



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

AUGUST 2026 | MEMBER & PARTNER EDITION | VOL. 55

UPCOMING EVENTS

Gipson Spirit Day

- 8/27/2026

Lynnwood Neighborhood Ctr. Resources on Wheels

- 8/25/2026

Hope is Brewing

- 9/25/2026



Gipson Profile



Jana
Greathouse



"This is it. Find a job."

I was born in Los Angeles in 1956, the third of four children of parents who'd emigrated from Nebraska. In 1960 we got in our '56 Buick, headed north on 101 looking for a town to call home. Mom finally declared Santa Rosa was the spot. Dad bought a liquor store. A neighbor offered Mom a job at his grocery store which proved a good fit. She made a career in grocery. Dad chose a lifetime of trucking.

In 1964 two incomes allowed for a home upgrade. Off of a narrow country road which led to a state park was a lane with 18 unique homes, a neighborhood with 20 kids. At the end was a huge meadow. We wandered north, east or west losing ourselves in oak laden hills for hours. We played on the quiet street, riding "flexies"— long skateboards with handles -- on our bellies down the steep hill, rode bikes, swam in pools, played tag, hide and seek, and had "carnivals" with ridiculous musical performances.

89

Attendees at our Alzheimer's Care Giver Support Group in 2026. The group provides resources, guidance and friendship for those caring for a loved one.

(GIPSON PROFILE | Jana Greathouse cont'd)

In 1972 Mom was passed over for a promotion and quit. Dad bought a corner grocery store. We kids worked there after school and weekends. I enjoyed checking, getting to know the customers and having an income.

After junior year, friend Amy and I stayed at her sister's in Mexico City for a month. Post graduation I returned by myself, living five months in a pueblo called Cuatla.

I joined a Buddhist enclave in 1975. In June, Amy, Pat (a 52 year old ex-marine Raider we called "guru") and I sojourned across America as mendicants, hitchhiking with sleeping bags slung across our backs. When people picked us up, they often gave us food or money or took us into their homes. Otherwise, Amy or I would go into restaurants and say "I'm a religious mendicant begging for something to eat for myself and two others." Some seated us, some sent us off with a bag to go. From June to November we traveled through 26 states, up to Maine down to Florida and back to California. I learned people are generally very good and you won't go hungry in America.

In my twenties I was all over the place, literally and figuratively! I found work as a waitress in Santa Rosa, Citrus Heights, Roseville, Auburn, Redwood City, Half Moon Bay and lastly Carson City, Nevada. There, at age 31, I finally grew up. I met Bill and we hit it off. We had a lot in common, yet were complete opposites. It worked though; we've been married 36 years.

Our daughter Audrey came along in 1993. Bill landed a job working for the CDC in Morgantown, WV. We lived there for four years and had our son Hasdrubal. Happy times but we missed the West. Bill secured a job at the National Archives in Seattle. We moved to Kenmore so he could commute by bike on the Burke Gilman Trail.

As a stay-at-home mom, I became a Girl Scout leader, elementary art docent, junior high 6 Traits of Writing program coordinator, and High School DECA volunteer. Our house was Party Central. Audrey threw about four parties a year: Lunar New Year, Birthdays, Movie Openings, Halloween, Murder Mysteries. I loved watching so many young people growing up.



One evening we discussed 2014. Kids would graduate from college and high school, and Bill would retire. I wondered what I should do. Quickly decided to be a fitness instructor. Thus began a short-lived career. In 2016 I was struck with a bizarre crippling disorder, Eosinophilic Fasciitis. Although not overweight, I lost 38 lbs in 4 months! My body stiffened and curled up. Moving brought painful ripping. For over two years I took one inch steps.

In 2022 our Current Issues Discussion Group needed a new home and found the Gipson Center. I was finally beginning to move normally so I looked into exercise classes. Cora was fantastic, really got me moving. Along came Nomi and Elaine, who are also excellent and have facilitated my progress. Now I can actually jump!

I still attend our Current Issues group on the 1st and 3rd Thursdays. There will always be problems in the world but without civil discourse we'll be lost. Sharing our perceptions and perspectives and listening to others can be difficult but I believe these are rewarding skills worthy of pursuit.

I've always felt at home here, enjoyed the camaraderie and feel fortunate that gravity pulled me to the Gipson Center.



»» JULY HIGHLIGHTS

EVERETT 4th JULY PARADE

The Carl Gipson Center was thrilled to once again join Everett's Annual 4th of July Parade!

The streets were lined with community members young and old, ready to celebrate one of Everett's favorite traditions. Our members came prepared with big smiles and excited waves! The highlight of the trip truly was making every kiddo, and even some seniors, brighten when we handed them a sweet treat.

A huge thank you to all of our members and guests who marched, waved, and helped make this year's parade such a memorable one. We can't wait to do it again next year!



Fun day at Funco Field - Frogs won!



 NEW



Good Life Good Death Cafe

Facilitated by Hope Bowden, Doula/givers End-of-Life Doula and Educator

A welcoming space to discuss aging, caregiving, and end-of-life topics. Explore helpful resources, and connect with others in a supportive environment.

2nd Mondays • 12:15PM • Olympus Room



 **ALL MEMBERS
ARE WELCOME**

3025 Lombard Avenue, Everett, WA



UPCOMING TRIPS

AUGUST

Edgewater Beach to Lighthouse Park & Back - 3 Shoes
Friday, August 7 / 10:00AM-1:00PM / \$25 member / \$35 non-member.

MOHAI Freedom Plane National Tour - 2 Shoes
Thursday, August 13 | 9:00am-2:30pm | \$35member / \$45 non-member

IMAX Movie & Lunch at Seattle Center - 3 Shoes
Thursday, August 27, 9:00am-3pm, \$10 member / \$20 non-member + ORCA Card (\$6 senior fee round trip)

Evergreen State Fair - 1 Shoe
Monday, August 31, 10am - 2:30pm, \$20 member / \$30 non-member



COOKING CLASSES



with Gul Subaykan

Delicious Dishes Await! Join Operations Director Gul Subaykan for her latest cooking classes, where you'll learn to create mouthwatering dishes.

UPCOMING CLASSES:

ZUCCHINI PASTA | AUGUST 25
\$7 for Members • \$17 for Non-members

ONE POT MEXICAN CHICKEN & RICE | SEPTEMBER 29
\$11 for Members • \$21 for Non-members

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

Held in the Carl Gipson Center Kitchen.

10 spots available per class.

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



Wellness Classes

Every 2nd Friday • 10am-11am • Mt. Olympus Room

Grief and Healthy Coping Strategies

Fri, Aug 14 | 10:00–11:00 am | Instructor: Krissie Dillin

Gratitude, Meaning and Purpose

Fri, Sep 11 | 10:00–11:00 am | Instructor: Paulette Brooks

Isolation and Depression

Fri, Oct 9 | 10:00–11:00 am | Instructor: AJ Corpuz

Stress Management

Fri, Nov 13 | 10:00–11:00 am | Instructor: Joy Geertsen

Self-Care and Setting Healthy Boundaries

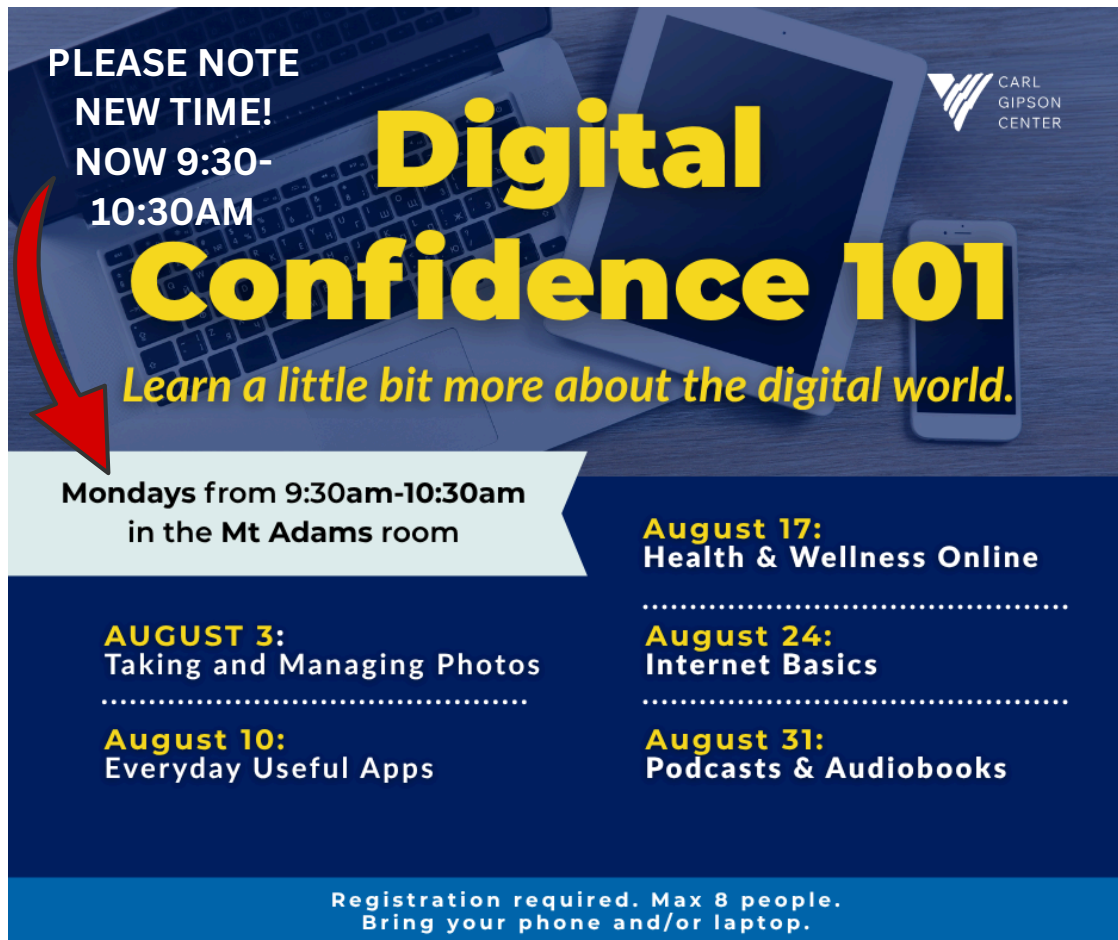
Fri, Dec 11 | 10:00–11:00 am | Instructor: TBD

These classes are presented by Homage.

After each session, stay for an optional craft or art project, optional depression screening, and the opportunity to speak one-on-one with the presenter to learn more about Homage's free mental health services.



 NEW



**PLEASE NOTE
NEW TIME!
NOW 9:30-
10:30AM**

Digital Confidence 101

Learn a little bit more about the digital world.

**Mondays from 9:30am-10:30am
in the Mt Adams room**

AUGUST 3:
Taking and Managing Photos
.....

AUGUST 10:
Everyday Useful Apps

AUGUST 17:
Health & Wellness Online
.....

AUGUST 24:
Internet Basics
.....

AUGUST 31:
Podcasts & Audiobooks

Registration required. Max 8 people.
Bring your phone and/or laptop.

 CARL
GIPSON
CENTER

Gipson Spirit Day

Dress for the theme! 

Enjoy a themed lunch!

Music and fun! 

Connect and share!

Win prizes! Prize opportunities will occur
during lunch.

 NEW





New Member Orientation

Come meet us! 2nd Thursdays from 1:30-2:30pm

Explore the Carl Gipson Center and see how you can get involved!

- Meet the Staff
- Connect with the community
- Learn about our programs

 **Carl Gipson Center**
3025 Lombard Ave, Everett, WA



**New Program
Launching this Fall!
Old Friends Club**

Learn More at:
VOAWW.ORG/OFC



Old Friends Club: Dementia Day Program

An Affiliate of Old Friends Club Network

TUES & THURS | 9:30am-2:30pm
(excluding holidays)
at the Carl Gipson Center

A welcoming place for people living with early-to-mid stage dementia to connect, create, and belong— while giving caregivers time to recharge.

Art, music, meals, and meaningful friendships every day.

Starting this September

ofccordinator@voaww.org • 425-232-6002

»» ANNOUNCEMENTS



Rent the Carl Gipson Center







Host up to 400 of your guests in our Cascade View Room.

Utilize our full commercial-style, licensed kitchen.

Book our break out rooms to fit smaller groups of a variety of sizes.

For details & pricing visit:
voaww.org/gipson-center

Book your holiday party now!

Dates are booking up quickly! Reserve your date now:

Sabrina Willard
Rental Coordinator
swillard@voaww.org
(425) 212-2924

»» EVENTS





Join us for our biggest celebration of the year

HOPE IS BREWING

FRIDAY
09.25.2026

LYNNWOOD EVENT CENTER
7:00AM - 9:00AM
Breakfast at 7am • Event Starts at 8am



Volunteers of America Western Washington

has been serving our community for **more than 127 years**. With compassion, resiliency, and hope, we respond to hundreds of thousands of requests for assistance each year—requests for **housing, food, crisis intervention**, and more. As we rise to meet the growing need in our community, we're **creating a brighter future**, one program, one service, one neighbor at a time.

Please consider joining us for our 2026 Hope is Brewing fundraising breakfast, to support all of our neighbors in need.

Hosted by VOA Lynnwood Community Resource Center and the LNC




RESOURCES ON WHEELS



Join us for this **free community event** where individuals and families can connect with local resources and services.

**Tuesday,
August 25**

from 10am – 2pm



We will have vendor booths set up outside with health and wellness workshops indoors.

Lynnwood Neighborhood Center
19509 64th Ave W, Lynnwood



»» RESOURCES



Facebook privacy tips: In the mobile app, go to Settings > Tools and resources > Privacy Checkup. There you can see your posts, profile details and how people can find you. Update anything that looks too public. Liked or commented on something you regret? Go to Settings & privacy > Activity log > Your Facebook activity. From there, you can see past comments, delete them or unlike posts. You also can clear posts you've watched or interacted with.

Fix varying audio on your favorite movies: Movie explosions too loud and dialogue scenes too quiet? Next time a video is playing, on **Roku**, press the star button on your remote, then head to Sound settings > Customize sound mode and turn on Volume leveling. In **Amazon Prime Video**, tap the speech-bubble icon, then Audio & Subtitles > English Dialogue Boost: High. **Netflix** hides a similar option under Audio > English (Original).

Need individual tech help? To make an appointment on August 20 or 27 between 10:30am and 12:30pm by stopping by the front desk, call or text 425.521.9644 or send an email to JimFromCGC@gmail.com.

»» SPONSORS

An advertisement for Solista Everett by Cogir. The left side has a dark teal background with the Solista logo (a stylized sun) and the text 'EVERETT by cogir'. Below this is an orange banner with 'INDEPENDENT SENIOR LIVING'. Further down, it says 'Call about our move-in offers!' and '(503) 386-9664'. At the bottom, it lists the address '3915 Colby Ave, Everett, Washington 98201' and the website 'SolistaEverett.com'. The right side features a photograph of a smiling elderly woman with short grey hair, wearing a floral patterned top, standing in front of green foliage. The text 'LIFE ON Your Terms' is overlaid on the bottom right of the photo. At the very bottom right, there are small icons for a house, a paw print, and a wheelchair.

» GIVING BACK



Carl Gipson Center Volunteer of the Month

Meet Scott Byrnes, our volunteer day trip driver. Scott is an electrical engineer who now works as a 911 EMT in Everett. Whether he's responding to emergencies on the job or volunteering in his free time, Scott is always looking for ways to make a difference.

When asked why he volunteers, Scott keeps it simple: "It feels good to help people with my free time." That spirit of service shines through in everything he does.

As a volunteer, Scott enjoys helping people get out and about, making it easier for individuals to stay active, connected, and engaged in the community.

We're incredibly grateful for Scott's dedication of time to give our members the opportunity to go out into the community and adventure. Thank you, Scott, for making our community stronger and for reminding us that helping others is always time well spent.

Scott Byrnes



*We ♥ our
Volunteers*

If you are interested in becoming a volunteer, please contact Sabrina to learn more:



Sabrina Willard
swillard@voaww.org
425.212.2924



Need for August:

Help us keep our coffee station stocked! We need unopened, individual Coffeemate Creamers! Original preferred. Drop off your donation at the members services desk.



Membership Desk Admin Volunteer Needed

Come be the smiling face members see first thing! Greet guests, enter new members, schedule members in classes, answer phones, file and more! Must be comfortable with computers and learning new computer programs, working in a fast-paced environment, multi-tasking, and being social.

Shifts Needed: Monday, Wednesday, and/or Friday 8:30a-12:30/1p.
Tuesday, 12:30p-4p.

Contact Sabrina if interested!



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.

» 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 - (Back in September)

SERVICES

Chaplain Skip Gipson

2nd & 4th Tu | 9AM-1PM | Lobby

Medicare Advising (SHIBA)

Tom Russell, SHIBA Volunteer

2nd & 4th W | 10AM-12PM appointments

| Mt. Olympus

Appts: Sign up at Membership Desk

Mental Health Access

Lou Ann Carter, MSW, LICSW

3rd Sat | 9AM-12PM | Mt. Olympus

Appts: at Membership Desk

or 425-818-2784

Old Friends Club **(NEW Coming in September)**

T & Th | 9:30AM-2:30PM | Mt. Helens

Reiki Massage

3rd W | 12, 1, & 2PM appointments | Mt.

Adams

\$10 | Make appts at Membership Desk

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 S | 10AM-12PM | Mt. Adams

Current Issue Discussion Group

1st & 3rd Th | 1PM-2:30PM | Mt. Adams

Family Caregiver Support Program of Snohomish Co

1st Th | 1PM-2:30PM | Mt. Olympus

Friendship Circle

T | 1:30PM-3PM | Mt. St. Helens

Good Life Good Death Cafe **(NEW)**

2nd M | 12:15-2PM | Mt. Olympus

Memory Cafe

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

New Member Orientation

2nd Th | 1:30PM 2:30PM | TV Alcove

Together in Grief | Grief Support Group

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

Wellness Classes by Homage **(NEW)**

2nd F | 10AM-11AM | 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

Book Club

3rd Th | 1PM-2:30PM | TV Alcove

Ceramics

Tu | 12PM-2:30PM | Mt. Adams

Craft Group (*Back in September*)

2nd & 4th S | 10AM-11:30AM | Mt. Adams

Craft Club (*Back in September*)

3rd Th | 12PM-3PM | Mt. Adams

Cribbage

T | 9:30AM-11AM | Lobby by fireplace

Digital Confidence 101

M | 9:30AM-11:30AM | Mt. Rainier

Duplicate Bridge

W | 10:30AM-3PM | Mt. Rainier

Genealogy

3rd W | 1PM- 3PM | TV Alcove

Hand & Foot Canasta

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

Knit & Crochet

Tu & Th | 10:30AM-1PM | Alcove

Party Bridge

Th | 12PM-3PM | Mt. Baker

Personal History Through Journaling (*Back in September*)

W | 1PM-2PM | Mt. Olympus

Project Linus

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

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

Clog Dance

Beginner to Easy Intermediate

M | 9:30AM-11:15AM | Cascade View

Beginner

S | 11AM - 12PM

Advanced Beginner to Intermediate

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

Forever Fit

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

Tu, W, Th | 9:30AM-10:15AM | Cascade View

Wednesday classes are Video

Friday Floor Yoga

F | 8:30AM- 9:15AM | Cascade View

Functional Fitness (formerly Chair Yoga)

Tu & Th | 10:30AM-11:15AM | Cascade View

Gentle Karate

Tu & Th | 2:15PM- 3PM | Mt. Rainier

Hula Dance

Th | 1PM-2PM | Mt. Rainier

Line Dancing (*Back in September*)

New Beginners

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

Beginners

F | 10:45AM-11:45AM | Mt. Rainer

Strength & Stretch

M | 10:30AM-11:15AM | Mt. Rainer

W | 10:30AM-11:15AM | Cascade View

Tai Chi

Th | 1PM-2PM | 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