



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@teton seniors.com
- P.O. Box 871, Driggs, ID 83422



ONLINE

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

Get to know
the Curtises

Randy and Laura have been rolling burritos for the Farmers Market.

SEE PAGE 10



Valley Talk

AUGUST 2026

SWOT VALUES OUR PARTNERSHIPS

HELPING HANDS

SWOT envisions a community where older adults are engaged, supported and thriving. To that end, the organization strives to collaborate with other nonprofits, businesses and individuals in Teton Valley. Here are some of those we partner with:

ACT Foundation

Alzheimer's Association of Greater Idaho

Businesses: Grand Targhee Resort, MD Nursery, Teton Valley Resort, Tributary and Wydaho Roasters

Community Foundation of Teton Valley

Community Resource Center

Downtown Driggs Association

Eastern Idaho Community Action Partnership and Area Agency on Aging

Health organizations: Eastern Idaho Public Health, Teton Valley Health and local home-health businesses

Mental Health Coalition of Teton Valley

Katrina Runyan

Teton Arts

Teton Valley Food Pantry



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MEALS DELIVERED

Home-delivered meals are
available by contacting:

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

theSWOTteam

CHAIR CHAT

Social connections are good medicine



**LYNNE
BROWNING**
board chair

AS WE ENJOY the beautiful summer days in Teton Valley, I've been reflecting on something we don't always recognize as essential to our health and well-being: friendship.

We often think of medicine as prescriptions, doctor visits or physical therapy. While those matter, research shows one of the strongest contributors to health and longevity is human connection.

Friendship is medicine. A warm smile at lunch, a familiar face in exercise class, a shared laugh during bridge or a conversation over coffee – these moments reduce loneliness, lift spirits and remind us we are not alone.

At SWOT, we witness this every day. Yes, we provide meals and important services, but what happens goes beyond nutrition. SWOT creates opportunities for connection, purpose and joy.

Friendships are formed, renewed and strengthened.

As we age, life brings change. Retirement, health challenges and loss can lead to isolation. Staying socially connected becomes important for both our emotional and physical well-being.

That is why SWOT's mission matters so deeply. Every volunteer, donor, staff member and senior who walks through our doors helps create a community of caring and belonging.

This month, I encourage all of us to reach out. Invite someone to lunch, attend a class, call a friend or simply offer a kind word. Small gestures can make a big difference.

YOU CAN HELP US MAKE A DIFFERENCE

IF YOU LOVE THE SERVICES that Seniors West of the Teton 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.

LEARN TRAVEL INFO TO HELP COMPLETE YOUR BUCKET LIST

Travel tips from AAA Instructor Lisa McGahey can help older adults stay safe, learn about different modes of travel and explore new and old places.



At 1 p.m. on Aug. 18, McGahey will talk about what to pack for a trip, currency to take and passports and other necessary travel documents you might need.

Her presentation, "Travel Your Way: From Cruises and Coaches to Flights and Footpaths," will cover multi-generational and purposeful travel such as for hobbies; popular destinations; when to use a travel agent or book on your own; the differences of cruises, river cruises and tours; personal experiences; and travel safety.

Enjoy all of nature's wonders with SWOT

August is packed with activities:

• **Mesa Falls:** On Aug. 4 at 9 a.m. Ride the van to see the falls and stop at Frostop in Ashton. Bring money or a sack lunch. See Pages 5 and 12.

• **Teton Raptor Center:** See rehabilitated birds on Aug. 5. Van departs at 9:45 a.m. for 11 a.m. presentation. Bring lunch and money to visit the gift shop.

• **Boomer Bike Ride:** A 12-mile ride is set for Aug. 26 at 9:30 a.m. at the parking lot just before Teton Reserve Golf Course in Victor. Refreshments served halfway. Sign up at Tetonseniors.org.

Yes, there is such a thing as a free lunch

SWOT is celebrating National Senior Citizens Day on Aug. 19 with a free lunch for those 60 years and older at noon on the Driggs City Plaza, 60 N. Main.

The plaza will be transformed into "Highway 33 Roadhouse," which will offer a full barbecue buffet along with live music and prizes. Vintage cars will be on display.

Get out your bandanas, jeans, denim and leather. Show off your tattoos and fringe. Come on your 'cycle. Bring lawn chairs if you can.

The Wydaho Roasters truck will be there with complimentary drinks.

VALLEY TALK 3



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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 Driggs City Park. 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

This program is taking a break for the summer. Check back in the fall.

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

On break for the summer. Look for it to return in the fall.

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

Restarting in the fall.

Seniors Health Insurance Benefit Advisors are at lunch.

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 and Thursdays. Free.

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.



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
Fit and Fall Proof, 9 and 10 a.m. 3	MESA FALLS TRIP, 9 a.m. to 2 p.m. Bring lunch or money for food at Frostop in Ashton. Register at Tetonseniors.org. - Yoga, 9 a.m. - Drumming, 10:30 a.m. - Bridge, 1 p.m. 4	- Tai Chi, 9 a.m. TETON RAPTOR CENTER VISIT, 9:45 a.m. Bring a sack lunch. Presentation at 11 a.m. Register at Tetonseniors.org - Coffee, 10:30 a.m. - Mahjong, 1 p.m. 5	- Fit and Fall Proof, 9 and 10 a.m. SUMMER BRIDGE, 1 p.m. Join summer friends for bridge. SWOT WALK, 1 p.m. 6	FARMERS MARKET: SWOT BURRITOS - Yoga, 9 a.m. - Knitting Circle, 9 a.m. at Wydaho Roasters - Tai Chi, 10 a.m. at Driggs City Park. - Drumming, 10:30 a.m. 7
- Fit and Fall Proof, 9 and 10 a.m. GET "SEW" CONNECTED, 3 p.m. Quilting ideas, handwork. 10	- Yoga, 9 a.m. - Drumming, 10:30 a.m. - Bridge, 1 p.m. SWOT SWIM, Ride the van at to Teton Valley Resort at 1:15 p.m. Sign up at Tetonseniors.org. 11	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. - Blood-pressure checks, 11:45 a.m. - Mahjong, 1 p.m. SHOP AT TARGET, 1 to 4:30 p.m. Ride the SWOT van to Jackson. Sign up: Tetonseniors.org. - Photo Club, 5:30 p.m. 12	- Fit and Fall Proof, 9 and 10 a.m. - Death Café, 1:30 p.m. - Summer Bridge, 1 p.m. SWOT WALK, 1 p.m. 13	FARMERS MARKET: SWOT BURRITOS - Yoga, 9 a.m. - Tai Chi, 10 a.m. at Teton Driggs City Park. - Drumming, 10:30 a.m. 14
Fit and Fall Proof, 9 and 10 a.m. 17	- Yoga, 9 a.m. - Drumming, 10:30 a.m. - Bridge, 1 p.m. AGING WELL: TRAVEL YOUR WAY, 1 p.m. AAA's Lisa McGahey will share travel tips for seniors and safety info. (See Page 3) 18	- Tai Chi, 9 a.m. - Coffee, 10:30 a.m. NATIONAL SENIOR DAY LUNCH ON THE PLAZA, noon. Free lunch for 60 and over. Barbecue and live music. (See Pages 3 and 12). - Mahjong, 1 p.m. 19	- Fit and Fall Proof, 9 and 10 a.m. - Library at lunch, noon. - Summer Bridge, 1 p.m. SWOT WALK, 1 p.m. TETONIA ICE CREAM SOCIAL, 2 p.m. Look for the SWOT van at Ruby Carson Memorial Park, 3103 Perry Ave. 20	FARMERS MARKET: SWOT BURRITOS - Yoga, 9 a.m. - Knitting, 9 a.m. (Wydaho). - Tai Chi, 10 a.m. at Driggs City Park.. - Drumming, 10:30 a.m. 21
Fit and Fall Proof, 9 and 10 a.m. 24	- Yoga, 9 a.m. - Drumming, 10:30 a.m. - Bridge, 1 p.m. SWOT SWIM, Ride the van at to Teton Valley Resort at 1:15 p.m. Sign up at Tetonseniors.org. 25	- Tai Chi, 9 a.m. BOOMER BIKE RIDE, 9:30 a.m. at Teton Reserve parking area south of mailboxes on Reserve Dr., Victor. Sign up at Tetonseniors.org. - Coffee, 10:30 a.m. - Mahjong, 1 p.m. 26	- Fit and Fall Proof, 9 and 10 a.m. SWOT WALK, 1 p.m. - Summer Bridge, 1 p.m. 27	FARMERS MARKET: SWOT BURRITOS - Yoga, 9 a.m. - Tai Chi, 10 a.m. in Driggs City Park. - Drumming, 10:30 a.m. 28
- Fit and Fall Proof, 9 and 10 a.m. CARE PARTNER SUPPORT GROUP, 4 p.m. 31	CAN'T GET ENOUGH BRIDGE? This summer you can play bridge at SWOT twice a week. A second bridge day is scheduled for Thursdays at 1 p.m. 		SHOP AT TARGET This month's shopping spree is at Target in Jackson. Ride the van over the pass at 1 p.m. on Aug. 12. Sign up at Tetonseniors.org. 	





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
Quiche Lorraine with bacon and Swiss cheese Side salad Cream of artichoke heart soup Mixed fruit 3	REUBEN TUESDAY Reuben sandwich Housemade potato chips Garden salad 4	Baked catfish Rice pilaf Coleslaw Tartar sauce Crab and corn chowder Vanilla pudding 5	Hummus platter: warmed pita, cucumber, tomato, kalamata olives and feta cheese Garden salad BIRTHDAY CAKE 6	Ham and Swiss croissant sandwich with choice of toppings Garden salad Sliced melon 7
Salisbury steak Mashed potatoes Gravy Roasted mixed vegetables Garden salad Sliced pears 10	Barbecue baked chicken Baked beans Cornbread muffin Potato salad Broccoli cheese soup Watermelon 11	Mac and three cheeses Roasted zucchini with tomato and basil Garden salad Cookie 12	Grilled Polish sausage Boiled potatoes Pan-fried cabbage with onion and bacon Golden beet stew 13	Hot shrimp po' boy sandwich on a hoagie bun Remoulade Housemade potato chips Garden salad Brownie 14
Grilled chicken with creamy mushroom sauce on egg noodles with Parmesan cheese Roasted vegetables Dinner roll Bacon lentil soup 17	Sweet potato curry stir-fry White rice Vegetable egg roll Asian vegetable noodle soup Oranges Fortune cookie 18	NATIONAL SENIOR DAY LUNCH Barbecue lunch at the "Highway 33 Roadhouse," also known as the Driggs City Plaza, with live music and prizes 19	Cheeseburger with bacon, white cheddar and choice of toppings on a brioche bun French fries Garden salad Chocolate pudding 20	Roast beef on rye sandwich with Swiss cheese Horseradish aioli Housemade potato chips Garden salad Cookie 21
Four-cheese baked lasagna Side salad Vegetable basil soup Focaccia bread Grapes 24	Crispy chicken breast Mashed potatoes Gravy Steamed broccoli Garden salad Peaches and cream 25	Meatball sub sandwich on a hoagie bun Provolone cheese Side salad Minestrone soup Balsamic-glazed strawberries 26	Oven-baked tilapia filet Wild rice Roasted asparagus Housemade tartar sauce Garden salad Vanilla pudding 27	Turkey pesto sandwich with provolone cheese, lettuce, roasted red pepper and pesto aioli Housemade potato chips Garden salad Cookie 28
BREAKFAST BRUNCH BUFFET Cheesy eggs Bacon Sausage Home fries Croissant French toast Fruit Mini cinnamon roll 31	NEED MEALS DELIVERED? Recovering from surgery or an injury? Are you on your own or can't get out to the store or the Senior Center? Call to get meals delivered. Five meals are delivered each week: one on Mondays and two each on Tuesdays and Thursdays. Call the Eastern Idaho Community Action Partnership at (208) 522-5391 to get started.			



by the NUMBERS

A LOOK AT SWOT ACTIVITY FOR 2026 AND JUNE

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 2026

8,818

AT THE CENTER: 6,299
HOME-DELIVERED: 2,519

MEALS SERVED IN JUNE

1,610

AT THE CENTER: 1,154
HOME-DELIVERED: 456

FITNESS/HEALTH PROGRAMS IN JUNE

689

GAMES: BRIDGE & MAHJONG IN JUNE

97

ENRICHMENT PROGRAMS IN JUNE

689

GONE BUT NOT FORGOTTEN ...

These residents passed
away recently:

Nick Besobrasow

Mike Engberson

Tom Nelson

David Page



VALLEY TALK 7

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PICTURE perfect

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



we love a parade

Give SWOT board members and volunteers a chance to dress up and wear wigs and walk in a parade, and they are there. Above left, board members Julie Stockdill, Carol Lichti, Margaret Bennett, Anna Kirkpatrick and Cindy Dender pose before the march. Above right, former board member Nell Fay came along to throw candy. At left, Cindie and Randy Brouwer carried the banner.

boomer bikers

Rain delayed but didn't stop 11 seniors who rode in the Boomer Bike Ride last month. Glen Hayes designed the route. Ride again at 9:30 a.m. on Aug. 26 at Teton Reserve. Sign up at tetonseniors.org



PHOTO BY LINDA SWOPE

mahjong lessons

Patty Seymour volunteered to teach another multi-session course this summer for game lovers to learn mahjong.

indoor picnic

Stormy weather didn't stop SWOT's annual summer picnic. Deb Rouleau, below right, was one of many volunteers helping making it all happen.



PHOTO BY LINDA SWOPE

ice cream stars

SWOT's monthly donors, known as Shining Stars, were treated to ice cream at Wydaho Roasters as a thank you for their ongoing support. Above Barb and Fred Whissel get their dip. Sign up to give to SWOT monthly to join the fun.

Mountain word search

BALDY KNOLL	E	L	D	D	I	M	N	M	N	F	S	I
BANNON	F	G	T	N	A	N	O	C	T	R	T	G
BATTLESHIP	L	P	D	F	Y	T	N	N	R	E	A	S
BEARD	A	R	I	T	R	A	N	J	E	D	T	H
BUCK	P	P	J	H	O	B	A	C	A	S	I	M
CONANT	A	C	E	W	S	L	B	D	S	M	C	A
FOSSIL	T	O	N	I	W	E	E	T	U	O	P	R
FREDS MOUNTAIN	R	F	O	S	S	I	L	M	R	U	E	Y
GLORY	R	E	T	S	I	W	E	T	E	N	A	S
GRAND	G	L	L	E	M	M	A	R	T	T	K	N
LITTLE	L	W	N	H	O	J	T	S	C	A	J	I
MARYS NIPPLE	J	I	O	H	Y	R	S	M	E	I	B	P
MIDDLE	D	F	T	O	H	D	G	O	J	N	U	P
MORAN	X	D	U	T	W	Z	R	R	U	A	C	L
OWEN	S	E	R	L	L	E	A	A	L	T	K	E
RAMMELL	Y	R	O	L	G	E	N	N	E	P	H	W
ST JOHN	L	L	O	N	K	Y	D	L	A	B	G	B
SOUTH												
STATIC PEAK												
TABLE												
TEEWINOT												
TREASURE												
WISTER												

SWOT sudoku

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

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

VALLEY TALK 9

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in the SPOTLIGHT

ROLLIN' SWOT'S breakfast burritos nearly every Friday this summer are Laura and Randy Curtis. They've done it so often, they might be considered professional rollers. The couple has volunteered for their third summer in the SWOT kitchen making burritos, which are sold at the Teton Valley Farmers Market. They volunteer in other ways as well. We caught up with them recently to find out a little more about them.

What are your backgrounds?

Laura was born an Air Force brat in Texas. Her family was later stationed in Germany, North Dakota and southern Illinois, where she finished high school and attended college. Laura worked for an insurance company doing internal accounting for the firm and subsidiaries for 25 years. Randy was born in a suburb of St. Louis, and lived in several Midwest cities as his father was transferred for work. After serving in the Army, he finished college in southern Illinois, where he met Laura. She pointed him to an opening at the insurance company where she was working and that led to a 30-year career in information technology.

How did you get to Teton Valley?

Laura asked their HVAC guy about his vacation plans to Yellowstone and the Grand Tetons and got travel advice from the guy's



PHOTO BY LINDA SWOPE | SWOPE'S MOUNTAIN PHOTOGRAPHY

LAURA &
RANDY
CURTIS

AT WORK IN
THE KITCHEN
AS SUMMER
VOLUNTEERS

wife. We came out the following year. While on a Snake River float in Grand Teton National Park, Laura asked the guide where he lived, and he told them across the pass in Victor. Later in that trip, we exited Yellowstone from the west entrance and wandered into Teton Valley. We liked what we saw and returned each summer. In 2011, we took the plunge and bought a townhouse in Creekside and began to increase our time in the valley each year.

How did you get involved at the Senior Center?

While we were still in our careers, we rented out our townhouse. One of the property management staff, Stacy Bodis, who now works at the

Valley of the Tetons Library, invited us to lunch at SWOT on a vegetarian day. Laura met a few people, and our interest in becoming involved grew. Also, our friend Lisa Vitucci (a former board member) was – and still is – a persuasive proponent of SWOT and encouraged our involvement.

What do you like about the Senior Center?

SWOT, like many valley nonprofits, does an amazing job of providing superior services with minimal staff. The variety of programs is unexpected, and the satisfaction they bring is to be commended. When we mentioned to Laura's dad that we were occasionally delivering meals and excited to receive a complimentary meal for doing so, he was surprised we actually ate it. He and his wife deliver meals in their small town in Nebraska. However, the quality of the meals is far less than what is prepared by Chef Peter Troy. We are looking forward to them eating at SWOT this summer when they visit.

Where else do you spend time?

We spend the winter holidays and months in Illinois, where Laura's mom still resides, in a house we own. We also have an elderly, visually impaired "adopted" grandma that we have weekly or more game days with.

What is the best part of living in Teton Valley?

The sense of community and the active, minimalist lifestyle resonates with both of us. Plus, all of the nonprofit volunteering opportunities that we enjoy!



SWOTVIEW

PHOTO OF THE MONTH
DAN ORR

This photo was taken by Dan Orr for an assignment on "America 250." The Photo was taken at the Fourth of July "Red, White & Blue Parade" in Victor. It was selected as the photo of the month for July. The photo club is open to all and meets on the second Wednesday of the month at 5:30 p.m.

RAFFLEPRIZE

FOR AUGUST



Scott Pierson displays one of the free burrito cards he won in the SWOT raffle.

SWOT's raffle prize for the month of August will be two free lunches, two burritos and a SWOT Koozie. Tickets are \$5 at the registration desk at the Senior Center west entrance or at SWOT's booth at the Farmers Market. The winner will be drawn at the end of the month. In May and June, Jannet Horsley and Scott Pierson won the prizes of three breakfast burritos. July's drawing was for a Wydaho Roaster's gift card and tumbler.



PARASITES & DIARRHEA

Cyclosporiasis cases increases

Last month, a parasitic illness causing weeks of watery diarrhea was reported in various parts of the country. To prevent such issues, AARP suggests washing produce and your hands before and after dealing with produce and buying heads of lettuce and avoid prepackaged salads. The main concern for older adults is dehydration from prolonged diarrhea. If it persists for three days, causes dizziness, confusion, fever, decreased urination, dry mouth, rapid heartbeat, vomiting or signs of blood, call your doctor.

TIP of THE MONTH

IDEAS ON HOW
TO AGE WELL
WHILE LIVING
IN TETON VALLEY

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

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



MORE at the center

FIELD TRIP

Enjoy time at Mesa Falls with SWOT

Travel to view Mesa Falls and stop for lunch or milkshakes at Frostop Drive-In in Ashton on Aug. 4. The van will leave at 9 a.m. Wear walking shoes and bring your own lunch if you want. Sign up at Tetonseniors.org.



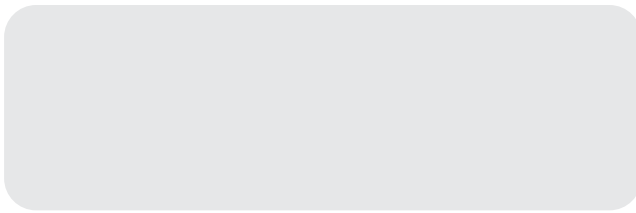
SENIOR DAY

Celebrating all seniors at a free lunch

National Senior Citizen Day is this month, and SWOT will celebrate with a free lunch at noon on the Driggs City Plaza on Aug. 19. A roadhouse theme includes a barbecue buffet, vintage cars and live music. Seniors are those 60 years and older.

12 VALLEY TALK

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



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