

Homage Seniors Mark Lunar New Year at Lynnwood Center



Homage Senior Services, one of the largest providers of services for older adults and people with disabilities in Snohomish County, recently hosted Lunar New Year Events at its Center for Healthy Living in Lynnwood.

Homage's multicultural programming provides adults aged 60+ with a nutritious hot meal and a place to participate in educational presentations, programming activities, cultural celebrations, and socialization.

Bilingual social workers are also on hand to help connect seniors to resources dealing with housing, medical, financial, caregiver, or long-term care needs. Transportation to the Center for Healthy Living can be provided as long



as space is available.

"Celebrating our community's rich cultural diversity through our Multicultural programming and Community Table dining initiative goes beyond providing meals," said Keith Bell, CEO of Homage. "These gatherings foster connection and combat the isolation that many seniors experience, which can greatly affect their health and happiness. By bringing seniors

together to enjoy meals and honor their cultural traditions, we not just feed their bodies, but we also uplift their spirits. It is a meaningful program that exemplifies our commitment to enhancing the lives of those we serve."

More information about how area seniors can get involved with Homage's multicultural programming can be found here: homage.org/multicultural-services.



Five Terms Every Alzheimer's and Dementia Caregiver Needs to Know

Caregiving for someone with dementia can be overwhelming, especially for first-time caregivers. These caregivers not only experience the emotional impact that occurs when a close family member is diagnosed with Alzheimer's or another dementia but also face a steep learning curve in their new role as caregiver. One of the most important things a dementia caregiver can do is to educate themselves about the disease and the care and support resources available to help.

The Alzheimer's Association is highlighting five essential terms that are important for the 247,000 Washington Alzheimer's and dementia caregivers to know.

1. Person-centered care – Most often associated with professional caregivers in long-term care settings, person-centered care offers important guidance for family caregivers as well. It requires understanding the world from the perspective of the individual living with dementia. It encourages caregivers to take into account a person's interests, abilities, history and personality to inform interactions and care decisions.

2. Dementia-related behaviors – The term is used to describe wide-ranging behavioral symptoms associated with Alzheimer's and other dementia. While most people associate Alzheimer's and dementia with memory loss due to changes in the brain, there are several other challenging behaviors that can accompany an Alzheimer's or dementia diagnosis, including aggression and anger, anxiety and agitation, depression along with many others. The Alzheimer's Association offers tips and strategies to help caregivers address these and other disease-related behaviors.

3. Caregiver Burnout – Caring for someone living with Alzheimer's or another dementia can be exhausting – mentally, physically and emotionally. Alzheimer's caregivers report experiencing higher levels of stress than non-dementia caregivers. The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

4. Respite Care – Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's continues to receive care in a safe environment. These respite services can be provided at home — by a friend, other family member, volunteer or paid service — or in a care setting, such as adult day care or long-term care community.

5. Care Consultations – A care consultation can help family members work through tough decisions, anticipate future challenges, develop an effective care plan. The Alzheimer's Association offers free care consultations through its 24/7 Helpline (800.272.3900). During these consultations, master-level clinicians work with families to discuss wide-ranging, disease-related issues, including disease progression, care and living options and referrals to local support services.

"Education is key when it comes to understanding Alzheimer's and dementia," said Meghan Means, Director of Programs and Services for the Association's Washington and North Idaho Chapter... "These five essential

Gipson Center Profile: Skip Gipson

BY CORY ARMSTRONG-HOSS

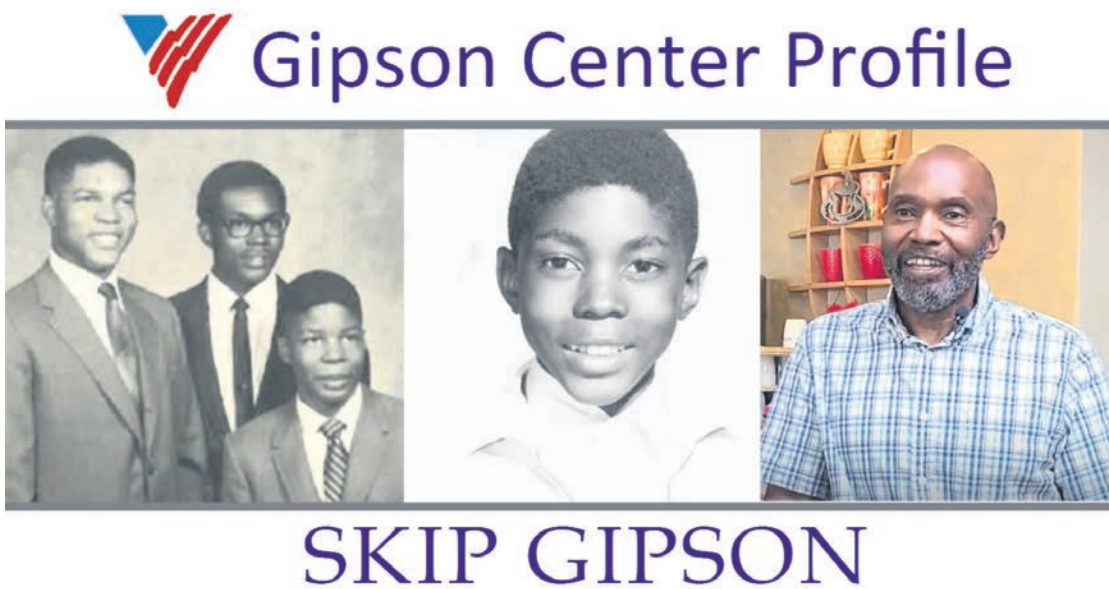
Skip calls it a Ministry of Presence.

He is our Chaplain, present in the Gipson Center lobby on two Thursdays a month. "I come in to talk to people, get their stories. People talk to you, not to be judged or condemned. If they want to talk about faith, we can do that." When Skip talks about what he has been up to since retiring in 2015, he thinks about "...what God has me doing this season of life."

There was a time before he was Skip the Chaplain, or grandfather to seven, or a Brier City Councilman, or City of Everett leader, or Cost Estimator at Boeing, or bank manager, or father to three. Before his fate became intertwined with the Center named after his late father. Back in 1949, when Carl and Jodie's first son was born, he was Carlton "Skip" Gipson, who grew up in the Everett house on the corner of 19th and Hoyt.

That kid loved being outdoors, and he had run around a four-block area with the Herring boys, the Adams, and the Harold boys. They would play "... football, cops and robbers, cowboys & Indians, hide and go seek, kick the can. In the summer we would make hydroplanes out of wood, and race them, dragging them behind our bikes."

Sunday was church at Second Baptist, and Jodie would make dinner: fried chicken, mashed potatoes with gravy, and homemade rolls or cornbread – which he liked – and steamed okra and lima beans – which he hated. His Dad Carl was always working, and Jodie ran the household of three boys. She was a "...strong woman. Strong faith. Strong personality.



SKIP GIPSON



Loved her faith. Very protective."

Skip endured Washington Elementary and North Junior High, never thinking of himself as a good student. "My parents didn't have an education themselves, so they couldn't help me with my education." Reserved by nature, Skip hated speaking in front of the class. As a teenager he delivered papers on his bike for The Herald and filled in at his Dad's Exxon station at Hewitt and Rucker. He enjoyed Everett High and remembers one night with a sly grin: he and his friends drove out to rival Cascade High School

to "paint the bear," splashing gold all over the famous Bear statue in front of campus.

When Skip was attending college at Western, he went to a friend's house party. Sheila walked through the door. "Long, beautiful blond hair. Petite bearing. Nice smile, blue eyes. Something about her drew my attention to her." She walked to the kitchen, and Skip followed her. The two would marry in 1975 at Fauntleroy Community Church, and later raise Carl, Karissa, and Tyrone.

In 1983 Skip had an

opportunity: to leave the desk-bound tedium of cost estimating for Boeing and join Everett Mayor Bill Moore's staff as an Administrative Assistant, in charge of special projects. Two years later, he was tapped to run Everett Transit. Then in 1993 he became Executive Director for the City, which included overseeing facilities, including one building called the Everett Senior Center.

"This building has been part of my responsibility for quite a few years," Skip says, and he takes

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Learning to care about life again

BY NANCY BROSEMER, M.S.
Mental Health Programs Manager

Have you found yourself pretty discouraged about life recently? Are you having difficulty picturing a better tomorrow? Do you find yourself wondering how to care about life again?

I have spoken with many individuals over this past year asking this specific question, “How do I care about life when life doesn’t seem to care about me?”

Do you ever feel like the world is circling around you without ever stopping to take notice of you? We need something in our lives to stop this circling. I had a client say to me that she wanted to “be in” the world. So, let’s take that step “in” and ask ourselves, “What are some things I can do that will help me look at myself and my life differently?” Finding something that changes how you view who you are and what you need in order to

start caring about life is the first step. If you do not have something to look forward to then you will continually ask yourself, “What am I doing here? So, let’s talk about some things that might help you care about life again.

Let’s start with the simple act of smiling. I can across this explanation about the importance of smiling by NeuroNation, “Each time you smile your brain feels really happy. Smiling activates the release of feel-good-messengers that work towards fighting stress (B.L. Seward, 2009). These messengers help you experience an entire range of emotions, from happiness to sadness, anger to depression. When a smile flashes across your face, dopamine, endorphins, and serotonin are all released into your bloodstream, making not only your body relax but also work to lower your heart rate and blood pressure.”

In relation to smiling, having a

sense of humor can be a catalyst to learning how to care about life again. I remember reading the Reader’s Digest for many years and it always had a section about laughter being the best medicine. I would always go through the book and read everything about laughter first. I realized early on in life that laughter did in fact make me feel good. As I was reading, I felt like the outside world stopped circling just long enough for me to engage in laughter. Of course, laughter did not solve all my problems but for that brief period of time, I felt happy, and that happiness was just enough to get me through the day.

You need to find what you are passionate about in your life. Maybe there is something you have always wanted to try or do in your life. Maybe you have always wanted to write a short story, design something (hats, cards, etc.) or try your hand at painting.

The world is at your disposal and you and only you get to decide what you want in your life. This may involve setting a goal, whether it is a short-term or long-term one, the purpose is to do whatever makes you care about life again.

If you are having a hard time trying to decide what it is that would make you care about life again, take out a piece of paper and a pen. Start writing down things you did as a child that you enjoyed, movies you like, Bible verses that inspire you, tv shows you enjoy watching, reading, gardening, taking a college class or course online, walking or listening to music. Anything that has made a difference in your life and that brings a smile to your face and warms your heart. If what you have been doing in your life is not working, it’s time to find a new path. Always remembering this is all about you now.

It is important that while you are

on this journey to not be pessimistic or cynical. You do not need that negativity in your life. You want things that can brighten your mood; that can bring you up when you are having a bad day; things that motivate you. I understand that life can be really tough and there are days that you just shake your head, say no, and go back to bed. This is the time when you need to take that first step and engage in the world. You have control over your life on this earth. Do you want the world to keep circling around you without ever stopping or do you want to stand up for yourself and start caring again? You get to choose whether you want to change the trajectory of your life or not; right here; right now.

Homage is here to help with your journey. By calling our Older Adult Access line at (425) 290-1260 you will talk with someone who cares about you and will work to help you find the resources you need to start caring about life. Do not go through another day of circling. It is time to stop that circling and step “into” the rest of your life.

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AARP Washington Welcomes Ron Chew as New State President

Chew to lead activities on behalf of more than 870,000 Washington State members.

AARP is pleased to announce the appointment of Seattle resident Ron Chew as the new volunteer AARP Washington State President. In his role, Chew will help lead the organization's activities on behalf of more than 870,000 Washington State members and provide leadership in long-range planning to help meet the needs of the state's older adults and their families.

"I'm truly excited to collaborate with Washington's AARP volunteers and staff," Chew stated. "As an older adult myself, I recognize the importance of ensuring that people can age according to their desires and have the necessary supports in place." Washington's older population is growing. Currently those 65 and older are about 18 percent of our state's population. By 2050, they are projected to be more than 23 percent, with those 85 and older more than tripling.

"Meeting the diverse needs of older Washingtonians requires empathy, innovation, and a profound respect for their life experiences," said Chew. "AARP is uniquely poised to address these challenges. Issues



Ron Chew

like health security and future financial stability impact not only today's older adults but also their families and friends for generations to come," he emphasized.

"Supporting Washington's family caregivers is a significant concern at present. Each day, more than 820,000 Washingtonians perform an incredible labor of love—caring for older parents, spouses, and other loved ones, enabling them to stay at home, where they wish to be," Chew said. "While most of us wouldn't have it any other way, the financial and emotional tolls of caregiving can be profound. It is essential that we find ways to support Washington's caregivers with the resources and connections they require."

Chew is a lifelong Seattle resident. He graduated from Franklin High School and attended the University of Washington, where he majored in journalism. He worked for over 13 years as editor of the International Examiner, a newspaper in Seattle's Chinatown-International District. In his previous role as executive director of the Wing Luke Museum, Chew's efforts led to the

construction of the current museum. Recognized nationally, he was appointed to the National Council on the Humanities by President Bill Clinton in 2001 and has received numerous accolades for his leadership. Chew currently is a trustee of Seattle Public Libraries.

In 2020, Chew published his memoir, "My Unforgotten Seattle," a deeply personal account that captures the rich history and vibrant community of Seattle's Chinatown-International District, highlighting the struggles and triumphs of Asian American activists and families.

Chew is also an avid gardener and a runner. In the morning, he is often sighted as he traverses the Beacon Hill neighborhood in Seattle.

"Ron has made significant contributions to community healthcare and the humanities, exemplifying leadership and dedication in both fields," said AARP State Director Marguerite Ro. "His contributions to aging and community health have been recognized recently with the naming of the International Community Health Services' state-of-the-art senior care facility, the Ron Chew Healthy Aging and Wellness Center," she said. "Ron's experience and dedication to community service and advocacy is notable, and his leadership will serve our members well."

Aging and Disability Resource Network Line

- Referrals to DSHS, Community Services, and State-funded in-home services.
- Referrals for Snohomish County Case Mgmt. Program
- Help with accessing benefits.



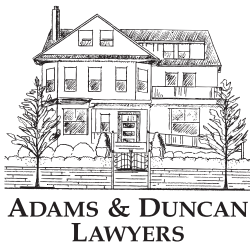
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Why it's important to celebrate the caregivers in your community

Every year on the third Friday in February, thousands of people across the United States celebrate National Caregivers Day. This year, the event takes place on February 21, 2025. This day is dedicated to individuals who selflessly provide personal care and physical and emotional assistance to those who are elderly, young or in need of direct aid.

Did you know that millions of caregivers across the United States aren't compensated for their efforts? In fact, more than one in five adults, or about 53 million adult Americans, are unpaid family caregivers. While most are responsible for one adult, 15 percent of family caregivers are responsible for two adults and three percent are responsible for three or more adults. However, the true value of caregivers far exceeds any monetary worth. By providing invaluable support, caregivers contribute to the fabric of the overall community.

Research shows that when caregivers receive recognition and support, their depression, stress and anxiety rates decrease. This improves their well-being and the quality of the care they provide.

This National Caregivers Day, make a point of supporting and uplifting a caregiver friend, family member or colleague you care about. You can do this by helping them provide care, writing a thank-you note or donating to an organization that supports caregivers.

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Terms

From Page B1

terms can empower our Washington family care-givers with the knowledge and resources to support them through their journey caring for a loved one living with the disease.”

To learn more about Alzheimer’s disease and other dementia and find local support services and resources, visit alz.org.

Gipson

From Page B1

his responsibilities seriously. His city teams kept the building running for more than two decades, and Skip remembers the day in 2010 when he attended the renaming of the Center to the “Carl Gipson Senior Center” to honor his father.


In 2020, mid-pandemic, when the Center’s future was uncertain, it was Skip who encouraged VOA’s leadership to take over management of the Center. “I could see, a few months into it, how isolation was creating problems with all segments of society, but particularly the seniors. When you are isolated, depression and other drug or alcohol issues come into play.” Skip asked VOA leaders a simple question: “If not VOA, then who?”

Thinking back over the past three years, Skip smiles. “I have talked to so many members; about how glad they are that this place is open. I know they are happy to be here, and there is always a place they can come.”


If you join us on the 2nd and 4th Thursday of each month, you can ask Skip to tell you stories about growing up in Everett, about his Dad, or about his work in Uganda: supporting a church, a school, and several small businesses; sponsoring children; and building community. You can ask him about the 30+ years he is spent taking ownership over our Center, our seniors, and our community.

You can try to ask him for his stories. Most likely, you will end up telling him yours.


Cory Armstrong-Hoss is the Executive Director of Senior Services for VOAWW and oversees the Carl Gipson Center, located in downtown Everett. Homage partners with the Center to provide meals, mental health counseling, and social support to seniors. Find out more at: www.voaww.org/gipson-center



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Community Transit reduces fares for eligible groups on March 1

Riders should check the new fare before buying monthly passes

Snohomish County, Wash. – Starting March 1, Community Transit bus riders who are eligible for reduced fares will pay \$1 instead of \$1.25. Community Transit will also begin accepting the Subsidized Annual Pass program, which allows qualified participants to ride for free.

The adjustment matches Community Transit fares to those of other transit agencies in the region. People who qualify for reduced fares include:

- People who have ORCA LIFT (income-based qualification)
- People who are 65 and older*
- People with disabilities*
- People who receive Medicare benefits*

* There are eligibility requirements for these categories

Eligible riders must have an ORCA card to pay reduced fares. ORCA is the easiest way to pay for transit and allows riders a two-hour transfer window. People who qualify for reduced fares should make sure they pay the new rate if they buy a monthly pass since passes are non-refundable. The monthly pass will drop from \$45 to \$36.

Community Transit provides bus and paratransit service, vanpool, and innovative transit options in Snohomish County. The agency is expanding the Swift bus rapid transit network to connect people to light rail and provide fast, frequent service throughout the county.

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We apologize if any donors were inadvertently missed. Please contact philanthropy@homage.org with questions or concerns.



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Homage’s Greatest Volunteer Needs

Spanish-speaking volunteer—Consider helping support our Hispanic Group on the 1st and 3rd Fridays of each month. You would help by hosting a coffee/tea bar, checking folks in for lunch, cashiering, and helping with the lunch program.

Reception Desk Help—Share your clerical, computer, and administrative skills to support Homage’s work for our older adult and disabled clients by volunteering at our front desk. We need several volunteers to cover different shifts at our reception desk and would like someone to be a relief fill in.

Ongoing Volunteer needs:
Foster Grandparent Program in Snohomish & King Counties – Do you love children and making a difference in your community? Consider being an older adult that provides children with special and/or exceptional needs with one-on-one support at community locations such as schools and daycares. Foster Grandparent Program Volunteers must be 55+. A small stipend is available for those who meet income guidelines.



Michelle Frye

Senior Companion Program in Snohomish and King Counties - Help seniors stay in their homes by providing socialization, lunch or walking buddy, transportation, and organization support through weekly visits or phone calls. Senior Companion Program Must be 55+ and meet income limits to volunteer.

Senior Peer Counseling - Volunteers 55+ provide one-on-one counseling for adults 60 and older struggling with life changes, loss, or other emotional issues. No counseling experience is necessary. Forty hours of initial training are provided, and there are monthly meetings and multiple trainings throughout the year. New training this Spring.

Volunteer Drivers—Help older adults get to and from doctor appointments, grocery shopping, and necessary errands. A clean driving record, proof of insurance, and driver’s abstract are needed. Mileage reimbursement is available.

For more information about volunteer opportunities at Homage please call Michelle Frye at (425) 740-3787 or email at mfrye@homage.org

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By COMMUNITY TRANSIT

“When people think about public transit, they often picture buses and light rail,” says Kevin Futhey, a project manager on Community Transit’s Innovative Services team. “But what about those who can’t walk to a stop or access transit easily? That’s where Zip Shuttle comes in.”

Community Transit’s Zip Shuttle Alderwood is an on-demand, shared-ride service that connects people to popular neighborhood destinations and local transit hubs. For people who don’t live near a bus stop, getting to transit can be a hurdle. Zip Shuttle bridges that gap with an affordable service for just \$2.50 or less. Youth 18 and under ride free and wheelchair accessible vehicles are available upon request.

The blue-and-white Zip Shuttle minivans are similar to popular rideshare services like Uber or Lyft, but without the high price tag. Riders can book trips via phone or the app, providing their pick-up and drop-off locations. When the vehicle is nearby, they’ll get a notification to be ready at the pick-up point.

“Our goal is to meet people where they are,” says Futhey. “Along with our Alderwood service, we’ve expanded Zip Shuttle service to Arlington, Lake Stevens, and Darrington because we know that transit access isn’t a one-size-fits-all

solution. Each community has unique needs, and Zip helps fill those gaps. These new locations are pilots. We are testing to see how this service works in these communities.”

Community Transit’s board of directors recently voted to lower reduced fares. Starting March 1, Community Transit will lower its reduced fares for eligible riders — including those with an ORCA LIFT pass, Medicare, or disabilities — to just \$1 per ride for both Zip and bus services. A monthly pass will cost \$36.

“Lowering reduced fares is a big step in making transit more accessible,” says Futhey. “For just \$1, seniors and ORCA LIFT cardholders can use Zip or any of our bus services, making it more affordable than ever to leave the car at home.”

Zip Shuttle drivers don’t accept tips, and there’s no surge pricing. When using an ORCA card, riders can seamlessly transfer from Zip Shuttle to other transit connections and their Zip fare will be credited toward their next ride if the transfer is made within two hours.

“Imagine you’re a senior living in Lynnwood, planning a trip to SEA-TAC airport to visit your grandkids,” says Futhey. “Driving all that way makes you nervous, airport traffic adds stress, and paying for parking isn’t realistic on a fixed income. These aren’t unusual challenges. Starting in March, your roundtrip fare taking Zip and light rail would only be \$2.”

In a recent survey from

Community Transit, 42% of Zip riders said they used Zip to connect to other transit options. The survey also showed that a quarter of Zip riders use the service to get to work or school, and two-thirds of riders have used it to run errands.

“So many people have told me how Zip has helped them,” says Lucia Smith, who works in customer care at the Ride Store. “Many of these customers have



shared how they appreciate the flexibility of Zip and said that it’s an accessible alternative to our paratransit service. It’s also a great way to get connected with their

community.”

Community Transit also enhanced the Zip Shuttle customer experience by introducing the new Zip Shuttle app to all service

areas, including the Alderwood service area on February 1.

“The new app will improve the booking process,” says Futhey. “We expect smarter trip pairing, which means we’ll serve more customers, faster. From fare reductions to the new app, we’re listening to what our riders need and making it easier to choose transit.”

Want to learn more? Visit ctzip.org to see where Zip Shuttle can take you or call 1-833-DIAL-ZIP to get started.

Volunteer Opportunities AmeriCorps Seniors RSVP

PAULETTE JACOBSON
Program Director

Serve as an AmeriCorps Seniors volunteer in our RSVP program to put your skills to work for causes you care about. Serving your community can suit your schedule and interests. Mileage is reimbursed and supplemental insurance is provided while volunteering. If you would like to help meet our critical community needs, contact me to get started at Paulettej@ccsww.org or 425-374-6311

Volunteer Opportunities

The Lynnwood Police Department is dedicated to building community partnerships with residents, business owners and those who visit the City of Lynnwood. The city utilizes programs designed to encourage dialogue and collaboration. In addition to community policing, the Lynnwood Police Department relies heavily on volunteers. Volunteers help promote collaboration and partnership with the community to enhance the department’s ability to serve the city of Lynnwood. Police Volunteers are an integral part of the organization and have proven to be a valuable asset by increasing Police Department presence in the community as well as providing essential services to the city.

Volunteers bring unique skills and expertise to the department and serve as positive police ambassadors. Volunteers are needed in the Vacation House Check Program, traffic control, jump starts and open locked car doors, to promote crime prevention by increasing Police Department presence in neighborhoods, and to represent the Lynnwood PD at community events.

Academic Link Outreach (ALO) is working with Olympic View Middle School in the Mukilteo School District to provide a quality academic program for all students. Volunteer help is needed to provide additional language support learning

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RSVP

From Page B7

English. Five students are new to our country with about twenty additional students in need of working to master English as their second language. ALO has materials to teach the English language, and to help with reading and writing. Times are flexible between 8:00am and 4:00pm daily. Russian, Ukrainian and Spanish speakers are needed.

Marysville Community Food Bank needs several volunteers to work during active distribution on Monday and Friday Mornings from 8:45am-12:30pm and Tuesdays afternoons from 2:45pm-6:30pm. In addition, volunteers are needed to work behind the scenes to prepare for distributions on Monday, Tuesday, Thursday & Friday from 8:30am until 2:30pm and Saturday mornings from 8am-12pm. Sorters are needed who can commit to 10-20 hours per week. Other specific needs include Receiving, Meat Department (both jobs require the ability to lift 30-50 pounds), Traffic Control Volunteer to direct clients to holding areas for orderly service. (this position requires the volunteer to be on their feet for 3-4 hours outside in all kinds of weather), Parking lot courtesy volunteer, Stockers, Facility Maintenance, Client Check in and Check Out, and more. Most require 3-4 hours of standing. Volunteers

are also needed to be on the “on-call” list to come in on short notice to work for 2-4 hours. Flexible volunteers are not required to come for set shifts and can come and go as they are able. The Marysville food bank serves 1000+ households a week.

Edmonds Food Bank needs volunteers on Mondays 9-11am and 4-6:30pm to fill customer food orders and help with evening cleanup, Tuesdays from 7:30-10am and 11am-2pm to fill shopping orders, restock and clean-up, Thursday morning 9am-1pm to set up/fill orders and food delivery. Many extra hands are needed to help with the added distributions on Thursday mornings. Friday Helpers are needed from 9am-2pm for the things always come up at the end of the week! Help is needed for packing bags of food, breaking down boxes, moving food to and from the coolers, maybe additional food pickups, left over sorting or bagging, cleaning up the spaces for Monday, cleaning vehicles and filing.

Clothes for Kids provides free wardrobes to lower-income students. Volunteers are needed on Monday, Wednesday, Friday and Saturday from 8:30am-12:30 pm and on Tuesday and Thursday from 4-7:30pm.

Contact me to enroll in the AmeriCorps Seniors RSVP program and find out about the many organizations in Snohomish County that need your help. paulettej@ccsww.org or 425-374-6311.



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