



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

JANUARY 2025 | MEMBER & PARTNER EDITION | VOL. 36

GIPSON SPOTLIGHT

Member
**SUSIE
DEVERA**



Susie is late for our interview.

She's been vacuuming the lobby and taking out trash bags, then cleaning up a mess in the women's bathroom. The Center is her sanctuary, and she takes care of it: sweeping, mopping, repairing drywall, patch painting office walls, scraping gum off our parquet floor, scrubbing graffiti off parking garage cement, and picking up cigarette butts and empty chip bags out front.

In our three years of operating, our building and grounds have never been cleaner, since Susie took over maintenance.

People tell her to take a break, share that she's the hardest worker at the Gipson Center. They don't understand. *"I was so still for so long. I don't want to stop moving."*

It's hard for Susie to talk about the In-Between, the lost years. She prefers to talk about The Before and The After.

In The Before, she auditioned for the Girls' Choir at North Carver Middle School in Everett, had to perform a solo, and was voted in. They'd wear matching red and white dresses, and sing at different schools and competitions. She loves to sing.

Susie also loves to run. She joined the cross country and track teams at Everett High. *"Running let me conquer my fears and forget*

my struggles. More than anything I was really happy to see my Dad at every race I ever did and he was so proud of me." She laughs when she remembers the day she got in trouble. Coach Jackson had his girls run from Everett Memorial Stadium to Legion Park and back, but Susie stopped at Karl's Bakery with some freshman girls on the way, told them to wait until the group ran back and then join them. Her punishment: running the stadium stairs at Memorial while the rest of the team watched.

By then the Cranes, a big, Catholic family, had taken her in when Susie was 14, and gave her structure and accountability. They built her a bedroom, and the mom, Esther, made her a prom dress. *"It was like I had a family."* She worked her first job at Ray's Drive In on Broadway, and later at Jay Jacobs on Colby. She moved into her own apartment as a high school senior, at 17-years-old.

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The In-Between brought Susie different jobs: Seafirst Bank in Everett, then a promotion to work in their downtown Seattle office as a fraud investigator. Then her own children, and the different houses. Money, travel, cars. And then The Unraveling: a sledding accident, broken back, excruciating pain, the medications that made her feel like someone else. The coma, paralyzed legs, the year in a wheelchair. Then breast cancer, and a stroke in 2020, which robbed her of speech, movement, and confidence. She found herself, for the first time, alone in a subsidized apartment, so far away from that five-bedroom house and expensive vacations. So far away from that girl who used to sing loud and run around Everett, fast and free.

Susie lights up when she talks about The After, about finding the Center. One day she forced herself out of her apartment, stopped in to see about gardening out on the courtyard. She met Gul, and soon began asking where she could help. She began volunteering in Membership and Bingo, then rentals and events. She joined the Senior Advisory Committee last year, and in 2023 won a "Volunteer of the Year" award.

"The Center saved my life," Susie says. Before she came here, "...I didn't leave my apartment for a year, except the grocery store. But now...it's like I have a purpose. I'm living." She's been called The Glue and The Heart of the Center, for good reason.



"I learn everybody's name, and I know them on a personal level. And I've made a lot of friendships. I get invited to do things all the time." She feels better these days, and rarely stops moving. "This is the healthiest I've been in 25 years."

Last summer, when the Gipson Center's Facilities Coordinator suffered an injury, Susie stepped up to handle daily maintenance, taking care of the building like it's a shrine, something sacred. She's still the same Susie who grew up in Everett, but different. Stronger. "There was no way in my life before I would clean a toilet. I was very," she pauses, "...fancy" she says with a laugh, marveling at that life that seems so far away.

She has to go, now. There are things to clean, to put in order, especially after last weekend's Wintertide Festival and Police Officers Feast. Susie has already been sitting longer than usual, and she is eager to get moving.

Peace, Love,
Fresh Start.

2025



From the Director

Hello and happy new year!

2025 is like a blank sheet of paper, days where we can make promises to ourselves and others about the type of people we want to be, and the type of community we want to create together. I think this poem captures the possibilities.

Promise

by Jackie Kay

Remember, the time of year
when the future appears
like a blank sheet of paper
a clean calendar, a new chance.
On thick white snow
You vow fresh footprints
then watch them go
with the wind's hearty gust.
Fill your glass. Here's tae us. Promises
made to be broken, made to last.

See you at the Center,

Cory Armstrong-Hoss

GIPSON IMPACT

Happy
New Year

450+

Kids, adults &
seniors enjoyed
our annual
Wintertide
Festival in
December.

CARL
GIPSON
CENTER



NEW FOR EVERYONE!

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



January 2025 Speakers

- 1/6: **April Matsui** | PIMSavvy
- 1/13: **Shawneri Guzman** | South County Fire
- 1/20: **Theo Blair** | Community Transit Trainer
- 1/27: **Jerri Wood** | Alzheimer's Association

JOIN US FOR OUR COMMUNITY

BINGO!

WIN CASH
PAYOUTS & PRIZES

at the Carl Gipson Center
3025 Lombard Ave, Everett

EVERY 1ST & 3RD MONDAY

Card sales start at 12:30PM in Cascade View
12 Games Played in Total

Get FREE parking during Bingo
Parking Spaces 6-55

First time player?
Get one free raffle entry for a chance to win a prize!



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



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



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

NEW FOR
MEMBERS

Gipson Trips

January - March 2025

Strawberry Lanes Bowling | 3 Shoes

Friday, January 10th | 11:00AM-2:30PM | \$20.00

Strike up some fun at Strawberry Lanes in Marysville. Trip price includes the cost of two games. Food options available for purchase.

Shawn O'Donnell's American Grill and Irish Pub | 1 Shoe

Thursday, January 23rd | 11:30AM-2:00PM | \$12.00

Join us for lunch at this pub that brings together traditional Irish and American food.

MOHAI | 3 Shoes

Friday, January 24th | 9:30AM-2:30PM | \$32.00

Join us for a trip to Seattle's Museum of History and Industry! Through February, this nationally recognized museum features an Almost Live! exhibit. Please bring a sack lunch

Gangnam Restaurant | 1 Shoe

Monday, January 27th | 11:30Am-2:30PM | \$12.00

Experience Authentic Korean cuisine with options ranging from bibimbap to bulgogi.

Lunch at Collector's Choice Restaurant and Downtown Snohomish | 1 Shoe

Friday, February 7th | 10:30AM-2:00PM | \$12.00

Join us for lunch at Collector's Choice, Snohomish's favorite spot to gather with friends for a delicious meal. After lunch, we will have time to explore historic downtown Snohomish.

Redmond Town Center | 2 Shoes

Thursday, February 13th | 11:30AM-4:00PM | \$15.00

Explore the more than 110 shops located at Redmond Town Center and stop for lunch at one of the many town center eateries.

Light Rail to Pioneer Square | 3 Shoes

Monday, February 24th | 10:00AM-3:30PM | \$18.00

We'll meet at the center and take the CGC bus to the Lynnwood Transit Center, where we'll hop on the light rail to Pioneer Square. Once there, we'll explore the sites and enjoy lunch then head back via Light Rail.

Evergreen Lanes Bowling | 3 Shoes

Thursday, February 27th | 11:30AM- 3:00 PM | \$20.00

Strike up some fun at Evergreen Lanes! Trip price includes the cost of two games. Food available for purchase.



Gipson Trips

January-March 2025



Seattle's Japanese Garden & Cafe | 3 Shoes

Friday, March 7th | 9:30AM-1:30PM | \$20.00

Seattle Japanese Garden is a 3.5 acre urban sanctuary in the Washington Park Arboretum, with winding gravel paths and stone benches, rocks, water, lanterns, bridges, buildings, plants, and animals. We'll stop at a cafe on the way down, pick up a to-go lunch and wander the garden.

La Conner Daffodil Festival and La Conner Pub & Eatery | 2 Shoes

Thursday, March 13th | 11:30AM- 4:00PM | \$22.00

Join us for a trip to see 450 acres of Daffodils blooming in the beautiful Skagit Valley. We'll stop for lunch beforehand at La Conner Pub & Eatery.

Meadowdale Beach Trail & Diamond Knot Brewery | 3 Shoes

Friday, March 14th | 9:30AM- 2:00PM | \$12.00

This trail near Lynnwood is 2.4 miles roundtrip, and has an elevation gain of 416 feet. Hikers pass through about a mile of beautiful forest, before popping out at the beach. Please wear hiking shoes or comfortable tennis shoes that may get wet, depending on weather. After our hike, we'll enjoy lunch together at Diamond Knot Restaurant & Brewery.

UW Cherry Blossoms | 3 Shoes

Monday, March 17th | 10:00AM-3:00PM | \$15.00

Let's visit the University of Washington to admire the stunning cherry blossoms. Afterward, we'll walk to University Avenue to select a nearby restaurant for lunch.

Garden Treasures Nursery & Lunch at Ellie's at the Airport | 2 Shoes

Thursday, March 27th | 11:30AM-4:00PM | \$12.00

After enjoying lunch, we will explore garden treasures, a garden shop and plant nursery stocked with Pacific Northwest adapted plants.

	<p>Easy. Minimal walking, primarily flat surfaces and multiple opportunities to sit.</p>
	<p>Moderate. Walking short distances of one mile or less and some standing required. Possibly uneven surfaces and some stairs. Some opportunities to sit.</p>
	<p>Difficult- Requires staff assessment. Walking distances of one mile or more, significant inclines or declines. Uneven surfaces such as trails or beaches, or a combination of each of these elements. Standing for significant periods required. Possibly one or more flights of stairs. Walkers and wheelchairs prohibited.</p>



Reminder!



3-Shoe Trips Require Assessment

Beginning 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 CGC staff or trained volunteers:

- 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.

Stop by the front desk to take your assessment. 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



CGC COOKING CLASSES



with Gul Subaykan



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

Turkish Borek | Tuesday, January 28 | \$15
(layers of phyllo dough with feta cheese)

Lasagna Soup | Tuesday, February 25 | \$18

Cheesy Spinach Bars | Tuesday, March 25 | \$15

10 spots available per class.

To sign up, please visit the front desk. Registration is required.

Dynamics of Dementia

Types, Communication and Compassion
Free presentation by Katie Zeitler, Program Manager of Dementia Friends with UW Memory & Brain Wellness Center
Wednesday, January 29th | 12:00PM-1:30PM | Mt. Adams Room

Free Diabetes Detection Screening

Diabetes Association of Pierce County
Tuesday, January 21st | 11:30AM-12:30PM | CGC lobby
No appointment necessary
You do not need to fast before the test, and the results will be given right after the test

ANNOUNCEMENTS

Center will be closed on 1/20/25

to host our annual MLK Jr Rally organized by the Snohomish County Black Heritage Committee.

March & Rally are open to all in the public.



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



DECEMBER HIGHLIGHTS



Seattle's International District

Member Activities!



Warm Beach Lights of Christmas



Cora's Body Care Class



Tulalip Lights Display



Bowling at Evergreen Lanes



Holiday Feast
Provided By the
Everett Police Officers Association





Thank You to all who made Wintertide Festival a success



GIVING BACK



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



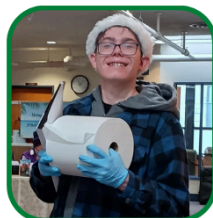
Gipson Volunteer of the Month

At the Carl Gipson Center, we are fortunate to have the invaluable support of our GOAL students, who work tirelessly to keep our facility clean and well-maintained.

On December 14th, during our 3rd annual Wintertide celebration, four dedicated students volunteered their time over the weekend to help make the event a success.

Sherlyn expertly ran the espresso stand, Jocelin guided young children through crafts, Cody prepared and served popcorn, and Thomas ensured the event stayed tidy by managing the garbage.

We are so grateful for their hard work, enthusiasm, and commitment to our community.



**JOCELIN, CODY,
SHERLYN, THOMAS**



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



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