



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

SEPTEMBER 2025 | MEMBER & PARTNER EDITION | VOL. 44

UPCOMING EVENTS

Free Eye Exams & Glasses

- 9/10 & 9/11
- 8:30AM-5:00PM

Mammogram Van

- 9/24 | 8:30AM-4:00PM

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



GIPSON PROFILE | Edie Carroll

Edie Carroll feels at home among misfits. *"I do best with weirdos and misfits."*

Edie (pronounced EE-dee) has three dogs, all rescues from Eastern Washington, given up for good until she and husband Pat adopted them. She describes Pepe Le Pew and Stella, a 12-year old bonded pair of miniature pinschers, as: *"In-bred, high-strung, crazy dogs."* Buddy, a jack-russell/chihuahua mix, is old and slow, and Edie bemoans the cat her niece gave up. *"CeeCee is an awful cat. A minx, no tail, hind legs much longer than her front legs, so she looks like a rabbit when she walks. A mighty hunter who won't leave her kills outside."*

Edie grew up at 3706 Colby in Everett, next door to Baker's Ambulance, her father's business. The third of four kids, Edie became accustomed to emergency calls, which came through an intercom in the house. *"You drop what the heck you're doing and go."* She'd ride with her Dad, Xon Baker, on calls, and his ambulance and hearse doubled as family cars. When she was at Carver Middle School, *"I'd make him drop me off at the QFC on Broadway. I didn't want my classmates to see me. It was embarrassing, especially when my Dad would drive the hearse."*

She loved summer vacations, which meant taking the boat from the Port of Everett to Grandma's house on Hat Island to crab, fish, dig clams, and play in the water. *"After big storms we'd push the logs out from the bulkhead."* Winters meant ski-bumming at Mt. Pilchuck.



(cont'd on pg 2)

(GIPSON PROFILE | Edie Carroll, cont'd)



"It was awesome. We could get up there in under an hour. When we first started, we had a camper on an old truck, and we'd stay in there. Mom was an EMT and she staffed the Aid room where she'd give out band-aids and receive the broken and the bleeding." Pilchuck had a chair lift above the parking lot and one below. "I was a monster on the lower chair," remembers Edie, whose family would pack tuna-fish sandwiches in an old bread bag, then pull them out and insert potato chips, to add some crunch to the soggiess.

At Everett High, *"I wasn't a jock. I wasn't rah-rah. I wasn't anything."* She'd skip PE during 4th period to have lunch with her friends, then started skipping more often. They'd catch a ride to Pigeon Creek near Forrest park, drink Rainier Beer and smoke on the beach. For her sophomore year she transferred to the Alternative High School, a better fit. *"We were all misfits."*

After high school Edie bounced around jobs: delivery driver for King Size Photo. Night shift at Phototron in Seattle. Billing support for Vic Cox Home Center, which sold mobile homes. *"I ran contracts and bird-dogged checks."* A year-long Hawaii adventure on Oahu, working for a local plumbing company, was wonderful, but Edie knew she had to return. *"It was time to grow up and come home."* She dispatched for Shannon Towing & Ambulance and Hanson's/Harry's Towing. She worked for Plantscapes out of the So Do district, watering plants in high rise buildings, mostly in the AT&T Gateway building and the Columbia Tower in

Seattle. *"I did a lot of walking, carrying water. I spent a lot of time in freight elevators. Once I was locked in one for over two hours before they could get me out."*

In 1992 during a leadership exercise at a Junior Chamber of Commerce event, she was teamed up with Pat Carroll, as straight-laced and pure as Edie was blunt and worldly. *"We had to whisper directions in his ear."* Those words she whispered ignited sparks, and the two married in a small ceremony on the North Shore of Hawaii, near Waimea Falls, in 1995.

Edie found a career as a medical assistant: 20 years with the Everett Clinic, first in Marysville then in Harbour Pointe, Mukilteo, growing close to her beloved coworkers. In the 2000s she began volunteering, serving another group of outsiders: inmates at the Monroe Correctional Complex, through Kairos Prison Ministry.

The Kairos Program is a *"...weekend that consists of carefully structured talks, meditations, and individual and group activities led by same gender volunteers. It is an invitation to live in a personal relationship with the living Christ"* (kairosprisonministry.org/). Edie remembers: *"We'd take over a host church on Thursday, and....serve the team Thursday night for three breakfasts and three late night snacks. We'd send meals into the prison, one at a time, lunch and dinner Friday, Saturday and sack lunches on Sunday, all for 80-100 people. The meetings were very spiritual. It was the best church experience I've ever had."*

These days at the Carl Gibson Center, Edie attends exercise classes, drives for trips, and co-leads the Memory Café program for those with dementia. *"It's a nice community, very welcoming"* says Edie, who joined in 2022. *"It's my job now. It's what I do. The Carl Gibson Center creates family, we check in with each other. I do it for my health and out of the goodness of my heart."*

"There's a bunch of weirdos and misfits there, and I do best with my crowd."

NEW



Workshop Series
FREE & OPEN TO ALL IN THE COMMUNITY

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

- Death With Dignity

SEPTEMBER 17

Michelle Moran • End of Life Washington
- How To Save Money On Your Prescriptions

OCTOBER 1

Rod Shutt • Prescription Drug Assistance Network
- Hospice 101

OCTOBER 15

Katie McDougall • Hospice of the Northwest
- Dementia 101

NOVEMBER 5

Katie Zeitler • UW Memory & Brain Wellness Center
- Fall Prevention With Otago

NOVEMBER 19

Sarah Brouwer • Providence Regional Medical Center
- Kidney Healthy Eating & Living + Cooking Demo

DECEMBER 3

Michelle Rowlett • Puget Sound Kidney Centers
- Skin Cancer: What You Need To Know

DECEMBER 17

Cithlali Chavez Mendoza • Fred Hutch Cancer Center



**CANDIDATE
SPEAKER SERIES**

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

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.

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

9/8: Kelli Johnson
Snohomish County Council District 5

9/15: Shaina Langley
Everett School Board, Position 1

9/22: Tam Bui
Judge, Court of Appeals

9/29: Karen Moore
Judge, Court of Appeals

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



September Trips

- Historic Snohomish: Antiques, Shopping and River Views

Friday, Sept 5, 10:30am – 3pm, 2 shoes
\$14 member/\$24 non-member
- Schacktoberfest at Schack Art Center

Tuesday, Sep 9 11:30am-2pm, 1 shoe
\$8 member/\$18 non-member
- Mini-Golf and Lunch at Snohomish Valley Golf Center

Friday, Sep 12, 9:30am-2pm, 3 Shoes
\$25 member/\$35 non-member
- Bowling at Evergreen Lanes

Thursday, Sep 18, 11:30am - 3pm, 3 Shoes
\$24 member/\$34 non-member
- St. Demetrios Greek Festival

Friday, Sep 19, 11:00am – 4pm, 3 Shoes
\$40 member/\$50 non-member
- Outback Kangaroo Farm and Lunch at Nutty's Junkyard Grill

Friday, Sep 26, 11am-3:30pm, 2 Shoes
\$40 member/\$50 non-member
- Lunch at Avocados Mexican Restaurant

Tuesday, Sep 30, 11am -1:30pm, 1 shoe
\$10 member/\$20 non-member



NEW





SCHACK ART CLASSES

AT THE CARL GIPSON CENTER

\$10

for each month's classes (two Wednesdays)

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

SEPTEMBER 10
Painted Tote Bag

SEPTEMBER 24
Painted Wooden Leaf Ornaments

Join Mara from Schack Art Center for these fun projects!



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



COOKING CLASSES



with Gul Subaykan

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

UPCOMING CLASSES:

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

.....

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.

.....

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

.....

Holiday Appetizers & Cocktail
December 18 | \$15 for Members • \$25 for Non-members
Time to get festive! Lucia will be returning as the cocktail instructor.

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







NEW!

LINE DANCING CLASSES

Classes will be taught by Veta



\$6 for Members
\$10 for Non-Members

STARTS FRIDAY, SEPTEMBER 12

BEGINNER LINE DANCING CLASSES

Fridays in the Cascade View room
9:30AM - 10:30AM and 10:45AM - 11:45AM



NEW!

Circuit Training Class



with Carl Gipson Center Fitness Instructor: Elaine Henderson

FRIDAYS | 9:30AM - 10:15AM

\$7 Members • \$11 Nonmembers

Stay active, strong, and energized! Join us every Friday for our new **Circuit Training Class**—a fun and supportive way to keep moving.





» RESOURCES

**ONESIGHT**
EssilorLuxottica Foundation

**FREE EYE EXAMS
AND GLASSES**

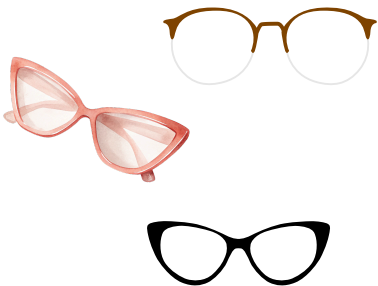
EVENT DETAILS
Wednesday, September 10 &
Thursday, September 11, 2025
8:30 AM - 5:00 PM
Location: Carl Gipson Center
3025 Lombard Ave, Everett, WA 98201
Services available by appointment only

- ELIGIBILITY**
- Ages 5 and up
 - Household income within federal poverty line
 - No vision insurance
(children may have Medicaid or CHPW)

REGISTRATION



Scan the QR
code to register
for free eye
exams & glasses



SPONSORED SCREENING IN SEPTEMBER

We’re partnering
with Fred Hutch
Cancer Center to
provide sponsored
screening
mammograms at the
Carl Gipson Center
on 9/24/25.
Call the number
below to schedule
your appointment.

**Fred Hutch
Cancer Center**

Mammogram Van

A convenient way to get
the screening you need.


Scan for
more info.



September 24, 2025
8:30AM - 4:00PM

Volunteers of America
3025 Lombard Ave
Everett, WA 98201

To schedule your
screening, call
206.606.7800

For more information, including
locations of the van, visit
FredHutch.org/Mammovan

» AUGUST HIGHLIGHT



Fun day at the Evergreen State Fair!



» ANNOUNCEMENTS

New Hours of Operation & Fridays in September!

New Schedule (Starting 9/2):

Monday–Friday: 8:30 AM – 4:00 PM

Saturday: 8:30 AM – 1:00 PM

Sunday: Closed



Homage will begin Friday lunch service on 9/19.



The Carl Gipson Center will be **closed on Monday, September 1st** in observance of **Labor Day**.

Annual Member Survey

Take our survey on-line or in-person at the Center before 10/1 to be entered in a drawing for one of two \$50 Amazon gift cards!



HOPE IS BREWING

Join VOA on September 26th and Change Lives

In 2024, VOAWW responded to over 511,000 requests for help—from families needing food to neighbors seeking shelter, crisis support, or a fresh start. None of it would be possible without your compassion and generosity.

Join us on Friday, September 26 for our annual fundraising breakfast and hear powerful stories from people whose lives have been transformed by VOAWW's programs. It's a morning of connection, inspiration, and hope. See how your support is changing lives.

Register today at voaww.org/givehope

CARL GIPSON CENTER

TALENT SHOW

**WEDNESDAY, OCTOBER 22
FROM 12PM - 1PM**

DON'T MISS YOUR CHANCE TO SHINE!

Sign up for the Carl Gipson Center Talent Show!

Registration details in the caption. Auditions in early September.

For Questions, practice dates, or to sign up for talent show you can email Gipsontalent@outlook.com





My View

Jim Hagglund

There's a saying that time flies when you're having fun. If you want to test it for yourself, come to the Carl Gipson Center. Even better, volunteer!

That has been my experience over the past three years. Besides having fun, it has been a great way to stretch my mind and (more recently) my body. I've become a fan of our exercise classes!

Before I retired, my family expressed concern that I had a hobby deficit. Our son Paul even paid for a class for us to learn to work with stained glass. We see the result every day in the leaded glass that hangs in the sidelight window beside our front door.

My time at the center started as the front desk volunteer on Thursday afternoons. One of the first people I encountered that day was Faye Anderson. You may know her as the Thursday lunch ticket lady. She gave me a great lesson about remembering names.

Within a few months, I was helping teaching smart phone classes. The mind stretching started with learning the mysteries of Android phones (I'm an Apple fanboy). Soon I was on my own as the tech help person. To help others, I had to dive into books, Google searches and YouTube. The cool part was it scratched my itch to work with technology and help others with it.

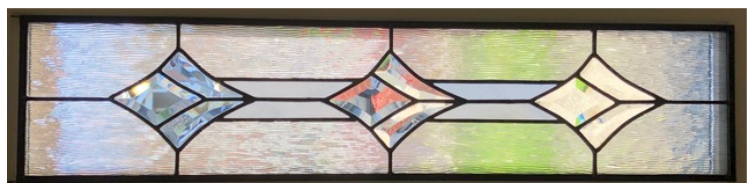
Some things are easier to solve, like changing light bulbs. Cory and others mentioned that the center was dark on the inside, especially in the winter months. I tried a few alternatives and found that changing the size and "color" of the light bulbs was the least expensive way we could improve the lighting. All it took was about 60 light bulbs!

We all have ways to make life brighter for others and ourselves. It comes from helping others, which has a pleasant side effect—helping ourselves.

If you need a little help trying to conquer the beasts of technology*, set up some time with me between 10:30 and 12:45 on the first and third Thursday of the month, or stop by the front desk after 3:00 on Thursday afternoons.

* Smartphones, tablets, Kindles, computers, email, texting, Facebook, mouse cursors and text that are too small, etc.

Jim Hagglund



» GIVING BACK

Carl Gipson Center Volunteer of the Month

Lou Ann began volunteering at the Center when CGC first reopened in 2022. She started as a Mental Health Therapist, generously offering free one-on-one counseling to members. Soon after, she created the Together in Grief support group to help those coping with the loss of loved ones. She later expanded her contributions even further by providing Reiki sessions for members.

Lou Ann has given so much to this community, entirely as a volunteer. There have even been times when she has come in on days she wasn't scheduled, simply to meet with someone who was struggling and needed support. Her kindness, warmth, and deep commitment to creating a nurturing environment are evident in everything she does.

Lou Ann is truly a gift to CGC, and we are so grateful for all that she brings to our community.

Lou Ann Carter



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

*We ♥ our
Volunteers*



Did you know?

In a will or trust you can leave a vehicle to VOA, which can be used to support seniors in Sky Valley.

Contact Gul Subaykan at **(425) 818-2744** or gsubaykan@voaww.org to get started.



» ACTIVITY SCHEDULE

AMENITIES

Complimentary Coffee & Tea

M-F & S | 8:30AM-12PM

Daily Lunch by Homage

M-Th | 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

Community Acupuncture

W | 1:30PM | Mt. Rainer or Mt. Olympus | \$20

Everett Public Library

M | 9:30AM-11AM | 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 Membership 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

Memory Cafe

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

Snohomish County Brain Injury Support Group

1st & 3rd Sa | 1:30PM-3PM | Alcove

Together in Grief | Grief Support Group

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

»» ACTIVITY SCHEDULE CONTINUED...

CLASSES, CLUBS & GAMES

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. Olympus

Hand & Foot Canasta

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

Healthy Lifestyle

2nd & 4th | 12PM-1:15PM | Mt. Adams or
Cascade View

Knit & Crochet

Tu & Th | 10AM-1PM | Alcove

Party Bridge

Th | 12PM-3PM | Mt. Baker

Project Linus

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

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

Beginner to Easy Intermediate | Mt Rainier

M | 10:00AM-11:30AM

Advanced to Beginner Easy Intermediate

S | 10AM-11AM | 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

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

Line Dancing

F | Starting 9/12 | Cascade View

New Beginners 9:30AM-10:30AM

Beginner Line Dancing 10:45AM-11:45A

Circuit Training W Elaine Henderson

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



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