



# GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

AUGUST 2022 | MEMBER & PARTNER EDITION | VOL. 07

## GIPSON SPOTLIGHT

Member  
**JACKIE MCCOY**



*Pictured center in left photo; far right in right photo*

**Jackie McCoy** remembers that day at Mt. Zion Baptist Church. *“I was mad when they said that God needed angels in heaven like my Mom. And, I thought, ‘How in the world does God need my Mom more than I need her right now.’”*

*“I spent a lot of time feeling lost. Six years being mad at God. I was done with God. I was just going to talk to Jesus.”*

Before Jean Grant died, Jackie was a carefree kid growing up on Beacon Hill in Seattle: playing with friends, riding bikes up and down Beacon, chasing those boys who’d pull her long hair. The youngest of two daughters to Jim, a longshoreman, and Jean, a social worker, Jackie took after her Mom. *“I’ve always been the person who takes care of other people in my family.”*

When Jackie was 12, her Mom told the girls she had breast cancer. She died two years later, on Jim’s birthday, and they flew back to Mississippi for a huge funeral. *“My Mom was very sweet and kind. I’d hear stories of her growing up in the South, going fishing, taking care of her cousins.” Her Dad and Sister were devastated, but “...growing up in an African-American family, we didn’t talk about these things.”*

The carefree girl grew up fast, and as a teenager she needed to make meals for herself and clean the house. *“I learned that the world is a scary place, and I would fight or flight.”* As a 16-year-old she stepped on a sewing needle, which broke off in her left foot, causing permanent nerve damage. There were surgeries, hours alone, fights at school. For years, Jackie would either battle, filled with blind fury, or shut down.

Then she had Rashawn.

*“He made me grow up.”* Jackie was 23, had been seeing Bill, and got pregnant. They didn’t move in together, and chose to co-parent their son. *“We always said that if lived together, someone was going to go to jail and someone was going to hell,”* Jackie says with a laugh.

Jackie did clerical work, served as a care-giver, raised her son and *“...kept a lot of other families’ kids out of CPS.”* Like her Mom, she spent her time looking after others. But that changed in 2005: she was in a long-term relationship, and they were going to move to Louisiana to be closer to her extended family. Their boxes were packed, but they didn’t account for Hurricane Katrina. So, they waited.

*continued from page 1*

Then a knock at the door. Rashawn, then 20, and his 18-year-old girlfriend Crystal, with six-week-old Rashawn William McCoy Jr., called RJ. They needed help. They couldn't do it. Jackie thought, *"Oh my God. Now I'm not going to get to where I need to go."*

Jackie McCoy did not go to Louisiana. She stayed to help raise RJ. Her partner left her, uninterested in putting their dreams on hold for someone else's kid. She remembers trying to potty train a stubborn RJ in the bathroom: he was crying on the toilet, and she was crying on the floor. She couldn't believe she was back there again.

For the last sixteen years, she's been raising RJ in Everett along with Crystal's aunt. Today he goes to Everett High School and is a *"...sweet young man."* But, *he's still a teen, and he knows that his Grandma is not to be trifled with. He was complaining about last Christmas to his friends, and she gave him that look and said, "You're going to be able to tell them you got a video game and a neck brace."*

The pandemic wreaked havoc on Jackie, and for nearly two years she went all "flight" and no "fight." She stayed in, only venturing out for doctor's appointments and physical therapy, until one day two Gipson Center staff came to her apartment complex. Gul & April invited her to the Center, and *"...I got up the courage to come here. I find that this is a place that I can meet people. Everyone is nice."*

*"I am introverted, but I'm like a social butterfly now. This is somewhere I feel safe; it goes back to that 12-year-old girl who was lost. I look forward to coming here every day."*

These days it's hard to keep track of Jackie at the Center. Today she's in Homage's Black Seniors Community Outreach Group. Yesterday she was in the knitting group, then in Bingo, and tomorrow it might be coloring and Canasta.

*"I'm no longer stuck in the house. This Center makes me feel like I don't have to 'flight' anymore."*

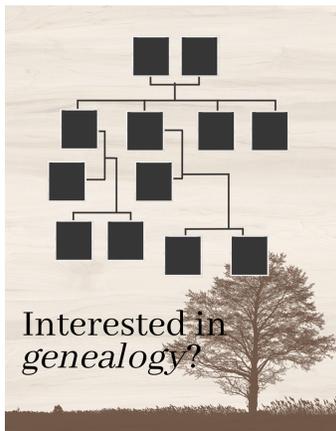
## GIPSON GENEALOGY CLUB

*Are you curious? Do you like a good mystery? Want to learn more about your ancestors, but don't know where to start?*

You're not alone, and maybe we can help you. We are two genealogy enthusiasts, who have been at it a long time, and would like to meet with you and talk about some of your most pressing questions, like, "Where did my great-grandparents live? When did they come to the United States? Did they have more than one spouse? Did they have kids? What happened to the cousin who isn't in the 1930 Census?"

You are invited to come to a first get-together of like-minded folks, who will offer some solutions to these questions and more. If you're interested, email a message to: [steel75642@aol.com](mailto:steel75642@aol.com)

Gipson Genealogy Club  
Sherry Steele & Cathy Gregory



**NEW**

## Bingo at the Carl Gipson Center

# ***WILL YOU BE IN THE HOT SEAT?***

All Monday Bingo Players will be eligible to win a prize at halftime on August 15, 22 & 29.

Prizes include home goods & fashion accessories, & range in value from \$30-\$100.



### **GIPSON SUMMER TRIPS**

## **Kayak Point**

**Thursday, August 18th | 11:30 - 4:30**

*Transportation is \$35*



**Lunches are paid separately by participant unless otherwise noted. For more information & to sign up for Gipson trips, please visit the Member Services desk or call 425.818.2784 for details.**

ARE YOU A MAKER?

*Wintertide  
at the Gipson Center*

DECEMBER 3RD & 4TH, 2022

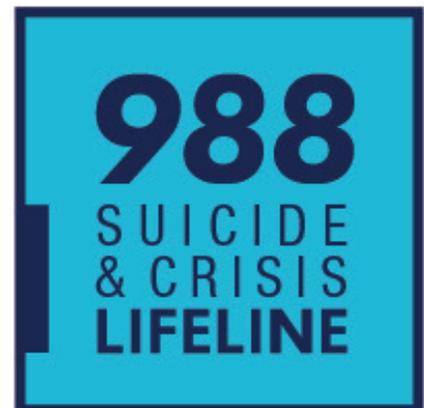
DO YOU MAKE & SELL YOUR OWN HOLIDAY GIFTS?  
ARE YOU INTERESTED IN HAVING YOUR OWN  
BOOTH IN OUR 2022 HOLIDAY BAZAAR?  
SUBMIT APPLICATION BY 9/15/22



CARL  
GIPSON  
CENTER

NEW VOA  
RESOURCE

Talk with us.



**GIPSON FEATURED  
SHOWCASE**

### The Art Collection of Jing Liu

Currently displayed in the Gipson Center showcases is an assortment of Japanese pottery and porcelain collected over many years by member Jing Liu.

The delicate pieces date from the early 19th century through the present. Each piece is unique, exquisitely hand-painted, depicting a beautiful representation of the Japanese art genre.



Pair of 19th century Kutani Shoets Tokuri (Sake Flasks)



Vintage hand--painted Kutani Mokubei Aburatsubo. Aburatsubo were used to store oil. Mokubei is one of the six Kutaini styles and generally depicts scholars on a red background with landscape.



Vintage Kutani Ao-chibu Koro (Incense Burner). Ao-Chibu is a technique of hand painting blue/green dots.



Vintage Kutani Mokube double-gourd vase.



Vintage pair of Somayaki Tukun (Sake Flasks). All of the Somayaki kilns were located in Fukushima Prefecture and were destroyed in the 2011 earthquake.

## Mondays Are *Delicious* at the Gipson Center

- 8/1 Smores Cookies
- 8/8 Berry Cupcakes
- 8/15 Rice Crispy treats
- 8/22 Assorted Donuts
- 8/29 Cinnamon Roll Coffee Cake

Free for Members every Monday until 11:00am

## Black Seniors Community Outreach Group

Open to All Members of VOA's Carl Gipson Center

Tuesdays, 10am-1pm  
Carl Gipson Center  
Mt. St. Helens Room



Group Leader: **Brieanna Capers**  
bcapers@homage.org | (425) 616-4046

### GIPSON VOLUNTEER OF THE MONTH

Member  
**PAM TIMMS**



Pam had been volunteering with Meals on Wheels for 5 years and delivering lunches to residents at Broadway Plaza during the pandemic, and CGC knew we wanted her to be a part of our team. In January we were thrilled when she agreed to make and serve lunches to our members.

Pam is an absolute joy to work with and if she is in the kitchen volunteering, we know our members will see a friendly face in the

window. She jumps in where she is needed and cares about serving our members.

If you're interested in becoming a volunteer, please contact our Operations Manager Gul to find out more.

**Gul Subaykan | gsubaykan@voaww.org**  
**425.818.2744**

## VOLUNTEER OPPORTUNITIES

# Join us!

*We need help with:*

- Activity Leadership
- Meal Service
- Membership Services
- Newsletter Editor
- Ceramics Leader



CARL  
GIPSON  
CENTER

# Things Are Heating Up

In 2021 in Washington State there were 157 heat-related deaths between June 26th and August 21st, and more than 2/3 of those were adults 65+.

The Carl Gipson Center serves as a Cooling Center in the event of a heat wave. To learn more, click on the graphic below.

## KNOW THE SIGNS *of* Heat-Related Illness

Don't underestimate the danger of heat, even with short exposure.

### HEAT EXHAUSTION

Move to a cool place, hydrate, and reduce temperature with cool cloths or cool bath. Seek medical help if symptoms worsen or last longer than 1 hour

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Weakness or fatigue
- Dizziness
- Headache
- Fainting

### HEAT STROKE

Call 911. This is a medical emergency

- High body temperature (103 degrees F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Loss of consciousness



Visit [www.snoco.org/cooling](http://www.snoco.org/cooling) for more info and a list of cooling stations



## GIVE THE GIFT OF GIPSON

*Donations help us ensure that everyone can become a member and participate in center activities.*

[vow.org/donate](http://vow.org/donate)





**2802 Broadway | Everett, WA 98201**  
**(425) 818-2784 | [www.voaww.org/gipson-center](http://www.voaww.org/gipson-center)**  
**M-Th: 8:30 AM - 5:30 PM | Sat: 8:30 AM - 4:00 PM**

