



## 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



### ONLINE

- [www.tetonseniors.org](http://www.tetonseniors.org)
- Facebook: Seniors West of the Tetons
- Instagram: [seniors\\_west\\_of\\_the\\_tetons](https://www.instagram.com/seniors_west_of_the_tetons)

### Meet Michelle

Get to know SWOT's new systems manager, Michelle Lyngso, in this month's Spotlight.

SEE PAGE 10



**Valley Talk**  
FEBRUARY 2026

**SPECIAL VALENTINE'S DINNER**

# BRING A PAL AND DINE AT SWOT

**THIS YEAR'S PAL-N-DINE EVENT WILL FEATURE PASTA AND WINE**

VALENTINE'S DAY can be hard for those who are missing a loved one or who no longer have a partner. And, as we age, many of us can no longer afford a fancy romantic night out.

But SWOT has a friendly solution to all that. The third annual Pal-N-Dine dinner features a four-course meal and a complimentary glass of wine.

You won't want to miss this "friend-raiser" – an event to provide an enriching experience for older adults.

Come by yourself, come with a friend, come with your significant other or someone you want to get to know better.

**want to go?**

**When** 4:30 to 6:30 p.m. Feb. 14

**Where** Senior Center

**Cost** \$40 a person, which includes the meal and a glass of wine.

**Menu** Caprese salad, cream of artichoke heart soup, veal parmesan with pasta alla puttanesca, grilled zucchini, focaccia bread and tiramisu

**>> SIGN UP AT [TETONSENIORS.ORG](http://TETONSENIORS.ORG) <<**



## STAFF MEMBERS

EXECUTIVE DIRECTOR  
**Allie Mollenkop**  
OPERATIONS DIRECTOR  
**Stacey Nail**  
KITCHEN MANAGER  
**Peter Troy**  
COMMUNITY ENGAGEMENT & OPERATIONS ASSISTANT  
**Katie Mathews**  
SYSTEMS MANAGER  
**Michelle Lyngso**

## CHAIR CHAT

# Honor the wisdom of the Snow Moon



**LYNNE BROWNING**  
board chair

FEBRUARY ARRIVES quietly in Teton Valley, wrapped in snow and soft winter light. In many Native American traditions, February's full moon is known as the Snow Moon, a name that reflects the deepest part of winter and the wisdom that comes with it.

The Snow Moon symbolizes endurance, patience, and community – reminding people to slow down, conserve energy and rely on one another. In a season when travel once was difficult and resources were precious, connection mattered most.

While January often claims the spotlight as the "New Year," the Snow Moon offers a gentler beginning. It invites reflection rather than resolution. It asks us to pause and consider what truly sustains us – what we want to carry forward and what we can release as the days gradually grow longer.

This spirit feels especially fitting at

Seniors West of the Tetons. Winter may keep us closer to home, but it also deepens our sense of belonging.

SWOT continues to be a place of warmth, shared meals, laughter, and friendship – a reminder that community is one of our greatest resources.

As we move through February, may we honor the wisdom of the Snow Moon by caring for ourselves and one another, finding joy in small moments, and welcoming the quiet promise of a new season ahead.

Thank you for being part of this caring and vibrant community. Your presence helps make every season – especially winter – a little brighter.

## BOARD OF DIRECTORS

CHAIR  
**Lynne Browning**  
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**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

## 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://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 assist in the kitchen, deliver meals and much more. Email [programs@tetonseniors.com](mailto:programs@tetonseniors.com) to learn more.

## HEALTH TALKS FOCUS ON HOME CARE, IV TREATMENTS

Health-care professionals will be at the Senior Center in February to discuss home health, infusion treatments and wound care.

On Feb. 19 at 1 p.m., Bridger Carpenter, a registered nurse and owner/administrator of Momentum Home Health, along with members of the staff, will discuss "Staying Strong and Independent, the Non-Negotiable for Aging Well." This talk is in advance of National Caregivers Day on Feb. 20. See Page 11 for more caregiver info.

On Feb. 25 at 11 a.m., Kenedee Hill, a registered nurse at Teton Valley Health, will talk about infusion treatments and wound care at the hospital's specialty clinic.



## Learn about coffee, adventure travel

Activities this month include a coffee-bean tour and tasting and a chance to learn from others' travel adventures.

- Jim Sheehan, owner of Wydaho Roasters Coffee House, 495 S. Main in Driggs, will lead a roasting tour for seniors at 10 a.m. on Feb. 10. He will offer samples of a few specialty coffees.

- The Adventure Travel Series begins on Feb. 19 at 6 p.m. with Jen Bandow and Jackie Riley sharing their trips to Costa Rica. Then at 6 p.m. on Feb. 26, Wyatt Johnson will talk about his 1,000-mile bike ride in Alaska.

## Nothing's certain but death and taxes

Get help filing your tax returns and writing your obituary.

- Teton Valley Volunteer Income Tax Assistance offers free income tax preparation and e-filing to moderate-income taxpayers. A volunteer will review tax documents and help complete forms.

Interviews occur at the Senior Center or Valley of the Tetons Library. To schedule, call (208) 557-4778.

- Looking ahead, the Valley of the Tetons Library is having an obituary-writing workshop at 2 p.m. on March 5. See Valleyofthetetonslibrary.org for the location.

## VALLEY TALK 3

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

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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. 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. 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 and Fridays. Wear loose clothing; bring water. Yoga mats and gear available. 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 Mollenkopf 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.

### Medicare chat

Help for your questions. Check calendar.

Seniors Health Insurance Benefit Advisors are at lunch once a month.

## 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 Wydaho Roasters.

### Senior art

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

No class this month. Stay tuned for fun with glass.

### Quilting club

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

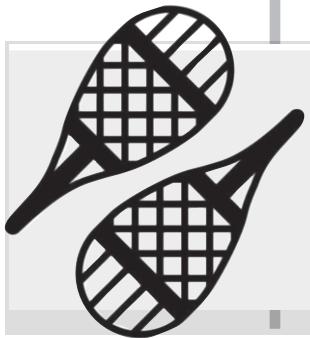
The Get "Sew" Connected club offers a way to share ideas and advice. Bring hand work and curiosity.



# FEBRUARY

## 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
<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>Yoga, 9 a.m.</li> <li>Drumming, 10:30 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> <p><b>ESTATE PLANNING: WILLS &amp; TRUSTS</b>, 1:15 p.m. Attorney Sarah Lien discusses what seniors and families should know.</p>	<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>Yoga, 9 a.m.</li> <li>Knitting Circle, 9 a.m. at Wydaho Roasters, 495 S. Main, Driggs.</li> <li>Drumming, 10:30 a.m.</li> </ul> <p><b>SUPER BOWL LUNCH</b>, noon</p> <p><b>SUPER FAN BINGO</b>, 1 p.m.</p>
2	3	4	5	6
<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li><b>IPHONE TIPS WITH JACKIE</b>, 1:15 p.m. Jackie Riley offers help and tips for iPhones and Androids. Sign up at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> <li><b>GET "SEW" CONNECTED</b>, 3 p.m. Quilting ideas, handwork.</li> </ul>	<p><b>GO FOR THE GOLD!</b> (See note on Page 6)</p> <ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li><b>COFFEE-TASTING TOUR</b>, 10 a.m., Wydaho Roasters, Driggs. Owner Jim Sheehan talks about beans, offers samples.</li> <li>Drumming, 10:30 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>Coffee, 10:30 a.m.</li> <li><b>ROCK CLIMB</b>, 11 a.m. Sign up at <a href="http://tinyurl.com/swotrockclimb">tinyurl.com/swotrockclimb</a></li> <li>Blood-pressure checks, 11:45 a.m.</li> <li>Mahjong, 1 p.m.</li> <li><b>PILATES</b>, 3:30 p.m. <a href="http://Tetonseniors.org">Tetonseniors.org</a></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> </ul>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>Death Café, 1:30 p.m.</li> </ul>
9	10	11	12	13
<p><b>PRESIDENTS' DAY</b></p> <p>The Senior Center is closed.</p>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:30 a.m.</li> <li>Bridge, 1 p.m.</li> <li><b>SENIOR IMPROV</b>, 3 p.m. Games of listening, imagination and fun with audience participation.</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> <li><b>MAKERSPACE</b>, 1:15 p.m. Batik bandannas. Sign up at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> </ul>	<ul style="list-style-type: none"> <li>Fit and Fall Proof, 9 and 10 a.m.</li> <li>Library info table, noon</li> <li><b>AGING WELL</b>, 1 p.m. Momentum Home Health. (See Page 3)</li> <li><b>ADVENTURE TRAVEL SERIES</b>, 6 p.m. Jen Bandow and Jackie Riley on Costa Rica.</li> </ul>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Knitting Circle, 9 a.m. at Wydaho Roasters,.</li> <li>Drumming, 10:30 a.m.</li> <li><b>VITA TAX HELP</b>, 1 to 4 p.m. Call (208) 557-4778 to schedule.</li> <li><b>SPROUT WORK-SHOP</b>, 2 p.m. \$20 fee. Learn to grow sprouts. Sign up at <a href="http://Tetonseniors.org">Tetonseniors.org</a></li> </ul>
16	17	18	19	20
<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>Yoga, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li>Bridge, 1 p.m.</li> <li><b>SWOT BOOK CLUB</b>, 3 p.m. "Raising Hare" by Chloe Dalton. Sign up at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi, 9 a.m.</li> <li>Coffee, 10:30 a.m.</li> <li><b>TETON VALLEY HEALTH TALK</b>, 11 a.m. Learn from Kenedee Hill about infusion and wound-care therapy.</li> <li>Mahjong, 1 p.m.</li> <li><b>SNOWSHOEING</b>, 1 p.m. See below.</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> <li><b>ADVENTURE TRAVEL SERIES</b>, 6 p.m. Wyatt Johnson on biking 1,000 miles from the Arctic Ocean to Palmer, Alaska.</li> </ul>	<ul style="list-style-type: none"> <li>Yoga, 9 a.m.</li> <li>Drumming, 10:15 a.m.</li> <li><b>VITA TAX HELP</b>, 1 to 4 p.m. Call (208) 557-4778.</li> <li><b>PIZZA AND A MOVIE</b>, 4:30 p.m. "Wicked: For Good." \$8. Sign up at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</li> </ul>
23	24	25	26	27
<p><b>"SUPER" FUN</b></p> <p>Dress in your favorite sports team attire for some pre-Super Bowl fun at lunch on Feb. 6 and stay for Super Fan Bingo at 1 p.m.</p>			<p><b>SWOT SNOWSHOEING</b></p> <p>Travel by the SWOT van to Teton Canyon for a snowshoe adventure on Feb. 25. Bring or rent your own equipment. The van will leave at 1 p.m. Limited availability. Sign up at <a href="http://Tetonseniors.org">Tetonseniors.org</a>.</p>	



# FEBRUARY

## lunch menu

**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.

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheddar broccoli quiche Side salad Sour cream Fresh-cut fruit salad <b>2</b>	<b>REUBEN TUESDAY</b> Reuben sandwich Housemade potato chips Garden salad <b>3</b>	Cornflake chicken breast Chicken gravy Mashed potatoes Buttered vegetable blend Apple pie <b>4</b>	Pulled pork sandwich with honey-Dijon coleslaw on a pretzel bun Baked beans Garden salad Cinnamon apples <b>BIRTHDAY CAKE</b>	Fish and chips with beer-battered cod Roasted potato wedges Housemade tartar sauce Coleslaw Clam chowder <b>5</b>
Salisbury steak Mashed potatoes Brown gravy Glazed carrots Garden salad <b>9</b>	<b>GO FOR THE GOLD!</b> (See below) Layered black bean cheese enchiladas Fire-roasted green chile corn Salsa bar Tortilla soup <b>10</b>	Mild Buffalo chicken wrap with lettuce, carrots, celery, and bleu cheese or ranch dressing Housemade potato chips Fresh fruit <b>11</b>	Grilled pork chop with applesauce Traditional stuffing Roasted green beans Pecan pie <b>12</b>	Baked salmon Caesar salad Bacon-Lentil soup Dinner roll <b>13</b>
<b>PRESIDENTS' DAY</b> The Senior Center is closed. <b>16</b>	<b>MARDI GRAS</b> Cajun chicken gumbo with white rice Fried okra Cornbread Corn and crab bisque King cake <b>17</b>	Waldorf salad with apples, red grapes, candied walnuts, celery and honey-yogurt dressing White bean vegetable stew <b>18</b>	Mongolian beef with white rice Steamed broccoli Egg roll Oranges Fortune cookie <b>19</b>	Grilled crab melt with provolone cheese on sourdough Side salad Cream of tomato basil soup <b>20</b>
<b>BREAKFAST BRUNCH BUFFET</b> Eggs, bacon and sausage Home fries Buttermilk pancakes Assorted Danishes Fruit <b>23</b>	Chicken taco salad in a flour tortilla bowl with black beans, corn, tomatoes, cheese and Chipotle ranch dressing Green chile cheese soup <b>24</b>	Sesame pork and yakisoba noodles with broccoli, red peppers, baby corn and teriyaki sauce Pumpkin curry soup Fortune cookie <b>25</b>	Canadian poutine on french fries with shredded beef, brown gravy, cheese curds and green onion Garden salad <b>26</b>	Cheese tortellini with marinara sauce, Parmesan cheese, roasted zucchini and red peppers Cream of asparagus soup <b>27</b>

### GO FOR THE GOLD & CHEER ON LOCAL SKIER



The Winter Olympic Games run from Feb. 6 to 22 in Italy. SWOT will be tuned in during lunch, starting on Feb. 10, when the women's freestyle skiing moguls competition begins. Local favorite Jaelin Kauf will compete for another Olympic medal. Come and cheer on "Team J."

### GROW SOME SPROUTS

Sprout-growing expert Alison Godlewski will lead a workshop at 2 p.m. on Feb. 20 about growing sprouts. A \$20 fee is required for this limited class. Register at [Tetonseniors.org](http://Tetonseniors.org).





# by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND DECEMBER

HERE ARE THE NUMBER OF PARTICIPANTS for a few of the activities available at Seniors West of the Tetons. Numbers are from the latest available month.

## MEALS SERVED IN 2025

# 17,711

AT THE CENTER: 13,782  
HOME-DELIVERED: 3,929

## MEALS SERVED IN DECEMBER

# 1,445

AT THE CENTER: 1,045  
HOME-DELIVERED: 400

## FITNESS/HEALTH PROGRAMS IN DECEMBER

# 485

## GAMES: BRIDGE & MAHJONG IN DECEMBER

# 79

## ENRICHMENT PROGRAMS IN DECEMBER

# 130

## GONE BUT NOT FORGOTTEN ...



These residents passed away recently:

**Steven Beard**

**Juliet Sherwood**

**Debra Waddoups**

**Mary Jean Wootton**

**Clair Yost**



## VALLEY TALK 7

**Growing Memories at the TETON VALLEY FAIR**

August 3-9, 2025

102

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.



## 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)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Seniors West of the Tetons, Driggs, ID B 4C 05-1077



# PICTURE perfect

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



## improvising seniors

Stacey Nail, far right at top, SWOT'S operations director and improv enthusiast, led a group of seniors in improvisation activities last month. At top, left to right, are Sandra Hill, Carol Lichti, Julie Stockdill and Georgina Worthington, who are about to participate in a one-word storytelling exercise. Another activity involved skits about selling items on a TV shopping channel, and Al Wilner, near right, and Cindy Dender, invented aspects about random items they were given and answered questions for callers. At far right, Milissa West of the ACT Foundation reacts to Connie Tyler's magic disco ball, which she claimed could transport you to anywhere in the world. The next improv session will be at 3 p.m. on Feb. 17.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

## holiday lunch

SWOT Kitchen Manager Peter Troy and Executive Director Allie Mollenkopf thank those who attended the holiday celebration in December. More than 200 were served. Holiday Propane was a sponsor.

## pizza line

Eager seniors get their salad and pizza before the start of December's movie, "White Christmas." This month, "Wicked: For Good" will be shown on Feb. 27.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY



## forced bulbs

Emily Sustick of Red House Flowers tells seniors how to pot bulbs to bloom this winter in vessels they brought to fill and take home.

# FUN & GAMES

## Valentine word search

ADORE  
AMOROUS  
BEMINE  
CANDLES  
CANDY  
CARD  
CHOCOLATE  
CUPID  
DEAR  
DESIRE  
ENDEARMENT  
FLOWERS  
FRIENDS  
HEART  
HUGS  
KISSES  
LOVEBIRDS  
PINK  
RED  
ROSES  
SWEETS  
TENDERNESS  
VALENTINE

E	E	O	C	D	B	T	R	A	E	H	T
O	R	J	U	N	E	R	G	D	R	A	C
E	I	R	S	P	M	A	E	C	E	T	F
T	S	K	U	E	I	E	R	D	A	R	N
A	E	I	O	N	N	H	D	P	I	N	K
L	D	S	R	D	E	D	A	E	S	O	E
O	R	S	O	E	S	D	N	S	W	C	N
C	O	E	M	A	O	D	E	Y	A	I	I
O	S	S	A	R	S	N	N	N	M	G	T
H	E	N	E	M	R	H	D	D	D	T	N
C	S	S	E	I	Y	A	I	I	V	E	
O	H	G	D	N	S	T	P	O	S	C	L
C	U	N	M	T	E	U	N	N	E	M	A
H	E	L	E	R	C	D	N	O	I	T	V
T	I	E	C	E	C	A	N	D	L	E	S
A	W	E	S	D	R	I	B	E	V	O	L
S	S	S	R	E	W	O	L	F	K	E	J

## SWOT sudoku

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

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

## VALLEY TALK 9

### "SEEN AGAIN" GALLERY

JANUARY 2026

**This season is worth remembering.**  
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capture this chapter of your life. Select images  
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Seniors West of the Tetons, Driggs, ID C 4C 05-1077



# in the SPOTLIGHT

MUCH GOES ON behind the scenes at the Senior Center. Bills, paychecks, donations and more need to be recorded, tracked and processed. Michelle Lyngso is making sure that all gets handled so the rest of the Seniors West of the Tetons staff can concentrate on their duties. A longtime resident of the area, Michelle joined SWOT this year. Her husband, Erik, is already a familiar face in the kitchen as SWOT's fill-in chef who also assists with special events. We caught up with Michelle recently to find out more about her.

## Tell us about your back-ground.

I grew up in Grove City, Ohio, and received a bachelor's degree from DePauw University in Greencastle, Ind. When I graduated in 2004, getting a typical "desk job" was not appealing, so I ventured out West. I had dreams of living in a mountain town and decided to go somewhere I had never been. I landed in Jackson. For the first 10 years while I lived there, I worked in the service-and-hospitality industry. Then, when my husband, Erik, and I started a family in 2014, I began doing bookkeeping and managing the behind-the-scenes jobs for a few local restaurants. That work was a great balance to my primary job of raising our two



## MICHELLE LYNGSO

SHE'S SWOT'S NEW SYSTEMS MANAGER

PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

boys, Henrik and Corbin.

## How long have you lived in Teton Valley?

I have been in the area for more than 21 years, moving to Jackson in 2004. I have lived in Victor since 2007.

## Tell us about your family:

Some of you may have met my husband, Erik, who sometimes helps out in the kitchen. My two sons are Henrik, age 11, and Corbin, age 7.

## in her spare time ...

### What are you reading?

When I slow down enough to sit down with a book, I often fall asleep! Someday soon, I hope to keep my eyes open to finish a book.

**What is the favorite thing you've watched recently?** Some TV shows I've enjoyed recently are "Bad Sisters," "Ted Lasso" and the Billy Joel documentary called "And So It Goes."

## What got you interested in working at Seniors West of the Tetons?

The longer I have lived here, the more I have wanted to be a part of something on this side of the pass. The Senior Center is a great organization providing many people throughout the valley with a place to gather and have a sense of belonging.

## What kind of things do you like to do for fun?

I enjoy sports and staying active. My favorite summer activity is mountain biking, and my favorite winter activity is skiing. I also love playing soccer with my kids and spending time on the river - to name just a few.

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

The best part about living here is that I get to do activities every day that many people only get to enjoy while on vacation.



## TIP of THE MONTH

IDEAS ON HOW  
TO AGE WELL  
WHILE LIVING  
IN TETON VALLEY

## AARP offers some advice for caregiving partners

National Caregivers Day is Feb. 20, and here are some tips from AARP for caregivers:

### Dealing with uncertainty

As a caregiver, you never know what problem is going to transpire next. That uncertainty often causes issues for a caregiver who typically has problems deciding when to take time off.

A resolution: Think strategically. Determine what you have control over – and what you don't. By capitalizing on the present moment – instead of trying to control the future – you'll have more success as a caregiver.

### Balancing multiple responsibilities

For caregivers, there are many things to juggle – your kids, your job, your own private time.

A resolution: Create two lists – one to cover things you can do, the other for things that can be delegated, such as food shopping or lawn care. When delegating, be specific; the more detailed you are about what you need, the more likely you are to find someone to do it.

### Paying unexpected expenses

Not only are most family caregivers unpaid, but most also feel as if they are always reaching into their own pockets to cover their loved one's needs.

A resolution: Speak to a social worker, who should be able to connect you to possible financial resources. If you're struggling to find a social worker, contact the local Area Agency on Aging at the Eastern Idaho Community Action Partnership at (208) 542-8179 or email seniors@eicap.org.

## SWOTVIEW

PHOTO OF THE MONTH  
SUE LURIE

Sue Lurie took this photo for an abstract image theme for the SWOT Photo Club. The photo club is open to all and meets monthly on the second Wednesday of the month at 5:30 p.m. in the Senior Center.



### Thank you, Wydaho!

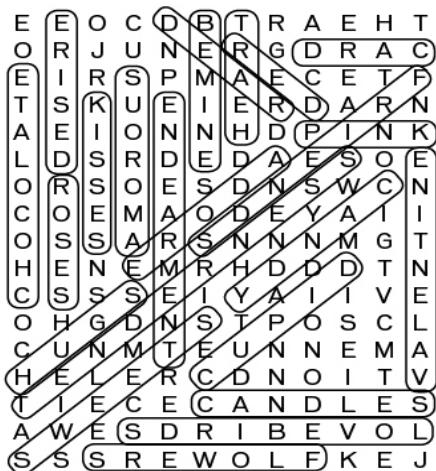
Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Tetons.



## PUZZLEanswers

PUZZLES ARE ON PAGE 9

### Word search



### SWOT sudoku

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

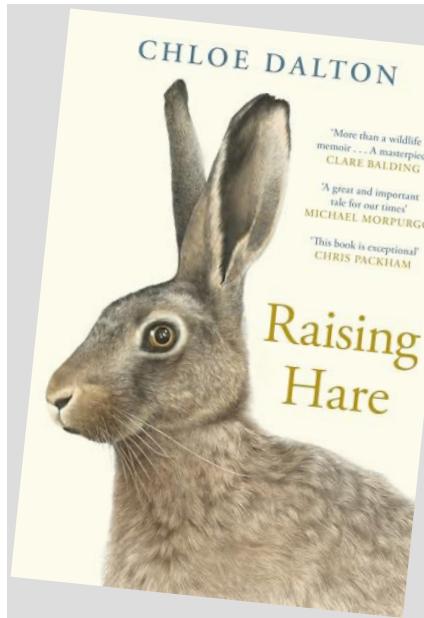


# MORE TO DO at the center

## BOOK CLUB

### Read - and learn from nature

SWOT's book for Feb. 24 is "Raising Hare: A Memoir" by Chloe Dalton. It's described as a moving tale about a helpless creature that helped a workaholic slow down and change her life. Sign up at [Tetonseniors.org](http://Tetonseniors.org).



## PIZZA & A MOVIE

### Witness the epic conclusion

"Wicked: For Good" completes the saga of Glinda and Elphaba as Dorothy enters the tale in the second part of the musical movie based on the Broadway musical "Wicked" and the "Wizard of Oz." Join us at 4:30 p.m. Feb. 27. \$8 fee. Sign up at [Tetonseniors.org](http://Tetonseniors.org).

## 12 VALLEY TALK

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