



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

APRIL 2025 | MEMBER & PARTNER EDITION | VOL. 39

GIPSON SPOTLIGHT

Member JENNIFER HILEMAN-KEEP



Jennifer never expected a connection sparked by jalapeños to lead her to the love of her life.

It all began when Steve stopped by her booth at the Fremont Farmers Market to buy the spicy fruit. He kept stopping by her booth each Sunday. But after a few weeks, Jennifer noticed Steve's absence. "After the third Sunday or so, Steve didn't come. And I missed him." Today, the two have been married for over 20 years.

Born in St. Joseph, Missouri Jennifer is the eldest of five girls, and an identical twin. When Jennifer and Susan were less than two years old, her parents welcomed yet another set of identical twin girls. The following year, Jennifer's youngest sister was born. "At that time our family consisted of three little girls under the age of 3. My dad called us two pairs and a spare."

When Jennifer was eight, her family relocated to Yakima. At the newly integrated Davis High School dances, Aretha Franklin, The Temptations, and Marvin Gaye blasted over the gymnasium speakers. There was something magnetic about the way her new classmates danced; their rhythm captivated Jennifer. "After school, my friends and I would go home

and practice dancing for hours, trying to replicate the moves that seemed so effortless to our schoolmates." After her parents' divorce, Jennifer moved to California with her mother, where she attended senior year of high school. By this time, dance was no longer just a fascination-it was a part of who she was. After graduation, she and her twin returned to Washington to attend college.

Jennifer danced with the University of Washington Dance Theater and in 1978 graduated with a bachelor's degree in fine arts with an emphasis in dance. Jennifer contacted Kirkland Boys & Girls Club program director Bill Keefe and told him she wanted to volunteer teaching dance to disabled children. After the program took off, an article in "Potpourri", highlighted the program's success. "She walked in the door almost a year ago and made me a genius," said Bill.

Jennifer's students shared something that no diagnosis or disability could take away: a desire to connect, to learn, and to move. Jennifer expanded her offerings through

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Bellevue Parks Department, Mercer Island Boys & Girls Club, art and dance camps, and as a guest choreographer in elementary schools.

Jennifer used movement to teach her students how to interact with others, how to hold a partner's hand properly, respect personal space, make eye contact, and communicate without words. She helped deaf and developmentally disabled students learn the art of movement and gain confidence in social situations.

But Jennifer didn't stop there. Inspired by her students, she decided to pursue a master's degree in special education. Steven and Jennifer made their home in Everett 2001, and Jennifer landed what she referred to as her "dream job" teaching in the resource room at an elementary school in Lakewood. She worked there for 22 years, where she also staged the annual talent shows, prior to retiring in 2018.

Dance is still an integral part of Jennifer's life. She is a member of Yakima's Davis High School class of 1970 Reunion Committee. In 2021 Jennifer choreographed a routine for 40 of her former schoolmates to perform to "Stayin' Alive" by the Bee Gees, in deference to coming to the other side of Covid-19. Over 50 years later, Jennifer is still helping others find their rhythm, just as she had once found hers.

She finds time to connect with her daughter and two beautiful granddaughters in California. Jennifer discovered the Carl Gipson Center in January of 2024 and regularly attends the 10:30AM fitness class, where she has met many new friends. "The members and staff are caring. It's a community, and they check on you when you're not here."



After being away for two months for a total hip replacement, Jennifer returned to class, and her new friends rushed to greet her, delighted to see her return.

Steve is still the funny man Jennifer met at the Farmer's Market years ago, and she even talked him into joining Cora's exercise class. These days, they enjoy traveling in their RV, walking Duchess, their new German Shepherd, and working together in their garden. Who knows, maybe they'll plant some jalapeños this year.



GIPSON IMPACT



5,866

Seniors built friendships, found community & engaged in healthy activities at the Center in 2024.



CARL
GIPSON
CENTER

NEW FOR EVERYONE!

APRIL 2025 Speakers

4/7 Lynsey Gagnon | InterFaith Family Shelter
4/14 Megan Dunn | Snohomish County Council
4/21 Katie Zeitler | UW Dementia Friends
4/28 Cassie Franklin | Mayor, City of Everett



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



CARL
GIPSON
CENTER

NEW FOR MEMBERS

Trips and Activity Information on Your Phone!



You now can view trips and other activities on your phone, tablet or computer. You may pre-register and pay for trips, some classes special events Volunteers may log and view their hours. Visit <https://schedulesplus.com/carlgipson> and log in using your phone number. Some transactions may also use a code that will be sent to your phone to confirm your identity.



Website – Jump to the Carl Gipson Center web site to view the lunch menu, Gazette, Guide and other information not listed here.

Site Calendar – Displays the current month and has forward and backward buttons to see future and previous months. Tap on the name of a trip or activity and you can add it to the calendar on your phone, tablet or computer.

Register – Trips and other classes and events that offer online registration and payment.

My Calendar – Shows only the trips and other events for which you have pre-registered/paid.

My Activities – A list of the trips and events for which you have pre-registered/paid.

All Our Programs – Lists all our programs and allows you to search for activities or filter the list by type of activity.

View & Log Hours – Allows volunteers to view and log their volunteer hours.



Gentle Karate

*Taught by Takeshi Kitagawa,
9th Degree Black Belt*

TUESDAYS & THURSDAYS

2:15PM-3PM | Mt. Rainier Room

This Gentle Karate class is perfect for all levels. There is a focus on balance and flexibility. Please wear comfortable clothing and shoes.

Free with Regular or All-Access memberships

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



SCHACK ART CLASSES

AT CARL GIPSON CENTER

Wednesdays from 11AM - 1PM

\$10

for each month's
classes (two
Wednesdays)

Join Mara from
Schack Art
Center for these
fun projects!

APRIL | Fairy Houses

4/23: Creating the form using clear jars and clay
4/30: Painting and decorating with nature items, etc

MAY

5/14: Nature pattern (mandala or altar) and
creating mini bouquets
5/28: Fabric collage



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



COOKING CLASSES

with Gul Subaykan

All classes will run from 1:30PM - 3:30PM

UPCOMING CLASSES:

Zucchini Fritters | April 22 | \$15

Chicken & Barley Risotto | May 27 | \$18

This class is extra special! Front desk volunteer Dean Salvadale will join Gul to share one of his favorite Italian recipes.

One Savory Dip & One Dessert Dip | June 24 | \$13

Held in the Carl Gipson Center Kitchen. **10 spots available per class.** To sign up, please visit the front desk. Registration is required.



New! BEGINNER FRIENDLY CLOG DANCE CLASSES



Mondays beginning April 7
9:30am - 10:00am

Learn basic clog steps in this class and when you're ready, continue in the **Easy-Intermediate** class that meets **Mondays at 10AM**. Wear comfortable clothing and shoes. You do not need special shoes for this class. Dancing may improve cardiovascular health, coordination and mental well-being!



ANNOUNCEMENTS

Spring Tea
MAY 17TH
11-1PM

Come enjoy an afternoon of tea sandwiches, pastries, and live music by Lauren Petrie.

Purchase Spring Tea tickets through your online account or at the front desk.

Non-Members \$20 | Members \$15 | Guests 17 & Under \$10



Join us for the 3rd Annual FREE Senior Resource Fair

Sponsored by Dementia Friends Washington

MAY 21
10AM - 2PM

Carl Gipson Center
3025 Lombard Ave
Everett, WA 98021

Free & open to all community members!

Resources from organizations throughout Snohomish County specializing in older adult well-being. Giveaways, lunch, and beverages available throughout the day.

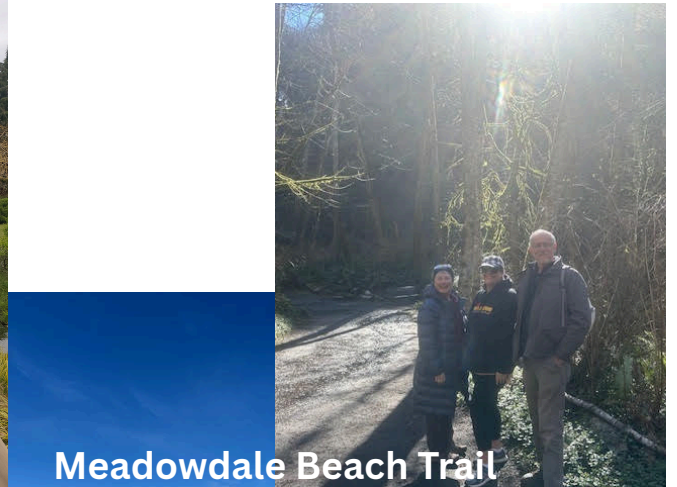


MARCH
HIGHLIGHTS

March Trips



Seattle's Japanese Garden



Meadowdale Beach Trail



Goal Students
cooking class:
Delicious Taco
Crescent Ring!



RESOURCES

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



FREE Tax Prep

& Working Families Tax Credit Application Help

Interpretation available



11 consecutive Mondays
from 2/3/25 through 4/14/25



9 AM – 5 PM



Alcove Room



Free to Qualifying Taxpayers

Questions? Call PIM Savvy:
(206) 565-2961 ext 4
or visit: pimsavvy.com/vita



Marc Matsui



Yongrong Wu



Vanessa Delgado



SENIOR FARMERS MARKET NUTRITION PROGRAM
SNOHOMISH COUNTY

Providing eligible low-income older adults with fresh fruits and vegetables from local farmers.



Senior Farmers Market Nutrition Program

Providing benefits to older adults to purchase locally grown produce.



www.snohomishcountywa.gov/1002/Nutrition-Programs.

***The Power of
Community***

Gul Subaykan

Operations
Director**Behind the Scenes with the
Operations Director****The Power of Community**

Community is something I think about often. It's the foundation my parents built for me, shaping who I am today. Growing up in an immigrant community, the people around me became more than just friends — they became my family. They stood by me through life's best and worst moments, creating a sense of belonging. For me, community means stepping up when you're needed, leaning on others when you need support, and sharing laughter.

At the Carl Gipson Center, my goal is to create that same sense of community. I draw from the lessons of my childhood and the lifelong connections I've been fortunate to build, hoping to foster an environment where everyone feels welcome and included. I want this Center to be a place where people can come on tough days and find comfort, as well as a place to laugh, make memories, and build meaningful relationships — just like I experienced growing up. More than anything, I hope the connections formed here extend beyond the Center's walls, creating your own community.

One of the most meaningful ways you've added to my sense of community is by welcoming my mom. When she first joined the Center, she wasn't keen on the idea. But as she started attending, you embraced her and gave her a new sense of belonging. The joy and connection you've brought to her — and to my family — is incredible.

Connection and community are vital to our well-being. We know that loneliness can be a silent struggle, and the antidote is in the relationships we build. My wish is for everyone who walks through these doors to find what I've been lucky enough to experience — a network of people who make life richer, who offer support, and who fill each day with warmth and laughter.

My vision is simple: for the Carl Gipson Center to be a place where people come to connect, to enjoy each other's company, and to build the bonds that make life meaningful. After all, life is nothing without those connections.



GIVING BACK

If you are interested in becoming a volunteer, please contact our Membership & Hospitality Specialist Lucia to find out more.

Lucia Gallo
lgallo@voaww.org
(425) 818-2784



Carl Gipson Center Volunteer of the Month

Randy joined the Carl Gipson Center in July 2025, spending his time working on puzzles, enjoying lunch, and socializing. A few months ago, he expressed interest in volunteering — and from that moment, he became an invaluable part of our team.

He started by assisting Susi with cleaning and maintenance around the building, but he quickly went above and beyond, taking initiative to tackle tasks without being asked. Whether it's cleaning restrooms, tidying the dumpster area, maintaining the grounds, or washing windows Randy approaches every job with dedication and care.

His hard work and commitment mean the world to us, and I know Susi is especially grateful for the extra support.

Thank you, Randy, for everything you do — we're so lucky to have you!

RANDY TREYMAN



Did you know?

**You can support seniors in Everett by
designating assets from a will or trust:**

Financial accounts • Real estate • Vehicles • Brokerage accounts
 Crypto and NFTs • Personal property



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



CARL
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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