cooking at the Senior Center?

Everyone - from the people who run the place to those who dine there - is awesome

What is your favorite thing to cook?

Chicken dinner - a whole roasted chicken with all the vegetables under the bird, plus gravy made from the poultry drippings. That is my comfort food.

When not working in the SWOT kitchen or elsewhere, what do you like to do?

In the winter, I love to ski and, in the summer, it's all about fishing and mountain biking.

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

Living in a place that is vacation for most people but our everyday life for us.

SCAMALERT

BEWARE OF TEXTS SEEKING UNPAID TOLLS

With summer comes opportunities to travel and the possibilities of scams connected to it.

A common scam is a phone text that appears to be from a highway authority or transponder company seeking payment for unpaid road tolls, according to AARP. If you haven't been in an area with toll roads, that's a sure sign such a text is a scam.

For those of us who travel to places with toll highways, be aware. The text will appear as if it came from E-ZPass or another legitimate company and include specific figures – such as \$11.69 or \$12.51 – as unpaid tolls. The text will claim that you need to pay the toll to avoid a late fee of \$50 and include a link for payment.

Do NOT click on the link. It could expose you to malware and identity theft.



TIP of THE MONTH

FOUR IDEAS ON HOW TO AGE WELL WHILE LIVING IN TETON VALLEY

NUTRITION

Eat the rainbow. Combine fruits and vegetables of many colors on your plate and include lean proteins.

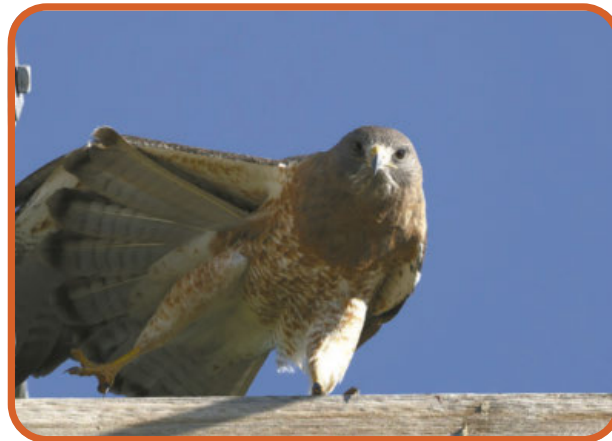
Avoid empty calories. Limit foods high in calories and low in nutrients such as chips, alcohol, candy, baked goods and soda.

Opt for whole grains when possible. Products labeled whole grains include the entire grain kernel, which is the most nutritious part and has health benefits of

fiber, vitamins and minerals. Examples are brown rice, oats, quinoa and whole wheat. Products with multigrains include several kinds of grains but might not have the whole grain.

HYDRATION

Drink plenty of water. Eat ice chips; food with high water content, such as watermelon, strawberries, cucumbers and lettuce; carry a water bottle and keep it handy; and drink half your body weight in ounces of water each day.



SWOTVIEW

PHOTO OF THE MONTH
BY **MALCOM FRASER**

This photo of a Swainson's Hawk was taken by Malcom Fraser, a member of the SWOT Photography Club and is the photo of the month. The club is organized by Mark Kaczor, and the club meets the second Wednesday of the month at 5:30 p.m.



is a proud supporter of
Seniors West of the Tetons

PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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



SAVE the date

ALL ACTIVITIES

are at the Senior Center unless noted. Participants should register online at tetonseniors.org.

- Aug. 4, 11 & 18** **Beginner Mahjong**, 1 to 2:30 p.m. Class is limited. Register at tetonseniors.org/mahjong
- Aug. 6 & 13** **AquaFit with Stacey**, 3:30 p.m. at Driggs City Park. Register at tinyurl.com/swotaquafit.
- Aug. 6** **Aging Well: "Nourish & Thrive,"** 5 p.m. Panel discussion, materials and Q&A on nutrition for healthy aging.
- Aug. 8** **Grand Teton Music Festival rehearsal**, 8:15 a.m. \$15 fee. Register at TetonSeniors.org/music-fest.
- Aug. 8** **Tetonia Ice Cream Social**, 2 p.m. in Ruby Carson Park.
- Aug. 11** **Get "Sew" Connected**, 3 p.m. The quilting club welcomes all.
- Aug. 12 & 26** **SWOT Swim**, 1:30 p.m. Sign up at Tetonseniors.org/swim.
- Aug. 19** **Wyoming Public Media Photo Exhibit Reception**, 4:30-5:30 p.m. See Page 3 for details.
- Aug. 20** **Teton Valley Health Needs Assessment results**, 11 a.m.
- Aug. 21** **National Senior Citizens Day luau celebration**, noon.
- Aug. 27** **Teton Valley Health Talk: Respiratory Care**, 11 a.m.

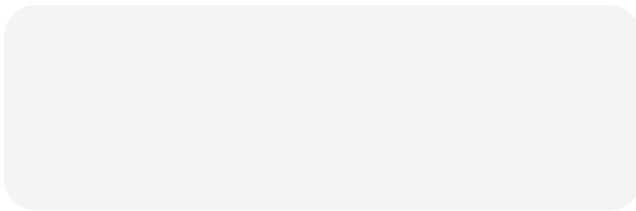


Get "Sew" Connected

The quilting club called Get "Sew" Connected - which meets on the second Monday of the month - will gather at 3 p.m. Aug. 11. Come with hand work, ideas and questions. The quilting example above was created by club member Lea Hardee.

12 VALLEY TALK

» WE'RE LIVING THE HIGH LIFE IN TETON VALLEY! «



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