



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

JULY 2022 | VOL. 06

GIPSON SPOTLIGHT

Member
**DR. KEN
WHITE**



Ken has an affinity for people who don't fit in. He wants his service to help others to find and nurture their own gifts.

Content warning: the following profile includes depictions related to alcoholism. If you might find these disturbing, we suggest you skip down to the Center updates.

On February 9, 1964, Ed Sullivan hosted a British band for the very first time on his television show and a Mukilteo middle-school kid named Ken White was watching. Ken decided he wanted to be like The Beatles, so he grew his hair and sported a mop top.

Later, Ken received the "Boy of the Month" award at Olympic View Junior High but was suspended the same month because his hair was too long. The Vice-Principal visited his home, but his parents stood by their son.

Ken kept his Beatles hair cut, and learned to follow his own path. He'd wanted to be a teacher since the fourth grade but school's focus on compliance and conformity discouraged him. He was unimpressed by many teachers and imagined becoming a different kind, and he became more interested in skateboarding and listening to music than school.

In the meantime, Ken had also discovered alcohol. Shy, especially around girls, Ken was

thirteen when he first drank at a party. *"It gave me a sense of confidence and I was able to go up to a girl I wanted to meet."*

Ken has a family history of alcoholism. His Dad, a mill worker, was of First Nation heritage from Vancouver, B.C. and came from a history of family drunkenness. His Mom, a waitress at the Seahorse Restaurant, hosted many parties offering Pink Lady cocktails brimming with gin. Both parents began to drink alcoholically, and their behavior reflected it: conflict, yelling, and infidelity.

After high school, Ken pursued his dream to teach. He attended Everett Community College and graduated from Western Washington University with a teaching degree. His interest in A.S. Neill's educational philosophy of freedom led him to start his own "free school" in Everett. *"The idea was to allow students to discover and follow their own paths. Freedom should be the most important element of education."*

Later, Ken would create Everett Community College's alternative high school and begin a forty-year career there, leading to a Ph.D. from the University of Washington and developing a full-fledged education department at EvCC.

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But Ken couldn't escape his family legacy around alcohol. *"In my 20s, I became a blackout drinker. Many lost weekends, followed by accidents, arrests, lawyers, court, treatment and a 12-step program."* In 1982, Ken stopped drinking and followed a plan to stay sober.

When the opportunity arose, he decided to volunteer at the Carl Gipson Center, and has helped facilitate A.A. and Al-Anon meetings on Tuesdays since we reopened in January.

Ken has an affinity for people who don't fit in—whether it's those whose questioning is seen as insubordination or those whose disease is not understood by society. He wants his service to help others to find and nurture their own gifts.

Ken's hair is now short, but make no mistake about it, he wants it that way. He's still on his own path. If you happen to cross paths with Ken at Gipson, say *"hello"* and share a meeting with him on Tuesdays.

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 • JULY 6, 2022



CYNTHIA ANDREWS

DEI MANAGER
HOMAGE

WEDNESDAY • JULY 13, 2022



RUDI ALCOTT

VICE PRESIDENT &
PUBLISHER
THE DAILY HERALD

WEDNESDAY • JULY 20, 2022



DAN TEMPLEMAN

CHEIF
EVERETT POLICE
DEPARTMENT

WEDNESDAY • JULY 27, 2022



**CAPTAIN
JOSHUA MENZEL**

COMMANDING OFFICER NAVAL
STATION EVERETT



Join us for fun, friends, and exploration this summer.
Register for trips at our Member Services desk.

See you this summer!

**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.



Pedicures & Manicures | Annie Nguyen

1st Wednesday 9:00 AM - 1:00 PM

\$32 Pedicure | \$40 Pedicure + Manicure



SHIBA Medicare Guidance | Tom Russell

2nd & 4th Wednesday 10:00 AM - 12:00 PM

FREE



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 FEATURED TRIP



GIPSON SUMMER TRIPS

Snohomish Farmers Market & Antique Shops

*Thursday, July 7th | 12:30-4:30
Cost is \$20, including picnic lunch.*

Evergreen Arboretum, Legion Park & Picnic

*Thursday, August 2nd | 10:00-2:00
Transportation is \$15. Picnic lunch included.*

Flower World & Lunch in Snohomish

*Thursday, August 4th | 10:30-2:30
Transportation is \$30..*

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.

Village Theatre
ISSAQUAH + EVERETT

Mamma Mia!

Thursday, July 28th | 12:15-3:15PM

Experience the famous onstage production and lively music right here in Everett!

Cascadia Art Museum & Lunch In Edmonds

*Tuesday, July 19th | 12:15-3:15
Transportation is \$30. Space is limited. Participants purchase lunch.*

Angel of the Winds Arena Tour

*Wednesday, August 3th | 12:45-2:30
FREE!*

Seattle Premium Outlets

*Tuesday, August 9th | 11:30 - 3:30
Transportation is \$20. Participants will pay for their own lunch. Space is limited.*

Large 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

Thursdays 10:30-11:30 am, in the courtyard



GIPSON FEATURED ACTIVITIES

ZUMBA[®] gold

TUESDAYS & THURSDAYS
10:30 - 11:15AM

Expanded Free Mental Health Counseling

Lou Ann Carter, MSW, LICSW

Lou Ann has extensive experience working with children, youth, adults, and elders. Her therapeutic approach is strengths-based, cognitive-behavior, narrative, and also providing education and support.



3rd Saturday of each Month

9am-1pm

Schedule 50 minute appointment at Membership Services

Questions? Contact Cora Koffski
425.818.2372 | ckoffski@voaww.org



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

BINGO	BINGO	BINGO	BINGO	BINGO	BINGO
7 28 39 52 69	13 29 43 58 70	1 16 33 46 73	7 28 39 52 69	13 29 43 58 70	1 16 33 46 73
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

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

**GIPSON
ACTIVITIES**



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

Foot Care Clinic

Neneh Jallows-Avant, BSN,
is a Podiatrist-Trained Foot Care nurse.
Appointments are appropriate for individuals with
health issues and concerns, as well as diabetic clients.



**2nd & 4th
Saturday of
Each Month**

Schedule appointment at
Membership Services
\$50 per session

Questions? Contact Cora Koffski
425.818.2372 | ckoffski@voaww.org



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

Mondays Are *Delicious* at the Gipson Center

- July 11th: Berry Crisp
- July 18th: Chocolate Chip Muffin
- July 25th: Brownies

Free for Members every Monday until 11:00am

Alzheimer's Care Giver Support Group

- 2nd Saturday of the Month
- 10AM-12PM
- Mt. Olympus
- *Beginning July 9th*



GIPSON VOLUNTEER OF THE MONTH

Member **MIKE KOLOSSEUS**



Mike "The Professor" Kolosseus, retired from teaching economics at EVCC, has become our go-to volunteer for projects that require a methodical approach and attention to detail.

Mike has assembled cabinets, hung bulletin boards & photos, fixed furniture, moved chairs & tables, and tackled all manner of projects, big and small. Thank you!

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

THANKS TO THOSE WHO JOINED US FOR OUR FIRST ANNUAL GIPSON CENTER

RED, WHITE & BLUE BBQ



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 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





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

