



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

APRIL 2026 | MEMBER & PARTNER EDITION | VOL. 51

UPCOMING EVENTS

Resource Fair

- 5/6/2026

Spring Tea

- 5/30/2026

Red, White & Blue BBQ

- 6/24/2026



GIPSON IMPACT

PBS Features

Black Elders Outreach Program

We are proud to be the home of this amazing program by Homage, the Black Elders Outreach Program. PBS published the story 3/23/26 on Newsfeed.

Gipson Profile

Ed Hill



Ed Hill was born to fish.

His father, Billy, was raised in Bristol Bay, a member of the Aleut Tribe, and his mom, Evelyn, grew up in Hydaburg, Alaska, on Prince Wales Island, a Haida Tribal member. They met and settled in Sitka, and their first of six kids was born on November 1st, 1953, at Mt. Edgecumbe Hospital: Baby Ed.

Ed remembers his first time on a boat. *“I was five years old on a fishing boat, with my Dad and Uncle Jake, Auntie Nan, fishing for halibut. I got sea sick.”* Fish played a big role in Ed’s world: they governed the schedules of men; they filled lunch and dinner plates, cooked in dozens of different ways; and he knew, early on, that a good haul sometimes meant you could pay for your house and keep the lights on.

Ed found ways to get to the water and to woods. *“As a little kid, you’d dig up worms in the yard and go fishing for trout in the creek. Or else we’d sneak down to the old lumber beach and play between all the logs, play Cowboys and Indians.”* By 11, Ed was hunting deer with his Uncle Charlie, and knew how to skin, dress and prep deer meat, cooking roasts in the oven or grilling backstrap.



(cont'd on pg 2)

(GIPSON PROFILE | Ed Hill cont'd)

School in Sitka was tough for Ed, whose ears would often ache and run, and whose eyes didn't seem to work like other kids'. *"I had a hard time reading. That's why I always wanted to get out of Sitka. Later on, they found out I had eye problems, and I needed glasses."*

In 8th grade at Blatchley Junior High, Ed discovered wrestling. *"My coach looked at me, knew I had been halibut fishing, and that I was strong."* Ed continued wrestling at Sitka High School. *"First year as a freshman I was last. Sophomore year I was 4th. By junior and senior year I took 1st place in the SE district, and 3rd in state."*

"That was a big deal. My friend Billy Williams and I were the first Natives from Sitka to go to state."

After high school and community college in Moses Lake, Washinton, Ed did two years up in Prudhoe Bay in North Alaska, working on the Trans-Atlantic Pipeline. First he worked as a Service Oiler for the equipment: CATs, backhoes and other heavy machinery. *"You couldn't shut them off at the top of the world, because they'd freeze. We kept them running 24 hours a day."* Later he ran an 80-ton truck crane, driving into tight spots so the Operator could lift up heavy equipment and supplies and place them precisely.

But Ed's heart was always in one place: the water.

He returned to Sitka, and the next decades brought the same rhythm: when crabs, halibut, herring or black cod were in season, he and his small crew of 5-6 others would go fishing – net fishing or long-line fishing – on a 58-foot boat. He remembers most of the names: Sea Dancer, Claudia H, Irish Rose, Nancy K, Baranoff Queen, Hide-A-Lady. And he remembers one six-day job on his uncle's boat, when they hauled in 110,000 pounds of halibut.



Ed working in Prudhoe Bay as a Service Oiler on the Trans-Atlantic Pipeline



Ed with his grandfather Ed Hamilton

On the boat they'd rotate jobs, like Cook and Deck Boss, and his crew would split the money. Off the boat, Ed took construction jobs to make ends meet.

He moved to Arlington, WA, in 1998, and got on with a friend's asphalt grinding business, signing on to boats and fishing when he could. After that business folded, Ed lived in a 5th wheel for a time, bouncing between different locations and trying to pick up odd jobs. He's grateful that the Samish, Tlingit and Haida Tribes worked together to find housing for Natives, and two years ago Ed moved next door to Broadway Plaza.

"Here at the Gipson Center, it's much more mellow. I can share some of my traditional food with some of my friends. And there's a lot of good information here, around health."

"Plus, I like what you guys do, the trips. You come back with new friends you've made."

To meet Ed and hear harrowing tales from a real fisherman, visit the Center in the late mornings, near lunchtime. If you ask, he just might bring one of his halibut dishes to share.



NEW

APRIL TRIPS



Azul Restaurant Mill Creek / 1 Shoe
Thursday, April 16/11:00AM-2:30PM
\$14 member/\$24 non-member

Central Library Seattle via Community Transit / 3 Shoes
Tuesday, April 21 / 9:45am-3:30pm
Free with ORCA Card

North Creek Trail / 3 Shoes
Friday, April 24, / 10:00AM – 1:00PM
\$10 member/\$20 non-member

Maeve Seattle Chocolate Factory / 3 Shoes
Tuesday, April 28 / 10:30am-2:30pm
\$50 member/\$60 non-member

Seattle Premium Outlet Mall / 2 Shoes
Thursday, April 30 / 10:30am-3:00pm
\$14 member/\$24 non-member

UPCOMING CLASSES:

DAAL (PAKISTANI/INDIAN STYLE LENTILS) |
APRIL 28 | \$5 FOR MEMBERS • \$15 FOR NON-MEMBERS

VEGAN THAI BASIL EGGPLANT | MAY 26
\$17 for Members • \$27 for Non-members

CRISPY CHICKEN SHAWARMA | JUNE 30
\$11 for Members • \$21 for Non-members

COOKING CLASSES
with Gul Subaykan

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.



Meditation Yoga CLASS

Instructor: Keny Lopez De Zuleta

Wednesdays, 1:30pm - 2:30pm

- Friendly, community-based meditation & yoga class
- A full hour to slow down, share, and simply be
- Gentle movement and moments of stillness
- Supportive, welcoming environment
- All levels welcome – beginners to experienced practitioners

Located in the Cascade View

Digital Confidence 101

Learn a little bit more about the digital world.

Mondays | 10am-11am | Mt Adams

- APRIL 6:** Cleaning up your email
- APRIL 13:** Social media for seniors
- APRIL 20:** Smart phone photos
- APRIL 27:** How to use Google

Registration required. Max 6 people.

Carl Gipson center

Speaker SERIES

MONDAYS
SPEAKERS BEGIN AT 11:45AM

- 4/6: Susanna Johnson, Sheriff, Snohomish County Sheriff’s Department
- 4/20: John Glennon, Executive Director of Hunger Prevention Services, VOAWW
- 4/27: Katie McDougall, Hospice of the Northwest

RESOURCES

Tech Bytes

with Jim Hagglund

Google keeps a diary on you: Go to <https://myactivity.google.com> and sign in. You may see every search you typed, every YouTube video you watched, every place Maps took you, time-stamped, going back years. Click **Voice and Audio** under the filter and you can hear recordings of your own voice from past Google searches. You can delete activity and check and change settings for Web & App Activity, Timeline, Play History and YouTube History.

Facebook also has a privacy tool: Open the Facebook app on your phone or tablet and head to **Settings >Tools and resources > Privacy Checkup**. Meta takes you through who can see your posts, your profile details and how people can find you. Edit as you go.

Need more help or details? Register for a 1:1 appointment on the first or third Thursday between 10:30 and 1:00. Just stop by or call the front desk. Another option is to send an email to JimFromCGC@gmail.com.



SENIOR FARMERS MARKET NUTRITION PROGRAM – SNOHOMISH COUNTY –

Providing eligible low-income older adults with fresh fruits and vegetables from local farmers.



The Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors a free benefit to help access fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from local participating farmers markets and farm stands. SFMNP makes it easier to add fresh fruits and vegetables to your diet, increase health and well-being, and support local farmers and community supported agriculture programs. Eligible low-income older adults will receive one (1) pre-loaded \$80 benefit card to purchase fresh fruits and vegetables at participating farmers markets, farm stores, farm stands, and certified sellers.

WHO IS ELIGIBLE?

- Age 60+ for non-Native Americans (by June 30, 2026)
- Age 55+ for Native Americans (by June 30, 2026)
- Low \$29,526 annual or \$2,461 monthly income for 1 person; or income: \$40,034 annual or \$3,337 monthly income for 2 people; and For larger households, add \$876 for each additional person.
- Snohomish County, WA resident (Applications for residents outside Snohomish County will not be processed.)



APPLICATION DEADLINE*: 4:00 PM ON MAY 7, 2026

(*Number of cards available is limited and application may close early if limit is met. Please submit your application sooner than later.)

HOW DO I APPLY?

- Apply online in multiple languages or print an application online at: www.snohomishcountywa.gov/1036/SFMNP
- Prior to application deadline: For assistance completing an application, or to request an application, call the Snohomish County Aging & Disability Resource Network (ADRN) at (425) 513-1900.
- After application deadline: For questions on application status, call Snohomish County Human Services at (425) 388-7393.



Applications processed up to available funding on a first-come, first-served basis. Cards from prior year will not be reloaded. Cards mailed to eligible applicants mid-June. One card per person. **Please do not submit multiple applications.** Cards activated mid-June. Cards must be used by October 31, 2026. This institution is an equal opportunity provider.



Health Related Social Needs (HRSN)

Health Related Social Needs (HRSN) services are designed to support better health outcomes for Apple Health (Medicaid) enrollees. These services include nutrition support, home modifications, and caregiver respite.

Snohomish County Aging and Disability Services will provide HRSN services through June 30, 2028.

Nutrition Supports:

- Nutrition Counseling and Education
- Medically Tailored Meals
- Fruit and Vegetable Provisions
- Pantry Stocking for those under 21 and/or for pregnant individuals

Home modifications:

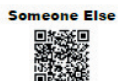
- Home Accessibility Modification
- Adaptation Devices (air conditioners, heaters, etc.)
- Remediation Services

Program Eligibility

While each HRSN service has a specific eligibility criteria, an individual must meet the following general eligibility criteria:

- Be enrolled in Apple Health (Medicaid)
- Meet clinical risk factor criteria for the service.
- Meet social risk factor criteria for the service.
- Be a medically appropriate service for the individual.

To register, please scan the QR code that applies to you.



For more information, please contact us at: 425.388.7393 | HRSN.Referrals@snoco.org

» RESOURCES

JOIN US!!

Snohomish County

SENIOR RESOURCE EXPO

SIGN UP TODAY!

Free, Fun, and Educational Expo

Where you'll learn, engage with our speakers, resource booths, and attendees!

Tuesday, April 14, 2026 • 9am-Noon

EVERETT
COMMUNITY COLLEGE

Everett Community College
2206 Tower St. Everett 98201
Parking in H & J Lots

4TH
ANNUAL!

REGISTER NOW TO ATTEND THE EXPO

and get a chance to win two tickets on the Victoria Clipper!

*Not needed to be present to win

Brought to you by Silver Sneaker Sponsor

» MARCH HIGHLIGHT



UNIVERSITY OF WASHINGTON

Cherry Blossoms!



Lead EPS GOAL Program teacher Terri McAlister & CGC Activities Coordinator Kerri Schwindt pulled off something really special in March: the first joint trip in which seniors accompanied GOAL students, using public transportation to get down to UW. They walked from the Center to a bus stop and took a double-decker to Lynnwood Light Rail, which they rode to UW. They explored the cherry blossoms and fountain, took photos and had lunch, then headed down to the stadium to start the journey back. They all have said that they would like to plan more trips like this in the future!

These students interact with seniors each day, and both teams love to find ways to increase the opportunities for shared experiences.

Thanks Terri & Kerri for making this magical trip happen!

» ANNOUNCEMENTS



New Policy Reminder



As of March 30th, we now require all participants to sign in at our Membership Desk prior to participating in activities, services and/or lunch. Those visiting the Center only for Homage’s lunch must complete a Guest Registration form & check in at the front desk prior to receiving a lunch ticket.

We’re hiring at the new Lynnwood Neighborhood Center

VOA’s Senior Services department is launching a chapter of Old Friends Club two days a week. Old Friends Clubs serve adult with early stage dementia, providing an environment where people can share stories, talents, and smiles through engaging group activities. Our program is planned for five hours/day, two days a week on M/W, with lunch included.

Open Positions:

Old Friends Club Coordinator: \$25.71 - \$28.42; Hourly; Approx. 8:30am-3:30pm, M/W

Old Friends Club Assistant: \$21.50 - \$23.76; Approx: 8am-3pm, M/W

Questions? Reach out to Senior Services Executive Director Cory Armstrong-Hoss at carmstrong@voaww.org or 425-818-2785.

» UPCOMING EVENTS

CARL GIPSON CENTER

Resource Fair

Whether you're looking for valuable resources, information, or engaging community programs, there's something for everyone. This resource fair is designed to support and celebrate seniors of all ages and abilities.

Connect with your local area agencies in:

- Health & Wellness
- Resources
- Civil and Social Outreach
- Demonstrations
- Presentations

WEDNESDAY, MAY 6
from 10am-2pm

FREE and open to the community

Carl Gipson Center
3025 Lombard Ave

For questions regarding this event or to sign up as a vendor, please contact Kerri Schwindt at kschwindt@voaww.org

WALL GROUP LAW EDMONDS VILLAGE

Spring Tea

Tea is best when shared with a friend

MAY | 30 | 11am - 1pm

\$15 members | \$20 non-members | \$10 17 & under

PRE-REGISTRATION IS REQUIRED

Carl Gipson Center
3025 Lombard Ave, Everett

CARL GIPSON CENTER scyc Snohomish County Youth Chorus Seniors Helping Seniors

»» GIVING BACK

Carl Gipson Center Volunteer of the Month

If you've ever scored a spot in one of our highly sought-after clogging classes, you probably already know our Volunteer of the Month, Karen Miller! She's been sharing her love of clogging with us since 2017, bringing energy, joy, and a strong sense of community to every class. After the pandemic pause, Karen was one of the first to return—showing just how dedicated she is to both clogging and our Carl Gipson Center members.

Karen is also a certified clogging instructor—one of only four in the entire state of Washington! That means every class is led by a truly exceptional and rare instructor, giving our members a top-notch experience every time they step onto the floor.

Recently, Karen has been organizing Saturday workshops, creating even more opportunities for members to practice, connect, and have fun with fellow cloggers from across the Pacific Northwest. We're so grateful for the joy and community she brings to the center each week!



Karen Miller

If you are interested in becoming a volunteer, please contact our R & E Coordinator to learn more:



Sabrina Willard
swillard@voaww.org
425.212.2924



Want to give in a different way? Here are the items the Carl Gipson Center could use. Donate at the Membership Desk with an idea on the dollar amount of the donation. A donation receipt will be provided at the time of the donation. Thank you for giving!

- Ground Regular Coffee (40 oz or larger)
- Ground Decaf Coffee (40 oz or larger)
- Equal Sweetener (individual packets)
- Sugar Packets (individual packets)
- Lipton Green Tea Bags
- Lemon Tea Bags
- CoffeeMate Liquid Creamer (individual creamers)
(All food related items must be unopened and in original packaging.)
- Hot glue guns and glue sticks
- Plastic Tableclothes, All Colors, Round and/or Rectangle
- Disinfectant Wipes
- Paper Towels
- Copy Paper: 8.5x11 reams and/or 11x17 reams



LEAVE A Legacy

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

SERVICES

Chaplain Skip Gipson

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

Clothing Closet

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

F | 10AM-12PM | Garage Lobby

Homage One-on-One Counseling

1st & 3rd W | 9AM-12PM appointments

| Mt. Olympus

Appts: Call 425-290-1260

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

PUD Outreach

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

Reiki Massage

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

Adams

\$10 | *Make appts at Membership Desk*

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 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 | 12PM-1:30PM | Cascade View

Kinship Caregiver Support Group

4th Th | 10AM-11:30AM | Mt Olympus

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

Book Club

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

Ceramics

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

Craft Club - Registration Required

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

Craft Group

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

Cribbage

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

Digital Confidence 101 (New)

M | 10:00AM-11:00AM | 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

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***Into to Clogging***

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

Beginner to Easy Intermediate

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

Advanced Beginner to Intermediate

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

Beginner

S | 11:00

Forever Fit

M | 9:30AM-10:15AM | Mt. Rainier | **(New Instructor)**

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

Friday Floor Yoga

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

Functional Fitness (formerly Chair Yoga)

Tu & Th | 10:30-11:15AM | Instructor Elaine | 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. Rainer

Beginners

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

Meditation Yoga (New)

W | 1:30-2:30PM | Cascade View

Strength & Stretch

M | 10:30AM-11:15AM | Mt. Rainer | **(New Instructor)**

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