



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

OCTOBER 2025 | MEMBER & PARTNER EDITION | VOL. 45

UPCOMING EVENTS

Veterans Stand Down

- 10/3 | 9AM-3PM

Optum Health Fair

- 10/10

Veterans Day Lunch

- 11/6 | 11:30AM

Firefighters Thanksgiving Feast

- 11/23

CGC's Annual Wintertide Festival

- 12/13

Police Officers Holiday Feast

- 12/14



CARL GIPSON PROFILE

Dr. Naseer
Ahmad

GIPSON PROFILE | Dr. Naseer Ahmad

The four-year-old was in intense pain. His back arched unnaturally, to alleviate the agony that coursed from his brain through his spinal cord. Dr. Naseer Ahmad, a new doctor practicing in Kano in north Nigeria, had to hold the scared boy tightly, force his back to straighten for the spinal tap, which confirmed the diagnosis: meningitis. Without treatment, the boy could suffer brain damage, hearing loss, seizures, and even death. But Naseer caught it early, and prescribed antibiotics.

Within a couple of months, the boy healed, and for the next few years the family would travel to visit Naseer to thank him. *"People who I treated [in Nigeria], they were very nice to me. Some would bring chickens or a goat, as a gift, to pay for treatment."*

Africa had always been home to Naseer. The Partition, which cleaved India and Pakistan in two in 1947, had left Naseer's father Nazir looking for opportunities, and he took a job as a chemistry professor in Kumasi, Ghana. Born in 1953, Naseer was the second of seven siblings, brilliant in school, with a taste for exploration and adventure. He spoke Urdu at home, English at school, and picked up local dialects from his African friends like Fante and Twi, the most popular native language. He loved

(cont'd on pg 2)



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Patients served at our 2-day OneSight vision clinic. 87.8% of patients had demonstrated financial need, and OneSight provided 161 free eye-glasses.



CARL
GIPSON
CENTER

(GIPSON PROFILE | x, cont'd)



playing soccer, in fields and on the street, and had a knack for catching snakes. *“I’d catch them, then donate them to the zoo. Rattlesnakes, mambas, cobras.”* Starting at 12, he earned money by helping with local food vendors, who’d carry trays of meat and plantains on their heads, bringing them to customers while Naseer manned the shop.

In the garden outside their home, the family planted yams, plantains, and bananas. *“We’d grow small stuff and sell it to our neighbors. We raised chickens, about 20, so we had eggs.”* Naseer attended University of London in Ghana for undergraduate studies, then University of Ghana medical school before serving for four years in Kano, Nigeria. Then opportunity brought him to Detroit, Michigan:

to Wayne State University hospital, for three years of residency and three years of an oncology fellowship, specializing in cancer and hematology: blood related diseases.

Craving a warmer climate, Naseer joined Kaiser Permanente in Santa Rosa, California, and treated patients with all types of cancers and blood disorders, like leukemia and lymphoma. He relished the challenge and enjoyed the research, and later moved to Washington to begin a family. In 1998 he welcomed son Omar, then in 2000 daughter Zainab, followed by his third child, Bilal, in 2002. Naseer practiced medicine in Everett and Spokane, and then moved back in California.

Seeking to retire for good and live closer to his daughter, Naseer moved back to Washington and walked into the Carl Gipson Center two months ago. *“It’s a nice community. It’s given me an opportunity to think.”*

Naseer has a vision of his retirement in Everett: farming, small scale, like he did all those years ago in Kumasi. After an upcoming trip back to Ghana, he plans to rent a small patch of land to grow vegetables. “I want to be out in the wild, helping people with food.”

“I think: You’re blessed, you know. God has given you so much.”



» NEW



CARL
GIPSON
CENTER

Workshop Series

Free & open to all in the community

Wednesday • 12:30pm-2pm | Cascade View Hall | Registration is Required

How To Save Money On Your Prescriptions

OCTOBER 1

Rod Shutt
Prescription Drug Assistance Network
The Network's mission is to make medications available to low to moderate income, uninsured, & underinsured people at no or reduced cost. Learn how to access expert help.

Hospice 101

OCTOBER 15

Katie McDougall
Hospice of the Northwest
Learn the basics of hospice care: the types of support it provides, who it's for, how it's paid, and much more. There are many myths and misconceptions, so the truth may surprise you!



To register, call (425) 818-2784 or in person at the front desk.



Sky Valley Center | 1 Shoe
Tuesday, October 7th | 10:30AM-2:30PM | \$35 member/\$45 nonmember

Big Gulch Trail (1+ mile) and Diamond Knot Restaurant | 3 Shoes
Friday, October 10th | 9:30AM-2:30PM | \$10 member/\$20 nonmember


Exploring International Grocery Stores | 2 shoes
Tuesday, October 14th | 11:00AM-2:00PM | \$20 member/\$30 nonmember

Bowling at Evergreen Lanes | 3 Shoes
Thursday, October 16th | 11:30AM-3:00PM | \$24 member/\$34 nonmember

Lunch at Shawn O'Donnell's American Grill and Irish Pub | 1 Shoe
Friday, October 17th | 11:00AM-1:30PM | \$10 member/\$20 nonmember

Thomas Family Farm in Snohomish | 3 Shoes
Tuesday, October 21st | 10:00AM-1:30PM | \$14 member/\$24 nonmember

Cascadia Art Museum in Edmonds | 2 Shoes
Wednesday, October 29th | 11:00AM-3:00PM | \$35 member/\$45 nonmember



CARL
GIPSON
CENTER

WRITING YOUR PERSONAL HISTORY THROUGH JOURNALING

Instructor: Kerri Schwindt

FREE | Ongoing Weekly Class | Wednesdays at 1pm | Olympus

Everyone has a story worth telling — including you.
No prior writing experience is necessary — notebook will be provided. Just bring a pen, and a willingness to explore your own life, one story at a time.



NEW



SCHACK ART CLASSES

AT THE CARL GIPSON CENTER

2nd & 4th Wednesdays from 10:30AM - 1:30PM

Join Mara from Schack Art Center for these fun projects!

\$10
for two
Wednesdays

UPCOMING CLASSES:

TWO-PART PAPER MACHE PUMPKINS

OCTOBER 8 Construct the shape & paper mache

OCTOBER 22 Paint your paper mache pumpkin




QUESTIONS? Please contact Activities Coordinator, Kerri Schwindt, at kschwindt@voaww.org or 425-818-2372




TRIVIA TIME

TWICE THE FUN, TWICE A MONTH!

1ST & 3RD MONDAYS
from 10:30–11:30am in the Alcove

Join us for Trivia Time, a **FREE** twice-monthly gathering where brains meet for fun! Whether you're a history buff, movie fanatic, science nerd, or pop culture pro, there's a place for you on the trivia scoreboard.



COOKING CLASSES



with Gul Subaykan

Grilled Cheese & Tomato Soup
September 23 | \$15 for Members • \$25 for Non-members

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One-Pot French Onion Pasta & Bloody Mary
October 28 | \$21 for Members • \$31 for Non-members
Join Gul and special guest cocktail instructor, Lucia Gallo, for this perfect fall pairing.

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Vegetarian Quiche & Quiche Lorraine
November 25 | \$15 for Members • \$25 for Non-members
With special guest instructor, Susan Devera



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Holiday Appetizers & Cocktail
December 16 | \$15 for Members • \$25 for Non-members
Time to get festive! Lucia will be returning as the cocktail instructor.

UPCOMING CLASSES:

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



CANDIDATE SPEAKER SERIES

⌚

Program begins at **11:30am**
and runs through **12:15pm**,
with time for Q&A.

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Please note: VOA does not give preference to any candidate or party, and seeks to provide a forum for civic engagement and education. This series is free and open to the public.

9/29: Karen Moore
Judge, Court of Appeals

10/1: Scott Murphy
Candidate for Mayor of Everett

10/6: Roman Rewolinski
Everett School Board, Position 1

10/8: Paula Rhyne
Everett City Council, District 2

10/13: Cassie Franklin
Mayor, City of Everett

10/20: Tom Clarke
Everett School Board, Position 3

10/27: Jen Hirman
Everett School Board, Position 2

11/3: Anna Marie Jackson
Everett School Board, Position 3

All participants must adhere to VOA's Code of Conduct.



» ANNOUNCEMENTS

Important Notice: Center Closure 10/3

The Carl Gipson Center will be closed on Friday, October 3rd for the Veterans Stand Down event.

All regular activities and programs will be cancelled for the entire day. Homage Lunch will still be served at its normal time 11:30AM, but the location for service has changed to CGC Gym by courtyard.

Veterans Stand Down 10.03.2025

9:00 AM – 3:00 PM – All Services
Carl Gipson Center
3025 Lombard Ave. Everett WA



GENERAL SERVICE AVAILABLE

Department of Social & Health Services
Healthcare Enrollments (Medicaid)
Medical & Dental Assessments
Child Support Financial Issues
Hearing & Speech Resources
Landlord Tenant Resolution
Veteran Service Officers
Military Sexual Trauma
Employment Services
Suicide Prevention
Housing Providers
Mobile Dental Van
College Benefits
Healthcare
Haircuts

Optum Health Fair in Cascade View Friday, 10/10

Please note the following location changes for that day:

Line Dance classes will still be held but will take place in **St. Helens/Mt. Baker**

Homage Lunch will be served at its usual time 11:30AM out of **Carl's Café**

Introducing a New Monthly Calendar!

Starting this month, we will be discontinuing The Gipson Guide and replacing it with a user-friendly calendar highlighting all our monthly and weekly programs.



»» ANNOUNCEMENTS

👻 **CGC Halloween Bingo** 👻 **Friday, October 31st**

Join us for a spooktacular afternoon of **bingo, prizes, and Halloween cheer!**

- 🕒 **Card Sales Start at 1:00 PM**
- 🎲 **Special Games & Prizes**
- 🍿 **Free Popcorn for Everyone**
- 👻 **Halloween Costume Contest – Win a \$50 CASH PRIZE!**

Come in costume, bring your lucky dauber, and get ready for a frightfully fun time!



»» SEPTEMBER HIGHLIGHT



Getting ready for
HALLOWEEN
at the
Memory Cafe



» RESOURCES



**SHIBA 2026
OPEN ENROLLMENT EVENT**

 **FRIDAY,
October 31st**

 **Carl Gipson Center
3025 Lombard Ave, Everett**

 **9AM - 3PM**

Meet with a SHIBA Advisor to
review your 2026 Medicaid choices.



To make an Open Enrollment
appointment please email
shiba.oe@edmondswaterfrontcenter.org




Tech Bytes
with Jim Hagglund

On the first and third Thursday of each month I do tech help sessions between 10:30 and 12:45. These are one-on-one sessions to zero in on your challenges. You can make an appointment online, at the front desk, or by sending me a message at JimFromCGC@gmail.com.

Here is an example from a recent help session:

Does my phone or tablet have a virus? Things keep appearing on the screen of my phone or tablet that cover up what I am trying to do.

It probably is a “pop-up” ad from an app or game you recently installed. These pop-ups usually have a button that will take you somewhere else if you tap on it. Do not install an app or game by tapping on a button in a pop-up. Only use the Google Play Store, the Amazon Appstore or the Apple App Store to install new apps or games.

Install one new app or game and use it for a day or two before you install any other app or game. If there are pop-ups or other annoyances and you cannot find a way in settings to turn off or block the pop-ups, uninstall the application.



Picture this: A woman in Everett is suffering from isolation during the really dark days of Covid. She reads in the local newspaper that her Senior Center is shutting down, but so is everything else. Her hope was that the situation would be resolved in a couple of weeks, well maybe a couple of months, but it drags on and on. She has it better than a lot of people did. She didn't lose a job. Her job had become caring for her ailing husband. And that job got harder and harder. There were glimmers of hope that the world was beginning to open up again, but her world was very narrow. September 4, 2021, her husband passed peacefully. It was a mixture of grief and sadness. She wondered: What is my life now?

September 28, 2021 she gets an Email:

"Good Morning, My name is Cory Armstrong-Hoss, and I'm excited to serve as VOA's new Director of the Carl Gipson Senior Center. ...I'm thrilled to be able to work with you, the City, and our partners to lead the next chapter of the Carl Gipson Senior Center."

The email had other information and a way to reach out to Cory.

"Due to Covid concerns, we are still not prepared to serve seniors in person, but are working on other possibilities. I will keep you updated as soon as I have more information. I look forward to meeting you."

So she reached out, wondering who is this guy? The Center which used to be run by the City of Everett is now being run by Volunteers of America? What does that mean?

She had some nice email exchanges and spoke on the phone with Cory. Finally, an email was sent that the Carl Gipson Center was reopening in January 2022.

And that gave her new hope, new challenges, a place to go for lots of activities and where, like in the TV show *Cheers*, everybody seemed to know her name. She has made many new friends over the past three years, becoming a more confident, happy person. Doing exercise was good for her body, the cheerful hellos and smiles from staff and members made her feel accepted, engaging with different groups and just trying new things makes her feel fully alive.

This is my ode to the Carl Gipson Center. You can find me on the 4th Monday of the month helping with Memory Café. You can find me on the first Wednesday of the month helping with the Genealogy Club. You can often find me in exercise classes. You can often find me in cooking classes. You can go on trips with me. You can find me talking to people about knitting and crocheting. You can find me around the Center on most days. I have found my people and my place at the Carl Gipson Center, and I can't wait to see what comes next.

Sincerely,

Pam Dorn



» GIVING BACK



Carl Gipson Center Volunteer of the Month

Jim joined the Carl Gipson Center three years ago and quickly became a valued part of our community. He started at the front desk, greeting members with warmth and making everyone feel welcome. It didn't take long to discover his tech talents—Jim now leads tech assistance, patiently helping members with phones, tablets, and laptops. Earlier this year, his expertise was crucial in guiding a major software conversion, ensuring everything ran smoothly.

Beyond his tech skills, Jim is always ready to help wherever needed. Whether he's troubleshooting AV issues at the Center or helping answer questions at the front desk, he approaches everything with generosity, patience, and a positive attitude. The Carl Gipson Center is truly fortunate to have Jim—not just for his skills, but for the heart, dedication, and caring spirit he brings to our community every day.



Jim Hagglund

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



The IRS requires IRA and retirement account holders to take a **minimum required distribution** when they turn 73.

Those wanting to give to VOA can opt for a qualified charitable distribution, a tax-free way to **support seniors in your community** that counts towards your requirement



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

» 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

2nd & 4th W | 11:15AM-12:15PM | Cascade View

F | 10AM-12PM | Mt. Baker

Everett Public Library

M | 9:30AM-11AM | Outside Alcove

Medicare Advising (SHIBA)

2nd & 4th W | 10AM-12PM | Mt. Olympus

Mental Health Access -Homage

Nancy Brosemer

2nd & 4th Th | 10AM-2PM | Mt. Olympus

Appts: call 425-290-1246

Lou Ann Carter, MSW, LICSW

3rd Sat | 9AM-12PM | Mt. Olympus

Appts: at Membership Desk

or 425-818-2784

Reiki Massage

3rd W | 12, 1, & 2PM appointments | Mt. Adams

\$10 | *Make appts at Memberhip Desk*

Snohomish County Housing Stability Program

1st M | 9:30AM-10:30AM | 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

Current Issue Discussion Group

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

Friendship Circle

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

Memory Cafe

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

Snohomish County Brain Injury Support Group

1st & 3rd Sa | 11:00AM-1PM | Alcove

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

Ceramics

Tu | 12PM-2:30PM | 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

1st W | 1PM- 3PM | Mt. Adams

Hand & Foot Canasta

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

Healthy Lifestyle

2nd & 4th Th | 12PM-1:15PM | Cascade View

Knit & Crochet

Tu & Th | 10AM-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

Schack Art Classes

2nd 4th S | 11AM-1PM | Mt. Adams

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

Circuit Training w/ Elaine Henderson

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

Clog Dance

Into to Clogging

M | 9:30AM-10:00AM | Mt. Rainier

Beginner to Easy Intermediate

M | 10:00AM-11:30AM | Mt. Rainier

Advanced to Beginner Easy Intermediate

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

Forever Fit

M-Th | 9:30AM-10:15AM | Cascade View

Gentle Karate

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

Hula Dance

Th | 1PM-2PM | Mt. Rainier

Line Dancing

New Beginners

F | 9:30AM-10:30AM | Cascade View

Beginners

F | 10:45AM-11:45AM | Cascade View

Strength & Stretch

M & W | 10:30AM-11:15AM | 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

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