



## ABOUT SWOT



### OUR MISSION

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



### SENIOR CENTER

Located in the Driggs City Center at 60 S. Main in Driggs, Idaho. Hours are 9 a.m. to 3 p.m. Monday through Friday.



### LUNCH

Served at noon Mondays through Fridays.



### HOW TO REACH US

- (208) 354-6973
- [swot@tetonseniors.com](mailto:swot@tetonseniors.com)
- P.O. Box 871, Driggs, ID 83422

**Tin Cup  
appreciation**

Thank you to our donors  
in the Tin Cup Challenge.

See Pages 2, 10 & 11



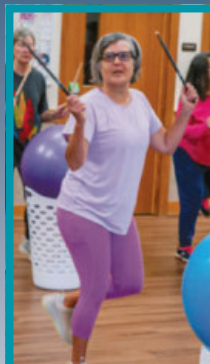
# Valley Talk

SEPTEMBER 2025

Never been to the Senior Center? Here's your chance. As part of National Senior Center Month, we have an open house planned for you to ...

## GET TO KNOW SWOT

Seniors West of the Tetons fosters creativity, connections, purpose and resiliency. Our programs combat loneliness and isolation, promote vitality and wellness, provide resources for stability and independence, and offer experiences that create joy. Here's what is planned for the open house ...



### FITNESS

**Check out two of our fitness classes** designed to let you know what they entail. On Sept. 26 at 9:30 a.m. is Fit and Fall Proof, aimed to improve strength, mobility and balance. That same day at 10:45 a.m. Drumming lets you keep the beat in an aerobic way.



### FOOD

**Stay for lunch and see what all the fuss is about.** At noon, we'll serve a French dip sandwich with au jus, potato chips made in house, a garden salad and a brownie. The meal is free to those who are new to the Senior Center.



### FUN

**Try your luck at bingo.** At 1 p.m., we'll play five rounds of bingo. There are prizes and plenty of laughter. Bingo is just one of the games we offer to keep you entertained. We also have sessions for bridge and mahjong.



### FRIENDS

**Join our community of seniors.** Yes, we have a ton of fitness programs and social activities. Yes, we offer tasty meals five days a week. But for many, it's the sense of community and camaraderie that keeps people coming back.

### ABOUT THE OPEN HOUSE

**When:** 9:30 a.m. to 2 p.m. Friday, Sept. 26

**Activities:** A Fit and Fall Proof exercise class and a drumming aerobic exercise, a free lunch for those new to SWOT, five games of bingo with prizes

**Learn about:** Home-delivered meals, medical equipment rental, other programs and services

**Win:** Enter a free raffle for SWOT memorabilia and donated items.

PHOTOS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY



## STAFF MEMBERS

EXECUTIVE DIRECTOR  
**Allie Mollenkof**  
OPERATIONS DIRECTOR  
**Stacey Nail**  
KITCHEN MANAGER  
**Peter Troy**  
SYSTEMS MANAGER  
**Ken Kirkpatrick**

## BOARD OF DIRECTORS

CHAIR  
**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**  
**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

## CHAIR CHAT

# Thank you for believing in SWOT



**ALLIE MOLLENKOF**  
executive director

WE ARE OVERWHELMED with gratitude for the incredible generosity our community showed during this year's Tin Cup Challenge. Your support not only warms our hearts but also keeps our doors open, our kitchen running and our programs thriving at Seniors West of the Tetons.

Because of you, we can continue to offer nourishing meals, engaging activities and a welcoming space where seniors can connect, learn and feel at home - every single day.

As Helen Keller once said, "Alone we can do so little; together we can do so much."

This year's Tin Cup Challenge was a powerful reminder of what can happen when people unite for a common

purpose.

**Your generosity ensures we can meet the daily needs of our seniors.**

Your generosity ensures we can meet the daily needs of our seniors - from a hot cup of coffee in the morning to a community event in the evening.

Thank you for believing in our work and for standing with us.

We are honored to be part of a community that rallies together to ensure our seniors have the resources, care and connections they deserve.

## 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.



### MAKE A DONATION

**Online** Go to [www.tetonseniors.org/donate](http://www.tetonseniors.org/donate)  
**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/donate](http://tetonseniors.org/donate). 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](mailto:programs@tetonseniors.com) to learn more.

## WE'RE CALLING YOU TO JOIN US IN MUSIC AND DANCING

A special celebration of music and dance with local and regional musicians and one of the Northwest's finest dance callers is set for 6 p.m. Sept. 19 on the Driggs City Plaza.

The Yellow Dog Stringband – Ben Winship, Thomas Sneed, Rick McCracken and Sallie Sublet – will accompany Dave Daley, a crack fiddler from Boise. Rab Cummings, a dance caller from Bozeman, Mont., will lead seniors in contra dancing for the first hour. Food and beverages will be available for purchase. Seniors West of the Tetons and the Downtown Driggs Association has organized this free event.



**Ben Winship**

## SWOT Photo Club debuts its first show

Seniors West of the Tetons is thrilled to announce the first exhibition of the SWOT Photography Club this month at the Senior Center.

The display opens with a reception from 5 to 7 p.m. Sept. 8 with the photographers.

The show is a celebration of creativity, community and the power of perspective. Anticipated to become an annual event, the exhibit highlights the best imagery captured by senior photographers over the past year. The exhibit features landscapes, portraits and moments that reflect a life well-seen.

## Join SWOT for a 10-mile bike ride

A leisurely 10-mile bike tour leaving from the Teton Reserve golf course clubhouse is scheduled for 10 a.m. Sept. 9.

Glen Hayes, who organized the route, describes it as stair-stepping north and east on lightly traveled county roads for five miles, then west and south to complete a 10-mile loop. It includes a couple of gentle rolling hills. The route will accommodate any style bike, except skinny-tire road bikes. E-bikes are welcome.

The SWOT van will be at the midway point for an energy boost and support. Register at [Tetonseniors.org](http://Tetonseniors.org).

## VALLEY TALK 3



# PINNACLE

WEALTH MANAGEMENT, LLC



**Kenyon Lederer**  
 CFP®, ChFC, CFS, Chief Investment Officer  
 888.207.8118, [www.pinnacle-mgmt.com](http://www.pinnacle-mgmt.com)

Local  
Driggs, ID  
Resident

Investment Management  
Retirement Planning  
Charitable Planning

Pinnacle Wealth Management, LLC is a Registered Investment Adviser. Advisory services are only offered to clients or prospective clients where Pinnacle Wealth Management, LLC and its representatives are properly licensed or exempt from licensure. Past performance is no guarantee of future returns. Investing involves risk and possible loss of principal capital. No advice may be rendered by Pinnacle Wealth Management, LLC unless a client service agreement is in place.



## THRIVE LOCALLY





[elsie@aspeninsurance.net](mailto:elsie@aspeninsurance.net)

- Medicare • Dental
- Travel • Vision

Elsie Wach – Local agent helping seniors since 2013. Call 208-682-4700.

### IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family  
 “STAY SAFE in the HOME YOU LOVE!”

ACCREDITED BUSINESS  
BBB A+ Rating

STARTING AT

\$19<sup>95</sup>

/mo.



800.809.3570

[md-medalert.com](http://md-medalert.com)







# 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.



# SEPTEMBER

## fit & active

**FALL PREVENTION** is the focus of Sept. 22 during Fall Prevention Week. A special session at 9:45 a.m. between the Fit and Fall Proof balance and exercise classes will provide vital information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LABOR DAY</b> The Senior Center is closed.	<ul style="list-style-type: none"> <li>Yoga, CANCELED.</li> <li>Drumming, 10:15 a.m.</li> <li>Bridge, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li>Mahjong, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> </ul>	<ul style="list-style-type: none"> <li><b>TETON VALLEY FARMERS MARKET</b>, 9 a.m.-1 p.m. SWOT burritos for sale.</li> <li>Knitting Circle, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> </ul>
1	2	3	4	5
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>SENIOR ART</b>, 1 p.m., Clay sculptures. Go to <a href="http://tinyurl.com/seniorarts">tinyurl.com/seniorarts</a>.</li> <li><b>GET "SEW" CONNECTED</b>, 3 p.m. Quilting club meets.</li> <li><b>PHOTO CLUB EXHIBIT RECEPTION</b>, 5-7 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Yoga, CANCELED.</li> <li><b>SWOT BOOMER BIKE RIDE</b>, 10 a.m. 10-mile course. Register at <a href="http://Tetonseniors.org">Tetonseniors.org</a>. See Page 3.</li> <li>Drumming, 10:15 a.m.</li> <li>Tech Time, noon</li> <li>Bridge, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li><b>TARGHEE CHAIR-LIFT</b>, 9:30 a.m. See box below for info.</li> <li>Coffee, 10:30 a.m.</li> <li>Blood-pressure checks, 11:45 a.m.</li> <li>Mahjong, 1 p.m.</li> <li><b>PHOTO CLUB</b>, 5:30 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>SHINING STAR LUNCH</b>, noon. Free lunch for monthly donors. Sign up to join. See Page 2.</li> <li>Death Cafe, 1:30 p.m.</li> </ul>	<ul style="list-style-type: none"> <li><b>TETON VALLEY FARMERS MARKET</b>, 9 a.m.-1 p.m. SWOT burritos for sale.</li> <li>Drumming, 10:15 a.m.</li> </ul>
8	9	10	11	12
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 &amp; 10 a.m.</li> </ul>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li>Bridge, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li><b>ROCK CLIMBING CLASS</b>, 11 a.m. Learn to climb at the Rock Gym. Limited. Free. Equipment and gear provided. Register at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> <li>Mahjong, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>LIBRARY INFO TABLE</b>, noon</li> <li><b>PAWS VISIT</b>, 15 S. 1750 East, Driggs, 1:30 p.m. Meet the animals and learn about adoption. Register at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> </ul>	<ul style="list-style-type: none"> <li><b>FARMERS MARKET</b>, 9 a.m.-1 p.m.</li> <li>Knitting Circle, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li><b>CONTRA DANCE</b> at Driggs City Plaza, 6 p.m. Seniors dance to caller's instructions for first hour. See Page 3.</li> </ul>
15	16	17	18	19
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 &amp; 10 a.m.</li> <li><b>FALL PREVENTION</b>, 9:45 a.m. Learn how to avoid falls and how to recover at a special session between the exercise and balance classes.</li> </ul>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li>Bridge, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li><b>ROCK CLIMBING</b>, 11 a.m. Register at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> <li><b>TETON VALLEY HEALTH TALK</b>, 11 a.m. "Keeping Bones Strong" with PT and Orthopedic teams.</li> <li>Mahjong, 1 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>MEDICARE CHAT</b>, noon</li> </ul>	<ul style="list-style-type: none"> <li><b>FARMERS MARKET</b>, 9 a.m.-1 p.m.</li> <li><b>SWOT OPEN HOUSE</b>, 9:30 a.m.-2 p.m. Come try:               <ul style="list-style-type: none"> <li>Fit &amp; Fall Proof exercise, 9:30 a.m.</li> <li>Drumming, 10:45 a.m.</li> <li>Free lunch for first-timers, noon</li> <li>Bingo, 1 p.m.</li> </ul> </li> </ul>
22	23	24	25	26
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 &amp; 10 a.m.</li> </ul>	<ul style="list-style-type: none"> <li><b>SANDHILL CRANE TOUR</b>, 7 a.m. Ride or follow the SWOT van to view Greater Sandhill Cranes, then enjoy hot cider and banana bread afterward. Register at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li>Bridge, 1 p.m.</li> </ul>	<div> <b>RIDE THE LIFT</b>            Grand Targhee Resort has donated a number of free chairlift rides for those 60 and over. Meet at the resort activity center at 9:30 a.m. Sept. 10. Register at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.         </div>		<div> <b>TOUR PAWS</b>            Join SWOT for a tour of the PAWS facility at 15 S. 1750 East in Driggs at 1:30 p.m. Sept. 18. Learn about the animals and pet them. Pup cups and kitty treats provided. Register at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.         </div>
29	30			

### RIDE THE LIFT

Grand Targhee Resort has donated a number of free chairlift rides for those 60 and over. Meet at the resort activity center at 9:30 a.m. Sept. 10. Register at [Tetonseniors.org](http://Tetonseniors.org).

### TOUR PAWS

Join SWOT for a tour of the PAWS facility at 15 S. 1750 East in Driggs at 1:30 p.m. Sept. 18. Learn about the animals and pet them. Pup cups and kitty treats provided. Register at [Tetonseniors.org](http://Tetonseniors.org).



# SEPTEMBER

## 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
<b>LABOR DAY</b> The Senior Center is closed.  1	Marsha's crab cakes Side salad Roasted red pepper aioli Cream of tomato basil soup Seven-layer bar 2	Indian chickpea curry Jasmine rice Sweet potato lentil soup Mixed fruit and nuts 3	Chicken Margherita - chicken breast, basil pesto, mozzarella and orzo pasta Minestrone soup <b>BIRTHDAY CAKE</b> 4	Deviled egg salad croissant Provolone cheese Housemade chips Garden salad Vanilla pudding 5
Swedish meatballs Mashed potatoes Lingonberry jelly Roasted green beans Yellow pea soup Rice pudding 8	<b>REUBEN TUESDAY</b> Reuben sandwich Housemade potato chips Garden salad 9	Oven-roasted salmon Zucchini, tomatoes and fresh basil White rice Cream of asparagus soup Cookie 10	White artichoke spinach lasagna Side Salad Italian wedding soup Focaccia bread Grapes 11	Hawaiian pineapple shrimp sliders Pork fried rice Garden salad Vanilla coconut pudding 12
<b>MEATLOAF MONDAY</b> Meatloaf Mashed potatoes Brown gravy Buttered peas and carrots Garden salad 15	Teriyaki chicken tacos Asian slaw with red chile aioli Fried rice Asian broccoli beef soup Oranges Fortune cookie 16	Grilled pork chop Oven-roasted potatoes Gravy Mixed vegetables Garden salad Cookie 17	Thai sweet chile shrimp stir-fry with broccoli, red pepper, watercress and basil White rice Coconut curry cauliflower soup 18	Tomato avocado spinach sandwich on oat wheat ciabatta bun Vegetable slaw Garden salad Diced peaches 19
Layered pork carnitas enchiladas Green enchilada sauce Refried beans Spanish rice Salsa bar Red chile stew Churros 22	Grilled zucchini pancakes Side salad Lemon oregano aioli Garden vegetable soup Mixed fruit 23	Baked tilapia with lemon caper tartar sauce Wild rice Roasted asparagus Garden salad Grapes 24	Chicken pear walnut and gorgonzola salad Rice wine vinaigrette Vegetable chowder Dinner roll Cookie 25	French dip with au jus on a hoagie roll Housemade potato chips Garden salad Brownie 26
Sloppy Joes with cheese and green onions Three-bean salad Cream of mushroom soup Sliced melon 29	Pedro's fish tacos - beer-battered cod, shredded cabbage and chipotle aioli Refried beans Spanish rice Salsa bar Green chile chicken soup 30	<div>  <p><b>CRANES AND SWEET TREATS</b></p> <p>Join SWOT on a tour to see Greater Sandhill Cranes at 7 a.m. Sept. 30 and enjoy fresh-baked banana bread and hot cider afterward. Ride the SWOT van or follow along. Sign up at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</p> </div>		





# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND JULY

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 2025

# 10,045

AT THE CENTER: 7,827  
HOME-DELIVERED: 2,218

## MEALS SERVED IN JULY

# 1,513

AT THE CENTER: 1,178  
HOME-DELIVERED: 335

## FITNESS/HEALTH PROGRAMS IN JULY

# 683

## GAMES: BRIDGE & MAHJONG IN JULY

# 109

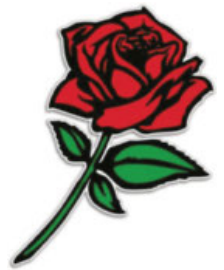
## ENRICHMENT PROGRAMS IN JULY

# 115

## GONE BUT NOT FORGOTTEN ...

These residents with ties to Teton Valley passed away recently:

**Linda Cracraft**  
**Bennie Green**



## 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](http://www.tetoncountyidaho.gov/fairgrounds)**

QR code







# PICTURE perfect

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



## aging well with nutrition

Seniors West of the Tetons hosted its third “Aging Well in Teton Valley” panel discussion last month with a focus on nutrition. Panelists Lisa Carlson, far left, an RN and dietitian, and Dr. Robert Crouch, both of Teton Valley Heath, were joined by Hilary Frenette, a nurse from St. John’s Health, to talk about the importance of a diet with lean proteins, appropriate portion sizes, staying hydrated and avoiding malnutrition that can lead to more and longer hospitalizations. Board Member and Physical Therapist Margaret Bennett, above right, led the discussion and explained how your physiological reserve becomes weaker as you age and makes it harder to recover from stress and illness. A proper diet can help.

## classic times

Seniors West of the Tetons made its annual trip to a rehearsal of the Grand Teton Music Festival in Wilson. It included the opportunity to hear a world premiere performance.



## boat ride fun

SWOT took its annual boat ride on Jenny Lake and learned about the Grand Tetons geology and more.

## we screamed

SWOT served ice cream across the valley this summer with events in Alta, Driggs, Teton and Victor, shown below. Board Chair Lynne Browning and Operations Director Stacey Nail serve scoops to Carmen Springer-Davis.



## learning the Charleston

Thank you, Patty Seymour, for teaching the beginner mahjong classes last month. Seniors are not too old to learn new tricks.



## Your senior center word search

ART	S	F	I	T	N	E	S	S	G	V	H	I
BINGO	W	P	Q	U	I	L	T	I	N	G	D	E
BRIDGE	N	C	I	E	C	R	A	F	T	S	E	Y
COFFEE	P	O	G	R	D	I	A	U	G	E	L	N
KLATSCH	T	F	I	N	T	O	S	I	A	D	I	U
CRAFTS	P	F	D	T	I	D	G	U	V	E	V	T
DEATH CAFE	H	E	G	K	A	T	L	N	M	I	E	R
DELIVERED	O	E	S	N	S	C	T	E	I	O	R	I
MEALS	T	K	E	D	I	S	U	I	I	B	E	T
DRUMMING	O	L	E	S	E	M	A	D	N	F	D	I
EDUCATION	C	A	H	M	O	A	M	G	E	K	M	O
FIELD TRIPS	L	T	E	B	I	I	T	U	O	I	E	N
FITNESS	U	S	A	P	R	T	H	H	R	Y	A	J
FOOD	B	C	L	X	D	I	H	C	C	D	L	O
HEALTH	U	H	T	R	A	O	D	C	I	A	S	A
KNITTING	H	R	H	I	G	N	O	G	E	A	F	T
MAHJONG	G	N	O	J	H	A	M	F	E	T	T	E
MUSIC												
NUTRITION												
PHOTO CLUB												
QUILTING												
TAI CHI												
TECH TIME												
TRIVIA												
YOGA												

## SWOT sudoku

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

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

### DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicommunities.com](http://lpicommunities.com)

OUR COMMUNITY NEWSLETTER  
OCTOBER EDITION

Scan to contact us!

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**

**Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)

(800) 950-9952 x2635

# SUPPORT OUR ADVERTISERS!

# THANK YOU, SWOT SUPPORTERS!

## HEROES

(\$5,000 or more)

City of Victor  
Donald C. Brace  
Foundation  
Dean Moore  
Kelly and Barb Sanders  
Frank and Maryann  
Russo

## LEADERS

(\$1,000 or more)

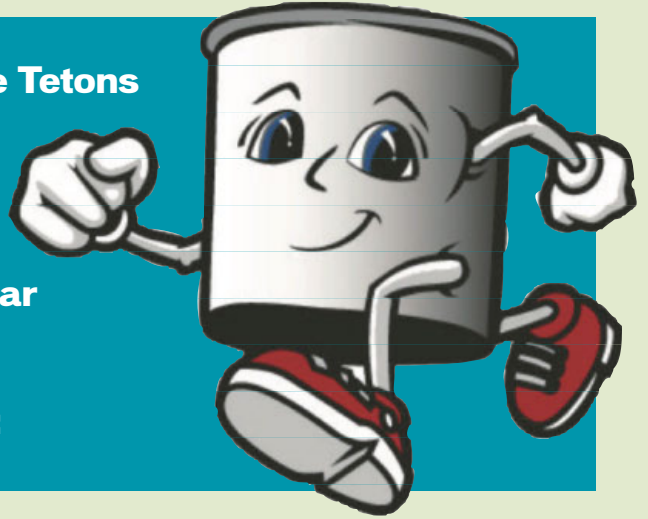
Bill and Ray Belk  
Richard Berg  
Al Bregy and Carol Gregory  
Scott Clark and Holly Tate  
Jean Crabtree  
Anthony Dodge  
Beverly Fisher  
Gerald Hall  
Glen Hayes  
Daniel and Leslie Hedrick  
Matkin Brothers  
Excavation Inc.  
Cheryl McRoyan  
Michael and Barbara Morey  
Daniel Powers and Lynne Wolfe  
Carolyn Sandmann  
Michael and Julia Scheller  
Gary and Jan Schroeder  
Daniel and Lucyna Shefter  
Motoe Shiratori  
Cliff and Julie Stockdill  
Ward + Blake Architects  
David and Susie Work

## AMBASSADORS

(\$500 to \$999)

George and Eeva Adams  
Robert and Jean Benedict  
Jack and Laura Brewer  
J. Carlo Cannell  
Ronald and Mary Lou Carlson  
Brad and Carla Corum  
John and Alice Finley  
David and Dana Joslyn  
Linda Lillibridge  
Steven and Kathleen McDonald  
Thomas and Marjorie Peter  
Scott and Lisa Pierson  
Edward and Kathryn Rawn

**Seniors West of the Tetons  
is grateful for the  
outpouring  
of community  
contributions  
we received this year  
during the Tin Cup  
Challenge. Here is  
a list of our donors:**



Matthew and Kim Roberts  
Martin and Kristen Schulz  
Les and Jean Thurmond  
Mark and Jayne Tillema

## ADVOCATES

(\$250 to \$499)

Lucile Banks  
William and Carol Barker  
James Canedy and Stacey  
Nail-Canedy  
Ryan and Missy Colyer  
Stephen and Sara Davis  
Cindy Dender  
William and Patricia Feltz  
John and Kristine Fisher  
James Haag and Carol Licht  
David and Kathleen Haar  
Maureen Heimerl  
Dr. Buol Heslin and Dr. Janet  
Conway  
Thomas and Kathleen  
Hoffman  
Kenneth and Anna  
Kirkpatrick  
Chris Larson and Cathy  
O'Connor  
John and Norma Marchant  
Sheila Nielsen  
Plaza Towing Inc.  
John and Linda Prentice  
Cynthia Sebesta  
Benjamin Shortledge and  
Leah Corrigan  
John and Linda Unland  
Jeff and Annette White  
Charles Woodward  
Fred and Kim Wright

Felix Zajac III and Joyce  
McFarland Zajac

## SUPPORTERS

(\$100 to \$249)

William and Bonnie Ariano  
David Atlas and Karen  
LaDuke  
Thomas and Sarah Balben  
Jeannie Blackwood  
J. and Barb Boesch  
Thomas and Cathy Bolstad  
Thomas Booth  
Charles and Linda  
Borrenpohl  
Paul and Lalitha Brakke  
Eric and Elizabeth  
Brandhorst  
Laura Brattain  
Porter and Ann-Toy  
Broughton  
Ned Brown  
Glenn and Lynne Browning  
Troy Butzlaff and Anna  
Grandys  
Lois Cannon  
Chasing Paradise Meadery  
John Cheeseman and Bette  
Chapman  
Sarah Christensen  
Randy and Laura Curtis  
Christen DiLeonardo  
Rodney Dykehouse  
Douglas and Nancy Erickson  
Wendy Farnsworth  
William and Nell Fay  
Dawn Felchle  
David and Melanie Fischel

Fisher Creative  
Tim Foreman  
Steve and Barb Grange  
Greta Gretzinger  
Nancy Griffin  
Ground Ties LLC  
Ralph and Christy Guidry  
Paul and Mary Lou Hansen  
Zona Harkins  
Robert and Solamee  
Heneage  
David Hensel and Julie  
Robinson  
Heidi Hochstrasser Fund  
Darlene Jacobsen  
Elaine Johnson  
Frederick and Rita Johnson  
Kim Keeley  
James Kleine and Kimberly  
Day  
Richard and Ann Koplow  
Cheryl Koshuta  
Cassandra Laub  
Earle Layser  
Ronald and Gayle Lien  
Gene and Erica Linn  
Earl Mattson and Alva  
Parsons  
John and Kaye McCallon  
John and Pauline McIntosh  
Michael and Rose Nicklas  
Marjorie Oakes  
Dan and Betty Orr  
Charles Otto  
Walt Overgaard and Debbie  
Susong  
Liz Pitcher  
Ronald and Debbie Razzolini  
Ellen Rosenau

# Tin Cup Challenge 2025

Ted and Christy Schroeder  
James and Christina Schulz  
Philbin de Got Schulz  
Emily Selleck  
Nancy Siverd  
Barbara Smith  
Mary Carol Staiger  
Dan and Melisa Streubel  
David Strickland and Amy  
Fradley  
Denise Tanaka  
Julia Tellman  
Teton Valley Loose Threads  
Quilt Guild  
Ray and Jenna Thompson  
Brian Thysell  
Janice Tice  
Thomas and Geena Toxby  
Peter Troy  
Rich Troy  
Vancie Turner  
Mylan and Betty VanNewkirk  
Peter and Bette Versloot  
Robert and Debbie Whipple  
Robert and Celeste  
Wilcoxson

## PARTNERS (\$50 to \$99)

Jan Anderson  
Martha Baxter  
Arnold Byrd and Sharon  
Shopper  
Gregory Collins and Susan  
Miller  
Laura Davenport  
Donna Dengler  
James and Debra Deskin  
Laurel Dorr

Geno Forsythe  
Howard Garber and Patricia  
Formichelli  
Peter and Alison Hady  
Carl Jordan  
Stephen and Jennifer Kruto  
Chuck and Janet Kunz  
Lori Kyle  
Ruth Lindstedt  
Guy and Janet Loomis  
Karen Lowenthal  
Gene Marcowka and Jenny  
Charles  
Lars and Eva Marmsäter  
Ken and Lori McCune  
Alan and Alice McIntosh  
Paul and Cindy Mead  
Miles and Jennifer Minson  
Phil and Allie Mollenkof  
Heidi Nelson  
Peter and Linda Nelson  
Pete and Mary Lou Oslund  
Daniel Pauroso and Deborah  
Rouleau  
Powder Mountain Press /  
Teton Valley Magazine  
Jeffrey and Lisa Redden  
Lee and Linda Reynaud  
Samuel and Stephanie  
Sandell  
Jay and Darla Sewell  
Rustin Shill  
Robert and Lorene  
Spoelhof  
John and Cynthia Stoetzer  
Linda Swope and Linda  
Marquis  
Tom and LeAnn Talbot  
Carol Taylor

## Seniors West of the Tetons also wishes to thank our many ANONYMOUS DONORS!

Our apologies for any  
errors or omissions.  
Email Carol Lichti at  
carol@tetonseniors.com  
with any corrections.

Edward Twohey and Cheryl  
Letchworth  
Constance Tyler  
David Warnick and Diane  
LaHay  
Ben Winship and Caroline  
Herter

## FRIENDS (\$49 and under)

Carl and Susan Allen  
April Andrews  
V. Kent and Pauline Bagley  
Debra Barracato  
Randy Blough and Jennifer  
Zung  
Juan and Cynthia Cerdan  
Aaron and August  
Christensen  
Rex and Marie Christensen  
Bruce and Judith Connery  
Linda Criswell  
H. Laurence and Susannah  
Detrick  
Susan Detweiler

Terry and Joanne DiMattio  
Elevate Salon  
Pauline Elliott  
Bruce and Linda Fiordalisi  
Rachel Gray  
Andrew and Susan Heffron  
Thomas and Mary Heller  
Jesse Houston and Stacy  
Bodis  
Thomas and Laurel Kalange  
Kathy Kilgallon  
Paul Lane and Hallie  
Lane Poirier  
Peter and Jane Linville  
Les Mason  
Tim and Julie Morley  
Ralph Mossman and Mary  
Mullaney  
George and Susan Nowack  
Susan Patla  
Peter and Leila Poutiatine  
Ronald and Kathleen Quinn  
Sean and Jacklyn Riley  
Molly Robertson-Goodrich  
Joseph and Karin Sadauckas  
Marguerite Shaw  
Lynn Skilton  
Hope Sneller Moore  
Elaine Spang  
Chuck Spray and Guch  
Lombardi  
Jerry and Kathleen Stillman  
Steven Summers  
Jacob Taylor and Alexandra  
Bontecou  
Patrick and Taylor Todd  
Donna Van Vossen  
DeAnn Waddell  
Angela Warner



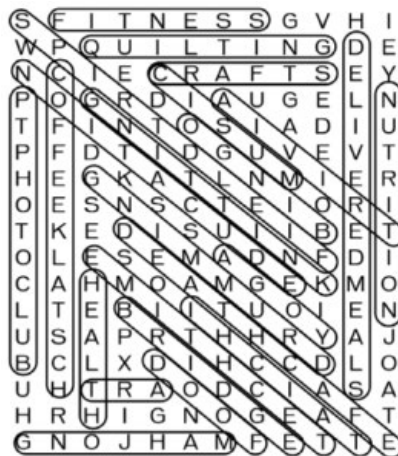
**WYDAHO**  
ROASTERS  
COFFEE HOUSE

is a proud supporter of  
Seniors West of the Tetons

## PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

### Word search



### SWOT sudoku

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





# MORE TO DO at the senior center

## SWOT VIEW

PHOTO OF  
THE MONTH BY  
**DAVE WICHMANN**

SWOT Photo Club Member Dave Wichmann's photo of the Grand Teton in a snow frame will be among the photos in the club's show this month at SWOT. A reception is set for 5 p.m. Sept. 8.



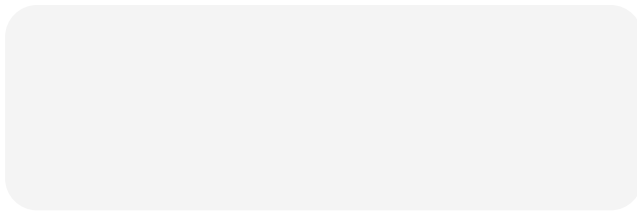
## TRY TO REACH NEW HEIGHTS

At SWOT, you're never too old to learn. Here's your chance to try rock climbing at two special classes on Sept. 17 and 24 to learn with Jen Piperno, at right, at the Rock Climbing Gym. Be like Cindy Dender, SWOT board member, shown on the left trying it out. It's limited, but free. Equipment and gear provided. Register at [Tetonseniors.org](http://Tetonseniors.org).



## 12 VALLEY TALK

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



P.O. BOX 871  
DRIGGS, ID 83422



Nonprofit Organization  
U.S. Postage  
PAID  
Permit No. 2  
Driggs, Idaho 83422