



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

JANUARY 2026 | MEMBER & PARTNER EDITION | VOL. 48

UPCOMING EVENTS

Property Tax Exemption Speaker

• 1/5/2026

MLK March and Rally

• 1/19/2026



450+

Attendees at our 2025 Wintertide Festival,
featuring local school and volunteer musical acts
and four partner agencies.



GIPSON PROFILE

Mitchelle Harvey



Raised in Bremerton, WA, Mitchelle Harvey raised four kids, often as a single mother. She became the first person in her family to earn a college degree, and currently serves in grants management for the Human Services Department of Snohomish County. She married her husband, Willie, in 2012 at Second Baptist Church in Everett, with the late Carl Gipson in attendance. A member of the Carl Gipson Center, she enjoys lunch, speakers, and people watching and mingling. As she says: "Everybody has a story worth telling."

Mitchelle took time to write her own story in "Modern Conversations of a Slave Mother: Empowering and Nurturing the Hearts of Mothers, Insights into the African-American Experience." The following is an excerpt of her book:

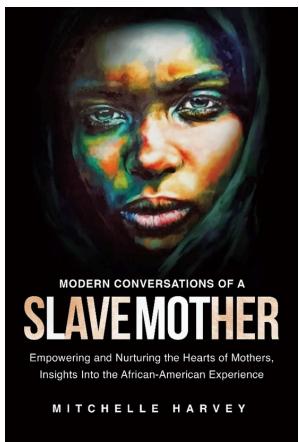
As the MC announced the next speaker [at the Blacks in Government Learning Conference in Tacoma], a third of the audience got up and left the room. Great, I thought, now it is my turn. I walked up the stairs and approached the podium. I purposely walked slowly to give time for the noise level to settle and give those leaving time to go. I stood facing the crowd that had dwindled from about 500 to approximately 300 and grabbed the sides of the podium. I looked around this room filled with highly educated professionals from all walks of government. The attire was black tie, and the sight was

(GIPSON PROFILE | Dawn Bergesen cont'd)

awe-inspiring. I thought about what everyone here had gone through to get to this point in their careers. As the room became quiet, I heard myself begin to talk....

"Good evening, dignitaries, guests and members. My name is Michelle Honore, and I am the newest recipient of the Blacks in Government scholarship. I am working toward a Bachelor's Degree in Workforce Education and Development at Southern Illinois University on Naval Base Bangor. I am a single mother of four children who now have an example of education's importance. Believe me, when I ask them if their homework is done, there is no excuse good enough." I paused as the crowd laughed out loud.

"When I was asked to speak to you, I really didn't know what I could say. But when I thought about it, I realized I could tell you my 'why.' Why did I quit my state job to go back to school? Why was it so important to me that I intentionally decided to get on welfare to get this degree?" I paused as some people reacted to that statement. Welfare still has a stigma. "Well," I continued, looking around the room, "like many women, I have court-ordered child support that I am not receiving. I don't know



if I will ever receive it. However, I still need to be able to support myself and my children." I noticed that the sound of forks hitting plates stopped, as people stopped eating. "I began to think of the reasons that people get higher degrees," I continued. "There are as many reasons as there are people in school."

..."So," I continued, "The more education one has, the larger the sphere of influence...My degree will allow me to influence my family, my children, my church community, corporate training, and beyond, made possible with help from you. Thank you all."

Michelle's book is available at <https://mitchelleharvey.com> and through Amazon.

» NEW FOR ALL ACCESS MEMBERS

NEW! **TAI CHI CLASS**
INSTRUCTOR: ED PUTNAM

First Class January 8, 2026

THURSDAYS STARTING AT 1PM

Join our gentle, once-a-week Tai Chi class designed specifically for seniors seeking better balance, flexibility, and peace of mind. Each session focuses on slow, flowing movements that are easy to follow and can be adapted for all mobility levels.

NEW! **FRIDAY YOGA**

CARL GIPSON CENTER

Join us for a new weekly floor yoga class designed to:

- improve strength
- flexibility
- and relaxation

This class welcomes all experience levels and has the option to do all movements from a chair.

FRIDAYS FROM 8:30-9:15AM

Location: Carl Gipson Center – Cascade View • Instructor: Nomi Hershman

NEW

NEW!

BOOK CLUB

Join our new Book Club for lively conversations, fresh perspectives, and the joy of reading together.

Starting January 15, 2026

Each month, we'll explore a different book—ranging from timeless classics to engaging contemporary stories. Whether you're an avid reader or just looking for friendly company, all are welcome to pull up a chair and share in the fun.

3rd Thursdays of the Month starting at 1pm

Lead by: Nomi Hershman

Meet us in the Carl Gipson Center Alcove

It's free to join and open to all!

NEW BEGINNER CLOGGING CLASS

Wear comfortable clothing and shoes. You do not need special shoes for this class.

SATURDAYS | 11AM - 12PM | CASCADE VIEW



Classes will be taught by Karen Miller

CRAFT CLUB

This monthly craft class offers a fun, relaxed space to explore creativity and enjoy social connection. Each session features a new hands-on project using different materials and techniques, allowing participants to experiment, express themselves, and leave with something they've made in class. 10 person maximum

Instructor: Susan Trammell

4th Thursdays | 1PM - 3PM | Mt. Adams

ONLY \$5



Village Taphouse and Grill in Marysville | 2 Shoes

Thursday, January 15th | 11:00AM-2:00PM
\$12 member/\$22 non-member

Bakery Crawl | 2 shoes

Thursday January 29th | 11:00AM-2:00PM
\$12 member/\$22 non-member



Monthly Kinship Caregiver Support Group

When: Every 4th Thursday
Time: 10:00am-11:30am at
Where : Carl Gipson Center

Kinship care is when children and youth live with relatives, such as aunts, uncles, grandparents, siblings, extended family, or fictive kin (those known to the family).

For more information call 425-494-2290.
<https://www.iccfs.org/kinshipsnoco>



COOKING CLASSES

with Gul Subaykan

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

UPCOMING CLASSES:

SAVORY STUFFED BUNS | JANUARY 27
\$12 for Members • \$22 for Non-members

CHICKEN KARahi | FEBRUARY 24
\$21 for Members • \$31 for Non-members
Tomato based Pakistani curry and one of Gul's favorite foods!

UPSIDE DOWN TOMATO TART | MARCH 24
\$12 for Members • \$22 for Non-members

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



» SPEAKERS & HEALTHY LIVING PROGRAMS

Healthy Living Programs

Free & open to all in the community
1st Wednesday • 12:30pm • Mt. Adams
Registration required

Scam Prevention & Digital Resilience for Tomorrow 1/7/26

Opt-Inspire, Inc.

Step into the future of digital safety in this interactive session, where we'll uncover strategies to spot and prevent scams (including new AI-generated threats) while building resilience against online risks. You'll gain practical tools to navigate technology with confidence, ensuring our community stays safer in an increasingly connected world.

Facebook 101

2/4/26

Linda Carbajal | Digital Media Specialist, Everett Public Schools (Retired)

Learn how to set up a Facebook page, make your settings safe, and feel comfortable using the platform. You can learn how to share your story or just view other pages, scroll, and keep in touch without sharing anything!

Estate Planning Workshop

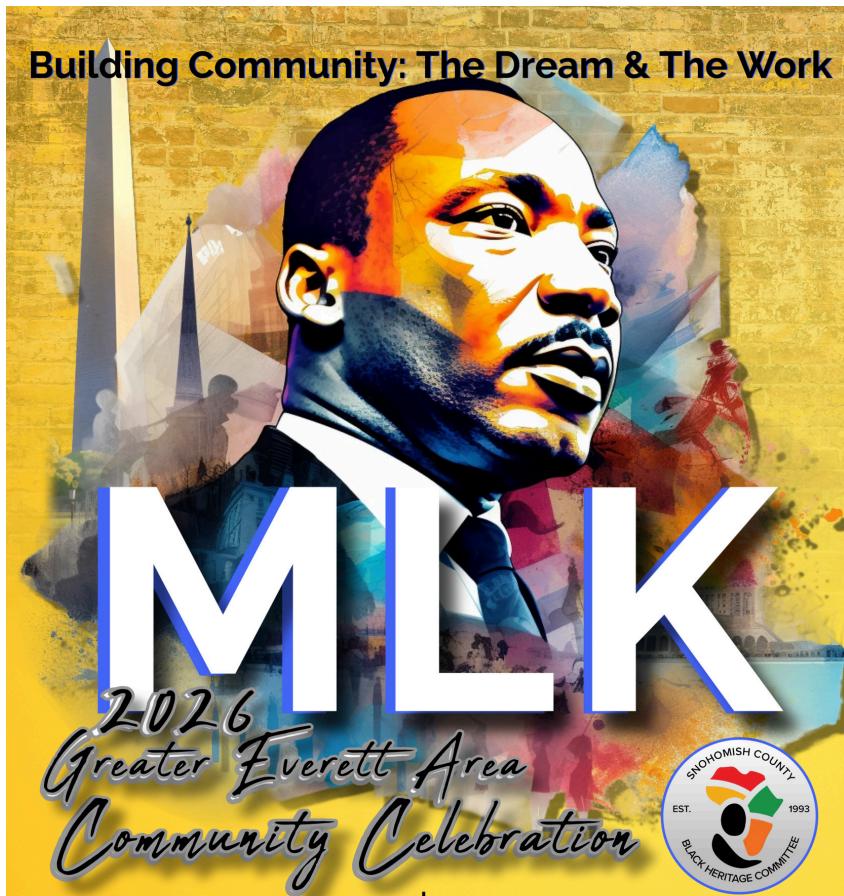
3/4/26

The Wall Law Group

Create a worry-free plan for you and your heirs. This workshop is designed to provide valuable insights and guidance on estate planning, helping attendees make informed decisions about their future. Don't miss this opportunity to secure your peace of mind and ensure your wishes are clearly stated!

» UPCOMING EVENTS

Building Community: The Dream & The Work



MLK 2026
Greater Everett Area
Community Celebration

**Sunday Celebration-
January 18, 2026- 4PM**
First Presbyterian Church-
2936 Rockefeller Ave.,
Everett WA. 98201

**Monday March & Rally-
January 19, 2026- 11AM-2PM**
Everett Memorial Stadium-
3900 Broadway &
VOAWW Carl Gipson Center,
3025 Lombard Ave. Everett WA. 98201



Please note:
The Center will be closed
Monday January 19th
in observance of
Martin Luther King Day



RESOURCES

Tech Bytes

with Jim Hagglund

Help Me See Clearly Now

Having trouble seeing icons and words on your smart phone? My thought bubble says, “the folks who design this stuff must have much younger eyes!” For example, Apple recently rolled out an update with great fanfare about their new “gorgeous liquid glass” design that features a semi-transparent look. For me, it made it harder to read things. Additionally, phones from Apple and other manufacturers often use what I call “teeny type.”

You can adjust these and other things by tapping the “Settings” icon on your phone. Once you have Settings open, one way to get to specific settings is to use the “Search” feature inside Settings. Here are some words to search that bring up several settings:

- Size – To set the size and “boldness” of text
- Colors – To set the color of the display and text
- Brightness
- Theme – Non-Apple devices
- Liquid Glass – Apple devices – Set to “Tinted” to improve visibility of text and icons

To change “liquid glass” on the “lock” screen on an iPhone, press and hold your finger on the screen until the word “Customize” appears at the bottom of the screen.

Need more help? On the first and third Thursday of each month I do one-to-one tech help sessions between 10:30 and 12:45. Register for an appointment online at <https://www.voaww.org/gipson-center>, at the front desk, or by sending a text or email message to JimFromCGC@gmail.com.



Free Diabetes Detection Screening

Offered by: Diabetes Association of Pierce County

Tuesday, 1/20 (11am-12pm) & Thursday, 2/19 (11am-12pm)

Must be 18 years or older
 You do NOT need to fast beforehand
 NO appointment necessary
 Results given right after the test

Hosted at the
CARL GIPSON CENTER
3025 Lombard Ave, Everett

Please note, the screening will be cancelled and rescheduled if weather or driving conditions are bad, e.g. snow or ice.

CARL GIPSON CENTER

WA's Property Tax
Exemption
Program can
save seniors
thousands in
taxes every year.



Learn more on our website bit.ly/WATaxRelief or by contacting the Washington Homeownership Resource Center (WHRC) @ (877) 894-4663

Need help with your application?

**Join us for a property tax exemption
application workshop!**

Monday, January 5, 2026
11:30 am - 12:30 pm

Carl Gipson Center
3025 Lombard Ave, Everett

» RESOURCES



PIM Savvy VITA will host a Volunteer Income Tax Assistance (VITA) site at the Carl Gipson Center for the 2026 tax season. Over the past two tax seasons, the VITA site at the Carl Gipson Center has filed hundreds of federal returns, and all returns were prepared by IRS-certified VITA volunteers. PIM Savvy VITA is thrilled to return for a third year in a row to provide free tax preparation services for taxpayers.

PIM Savvy will host 2026 VITA events at the Carl Gipson Center on the following Mondays: 2/23, 3/2, 3/16, 3/23, 3/30, and 4/13. VITA appointments for these events and other VITA events will be available to book in early February at pimsavvy.com/vita.

What is VITA?

The VITA program offers free tax help to low and moderate-income families, older adults, and people with limited English proficiency. Volunteers receive free IRS-certified training, onboarding from PIM Savvy's VITA team, and mentoring onsite to ensure they are prepared and ready to participate in PIM Savvy VITA tax events. The VITA program is an invaluable service that makes a real difference for local families.

Volunteers Needed

Volunteering with PIM Savvy VITA at the Carl Gipson Center is a great way to give back to the local community. No prior experience is required, and volunteers are not obligated to commit to a minimum number of hours.

PIM Savvy VITA is looking for volunteer greeters, interpreters, intake/interviewers, and tax preparers. PIM Savvy VITA will help interested volunteers sign up and register for the VITA program, and all volunteers will become IRS-certified through free online training.

For more information about becoming a PIM Savvy VITA volunteer, email vita@pimsavvy.com with the words "VITA Volunteer" in the subject line.



» GIVING BACK

Carl Gipson Center Volunteer of the Month

Kristi became a member of the Carl Gipson Center community several years ago, first joining us through our fitness classes, where she quickly became a regular. Over time, she expanded her involvement, tried new activities, and formed many meaningful friendships.

Recently, Kristi stepped into a new role as our Wednesday front desk volunteer. We truly value having her in this position. Her cheerful demeanor and welcoming smile create a positive first impression for everyone who walks through our doors. Her presence on Wednesdays allows staff to hold their weekly meetings without interruption, knowing the front desk is in excellent hands.

We are incredibly fortunate to have Kristi as part of the CGC community and deeply appreciate her dedication and contributions.

Kristi Hammer



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



Why Give in Your Will?



- Continue to use assets or property during your lifetime
- Potentially reduce your estate tax burden
- Leave a lasting legacy through VOA to support seniors in Everett

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



Cheers
to a
New Year



HELP THE EVERETT COMMUNITY BY DONATING FOOD!

With partial and delayed SNAP benefits, demand is high at the Everett Community Food Bank. The Carl Gipson Center is collecting food donations to help fill the gap!

HIGHEST NEED ITEMS

- | | | |
|--------------------|-------------------|----------------------------------|
| • BOX/CANNED MEALS | • SOUP | • PEANUT BUTTER |
| • CEREAL/OATMEAL | • TOMATO PRODUCTS | • FORMULA & DIAPERS (SIZE 4,5,6) |
| • CANNED FRUIT | • JUICE | • HYGIENE ITEMS |
| • SNACKS | • PASTA & RICE | |

ITEMS NEEDED FOR SNACK PACK PROGRAM

- | | |
|----------------------|----------------------------------|
| • OATMEAL PACKETS | • SHELF STABLE MILK |
| • SMALL, BOXED JUICE | • CHILI, RAVIOLI, OR SPAGHETTO'S |
| • GRANOLA BARS | • BREAKFAST BARS |
| • MACARONI & CHEESE | • FRUIT CUP |
| • TOP RAMEN | |



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
W | 11AM-12:30PM | Garage Lobby
F | 10AM-12PM | Garage Lobby

Everett Public Library
M | 9:30AM-11AM | Outside Alcove

Medicare Advising (SHIBA)
2nd & 4th W | 10AM-12PM | Mt. Olympus

Mental Health Access
Lou Ann Carter, MSW, LICSW
3rd Sat | 9AM-12PM | Mt. Olympus
Appts: at Membership Desk or 425-818-2784

PUD Outreach
W | 9:30AM-11:30AM | Lobby

Reiki Massage
3rd W | 12, 1, & 2PM appointments | Mt. Adams
\$10 | *Make appts at Membership Desk*

Snohomish County Housing Stability Program
1st M | 10AM-12PM | 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

Brain Injury Support Group of Snohomish Co
1st Th | 1PM-2:30PM | Mt. Olympus

Current Issue Discussion Group
1st & 3rd Th | 1PM-2:30PM | Mt. Adams

Family Caregiver Support Program of Snohomish Co
T | 12PM-1:30PM | Cascade View

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

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

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 *Registration Required*

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

Clog Dance**Into to Clogging**

M | 9:30AM-10:00AM | Cascade View

Beginner to Easy Intermediate

M | 10:00AM-11:30AM | Cascade View

Advanced to Beginner Easy Intermediate

S | 10AM-11:30AM | Cascade View

Fitness Zone Circuit Orientation w/ Elaine Henderson *(NEW)*

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

Forever Fit

M | 9:30AM-10:15AM | Mt. Rainier

Tu,W,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 *Registration Required***New Beginners**

F | 9:30AM-10:30AM | Mt. Rainier

Beginners

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



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

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