



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

FEBRUARY 2026 | MEMBER & PARTNER EDITION | VOL. 49

UPCOMING EVENTS

Facebook 101

• 2/4/2026

Valentine's Dance

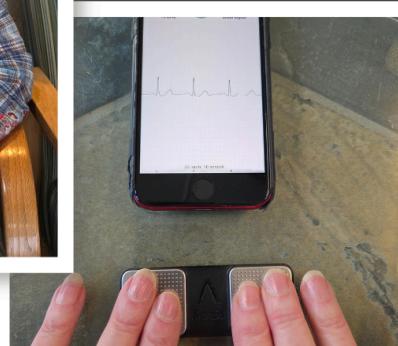
• 2/14/2026



Gipson Profile



Maggie Osborn



Maggie Osborn's heart is often on her mind.

"I've got atrial fibrillation. It's when my heart turns into a can of worms. I've had heart rates up to 200." Maggie's had ablation, a surgery to address irregular heart rhythms. *"The most disturbing part is when they have to stop your heart. You're laying there on the table with no heart beat, relying on the doctor to restart it."*

She pulls off a metal attachment on the back of her phone. *"It's called a KardiaMobile,"* Maggie explains. She sets the rectangle on the table, opens up an app, and places two fingers on each metal square. *"It takes an EKG of my heart. I can send clips of the EKG to my doctor."*

When I ask what sustains her, what's gotten her through the brain tumor in 2006, the two strokes, the persistent heart issues, and the death of her beloved husband Ken in 2021, Maggie's answer is simple: *"My faith."*

(cont'd on pg 2)



20,002

Lunches served by our partner
Homage at the Gipson Center
in 2025, an increase of
4,172 from 2024

(GIPSON PROFILE | Maggie Osborn cont'd)

She exudes a calm positivity, and lights up when asked about growing up in Yakima with three brothers. Her home was surrounded by apple orchards, and “.... we played outside: baseball, football. I played what my brothers played.” Though based in Eastern Washington, her parents wanted their children to have a global perspective. “They felt that travel was as essential as going to school.” In 2nd grade she visited Hawaii, then in her 4th grade year they traveled north of the Arctic Circle, near Fairbanks, to visit a cousin who worked in the oil fields. “We also went all over British Columbia.”

“I was a shy kid, and the apple of my Dad’s eye.” Her father Paul had been the janitor at an office and school supply store – Rosser & Sutton – then a small inheritance allowed the family to buy partial ownership of the store. At Davis High School, Maggie describes herself as a “nerd.” “I loved math and science. I got really good grades, and was in the Honor Society.” Impressed by his only daughter’s aptitude and work ethic, Paul opened his check book to send her to college, with one stipulation: she needed to choose one of three options: 1) Nursing; 2) Teaching; or 3) Office management.

Maggie chose nursing, eventually landing at UW’s program with new husband Ken. She worked through college, evening shift as a Nursing Assistant at Virginia Mason, and graduated in 1968. Ken’s educational path – seminary studies – took them to Iowa and then California, where they stayed for over 20 years. First in Pasadena and then in Southern California, they raised two children, and she loved it. *“I made lots of friends. At lunch I was able to go out to the beach, put my feet in the sand.”*



Aging parents back in Washington compelled them to move back home, where Maggie has lived since 1991.

After Ken passed, Maggie found herself in an apartment on Colby Avenue. *“I was restless, and I wanted to do things. I was bored. So Linda, my neighbor, and came down [to the Center], looked the place over, and thought it would be cool.”*

Unable to drive since her brain surgery in 2006, Maggie loves the Center’s day trips, the sense of exploration that she had as a child. *“We took the Light Rail to Seattle, and that was so fun. We’ve done trips to Mt. Vernon, Anacortes.”* In December, Maggie and Linda joined us for the Lights of Christmas at Warm Beach.

Coming to the Center *“...got me out of my apartment, socializing more, looking forward to doing things outside, in addition to making more friends.”*

“It’s so important that, as seniors age, we have time to socialize. Your world gets smaller and smaller, and you lose people who are close to you. These people [at the Center] take their place.”

To catch Maggie, join one of our day trips. Open and friendly, she won’t hesitate to show you the rhythm of her heart.



NEW FOR ALL ACCESS MEMBERS

NEW! TAI CHI CLASS

INSTRUCTOR: ED PUTNAM

First Class January 8, 2026



THURSDAYS STARTING AT 1PM

Join our gentle, once-a-week Tai Chi class designed specifically for seniors seeking better balance, flexibility, and peace of mind. Each session focuses on slow, flowing movements that are easy to follow and can be adapted for all mobility levels.



NEW!

FRIDAY YOGA



Join us for a new weekly floor yoga class designed to:

- improve strength
- flexibility
- and relaxation

This class welcomes all experience levels and has the option to do all movements from a chair.

FRIDAYS FROM 8:30-9:15AM

Location: Carl Gipson Center – Cascade View • Instructor: Nomi Hershman

NEW

February 2026 Trips



Snohomish County Elections Tour | 3 Shoes

Tuesday, February 10 | 12:45pm – 2pm | Free

Lunch at Scuttlebutt and Explore Everett Waterfront | 2 shoes

Friday February 27th | 11:00AM-2:00PM

\$10 member/\$20 non-member

CRAFT CLUB

This monthly craft class offers a fun, relaxed space to explore creativity and enjoy social connection. Each session features a new hands-on project using different materials and techniques, allowing participants to experiment, express themselves, and leave with something they've made in class. *10 person maximum*

Instructor: Susan Trammell

4th Thursdays | 1PM - 3PM | Mt. Adams



Monthly Kinship Caregiver Support Group

When: Every 4th Thursday

Time: 10:00am-11:30am at

Where : Carl Gipson Center

Kinship care is when children and youth live with relatives, such as aunts, uncles, grandparents, siblings, extended family, or fictive kin (those known to the family).

For more information call 425-494-2290.

<https://www.iccfs.org/kinshipsnoco>

funded by:



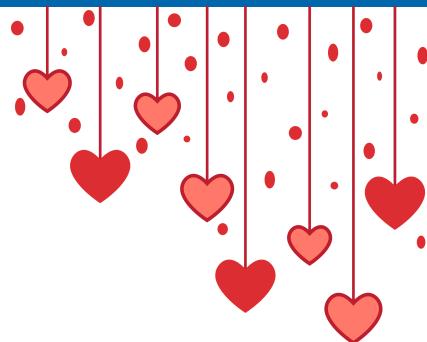
in partnership with:



» SPEAKERS & HEALTHY LIVING PROGRAMS

Healthy Living Programs

Free & open to all in the community
1st Wednesday • 12:30pm • Mt. Adams
Registration required



Facebook 101

2/4/26

Linda Carbajal | Digital Media Specialist, Everett Public Schools (Retired)

Learn how to set up a Facebook page, make your settings safe, and feel comfortable using the platform. You can learn how to share your story or just view other pages, scroll, and keep in touch without sharing anything!

Estate Planning Workshop

3/4/26

The Wall Law Group

Create a worry-free plan for you and your heirs. This workshop is designed to provide valuable insights and guidance on estate planning, helping attendees make informed decisions about their future. Don't miss this opportunity to secure your peace of mind and ensure your wishes are clearly stated!

CARL GIPSON CENTER

Speaker SERIES

MONDAYS

SPEAKERS BEGIN AT 11:45AM



2/2 | Rod Shutt, Prescription Drug Assistance Network

2/9 | Peggy Kurz & Bill Troll: Musical Act

2/16 | Susanna Johnson, Snohomish County Sheriff

2/23 | Kristine Dillin, Homage Senior Services

» UPCOMING EVENTS

Join us for an evening of DJ-spun tunes and dancing while enjoying refreshments! Plus free parking at the Carl Gipson Center Garage.

Carl Gipson Center | 3025 Lombard Ave, Everett, WA

\$45 for two tickets | \$25 for one ticket

Ticket purchasing info in the caption!

The Carl Gipson Center is hosting an evening of DJ-spun tunes, dancing, and delicious refreshments! This event is open to all ages, bring your family, friends, or come as a couple and enjoy a fun evening together.

Tickets available until Friday, February 13:

1 ticket: \$25

2 tickets: \$45

You can also call 425-818-2784 or visit the Carl Gipson Center front desk to purchase in person.

» ANNOUNCEMENTS



Sabrina Willard
Rental & Engagement
Coordinator

My name is Sabrina Willard and I'm the new Carl Gipson Center's Rental and Engagement Coordinator. I am beyond excited to be a part of such a great organization and community. I come from a background of venue rentals and event management as well as social media marketing. I enjoy helping others create their events, being creative and bringing joy!

I have a husband and two beautiful girls at home, ages 10 and 14. We are a very active family, always looking for our next adventure! On weekends you can find us riding our quads, camping, watching football, or exploring someplace new. During quiet times you will find me with a good book!

The welcoming, loving community I have joined since becoming a member of the Carl Gipson Center staff is more than I could've asked for and I can't wait to see what the future brings!



New Homage Counselor At the CGC

We're pleased to share that Paulette Brooks, Homage Mental Health Counselor, will be providing counseling services at the Carl Gipson Center.

Paulette brings extensive knowledge, a calm presence, and a thoughtful approach to supporting emotional well-being. She is committed to helping seniors feel heard, supported, and understood. She brings a wealth of knowledge, a calming presence, and a thoughtful outlook on life.

Paulette is a single parent of four adult children and a Long Island, New York native. She is an avid reader and a homebody who enjoys caring for her houseplants, which she uses to manage stress. She earned both her Bachelor's and Master's degrees in Social Work from NYU in her mid-50s.

Homage Counseling services are offered on the 1st and 3rd Wednesday of every month. Call 425.290.1260 today to learn more about free counseling services and make an appointment.

RESOURCES

Tech Bytes

with Jim Hagglund

How To Make An Emergency Call Fast

On your phone, you can set your phone to make the call if you press the side button five or more times. On iPhone, go to Settings > Emergency SOS. On Android, open Settings > Safety and emergency > Emergency SOS. You can also choose to share your location and alert other contacts.

No cell service? Swipe down from the top of the screen on your phone and tap on Airplane or Flight Mode. Wait 15 seconds, then tap it again. This forces your phone to reconnect to the nearest tower and refresh the signal.

Need more help? Register for a one-on-one session on the first or third Thursday between 10:30 and 12:45. Just stop by or call the front desk or visit <https://www.voaww.org/gipson-center>.



Supporting better health for Apple Health enrollees.

Snohomish County Washington

Health Related Social Needs (HRSN)

Health Related Social Needs (HRSN) services are designed to support better health outcomes for Apple Health (Medicaid) enrollees. These services include nutrition support, home modifications, and caregiver respite.

Snohomish County Aging and Disability Services will provide HRSN services through June 30, 2028.

Nutrition Supports:

- Nutrition Counseling and Education
- Medically Tailored Meals
- Fruit and Vegetable Provisions
- Pantry Stocking for those under 21 and/or for pregnant individuals

Home modifications:

- Home Accessibility Modification
- Adaptation Devices (air conditioners, heaters, etc.)
- Remediation Services

Program Eligibility

While each HRSN service has a specific eligibility criteria, an individual must meet the following general eligibility criteria:

- Be enrolled in Apple Health (Medicaid)
- Meet clinical risk factor criteria for the service.
- Meet social risk factor criteria for the service.
- Be a medically appropriate service for the individual.



For more information, please contact us at:
425.388.7393 | HRSN.Referrals@snoco.org



Volunteer Income Tax Assistance (VITA) at the Carl Gipson Center

FREE Tax Prep

Appointment required

Book at pimsavvy.com/vita

Interpretation available



3025 Lombard Ave. in Everett



6 Mondays
2/23, 3/2, 3/16, 3/23, 3/30, 4/13



9 AM – 5 PM



Alcove Room



Free to Qualifying Taxpayers

Questions? Email PIM Savvy:
vita@pimsavvy.com
or visit: pimsavvy.com/vita



» GIVING BACK

Carl Gipson Center Volunteer of the Month

Takesh joined the Talk Time Group some time ago and quickly became a beloved fixture. His infectious joy energized the group, keeping everyone engaged, connected, and talking. Before long, we discovered that Takesh has a remarkable skill: he is a Black Belt in Karate and travels the world teaching his craft.

Takesh generously volunteered to bring this expertise to the Carl Gipson Center by launching Gentle Karate, a class designed specifically for adults age 50 and over. The program offers a low-impact, supportive, and community-focused environment, with goals that include improving coordination, memory, and strength.

If you walk by Mt. Rainier on Tuesday or Thursday afternoons, you'll see a group of participants strengthening both body and community, clearly enjoying one another's company. Watching Takesh teach is truly something special—he connects effortlessly with his students and brings a sense of fun and levity to every class.

Takesh is an exceptional instructor, and the Carl Gipson Center is incredibly fortunate to have him.

Takesh Kitagawa



If you are interested in becoming a volunteer, please contact our Operations Director to learn more:



Gul Subaykan
gsubaykan@voaww.org
425.818.2744

We our
Volunteers

LEAVE A Legacy

Why Give in Your Will?

- Continue to use assets or property during your lifetime
- Potentially reduce your estate tax burden
- Leave a lasting legacy through VOA to support seniors in Everett

Contact Cory Armstrong-Hoss at (425) 818-2785 or carmstrong@voaww.org to get started.

HELP THE EVERETT COMMUNITY BY DONATING FOOD!

With partial and delayed SNAP benefits, demand is high at the Everett Community Food Bank. The Carl Gipson Center is collecting food donations to help fill the gap!

HIGHEST NEED ITEMS

- BOX/CANNED MEALS
- CEREAL/OATMEAL
- CANNED FRUIT
- SNACKS
- SOUP
- TOMATO PRODUCTS
- JUICE
- PASTA & RICE
- PEANUT BUTTER
- FORMULA & DIAPERS (SIZE 4,5,6)
- HYGIENE ITEMS

ITEMS NEEDED FOR SNACK PACK PROGRAM

- OATMEAL PACKETS
- SMALL BOXED JUICE
- GRANOLA BARS
- MACARONI & CHEESE
- TOP RAMEN
- SHELF STABLE MILK
- CHILI, RAVIOLI, OR SPAGHETTO'S
- BREAKFAST BARS
- FRUIT CUP

ACTIVITY SCHEDULE

AMENITIES

Complimentary Coffee & Tea
M-S | 8:30AM-12PM

Daily Lunch by Homage
M-F | 11:30AM | Cascade View

Sip & Sweets by Goal Students
Tu | 10AM-12PM | Carl's Cafe
During School Year

SERVICES

Chaplain Skip Gipson
2nd & 4th Tu | 9AM-1PM | Lobby

Clothing Closet
W | 11AM-12:30PM | Garage Lobby
F | 10AM-12PM | Garage Lobby

Homage One-on-One Counseling (NEW)
1st & 3rd W | 9AM-12PM appointments
| Mt. Olympus
Appts: Call 425-290-1260

Medicare Advising (SHIBA)
Tom Russell, SHIBA Volunteer
2nd & 4th W | 10AM-12PM appointments
| Mt. Olympus
Appts: by email at Tdrussell2@comcast.net

Mental Health Access
Lou Ann Carter, MSW, LICSW
3rd Sat | 9AM-12PM | Mt. Olympus
Appts: at Membership Desk
or 425-818-2784

PUD Outreach
W | 9:30AM-11:30AM | Lobby

Reiki Massage
3rd W | 12, 1, & 2PM appointments | Mt. Adams
\$10 | *Make appts at Membership Desk*
Snohomish County Housing Stability Program
1st M | 10AM-12PM | Lobby

Tax Prep (Free) with PIM Savvy

See Gazette or Membership Desk in Jan/Feb each year for dates.

Tech Help with James Hagglund - Phones Tablets & Laptops

1st & 3rd Th | 10:30AM - 12:30PM | Mt. Olympus
Appts online or at Membership Desk

CONVERSATION, FELLOWSHIP, & SUPPORT

AA

Tu | 1PM-2PM | Mt. Olympus

Al-Anon

Tu | 11AM-12PM | Mt. Olympus

Alzheimer's Association Care Giver Support Group

1st & 2nd Sa | 10AM-12PM | Mt. Olympus

Black Elders Community Outreach Group by Homage

Tu | 10AM-1PM | Mt. Baker

Brain Injury Support Group of Snohomish Co

1st S | 10AM-12PM | Mt. Adams

Current Issue Discussion Group

1st & 3rd Th | 1PM-2:30PM | Mt. Adams

Family Caregiver Support Program of Snohomish Co

1st Th | 1PM-2:30PM | Mt. Olympus

Friendship Circle

T | 12PM-1:30PM | Cascade View

Memory Cafe

4th M | 12:30PM-2PM | Mt Adams

Together in Grief | Grief Support Group

4th Sa | 10AM-12PM | Mt. Olympus

ACTIVITY SCHEDULE CONTINUED...

CLASSES, CLUBS & GAMES

Billiards

M-F | 8:30AM-4PM | Billiards Room
S | 8:30AM-1PM | Billiards Room

Bingo

1st & 3rd M | 12:30PM-3PM | Cascade View

Book Club

3rd Th | 1PM-2:30PM | TV Alcove

Ceramics

Tu | 12PM-2:30PM | Mt. Adams

Craft Club - Registration Required

4th Th | 1PM-3PM | Mt. Adams

Craft Group

2nd & 4th S | 10AM-11:30AM | Mt. Adams

Cribbage

T | 9:30AM-11AM | Lobby by fireplace

Duplicate Bridge

W | 10:30AM-3PM | Mt. Rainier

Genealogy

3rd W | 1PM- 3PM | TV Alcove

Hand & Foot Canasta

Tu & Th | 9:30AM-3PM | Table near gym

Healthy Lifestyle

2nd & 4th Th | 12PM-12:45PM | Cascade View

Knit & Crochet

Tu & Th | 10:30AM-1PM | Alcove

Party Bridge

Th | 12PM-3PM | Mt. Baker

Personal History Through Journaling

W | 1PM-2PM | Mt. Olympus

Project Linus

2nd Tu | 11:30AM-2:30PM | Mt. Rainier

Trivia Time

1st & 3rd M | 10:30AM-11:30AM | Alcove

Woodcarving

Th | 1PM-3PM | Mt. St. Helens

EXERCISE & MOVEMENT

Barre Class

Tu & Th | 8:30AM-9:15AM | Cascade View

Chair Yoga

M & W | 8:30AM-9:15AM | Instructor Karen |
Cascade View

Tu & Th | 10:30AM-11:15AM | Instructor Elaine |
Cascade View

Clog Dance

Into to Clogging

M | 9:30AM-10:00AM | Cascade View

Beginner to Easy Intermediate

M | 10:00AM-11:30AM | Cascade View

Advanced Beginner to Intermediate

S | 10AM-11:30AM | Mt. Rainier

Beginner

S | 11:00AM-12:00PM | Mt. Rainier

Fitness Zone Circuit Orientation w/ Elaine Henderson

W & F | 9:30-10:15AM | CGC Gym

S | 11:00AM-12:00PM | Mt. Rainier

Forever Fit

M | 9:30AM-10:15AM | Mt. Rainier (Video)

Tu, W, Th | 9:30AM-10:15AM | Cascade View

Friday Floor Yoga

F | 8:30AM- 9:15AM | Cascade View

Gentle Karate

Tu & Th | 2:15PM- 3PM | Mt. Rainier

Hula Dance

Th | 1PM-2PM | Mt. Rainier

Line Dancing Registration Required

New Beginners

F | 9:30AM-10:30AM | Mt. Rainier

Beginners

F | 10:45AM-11:45AM | Mt. Rainier

Strength & Stretch

M | 10:30AM-11:15AM | Mt. Rainier (Video)

W | 10:30AM-11:15AM | Cascade View

Tai Chi

Th | 1PM-2PM | Cascade View

Table Tennis

M & W | 9AM-2PM | Mt. Baker & Mt. St. Helens

S | 9AM-1PM | Mt. Baker & Mt. St. Helens



LOCATION
3025 Lombard Ave, Everett

HOURS
Mon - Thurs | 8:30am - 4:00pm • Fri & Sat | 8:30am - 1:00pm
Closed Sunday

FOR MORE INFO
425.818.2784 | voaww.org/gipson-center

For updates, make sure to follow us on Facebook
at www.facebook.com/gipsoncenter

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