



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

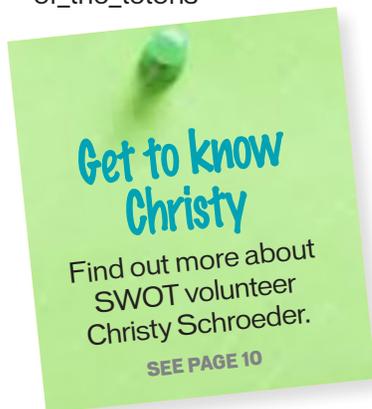
Served at noon Mondays through Fridays.

HOW TO REACH US

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

ONLINE

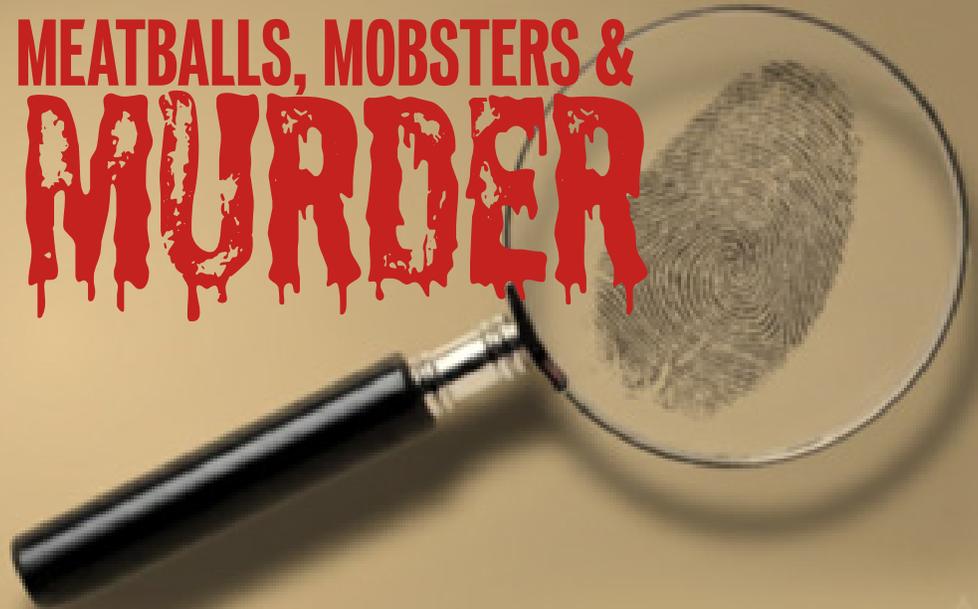
- www.tetonseniors.org
- Facebook: Seniors West of the Tetons
- Instagram: [seniors_west_of_the_tetons](https://www.instagram.com/seniors_west_of_the_tetons)



Valley Talk

MARCH 2026

MEATBALLS, MOBSTERS & MURDER



JOIN SWOT FOR A MURDER MYSTERY DINNER. A GANGSTER'S BEEN KILLED. CAN YOU FIGURE OUT WHO DID IT?

Help solve a murder mystery during a special event this month at the Senior Center. A gangster named Danny "Chuckles" Luciano has been found dead, and it's up to you to help us solve the crime.

The mystery dinner party is planned for 4:30 to 6:30 p.m. March 13 at the Senior Center. The cost is \$25 a person.

It's not required but you're encouraged to dress in 1920s attire to get in the spirit of the evening. Break out your pearls, pinstripes, flappers and fedoras.

The ACT Foundation will lead guests on a wild ride of mischief and murder. Be prepared to meet mob boss Don Carrasino and his group of gangsters.

want to go?

When 4:30 to 6:30 p.m. March 13

Where Senior Center

Cost \$25 a person, which includes the meal and a glass of wine.

Menu Spaghetti and meatballs, garden side salad, zucchini with red peppers and basil, garlic bread and a chocolate cupcake



» SIGN UP AT TETONSENIORS.ORG



theSWOTteam

ALLIE'S NOTE

SWOT loves connecting with partners



ALLIE MOLLENKOF
executive director

MARCH IS BRINGING a burst of energy to Seniors West of the Tetons, and we're excited about what's ahead.

This month, we're co-hosting our second Contra Dance with the Downtown Driggs Association and partnering with the Act Foundation for an interactive Murder Mystery Dinner.

These events are more than just fun evenings out. They reflect our larger commitment to working alongside our community to create experiences that meet seniors in new and exciting ways.

While meals, fitness and enrichment programming remain at the heart of what we do, we are always looking for opportunities



to build connections beyond our walls.

Collaboration allows us to spark joy in new ways, invite creativity and bring people together across generations.

We're grateful to our partners for stepping into this spirit of shared

purpose.

When local organizations work together, the impact reaches far beyond a single event.

We hope you'll join us this March – on the dance floor, around the dinner table or wherever connection finds you.

STAFF MEMBERS

EXECUTIVE DIRECTOR

Allie Mollenkof

OPERATIONS DIRECTOR

Stacey Nail

KITCHEN MANAGER

Peter Troy

COMMUNITY ENGAGEMENT & OPERATIONS ASSISTANT

Katie Mathews

SYSTEMS MANAGER

Michelle Lyngso

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Cindy Dender

Tim Foreman

Jim Haag

Carol Lichti

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
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. 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 to learn more.

SWING ALONG WHEN CONTRA DANCING RETURNS TO SWOT

In September, a crowd of older adults and community members danced to live music on the Driggs City Plaza as a caller gave instructions.



This month, the Downtown Driggs Association and Seniors West of the Tetons is offering another contra dance - at 6 p.m. March 6 at the Senior Center. The Yellow Dog Stringband will be back, along with a caller, to get everyone moving.

SWOT will sell chicken and beef burritos for \$10 each, and a salsa bar will be available along with beverages for purchase.

No experience is necessary. Admission is free with donations appreciated.

Come celebrate live music and dance.

Group to meet for care partners

A support group for those who care for older adults with brain changes or limited disabilities will meet the last Monday of the month at 4 p.m. at the Senior Center.

Carol Taylor, a licensed certified social worker, will facilitate the group.

The Mental Health Coalition and Seniors West of the Tetons are sponsoring the sessions. The group will meet March 30, April 27, May 18 and June 29.

Learn about services, explore and share strategies of support and connect with other care partners.

SWOT receives Teton Springs grant

The Teton Springs Foundation has awarded Seniors West of the Tetons a grant of \$5,000 to provide meals to homebound seniors.

The funds will help provide about 400 meals for homebound seniors with limited resources.

The grant was among \$97,800 in grants that Teton Springs gave this year to 16 local nonprofits. Over the years, the foundation has given \$1.1 million in grants, including several to SWOT. In 2023, the Foundation awarded \$25,000 to SWOT toward the purchase of a van.

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. 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. 10 a.m. Fridays at Teton Valley Welcome 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 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.

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.

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.



MARCH

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"> Fit and Fall Proof, 9 and 10 a.m. SENIOR ART, 1 p.m. Make glass magnets. Limited availability. Sign up for one session only this month at tinyurl.com/seniorarts. <p>2</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Bridge, 1 p.m. <p>3</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. PAINT THE TETONS, 1:15 p.m. at Local Galleria, 25 S. Main in Driggs. Cost discount of \$25. Sign up and pay at Tetonseniors.org. See painting on Page 11. <p>4</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Obituary writing workshop, 2 p.m. Location: Community Foundation of Teton Valley, 189 N Main, Suite 112, Driggs. Organized by the Valley of the Tetons Library. Sign up at tinyurl.com/writeanobit. <p>5</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Knitting Circle, 9 a.m. at WYdaho Roasters. Tai Chi, 10 a.m. at Teton Valley Welcome Center. Drumming, 10:30 a.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778. CONTRA DANCE, 6 to 8 p.m. See Page 3. <p>6</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SENIOR ART, 1 p.m. Make glass magnets. Limited availability. Sign up for one session only this month at tinyurl.com/seniorarts. GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork. <p>9</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Tech Time, noon Bridge, 1 p.m. <p>10</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Rock Climb, 11 a.m. Sign up at tinyurl.com/swotrockclimb Blood-pressure checks, 11:45 a.m. Mahjong, 1 p.m. Makerspace, 1:15 p.m. See box below. Sign up at Tetonseniors.org. Pilates, 3:30 p.m. Photo Club, 5:30 p.m. <p>11</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. Death Café, 1:30 p.m. ADVENTURE TRAVEL SERIES, 6 p.m. Biking the mountains and coastline from Italy to Northern Croatia with Ella Hundere Dahlgren, <p>12</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Tai Chi, 10 a.m. at Teton Valley Welcome Center. Drumming, 10:30 a.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778 MURDER MYSTERY DINNER, 4:30 to 6:30 p.m. \$25 fee. See Page 1. Sign up at Tetonseniors.org. <p>13</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>16</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. ST. PATRICK'S DAY CELEBRATION, noon ST. PATRICK'S DAY BINGO, 1 p.m. Bridge, 1 p.m. <p>17</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. Mahjong, 1 p.m. <p>18</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. SHOSHONI PLAINS WALK, 1:15 p.m. Ride the van. Sign up at tetonseniors.org. ADVENTURE TRAVEL SERIES, 6 p.m. Dan Orr relives his expedition to the Arctic islands of Svalbard. <p>19</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Knitting Circle, 9 a.m. at WYdaho Roasters. Tai Chi, 10 a.m. at Teton Valley Welcome Center. Drumming, 10:30 a.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778.. <p>20</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. <p>23</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Bridge, 1 p.m. KITCHEN HERB PLANTERS, 1:30 p.m. MD Nursery workshop. \$15 fee. All materials provided. Sign up at Tetonseniors.org. <p>24</p>	<ul style="list-style-type: none"> Tai Chi, 9 a.m. Coffee, 10:30 a.m. TETON VALLEY HEALTH TALK, 11 a.m. Update on the state of Teton Valley Healthcare. Mahjong, 1 p.m. PILATES, 3:30 p.m. <p>25</p>	<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. MEDICARE CHAT, noon SENIOR IMPROV, 3 p.m. <p>26</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Tai Chi, 10 a.m. at Teton Valley Welcome Center. Drumming, 10:30 a.m. VITA TAX HELP, 1 to 4 p.m. Call (208) 557-4778. PIZZA AND A MOVIE, 4:30 p.m. "Singin' in the Rain." \$8. Sign up at Tetonseniors.org. <p>27</p>
<ul style="list-style-type: none"> Fit and Fall Proof, 9 and 10 a.m. CARE PARTNER SUPPORT GROUP, 4 p.m. Licensed Clinical Social Worker Carol Taylor will facilitate a confidential session for people caring for someone with brain change or limited disabilities. <p>30</p>	<ul style="list-style-type: none"> Yoga, 9 a.m. Drumming, 10:30 a.m. Bridge, 1 p.m. SWOT BOOK CLUB, 3 p.m. "Wild Dark Shore" by Charlotte McConaghy. Sign up at Tetonseniors.org. <p>31</p>			



SHINY SHOES, CLOTHES

March's Senior Makerspace activity at the Driggs Valley of the Tetons Library involves ironing metallic foil onto shoes or clothes. Bring an item to embellish with metallic foil. Sign up at Tetonseniors.org.





MARCH

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
Tuna Nicoise salad with spring mix, tomatoes, kalamata olives, eggs, roasted potatoes and green beans Cream of potato soup 2 Focaccia bread 2	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 3	Falafel with warmed pita, tzatziki, lettuce, tomato and feta 3 Garden vegetable soup 4 Baklava 4	Better-than-your-mom's meatloaf Mashed potatoes Brown gravy Peas and carrots Garden salad 5 BIRTHDAY CAKE 5	Pesto chicken salad sandwich on ciabatta bun with provolone cheese, lettuce and tomato Vegetable slaw Minestrone soup 6
Grilled chicken with lemon caper sauce Rice pilaf Roasted mixed vegetables Lemon pie 9	Creamy mushroom beef stroganoff Buttered egg noodles Roasted cauliflower Garden salad Cookie 10	Marsha's crab cakes Roasted red pepper aioli Side salad Cream of garden vegetable soup 11	Grilled three-cheese sandwich Cream of tomato basil soup 12 Garden salad 12	Asian barbecue pork ribs Pork fried rice Asian slaw Asian vegetable noodle soup Oranges Fortune cookie 13
Mediterranean baked cod on white rice with tomatoes, olives, capers and basil Roasted asparagus Chicken orzo soup 16	ST. PATRICK'S DAY Braised corned beef Cabbage Boiled potatoes Lamb stew Chocolate Guinness cupcakes 17	NATIONAL SLOPPY JOE DAY Sloppy joes with cheese and green onions on a wheat bun Tater tots 18 Garden salad 18	Barbecue chicken legs Baked beans Coleslaw Potato salad Fresh watermelon Chocolate brownie 19	Vegetarian chili mac and cheese 20 Steamed broccoli 20 Garden salad 20
Chicken schnitzel Warm bacon potato salad Sauerkraut Roasted green beans Beef barley soup 23	Brie and tomato pastry tart Side salad 24 Cream of asparagus soup Cookie 24	Southwest beef tamale pie Roasted corn Seasoned black beans Sour cream Green chile pork stew 25	Grilled Rachael sandwich with turkey, Swiss cheese Thousand Island dressing and coleslaw Housemade potato chips Garden salad 26	Roasted pork bahn mi sandwich on a hoagie with cilantro, cucumber, carrot, radish and red chile aioli Sesame broccoli salad Pumpkin curry soup 27
Roast beef on rye sandwich with Swiss cheese, lettuce, tomato and horseradish aioli Housemade potato chips Garden salad Cookie 30	Crispy catfish filet Rice pilaf Coleslaw Housemade tartar sauce Sausage red bean soup Vanilla pudding 31	<div data-bbox="690 1680 958 1921" data-label="Image"></div> <div data-bbox="966 1701 1404 1743" data-label="Section-Header"> <h3>HERBS FOR THE KITCHEN</h3> </div> <div data-bbox="966 1753 1421 1900" data-label="Text"> <p>MD Nursery will be at SWOT at 1:30 p.m. on March 24 to help create kitchen herb planters. The class is limited. \$15 fee to help cover supplies. Sign up at Tetonseniors.org.</p> </div>		





by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2025 AND JANUARY

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 JANUARY

1,487

AT THE CENTER: 1,113
HOME-DELIVERED: 374

FITNESS/HEALTH PROGRAMS IN JANUARY

616

GAMES: BRIDGE & MAHJONG IN JANUARY

109

ENRICHMENT PROGRAMS IN JANUARY

185

GONE BUT NOT FORGOTTEN ...

These residents passed away recently:

- John Cheeseman**
- Naomi Christensen**
- Francis "Gene" Lewis**
- Leoncio Trejo**



VALLEY TALK 7

Growing Memories at the TETON VALLEY FAIR

August 3-9, 2025

102

Logos include: 4-H, Teton County, ID Fairgrounds, and 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.



PHOTOS BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

bingo at the Mess Hall

Bingo is becoming a monthly event - whether it's at the Senior Center or out in the community. In January, the Mess Hall at Teton Valley Resort in Victor hosted a bingo night and donated 10 percent of the night's earnings to Seniors West of the Tetons. About 35 people attended. It was such a success, SWOT might be back for another bingo night this spring. Above at the Mess Hall are Jim Haag, board member and bingo caller, and Carol Lichti, board member and bingo assistant. Vern Lewis, above right, played along. While his cards weren't too lucky, he did say the hamburger was delicious. Meanwhile, bingo will continue at the Senior Center with a session scheduled this month after lunch on St. Patrick's Day March 17.

waving J's

Vancie Turner was among many Senior Center fans eager to see local skier Jaelin Kauf perform at the Winter Olympics. Her silver-medal events and others were replayed during lunches in February.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

puzzlin'

Linda Wilner took advantage of the puzzle on the lunch tables on National Puzzle Day.

phone savvy

Jackie Riley, shown below on the right, volunteered to help seniors navigate their smartphones at several sessions in the past few months.



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

update

Lianne Everett, CEO of Teton Valley Health, has been at the Senior Center to answer questions about the health-care system.

March word search

BLARNEY STONE	A	L	N	A	S	Y	M	C	K	E	Y	S
CLOVER	E	G	F	U	W	H	R	U	G	C	D	B
CONTRA	S	N	S	D	A	S	I	E	R	R	U	N
DANCE	R	P	O	H	L	H	S	N	T	D	S	L
EQUINOX	A	Y	R	T	S	O	C	E	E	S	E	N
GREEN	I	H	A	I	S	I	G	E	N	R	Y	R
HERBS	N	O	V	D	N	Y	R	F	R	D	O	M
IRISH	B	X	A	T	I	G	E	I	O	P	A	S
LAMB	O	J	O	A	R	P	R	N	M	T	E	M
LEPRECHAUN	W	R	A	N	S	A	J	D	R	E	O	L
LION	D	V	E	O	I	B	V	U	N	A	H	P
LUCK	E	C	N	A	D	U	R	E	V	O	L	C
MADNESS	A	R	T	N	O	C	Q	E	L	P	I	B
MURDER	C	N	E	E	R	G	U	E	H	D	D	L
MYSTERY	R	A	E	W	N	U	Q	L	A	M	B	D
PIDAY	S	A	I	N	T	P	A	T	R	I	C	K
POT OF GOLD	M	S	C	S	K	C	O	R	M	A	H	S
RAINBOW												
SAINT PATRICK												
SHAMROCK												
SHINE												
SPRING												
TRAVEL												

SWOT sudoku

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

>> **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.

Schedule your portrait session today and capture this chapter of your life. Select images will be featured in our gallery show – celebrating life and legacy in Teton Valley.

SEEN
again



Jess Curren
BOUTIQUE PHOTOGRAPHY

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YOUR JOURNEY, YOUR STORY.





in the SPOTLIGHT

WHETHER IT'S chopping veggies for the daily soup or salad offerings or serving wine and a five-course meal for a fine-dining SWOT fundraiser, Christy Schroeder is always all smiles. We caught up with this devoted volunteer recently to find out a little more about her.

Tell us about your background.

I was born in Southern California and grew up in San Jose. I went to nursing school and began working in a hospital, but I didn't enjoy it. I switched to a medical office and liked my work but became interested in aviation and learning to fly single-engine aircraft. I went back to school and earned a degree in aviation science and airport operations. I then worked in various aviation-related jobs at airports and airside operations. I later met my husband, Ted, who worked in technology, and we settled in San Jose. We have four children between us.

How did you get to Teton Valley?

We knew that we didn't want to retire in California and that we wanted to be close to the mountains. We had vacationed in the Tetons and decided we wanted to be here permanently so we purchased property in Teton. Now, we've been here almost five years, and we built a house on the property two years ago.



CHRISTY SCHROEDER

A REGULAR IN THE KITCHEN, SHE HELPS OUT REGARDLESS OF THE TASK.

PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

How did you get involved at the Senior Center?

It's a small world! Right after we moved here, I got a text of a photo of a friend with [SWOT Operations Director] Stacey Nail, who went to school near San Jose and was friends with someone I knew. At the time, Stacey was working in the kitchen and asked me to volunteer. I decided to try it, and I've been here ever since.

What do you like about volunteering?

in her spare time ...

What's the favorite thing you've watched recently?

I watch a lot of sports! Baseball, football, college basketball, hockey, Winter Olympics – I watch all of it. My husband went to the University of Kansas, and we watch their basketball team every chance we get, and we hope to get to a game this year.

I enjoy cooking in general so it's fun to come and help [Chef] Peter [Troy]. We have a great group of volunteers, and everyone is fun to work with. I enjoy seeing and serving those that come in for lunch. I have worked with and helped Peter do his lovely gourmet dinners he donates to the Black Tie Bingo event for the past three years, and I look forward to pairing the wines with each course and serving.

What other things do you like to do?

My son Cole and I like to cook. I also enjoy hiking, skiing, traveling and

photography. I like to garden and work outside as often as possible during the summer. My son is one of the leaders of the SWOT Photo Club, and I'm hoping to get more involved with the club.

What is the best part of living in Teton Valley?

That's tough! There are so many things we love about living here: the scenery, the people, the small-town life, the wildlife, the quiet peacefulness. It doesn't get any better!



TIP of THE MONTH

IDEAS ON HOW TO AGE WELL WHILE LIVING IN TETON VALLEY

HERE'S SOME ADVICE FOR CAREGIVING PARTNERS

Handling complex tasks

Caregivers are increasingly being asked to shoulder complex tasks that were once performed only by trained professionals. This includes everything from giving medical injections to changing urine bags on a catheter.

A solution: Ask a nurse to demonstrate tasks until you feel reasonably comfortable doing them. If there's something you feel uncomfortable doing, find someone to help, such as a home-health aide.

Stressful health-care proxy duties

Caregivers might be asked to make health-care decisions if patients can't speak for themselves. The pressure is magnified when the caregiving team – including close relatives – is not on the same page with what the patient wants.

A solution: If a patient can't communicate, it's important to ask family members what their loved one would want. Make the best decision based on what you and family members know about the patient's values.



PAINT THE TETONS - Let artist Teri McLaren lead you in painting the Grand Tetons at the Local Galleria, 25 S. Main St., in Driggs at 1:15 p.m. on March 4. \$25 fee. Sign up at Tetonseniors.org.

SWOTVIEW

PHOTO OF THE MONTH
CONNIE DERAPS

The SWOT Photo Club assignment was to find faces in the wild. Connie Deraps captured the photo at right, which was selected as the Photo of the Month. The photo club is open to all and meets on the second Wednesday of the month at 5:30 p.m.



Thank you, Wydaho!

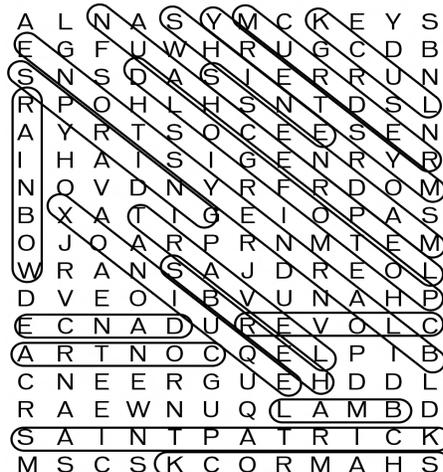
Seniors 60 and over with a SWOT scan card receive a discount at Wydaho Roasters Coffee House on Tuesdays. Thank you, Wydaho, for this and all the other ways you support Seniors West of the Tetons.



PUZZLEanswers

>> PUZZLES ARE ON PAGE 9

Word search



SWOT sudoku

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

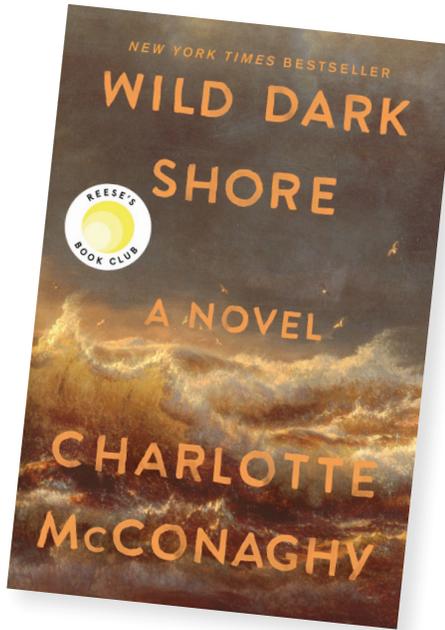


MORE TO DO at the center

BOOK CLUB

An island facing a rising sea

SWOT's book for March 31 is "Wild Dark Shore" by Charlotte McConaghy. It's described as a gripping mystery and psychological thriller about the natural world. Sign up at Tetonseniors.org.



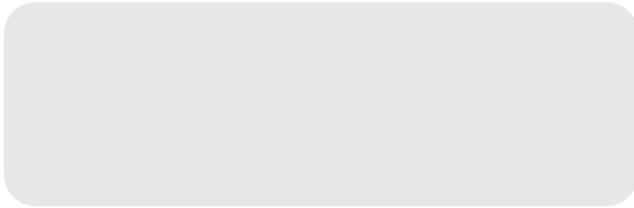
PIZZA & A MOVIE

Gene's got a glorious feeling

"Singin' In the Rain" is a romantic comedy set in the 1920s as Hollywood makes the switch from silent films to "talkies." The 1952 classic film stars Gene Kelly. Join us at 4:30 p.m. on March 27. \$8 fee. Sign up at Tetonseniors.org.

12 VALLEY TALK

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



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