



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

NOVEMBER 2024 | MEMBER & PARTNER EDITION | VOL. 34

GIPSON SPOTLIGHT

Member
**KRISTI
HAMMER**



Something was wrong.

Almost one year ago, Kristi Hammer had trouble hearing out of her right ear.

The story of her next 10 months can be told in numbers: six different doctors, one misdiagnosed cyst pushing on her auditory nerve, two MRIs and CT scans. April 28th, 2024, when her neurosurgeon told her it wasn't a cyst at all, but a tumor, a ganglioglioma (a rare, slow-growing tumor -- heart shaped and menacing --) that affects the primary central nervous system, measuring 1.6 x 1.2 centimeters.

One surgery on September 5th; four hours of flesh and bone and metal. 1.5 square inches of skull removed on the back, right side of her head; the tumor weighing about 5 grams excised from its spot on top of her brain; a 7.5-inch, curving incision, arcing inches above her right ear, sealed up with 24 staples.

29 days: the time Kristi took off from Cora's exercise classes, before she was back among friends, moving and stretching and lifting. *"My neurosurgeon emphasized the fact that doing Cora's classes made recovery easier and faster."*

As a kid, Kristi ran around the neighborhood of Orange, California, a tomboy, happiest when in motion. She'd hop the low fence between their

yards to play with her friend Chris, climbing trees and rolling down hills. Or they'd join the half-dozen other neighborhood kids, playing tag, flag football or hide-and-go-seek. Her Dad, August, loved adventure, and she remembers swimming, riding motorcycles and camping, exploring the big, wide world outside of the small, Lutheran parochial school she attended for 15 years. Her Mom raised the three kids and cut hair at the Hair Saloon, a wagon wheel and a stuffed animal's head adorning the walls.

After school, Kristi married a dashing Marine named Dan in the Little Chapel of the West in Las Vegas. Her next years took her to Tustin Air Base in California, then Yuma, Arizona, and then Lusby, Maryland, and brought Kristi her own three kids, the heart of her world: Zachary, Amelia and Dot. Originally from Kirkland, Dan got a job offer and the Hammers decided to move coasts in 2018 to Everett, a state where Kristi only knew family.

She joined the Assistance League and then found the Carl Gipson Center in Spring of 2022.

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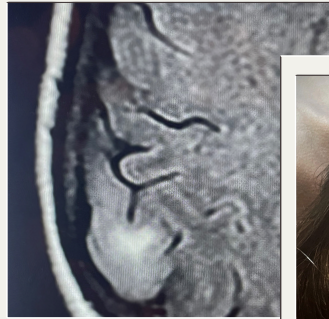
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She first came for our crotchet & knitting group, until she heard the music coming from Cascade View. *“One of my favorite people at the Carl Gipson Center is Cora, the aerobics instructor. She introduces herself to everyone. She talked to me the first day I was here. My favorite activity is the exercise classes. In the two years that I’ve been here I’ve lost 35 pounds.”*

Last winter, Kristi had *“...slipped on the ice outside my home. And the center, the exercise programs has given me strength and mobility in my hip. And we’re working on getting my elbow back together because I did too much crocheting over Christmas.”*

Kristi’s found a number of friends at the Center, who she credits with helping during the harrowing year she’s had. *“If it weren’t for my family and my friends here supporting me, it would’ve been a dark time.”* She sees the connections that people make at the Center, remembers that she finally found her Washington friends at the CGC.

“I hope that the Carl Gipson Center continues to maintain a strong presence in the community and can continue with classes for education and physical fitness, and support other activities like going to the Ice Caves. If VOA did not exist in our community, seniors would be stuck at home, they would be isolated, they would be lonely. I think that the VOA centers, having all of these things available at reasonable prices is very important to people who are on a fixed income.



Heart-shaped ganglioglioma



Incision sealed with 24 staples



Back exercising just 29 days after brain surgery

And it gives them the opportunity to have friendships and trips and places to go and an affordable lunch, a meal during the middle of the day.”

Catch Kristi most days, M-Th, in Cora’s exercise class, on CGC trips, or hanging with her friends. Like her first five decades on earth, these days she’s mostly made up of heart and movement and laughter, with a 7.5-inch scar above her right ear, one more thing that has tried -- and failed -- to stop Kristi Hammer.





From the Director

Hello CGC Community,

As we enter into Holiday events season here at the Gipson Center, I think about the 53% of our community – or about 400 of us – who live alone. The Health in Aging Foundation is committed to helping older adults maintain their health, independence and quality of life, and has tips for older adults who might feel down during the holidays (HealthinAging.org):

- Get out and about
- Volunteer.
- Talk to someone.

They also have suggestions for those who'd like to help seniors with the "holiday blues":

- Include them.
- Lend a hand in their lives.
- Be a good listener.

Let me add one more: come spend time with us. Attend our Veterans Day event, Firefighters Association Thanksgiving Feast or the Wintertide festival on Saturday, December 14th. Break bread with friends at the free Everett Police Officers' Association Holiday Feast. Come be in community with others who care. And, if you get too low, please call or text 988, operated in Washington by trained VOA clinicians.

See you at the Center,

Cory Armstrong-Hoss

GIPSON IMPACT



24

Different immigrants have practiced their conversational English with volunteers at Talk Time on a Friday morning at the CGC in 2024



voaww.org/gipson-center

NEW FOR EVERYONE!

Get Connected

CLASSES

All November Classes Are Open

ART CLASSES | SCHACK ART CENTER

11/13 11:00 AM - 1:00 PM

Gratitude Journals

11/27 11:00 AM - 1:00PM

Stamping Tote Bags

CORA'S BODY CARE CLASS

11/19 1:00 PM - 2:30 PM

Pumpkin Spice Bath Bombs & Cinnamon
Vanilla Whipped Body Butter

GUL'S COOKING CLASS

11/26 1:30 PM -3:30 PM

Holiday Cocktail and Appetizer



Gipson Speaker Series

November 2024

11/18 | Chris Tifre

Snohomish County Long
Term Care & Aging

11/20| Hazel Borden

United Healthcare

11/25|Amanda Urban

Providence

Speakers start at 11:45 in Cascade View



Questions?
Contact Cory Armstrong-Hoss
(425) 818-2785 | carmstrong@voaww.org

Lunch at 11:30 | Speaker at 11:45am voaww.org/gipson-center





NOVEMBER 8TH

VETERANS DAY

AT THE CARL GIPSON CENTER

HONORING ALL WHO SERVED

9:30 AM	Program
11:00 AM	Lunch
12:00 PM	Dance



KEY NOTE SPEAKER

STEVE MCLAUGHLIN



Stee McLaughlin served 25 years in the United States Navy, including command-at-sea, and as the Executive Officer at Nav Station Everett from 2003 to 2006. He almost retired in 2001, but after 9/11 decided to continue to serve his country. His service led him to many foreign policy assignments, and after the Navy he's been an Incident Commander with extensive experience in emergency management and crisis response.



Thanksgiving Feast

Free & Open To The Community
Provided by
The Everett Firefighters Association



Sunday, November 24th

Servings at 12pm and 2pm
Sign up online or at the front desk





Holiday Feast



Provided By the
Everett Police Officers Association

*Free & Open To Seniors &
Those In Need Of A Meal*

SUNDAY, DECEMBER 15
SERVINGS AT 12PM AND 2PM
RSVP AT THE FRONT DESK




Wintertide Festival

at the Carl Gipson Center

3025 Lombard Ave, Everett, WA 98201 | 425.818.2784



Saturday, Dec 14 | 9am-5pm

*Local Live Music | Holiday Bazaar | Crafts & Activities |
Lunch | And so much more!*



Bring non-perishable food items for donation to our Everett Community Food Bank and help your neighbors fight hunger this holiday season!

PARTICIPATING PARTNERS:



3RD ANNUAL

Wintertide Bingo!

at the Carl Gipson Center

3025 Lombard Ave, Everett, WA 98201 | 425.818.2784



Saturday, Dec 14

Card sales start at 4pm | First game begins at 4:30pm

Ugly Sweater Contest
Winner gets \$50

50/50 Raffle
\$4 tickets

Cake Walk
During intermission



NEW FOR
MEMBERS

GIPSON TRIPS NOV & DEC

Shawn O'Donnell's American Grill and Irish PUB | \$12

Thursday, November 14, 11:30 AM - 2:00 PM

Join us for lunch at this family owned and operated pub. Shawn O'Donnell's brings together traditional Irish & American food and good times!



Light Rail to International District | \$18

Monday, November 18th, 9:30 AM - 3:30 PM

We'll meet at the center and travel to the Lynnwood Transit Center. From there, we will catch the light rail to the International District and eat lunch at Dim Sum Square.



Scuttlebut Brewing & Walk Everett Waterfront | \$8

Friday, November 22, 11:00 AM - 2:00 PM

Enjoy lunch at Scuttlebut, and Everett institution, then walk along the redeveloped Waterfront.



Light Rail to International District | \$18

Monday, November 25th, 11:30 AM - 4:30 PM

The Light Rail trip is popular, so we're going 2 times. We'll meet at the center and travel to the Lynnwood Transit Center. From there, we'll catch the train to the International District and enjoy lunch at Dim Sum Square.



Bakery Crawl



Monday, December 16th, 11:00 AM – 2:00 PM | \$12

Join us as we explore local bakeries, visiting Katya's Bakery, Alida's Bakery, and Choux Choux. We will spend up to 30 minutes at each location, allowing you time to pick a treat to enjoy on the spot or take home with you.

Evergreen Lanes Bowling



Thursday, December 19th, 11:30 AM - 2:30 PM | \$20

Strike up some fun at Evergreen Lanes! Trip prices include the cost of two games. There are many food options available at Evergreen Lanes if you would like to enjoy lunch while we are there.

Lights of Christmas at Warm Beach & Dinner at Farmers Cafe



Wednesday, December 18th, 4:00 PM – 8:00 PM | \$15

Revel in this classic Snohomish County holiday tradition as we drive through Warm Beach to experience thousands of lights. Followed by dinner in Stanwood. *Those scheduling transportation must arrange to be picked up no later than 8:30pm from the Center.

Tulalip Lights Display and lunch at The Ram



Friday, December 20th, 12:00 PM - 5:00 PM | \$12

Join us for lunch at The Ram restaurant , followed by time to explore the shops at The Seattle Premium Outlets.



Easy. Minimal walking, primarily flat surfaces and multiple opportunities to sit.



Moderate. Walking short distances of one mile or less and some standing required. Possibly uneven surfaces and some stairs. Some opportunities to sit.



Difficult. Walking distances of one mile or more, significant inclines or declines, uneven surfaces such as trails or beaches, or some combination of each of these elements. Standing for significant periods required. Possibly one or more flights of stairs. Wheelchairs or walkers are not permitted.

ANNOUNCEMENTS



3-Shoe Trips to Require Assessment for 2025

Since we began operating trips for seniors in 2022, we've seen a number of instances in which one individual chooses to attend our most rigorous trips, but does not have the balance, strength, and/or stamina to complete these trips. As a result, we have called emergency services, cut a few trips short, and, at times, put the individual, group, and VOA staff at risk. Our staff team and Senior Advisory Committee have wrestled with this issue, and are committed to continuing to offer hikes, beach walks, and other high-activity trips for our community. After researching a number of options from credible organizations, including a partner of Providence Hospital, in October our Senior Advisory Committee approved the following guidelines:

Beginning with trips in 2025, in order to register for a 3-Shoe trip, seniors must successfully complete all steps of a three-step assessment, to be conducted discretely, in-person by a CGC staff or trained volunteer:

- 1. **Chair Stand:** Sitting in a chair without armrests, rise to a standing position. Requirement: minimum five in 30 seconds
- 2. **Single Leg Stand:** Stand without support on one leg for five seconds, then repeat for the opposite leg.
- 3. **Step Up / Step Back:** Step up on to a step and then back down five times, leading first with one foot. Repeat, leading with opposite foot.

Seniors who pass will be approved for one year, and then need to retake the assessment annually.

Please note: We will begin assessments in December. Look for an announcement in the December Gazette, which will include specific times when we'll have more staff on hand to conduct assessments.

Questions? Please reach out to Activities Coordinator Cora Koffski at ckoffski@voaww.org



Carl Gipson Center Holiday Hours

Monday, 12/23: Classes offered & lunch available
 12/24 & 12/25: (Christmas Eve & Christmas): Closed
 Thursday, 12/26: Open w/ lunch available. No group exercise classes.

Saturday, 12/28: Open

Monday, 12/30: Classes offered & lunch available
 12/31 & 1/1: (NYE & New Year's): Closed
 Thursday, 1/2: Back to regular schedule, w/ lunch available.

Member Fee Increases To Begin 12/1/24

As we look ahead to our 4th year of operating the Carl Gipson Center, we're focused on ensuring the financial sustainability of the Center. Public support from the City of Everett will continue to decrease, according to our agreement, and we need to increase our fundraising and other revenue in order to ensure we can always keep our doors open.

As a result, beginning December 1st, our CGC member rates will increase to \$50/year for Regular Members and \$12/month (or \$132 if paid all at once, a one-month savings). For Regular Members and All-Access Members who pay annually: the new increase will go into effect on your current expiration date. For All-Access Members who pay monthly: the new increase – from \$10 to \$12 – will begin in December.

If you have questions or concerns about the new rates, please contact Lucia Gallo, our Membership & Hospitality Specialist at lgallo@voaww.org. We also invite you to join one of our Q&A sessions in November, to learn more about our financial picture and the rationale behind the fee increases:

Carl Gipson Center Budget Q&As:

Tuesday, November 4th, 10:30am, Mt. Rainier

Wednesday, November 20th, 1pm, Mt. Olympus

As always, financial assistance is available for those who cannot afford membership. To apply, complete an FA form found at our front desk or on our website:

<https://www.voaww.org/gipson-center>

GIVING BACK

2024 Donor & Volunteer Recognition Dinner

A huge thank you to all our amazing volunteers and donors who joined us for our annual appreciation dinner on October 24th at the Carl Gipson Center! Your dedication and contributions mean the world to us. We may not be able to repay you fully, but we hope you enjoyed the delicious Mexican food and the time spent together.

Each year our leadership team selects individuals who have gone above and beyond:

A special shoutout to our commissary partner, **Tacos Piratas**, for catering this fantastic meal, and to **Everett High School's NJROTC** for their incredible support at the event. The students truly brought their A-game, as usual!



Carol Williams
Director's Award



Sharon Wellman
Philanthropy Award



Annie Stock
Activities Coordinator Award



Joyce Clark
Membership & Hospitality Award



Carol's granddaughter, Sammie, helps Cory present the Director's Award.



Everett High School's JROTC

Truly Grateful for you.

OCTOBER HIGHLIGHTS

October Speaker Series

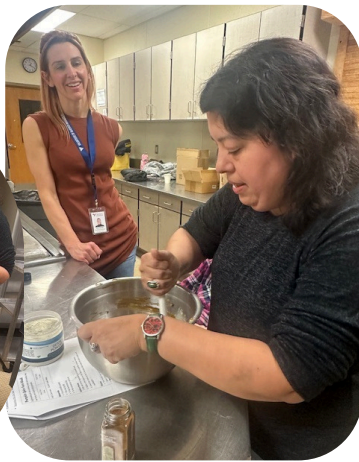


US Representative Rick Larsen speaks on 10/14/24



US Representative Susan DelBene with CGC Director Cory Armstrong-Hoss 10/7/24

Getting Connected with Cora's Body Care Class



Halloween Bingo



October Trips!



Bailey Family Farms



SilverTips Game



Cougar Mountain Zoo



RESOURCES



Gipson Giving Tree

SIGN UP BY 11/25/24

If you are in need of a little extra joy this holiday season, the Carl Gipson Center is here to help connect you with some festive elves.

You can apply for the Gipson Giving Tree here online, or visit us at the front desk.

We will do our very best to match everyone with an elf, but please understand that not all requests may be accommodated.

If you would like to be an elf this year, our Giving Tree will be up in our lobby on 12/1.



Open Enrollment

Free appointments at the
Carl Gipson Center

Friday, November 22nd: 9AM-4PM

Meet with a SHIBA advisor free of charge during Medicare Open Enrollment. The advisor will assist you in navigating Medicare Advantage and Medicare Prescription Drug Plans.



To Schedule:
Call 425-290-1276



GIVING BACK



Needed: Clothes

Donate Winter Clothes & Kids Clothes to Ukrainian Families

The Carl Gipson Center hosts a Welcome Center each Friday for Ukrainian families who've fled the war. We're partnering with the Snohomish County Sheriff's Office to ask for help providing clothing for these families.

**ITEMS NEEDED
(NEW OR GENTLY USED ONLY):**

- All sizes:
- Coats
- Gloves
- Knit Hats
- Children's Sizes
- Pants
- Shorts
- Shirts
- Socks & Underwear



Donate items at the **CARL GIPSON CENTER**
3025 Lombard Ave, Everett

M - Th: 8:30am-5pm • F: 10am-12:30pm
Sat: 8:30am-3pm



Member Treats!

**CARL'S CAFE |
TUESDAY MORNINGS**

Enjoy the delicious creations
of the Goal students, every
Tuesday morning!

Support the Goal Students!

Donate the items below

- Flour
- White & Powdered sugar
- Baking powder
- Butter & Eggs
- Baking & Chocolate chips
- Brown sugar
- Frosting & Sprinkles
- Baking kits
- Muffin & Cake mixes



If you are interested in becoming a volunteer, please contact our Operations Manager Gul to find out more.

Gul Subaykan
gsubaykan@voaww.org
(425) 818-2744



Gipson Volunteer of the Month

Dean joined the Carl Gipson Center in June 2024 and immediately expressed interest in volunteering for bingo. Because bingo was paused for the summer, he stepped in at the membership desk, quickly becoming an invaluable part of the team.

Dean is always willing to help with anything. Dean has taken initiative with several tasks at the front desk, including coming in on unscheduled days to make phone calls to members with expiring memberships.

Now that bingo has resumed, you can catch him calling every 1st and 3rd Monday, but that doesn't mean he's given up his front desk responsibilities!

Dean is a true gem and we are deeply grateful for his dedication.

**DEAN
SALVADALENA**





CARL GIPSON CENTER

3025 Lombard Ave | Everett, WA 98201
(425) 818-2784 | www.voaww.org/gipson-center
M-Th: 8:30 AM - 5:00 PM | Sat: 8:30 AM - 3:00 PM



The Carl Gipson Center is sustained through funding from the City of Everett, Snohomish County Department of Human Services, foundations, corporations and individual donors