When they share photos with me, most retirees show off their grandkids. Some show their pets. A few even show off surgery photos: stiches and scars and swollen body parts. But not Joyce Clark. Joyce Clark only shows me photos of one thing: The King, Elvis Presley.

This particular Elvis, the one who sends Joyce swooning after every show, is named Danny Vernon. “Whenever he’s in the area, we go see his shows. He’s just so cute, and he’s a nice guy. He remembers you. And, he’s got a nice little tush.”

Born in 1944 at Providence Hospital in Everett, Joyce was raised by Mary Gasparac and Steve Plesha, whose parents had immigrated from Yugoslavia, in what is modern-day Croatia. Her parents spoke Slavic to each other at their home in South Everett, but English to Joyce and her three siblings: Gene, Nancy and Margy.

“When we grew up, we spent our time picking strawberries and raspberries on our property and taking them to the cannery in Snohomish to get some money. They paid per flat. On the way home, we always stopped to get ice cream.”

Steve worked at the sawmill in Everett, then at a steel company down in Seattle, and the family didn’t have much. Joyce remembers pulling weeds, cleaning chickens her Dad had killed, and saving eggs to take them to Anderson’s Grocery Store, where she’d trade a dozen for a candy bar. Joyce loved helping her Mom in the kitchen. “I loved to watch my mom cook: beef or lamb stew, apple strudel or Potica, a walnut roll.” In the summertime, when Joyce’s mom worked a seasonal job at the cannery, “…I would do the cooking for the family.”

“In the summer we’d walk down to Silver Lake, go swimming and play in the water. We did a lot of camping when I was growing up, up at Gold Basin Campground. We’d hike up to Lake 22, then come back to the campground. After dinner, we’d roast marshmallows around the fire.”

continued on page 2
Young Joyce attended Wilson & Fairmount Elementaries, Olympic View Middle School, and then Everett High School, back when the Mukilteo School District didn’t have its own high school. After graduating in June of 1962, Joyce got married and had her three boys: Kevin (1964), Chris (1965) and Tom (1967). During those years, Joyce did what she’d always done: she worked. At Borden’s Dairy, Bartman & Bixter, and Acme Pump Service Station, helping in the office for the auto maintenance and repair shop.

Joyce helped Safeco Insurance transition from pencil-and-paper data entry to their first computer-based database. Though her marriage ended in 1976, she’d found a home at Safeco, where she worked for over 30 years.

There were lean years, of food stamps and welfare, where Joyce the single mom and her boys were trying to stay afloat. She scraped enough together to buy her own home, near 21st in Everett, took care of her family and even built up a retirement, which she needed in 2005 when she stepped away from working for good. Or so she thought.

“I’m not good at sitting around and doing nothing,” says Joyce, who saw an ad in 2006 in the Gipson newsletter that they needed someone to run the coffee bar. So Joyce showed up, and soon after they asked her to work in the kitchen, then substitute as a cook in other senior centers.

And, except for the pandemic and the cruises she takes once or twice a year, Joyce has been showing up ever since.

“I came because of the people, and there was a purpose.”

To see her Elvis photos, catch Joyce at Monday Bingo or volunteering in the kitchen on Wednesdays and Fridays.
In 2024, I want to lift more weights. And I want you to lift more weights.

It's not for vanity, though that might help motivate us both. It's to keep us alive and healthy, and to guard against Father Time, who starts shrinking our muscles after middle age.

In Outlive longevity expert Dr. Peter Attia shares that “...by age eighty, the average person will have lost...about eighteen pounds [of muscle] from their peak.”

“One of the prime hallmarks of aging is that our physical capacity erodes... We lose strength and muscle with every passing decade, our bones grow fragile and our joints stiffen, and our balance falters, a fact that many men and women discover the hard way, by falling off a ladder or while stepping off a curb.”

There's good news, though. The antidote is free and available to all of us: exercise.

Attia writes: “...no other intervention, drug or otherwise, can rival the benefit [of exercise]...exercise has the greatest power to determine how you will live the rest of your life. There are reams of data supporting the notion that even a fairly minimal amount of exercise can lengthen your life by several years. It delays the onset of chronic diseases, pretty much across the board, but it is also amazingly effective at extending and improving healthspan.”

In contrast to “lifespan,” “healthspan” refers to the number of years we are in reasonably good health, and we can do the things we want to do: garden, golf, get on the floor to play with a grandkid, walk to the theater, or put up our Christmas lights. Attia cites numerous studies that demonstrate that regular weight or resistance training is the best way to protect ourselves, to arm ourselves “...against injury and physical frailty.”

But, something is better than nothing. If lifting weights isn’t your thing – and it wasn’t mine for years – I hope you’ve found something else that you’ll stick with, something you enjoy. If you’re stuck, try one of our group exercise classes or schedule a time with our Activities Coordinator, Cora Koffski. She has a wonderful way of asking questions that can lead to small but significant changes in behavior.

Last, in February we’re running a fundraising campaign to support the Center, and you may get a request to donate. As we enter our third year here, I hope you are proud of what we’ve done together, and I hope you’ll consider giving, so we can keep growing this special community.

See you at the Center,

Cory Armstrong-Hoss
MEMBER NEWS

Carl’s CINEMA

On the big screen in Cascade View, Free for all members.

February 2024 Movies & Run Times

1st - Bucket List (1:42)
8th - Saving Mr. Banks (2:10)
15th - I’ll See You in My Dreams (1:37)
22nd - Up (1:41)
29th - Nine to Five (1:55)

Movies Begin
Thursdays @ 12:00pm

There is at least one intermission during each movie

Beginner’s Clog Dancing

Saturdays | 9-9:55AM
Mt Rainier Room

FREE for all members!
No registration required

First Class: February 3rd

Speaker Series:
February 2024

2/7 | KIMBERLY MOORE
Everett Parks & Recreation

2/14 | JOHN DEROUSSSE
Chief, Everett Police Dept.

2/21 | JERRI WOOD
Alzheimer’s Association

2/28 | KIM GAFFNEY
Big Brothers Big Sisters/YMCA
**Request for Member Ideas:**

The Carl Gipson Center has two counters with sinks in our lobby, including one that was previously home to Carl’s Cafe. What are your ideas about the best ways we can use these spaces, which are now mostly unused?

Criteria: Ideas 1) must either serve members or create revenue to support the Center, or both. And, 2) must not put additional, on-going responsibilities on our small staff team.

Submit your ideas to Director Cory Armstrong-Hoss at carmstrong@voaww.org or stop by to share your thoughts with Cory.

**Reminder: 2024 Parking Hang Tags**

We’re sharing a reminder that all current CGC Members get a parking hang tag included in your membership. Those parking in the garage or on Lombard Ave or Wall St in designated Center spots must have a 2024 Hang Tag to avoid getting a ticket.

**New Policy: Member Screening**

VOA’s Carl Gipson Center conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, VOA reserves the right to cancel membership, end program participation, and cooperate with law enforcement as necessary for all Sex Offenders. Sex Offenders (Levels 2 or 3) may not apply to become Carl Gipson Center members or volunteers, or participate in activities at the Carl Gipson Center.

**Know someone struggling with opioid addiction?**

They are not alone. Visit: [https://www.snohd.org/175/Heroin-Opioids](https://www.snohd.org/175/Heroin-Opioids) to learn more and get help.
Volunteer Income Tax Assistance (VITA) at the Carl Gipson Center


FREE Tax Prep & Working Families Tax Credit Application Help
Interpretation in Ukrainian available

- 10 consecutive Mondays from 2/12/24 through 4/15/24
- 9 AM – 5 PM
- Mt. Adams room
- Free to Qualifying Taxpayers

Questions? Call PIM Savvy: (206) 565-2961 ext 4

Don’t Got A Will? There’s A Way!

WILLS FOR SENIORS CLINIC
Saturday, February 17th, 2024
9:30am - 12:30pm

Provided to Seniors 60+
Must be low-income Snohomish County Residents
Must be at or below 200% Federal Poverty or at or below 80% Area Median Income
Must have no more than $20,000 in liquid assets
Must have no more than one “owned” real property, i.e., primary residence OR vacation residence

- Location: SCLS offices 2920 Colby Avenue, Ste, 102, Everett, WA

Please call 425-258-9283 to inquire about pre-registration

Pre-registration is required.
*Must qualify for services

For more information: www.snocolegal.org
GIPSON EVENTS

SUPER BOWL PARTY
AT THE CARL GIPSON CENTER
SUNDAY 2/11 | DOORS OPEN 2:30PM

$10 FOR MEMBERS
$15 FOR NON-MEMBERS
MINORS MUST BE ACCOMPANYED BY AN ADULT
FREE POPCORN & COFFEE BAR
PLEASE BRING YOUR OWN SNACKS, FAVORITE DISHES, AND ALCOHOLIC BEVERAGES*

*Alcohol consumption will be monitored by staff to keep a safe environment. Staff reserves the right to stop alcoholic consumption.

LEARN TO LINE DANCE!
Taught by Veta Blakesley
Saturday, February 3rd
12:30-1PM
$5 FOR MEMBERS | $10 FOR NON-MEMBERS
Enjoy live music preformed by C.C. Engel from 1-3pm and test out your new skills!

2024 Senior Resource Fair: Wednesday, May 15th
Sponsored by Molina
Does your agency have a resource that seniors can benefit from?
Registration is now open for our 2024 Senior Resource Fair.
Everyone enjoyed *“Beautiful: The Carole King Musical”* at the Everett Village Theatre.

The Carl Gipson Center hosted over 300 guests at the 2024 MLK Jr. March & Rally, coordinated by our partner: The Snohomish County Black Heritage Committee.

Our first Saturday Dance of 2024! Line dance class, partner dancing & live music - fun time!

Everyone enjoyed *“Beautiful: The Carole King Musical”* at the Everett Village Theatre.

Gul’s Extraordinary Culinary Adventure!
Operations Manager Gul Subaykan led her first cooking class. Look out for more opportunities to join Gul in our kitchen.
GIVING BACK

EAST COUNTY COLD WEATHER SHELTERS

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

Gul Subaykan
gsubaykan@voaww.org  (425) 818-2744

Gipson Volunteer of the Month

Susie has been an essential volunteer for the Carl Gipson Center for the last 2 years.

The Center appreciates the countless hours that Susie contributes. Her dedication to the center is inspiring.

You can find Susie working at the front desk several times a week. She also helps at bingo and community events. We could not do the work we do without her.

Susie, you are the best and we all appreciate you so much!

SUSIE DEVERA

NOVEMBER 1 - MARCH 15
when temperatures are forecast to drop to 34° or below

MONROE
MONROE UNITED
METHODIST CHURCH
342 S Lewis St

SNOHOMISH
SNOHOMISH EVANGELICAL
FREE CHURCH
210 Avenue B

EVENING SHIFTS
7pm-8:30pm – Help get the shelter ready for the evening.
8pm-10:15pm – Help with serving a hot meal and getting the guests settled in for bed.

MORNING SHIFT
6:30am-9am – Assist with waking the guests up, serving breakfast, and clean up.

Visit volunteer.voaww.org or get in touch with our Volunteer Coordinator Lindsay Donovan, at 425-349-0380 or email Ldonovan@voaww.org

Available for more than one shift? We encourage you to sign up for any you’re available for!
The Carl Gipson Center is sustained through funding from the City of Everett, Snohomish County Department of Human Services, foundations, corporations and individual donors.