



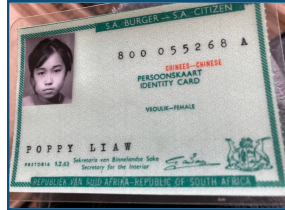
GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

DECEMBER 2024 | MEMBER & PARTNER EDITION | VOL. 35

GIPSON SPOTLIGHT

Member
**POPPY
HANSEN**



Poppy's ID card



As a young child, growing up in Johannesburg, South Africa, in the 1940s and 1950s, one law limited where Poppy's Chinese family could live, work and go to school: The Group Areas Act.

From Nelson Mandela's book: Long Walk to Freedom: *"The Groups Areas Act was the foundation of residential apartheid. Under its regulations, each racial group could own land... and trade only in its own separate area. Indians could henceforth only live in Indian areas, Africans in African, Coloureds in Coloured. If whites wanted the land or houses of the other groups, they could simply declare that land a white area and take them."*

The Liaw Family had emigrated to South Africa before Poppy was born in 1946, after her father secured a job as a principal in a Chinese school. Poppy remembers that most Chinese had to live near the township of Soweto, and couldn't move out of their Group Area or send their kids to most schools. *"We were fortunate that my father got us in to a Catholic school."* Poppy attended Convent of the Sacred Heart for her entire K-12 schooling, spending time with strict Dominican Nuns during the day then returning home to a demanding father. *"Father was quite strict, and he wanted us to spend most of our time studying."*

Under apartheid Poppy had to carry her ID card wherever she went, that displayed her name, race and citizenship status. She didn't venture far from the accepted areas, because she didn't know when she might be stopped or who might refuse to serve her. By her teen years, her mother had opened up The Imperial Palace, a Chinese restaurant popular with the wealthier whites, and Poppy worked as a waitress, serving duck, chop suey and other popular dishes. Her parents were saving enough to send all five kids to school in the United States, and in 1965 it was Poppy's turn, when she flew to join her older sister in Seattle.

She loved it.

"I could go anywhere I wanted to. There were no restrictions. In South Africa, you didn't know what would happen if you went outside your community. But in America, I could go anywhere I wanted."

Poppy started her college career at Everett

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Community College, and one day during Summer Quarter she met a tall, handsome man named Kent in the cafeteria. The two married in 1968, moved up to Bellingham, and finished their degrees at Western, both majoring in Sociology & Anthropology. In 1975, after moving back to the Everett area, they welcomed son Kurt in 3/6/1977, who grew up going to Everett schools. When Poppy was looking for work, a familiar name lent a hand.

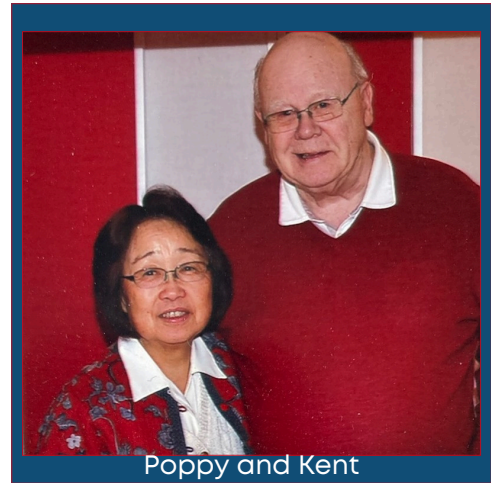
“Carl Gipson was a wonderful man. He helped me get the job at the County. At that time, they weren’t hiring a lot of minorities, but he put in a good word for me.” Poppy began in the juvenile court system, and later transitioned to being a social worker for Child Protective Services, making tough calls on cases of abuse or neglect.

When she reflects on those cases, she regrets how quickly she prejudged the parents. She remembers how her attitude and beliefs took a different route when she started working with defense attorneys, who defended parents whose children were removed from their care. Poppy began to see the difficult circumstances our parents were facing: lack of resources, lack of family support, lack of education. She could

begin to understand their reason for turning to drugs for temporary relief, and she’s adopted a philosophy to not judge folks unless *“I’d walked a mile in their shoes.”*

Poppy and Kent now live above Kurt, his wife and his two-year-old son Rupert, who gets to see Grandma Poppy each day. And Poppy is still learning about the Carl Gipson Center, named for the man who helped her so many years ago. *“Every group has its own personality.”* A regular volunteer in our Talk Time conversational English program for new immigrants, Poppy loses herself during those two hours, remembering what it was like to be a new citizen of this huge, diverse country. And, she’s found a community.

“I feel that the people here are really nice.”



Poppy and Kent



Poppy (far right) and family



From the Director

If you were a business owner or elected official in Chicago around the turn of the last century, there's a good chance that Jane Addams was a thorn in your side.

In the late 1800s and early 1900s, she advocated for women's suffrage, called attention to the terrible working conditions of the poor, and fought against child labor and the horrible living conditions of the immigrant communities. Addams founded the first settlement house in the United States, which was revolutionary at the time. Hull House opened in Chicago's industrial district in 1889, becoming home to dozens of residents and thriving activities for all generations.

From "20 Years at Hull-House":

"In those early days we were often asked why we had come to live on Halsted Street when we could afford somewhere else.... In time it came to seem natural to all of us that the Settlement should be there. If it is natural to feed the hungry and care for the sick, it is certainly natural to give pleasure to the young, comfort to the aged, and to minister to the deep-seated craving for social intercourse that all men feel."

Hull House facilities eventually grew to include: "... a night school for adults, clubs for older children, a public kitchen, an art gallery, a gym, a girls' club, a bathhouse, a book bindery, a music school, a drama group and a theater, apartments, a library, meeting rooms for discussion, clubs, an employment bureau, and a lunchroom" (Wikipedia). The adult night school that Addams started was one of the first in the nation, and her work with immigrants contributed to the birth of sociology as a field of study.

You can see why I admire Addams. Her principles led her to the poorest neighborhood in Chicago, where she lived for 20 years in a multi-cultural, multi-generational community. I'm sure it was noisy, messy and, at times, chaotic. Yet she persisted, and responded to the needs that arose to the best of her ability.

She has some keen advice for those of us trying to walk the same path: "The only thing to be dreaded in the Settlement is that it loses its flexibility, its power of quick adaptation, its readiness to change its methods as its environment may demand."

We're over 100 years away from Addams and her foundational Hull House, but we can learn from her. If she were here today, I think she'd direct us to go to where the need is, be ready to respond to changing conditions, and, above all, always operate while in relationship with those we serve; not above or below, but with.

I hope you have a wonderful holiday season.

See you at the Center,

Cory Armstrong-Hoss

COMMUNITY
EVENTS

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:



Wintertide Festival

2024 Performers



- 9am:** Eisenhower Middle School Impressions Jazz Ensemble
- 10am:** Voyager Middle School Choir
- 11am:** Heatherwood Middle School Select Choir
- 12pm:** Noah Jackson
- 1pm:** Mukilteo Community Orchestra Double Reed Ensemble
- 2pm:** Kamiak High School Barbershop
- 3pm:** The Inclusion Jam Project



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



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



NEW FOR EVERYONE!



Memory Cafe

AT THE CARL GIPSON CENTER

A social gathering for people with memory loss, Alzheimer's, or related dementias and their caregivers or loved ones.

Join us for a variety of fun activities such as art, music, games, and holiday celebrations while connecting and building support networks.



Fourth Monday of each month
Beginning January 27th
12:30-2PM in Mt. Adams room

QUESTIONS? Contact Activities Coordinator, Cora Koffski, at 425-818-2372 or ckoffski@voaww.org



CARL GIPSON CENTER Speaker SERIES



MONDAYS
SPEAKERS BEGIN AT 11:45AM

We're hosting speakers from a variety of backgrounds and areas of expertise to present on topics that are of interest to our community.

3025 Lombard Ave,
Everett, WA 98201



End of Life Planning Workshop



Learn the four important steps you can take to plan ahead and have your wishes known at end-of-life.

Thursday, 2/27/25
12-1:30 pm

- December Speakers**
- 12/2: **Chief John DeRousse** | Everett Police Dept.
 - 12/9: **Mayor Cassie Franklin** | City of Everett
 - 12/16: **Nancy LaJambe** | Senior Housing Stability Program, Snohomish County

CARL GIPSON CENTER

Free & open to the community
RSVP requested by 2/10/25

Sign up at CGC front desk by 2/10/25.



NEW FOR MEMBERS



DECEMBER TRIPS

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.



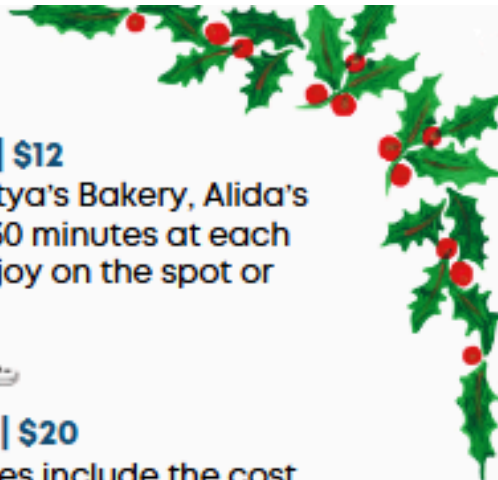
Easy. Minimal walking, primarily flat surfaces and multiple opportunities to sit.



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

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.

Assessments will begin the week beginning Monday, 12/16. We will have extra staff available to conduct assessments on December 17th from 2:00 PM to 4:00 PM, and on December 23rd from 1:00 PM to 3:00 PM. Seniors who pass will be approved for one year, and then need to retake the assessment annually.

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



December Bingo Schedule & 2025 Announcement



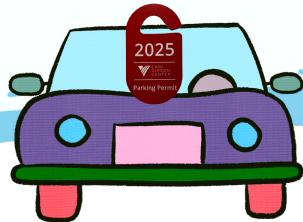
Member Bingo: 12/2 | Card sales start at 12:30PM
 Wintertide Bingo: 12/14 | Card sales start at 4:00PM
 No Bingo 12/16

Starting 1/6/2025 on the first and third Monday of each month, Carl Gipson Center will be opening our bingo sessions to the community, including non-members. Please come and join us for **Monday Bingo!!** Card sales start at 12:30PM.

Carl Gipson Center Holiday Hours

Monday, 12/23: Classes offered & lunch available
12/24 & 12/25: (Christmas Eve & Christmas Day): 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: (New Year's Eve & New Year's Day): Closed
Thursday, 1/2: Back to regular schedule, w/ lunch available.

As 2025 approaches, please remember to stop by the front desk to pick up your 2025 parking permit. Starting January 1st, a 2025 parking permit will be required to avoid receiving a ticket.



Reminder: Member Fee Increases to Begin 12/1/24

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 All Access Member. 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 2024.

If you have questions or concerns about the new rates, please contact Lucia Gallo, our Membership & Hospitality Specialist at lgallo@voaww.org. As always, financial assistance is available for those who cannot afford membership. To apply, complete and turn in the FA form found at our front desk or on our website:

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

NOVEMBER HIGHLIGHTS

Veterans Day Celebration



Everett Firefighters Association Thanksgiving Feast



RESOURCES



Gipson Giving Tree

The Giving Tree is now up in our lobby, ready for elves to take ornaments and purchase gift cards. The Gipson Giving Tree is connecting those in need with generous elves who will provide a \$25 gift card of their choice to either Amazon or for groceries.

Gift Cards will be ready for pickup at the front desk starting December 16th through December 23rd.

For more information or if you'd like to learn how to become an elf, contact Lucia Gallo, Membership & Hospitality Specialist, at lgallo@voaww.org or 425-818-2784.



Care-a-Van at Wintertide Festival



From 9:00am-1:00pm on Saturday, December 14th, WA Department of Health's Care-A-Van will serve the community at the Carl Gipson Center. The van will provide COVID-19 & Flu vaccines, childhood vaccines, blood pressure & blood glucose screenings & naloxone kits. Pre-registration is strongly encouraged, but walk-ins will be accepted based on time and vaccine availability.

Care-a-Van

Caravana de Salud

HEALTH IN MOTION



800-525-0127 • WWW.DOH.WA.GOV



To register go to:

https://prepmo.doh.wa.gov/appointment/en/client/registration?clinic_id=24341

GIVING BACK



Gipson Volunteer of the Month

Pam joined the Carl Gipson Center in 2022 and quickly became an active participant in various activities. She enjoys taking trips and has made many friends along the way.

As a conscientious member, Pam is always eager to contribute to the Center. This year, she joined the Senior Advisory Committee, Pam consistently brings valuable ideas to the committee. Pam also is always eager to help in any way she can.

The Carl Gipson Center deeply appreciates all that Pam contributes and her dedication to the community.

PAM DORN



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



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 IMPACT

312

Free Thanksgiving meals served by 57 volunteers from the Everett Firefighters Association at the Center on November 24th.





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