



# GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

JUNE 2022 | VOL. 05 | Member & Partner Edition

## GIPSON SPOTLIGHT

Member  
**PAM  
OVENDALE**



*"It's a place to meet some beautiful people. I listen to their stories. They listen to mine."*

**Pam Ovendale** In the 1960s, when Pam Ovendales' father Bus developed Rheumatoid Arthritis (RA), the medical community didn't have any answers. Bus was an active man -- a metallurgist by trade, a WWII veteran, a father of four -- but RA gripped him from his early 40s on, and Pam saw him in constant pain, joints swollen, and eventually confined to a wheelchair.

Bus' affliction is the rare cloud in Pam's sunny memories of a Spokane childhood. Pam and her siblings Nancy, Randy and Clark rode their bikes all over, sometimes to the 5 Mile area, filled with forests, north of town. In the summer they'd hop on a city bus for a dime and go across town to swim at Comstock pool. Pam graduated from North Central High School in 1963 after serving as Editor of the North Central News, the school paper. She didn't have money to go to college right away, so took a job at Seafirst Bank to save up.

Pam hadn't planned on it, but Tom walked into her life and they married in 1964, and then came Tom Jr, Corey and Jessie, and then Ty ten

years after the rest. During the next years, Pam raised her kids in Spokane, except for one 1.5-year adventure in Kaneohe near Honolulu when Tom was temporarily transferred.

But one day, after 25 years at the bank, Pam made a decision: it was time. She would go to college

She started at Spokane Falls Community College in 1989, at 44 years old, then transferred to Eastern, graduating in 1993 with a major in Biochemistry. Her advisor connected her to Infectious Disease Research Institute in Seattle, and so began Pam's 2nd chapter: as a scientist. Over the next 18 years she'd research and help develop vaccines for Tuberculosis, Leishmaniasis, Chlamydia, the Flu and RSV, or Respiratory Syncytial Virus. In the last few years, Pam studied autoimmune disorders and inflammation, working to understand and remedy those diseases -- like Rheumatoid Arthritis -- that her father and

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thousands of others suffered from. "I worked with a lot of mice," Pam says with a smile."

Her husband passed away in 2009 and Pam retired in 2012, and since then she loves staying active. She came to the Carl Gipson Center because *"....Cora was here. And, I was looking for an active senior community. I knew I liked going to Cora's classes, and I like a group that has activities that I can join."*

*"I was pleasantly surprised I was by the variety of activities offered at the Gipson Center. I had no idea how much they had going on! I think it provides a real service to the community."*

To catch Pam, you'll have to move fast. She's in Cora's 9:30 am Forever Fit class most days, when she's not traveling to faraway lands or spending time with her four kids and four grandsons.

**WEDNESDAY | JUNE 29TH | 11:00AM - 1:00 PM**

# RED, WHITE & BLUE



**LIVE MUSIC**

**Featuring Lauren Petrie**



Lauren has been playing music professionally in the Seattle area for over 30 years, starting in his teens. He plays a wide range of musical styles from popular to classical to ragtime, but specializes in dance music from the forties, fifties, and sixties. Lauren's easy-going manner and friendly disposition have made him popular with audiences wherever he's played.

***See page 7 for more BBQ details!***

**SPEAKER SERIES**

The Gipson speaker series is open to all in the community. Lunch is provided by Homage and begins at 11:30 am. Speakers begin at 11:45 am. Our lunch is free to low-income seniors, \$4.00 for seniors able to pay and \$8.00 for non-seniors.

**WEDNESDAY • JUNE 1, 2022**



**JENNIFER TAYLOR**

Intensive Case Management Specialist & Senior Drug Education Coordinator  
HOMAGE

**WEDNESDAY • JUNE 8, 2022**



**CASSIE FRANKLIN**

Mayor  
CITY EVERETT

**WEDNESDAY • JUNE 15, 2022**



**MICHELLE BURKE**

Elder Abuse Advocate  
DOMESTIC VIOLENCE SERVICES  
OF SNOHOMISH COUNTY

**WEDNESDAY • JUNE 22, 2022**



**MARK JOHNON & DR. JIM CONGDON**  
PROVIDENCE HOSPICE &  
HOME CARE FOUNDATION

**Snohomish County  
Brain Injury Support Group**



*For survivors,  
caregivers, and  
families of survivors.*

Sponsored by:  
The Brain Injury  
Alliance of Washington

**2nd Saturday of the Month | Beginning 6/11/2022**

**1:30 - 3:00 p.m. | Carl Gipson Center**

**Questions?**

Contact Janet Mott, Ph.D., CRC, CCM  
Clinical Case Manager & Support Group Facilitator  
206-972-9305

**Mondays Are  
Delicious  
at the Gipson Center**

- June 6th: Homemade Cookies
- June 13th: Gul's Famous Ricotta Pound Cake
- June 20th: Lemon Bars
- June 27th: Cinnamon Swirl Crumb Cake Muffin

Free for Members every Monday until 11:00am

**ONE-ON-ONE SERVICES**

The Carl Gipson Center is proud to offer our members specialized, one-on-one services. Sign up for appointments at Member Services.



**Foot Care Clinic**  
Neneh Jallows-Avant, BSN  
**2nd & 4th Saturdays**  
\$50 per session.



**SHIBA Medicare Guidance**  
Tom Russell  
**Every other Wednesday**  
10:00 AM - 12:00 PM  
**FREE**



**Pedicures & Manicures**  
Annie Nguyen  
**1st & 3rd Wednesday**  
9:00 AM - 1:00 PM  
\$32 Pedicure  
\$40 Pedicure + Manicure



**Mental Health Access**  
Nancy Brosemer  
**1st & 3rd Thursday**  
9:50 AM - 1:40 PM  
Call 425-290-1246 for 1 on 1 appointments. **FREE**

**GIPSON VOLUNTEER OF THE MONTH**

Member  
**MIKE LANPHERE**



*Mike is our super-star volunteer. While the center was closed, Mike would be here taking out the garbage, recycling and making sure the grounds were kept clean. As the center reopened, he continues that work every day.*

He recently made a generous donation of a leaf blower simply because staff had expressed interest in purchasing one for the center. Thanks for all you do!

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

**Gul Subaykan | [gsubaykan@voaww.org](mailto:gsubaykan@voaww.org)**  
**425.818.2744**

**VOLUNTEER OPPORTUNITIES**

*Join us!*

*We need help with:*

- **Activity Leadership**
- **Meal Service**
- **Membership Services**
- **Newsletter (Print Edition)**
- **Ceramics Leader**



**CARL GIPSON CENTER**

**GIPSON FEATURED TRIPS**



**The Village Theatre:  
You're a Good Man, Charlie Brown**

**Thursday, June 9th | 12:00 - 3:30**

*Tickets are \$15 at the theatre with the Carl Gipson group. Those who would like to join will meet at the Carl Gipson Center and walk to the Village Theatre. Please be sure to register.*

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**Seattle Premium Outlets**

**Tuesday, June 14th | 11:30 - 4:30**

*Transportation is \$20. Participants will pay for their own lunch.*

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**Evergreen Arboretum  
Legion Park & Picnic Lunch**

**Tuesday, June 21st | 10:00 - 2:00**

*Cost is \$15, including picnic lunch.*

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**Snohomish Farmers Market  
& Antique Shops**

**Tuesday, July 7th | 12:30-4:30**

*Transportation is \$20. Participants will pay for their own lunch.*

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**Cascade Art Museum &  
Lunch in Edmonds**

**Thursday, July 19th | 11:30-4:30**

*Transportation is \$30. Participants will pay for their own lunch.*

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**Flower World &  
Lunch in Snohomish**

**Thursday, August 4th | 10:30-2:30**

*Transportation is \$30. Participants will pay for their own lunch. Space is limited.*

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**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.**

## Pots Needed for Gipson Green Thumb Club

If you have pots in good condition without cracks, the Gipson Green Thumb Club could use them to plant more flowers, veggies and herbs. Please donate cleaned out pots to the Member Services Desk.

**Gipson Green Thumb Club**  
 10:30-11:30 am, in the courtyard



### GIPSON FEATURED ACTIVITIES

## GIPSON WALKERS

**Every Tuesday**  
 10:30-11:30 am

Join Operations Manager Gul Subaykan every Tuesday for a weekly walking group. Enjoy activity and conversation.



Meet in the lobby and dress for the weather. We'll venture out, rain or shine!

Call 425.818.2744 for more information

[voaww.org/gipson-center](http://voaww.org/gipson-center)



**Project Linus**



**Donate blankets and your time to children in need.**

MEETS IN MT. RAINIER  
 2ND TUESDAY OF EACH MONTH  
 FROM 11:30 - 2:20

## Gipson Member BINGO is BACK!

**Mondays, 12:30-2:30pm** | Beginning June 6th, 2022.  
 12 games | Final game will be a Blackout  
 Must be a Gipson Center Member or have a Guest or Day Pass to participate.

- **6-Card Packs:** \$6.00/each
- **Special Cards:** \$2.00/each
- **Daubers:** \$1.50/each
- **Concessions:** will be available



**Contact:**

Cora Koffski  
 Activities Coordinator

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3 23 35 51 67	1 21 35 46 73	9 18 42 51 61	3 23 35 51 67	1 21 35 46 73	9 18 42 51 61
8 24 = 48 64	5 23 = 52 67	15 19 = 57 71	8 24 = 48 64	5 23 = 52 67	15 19 = 57 71
4 25 34 60 61	7 24 41 53 62	7 30 36 48 62	4 25 34 60 61	7 24 41 53 62	7 30 36 48 62
10 17 36 49 66	10 27 38 57 72	6 28 31 60 67	10 17 36 49 66	10 27 38 57 72	6 28 31 60 67



**TUESDAYS & THURSDAYS**  
 10:30 - 11:15AM

YOU ARE INVITED TO  
**RED, WHITE & BLUE**



**LIVE MUSIC**

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WEDNESDAY  
JUNE 29TH  
11:00AM - 1:00 PM

NORTH COURTYARD  
3025 LOMBARD AVE  
EVERETT, WA 98201

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Hot dogs | Brats | VegiDogs  
Potato Salad | Baked Beans  
Iced Tea | Lemonade  
Strawberry Shortcake



CARL  
GIPSON  
CENTER

**GIPSON  
STAFF  
SPOTLIGHT**

Member  
Services  
Lead

**SARA  
ROBSON**



*Sara Robson joined our team in December of 2021, and helped us reopen the Center last January. She's the first face that many people see each morning, and she greets everyone with warmth and a smile. She takes time to learn names and stories. She takes time to listen.*

Raised in Everett, Sara graduated from Everett High School, and then began a career in banking at 17 years old. She served at EverTrust and Savings on Colby for 15 years, starting out working on bounced checks and then moving into different roles. Later she moved to BECU on 112th in South Everett, and loved the values of a member-owned credit union. Along the way she had

“  
*I love seniors.  
I love that generation.*  
”

son Colin and daughter Audra, and lived in Mission Beach, Stanwood, Mukilteo, and now another Everett neighborhood. She loves spending time with her nine-year-old grandson Owen, renovating her lake cabin, and scouring refurbished items for treasures at Habitat For Humanity's ReStores.

Sara has always been able to find something beautiful, even in the most unexpected places. And, she loves her work at the Gipson Center. “Every day is different. You never know what you're going to walk into.”

Share your story with Sara on mornings at the Gipson Center Monday through Thursday and all-day Saturday.



**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)



# Long-Term Care Volunteer Ombuds Needed



As a Snohomish County Certified Volunteer Ombuds, you will advocate for residents in licensed long-term care settings such as nursing homes, adult family homes and assisted living facilities. You'll receive training to receive complaints and resolve problems in situations involving quality of care, transfer and discharge, and other aspects of resident dignity and rights. You'll work to ensure residents receive good quality of life and care by providing information about their rights and working to resolve problems on behalf of residents.

**Interested?** Please contact Heidi L'Esperance, Snohomish County Regional Ombuds at [ltcop@mschelps.org](mailto:ltcop@mschelps.org) or 360-862-1100.

## YOGA STRETCH

Increase flexibility, balance and range of motion as you move through a series of seated and standing yoga poses. Chair support is utilized.

**Monday & Wednesday  
10:30-11:15AM**



## Hula Dance



*Imagine energizing island breezes as you dance the hula with experienced and novice dancers. Guided by instructor Connie Young.*

**Thursdays 1:00-2:00 PM**

**Questions?**

Contact Activities Coordinator Cora Koffski



**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**

