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Sarri Gilman: A trailblazer who follows the path to ‘get it done’

By Cynthia Andrews
Homage Marketing and Communications Sr. Manager

In 1986, Sarri Gilman moved to Whidbey Island to work as a counselor at an alternative school. A new mother of twin girls, Sarri just wanted to work part-time and be a mom. But she saw that there was a bigger plan for her as life as she moved forward: “I’d been working with kids since I was twelve years old, but I had never seen what happens to kids on the street until I started working in Everett. Being living and working in Los Angeles, I’d not seen young people in school, living on the streets with no place to go. That really changed my life.”

Gilman did not set out to make a difference. She wanted to solve a problem. She wanted to get those children off the streets. However, there were no services for this population. “I complained to my principal that there were no services, and he finally said, ‘Start your own nonprofit Sarri.’ I laughed,” Gilman recalls.

With no experience starting a nonprofit, Gilman turned to the community for help. “When you are doing grassroots work, you don’t have to know everything, you create it as you go.” Gilman reached out to the North Everett Lions Club. As it happened, their scheduled speaker had canceled, and Gilman was invited her speak about her project instead. She recalls, “I walked in without a plan, but I had a need. I jotted some notes on a dinner napkin with hopes that they would hear my heart. That was the beginning of The Cocoon House.”

“There’s something very special about Everett. This community embraced me very quickly,” Gilman said. “I walked in without a plan, but I had a need. I jotted some notes on a dinner napkin with hopes that they would hear my heart. That was the beginning of The Cocoon House.”

“Many folks referred to Cocoon House as my baby, but, I had my own children to raise. I was a mom first!” Gilman knew that it was important for Cocoon House to succeed, but that success could not come at the cost of her own family. She recalls, “My mother’s instincts were on fire!” Gilman made her daughters’ education a priority, making sure she was there to pick them up from school and help them with homework.

From the time she herself was a child, Gilman recalls how she always became a part of her friends’ families. She shares that her friends’ moms have had the greatest influence on her life. “They encouraged me in school, guided me to become a counselor, encouraged me to remarried when I did.”

Gilman emphasized the importance of being embraced by a strong community, as she was. “The women of her childhood, the North Everett Lions, and the Everett community were critical to her success – ‘They all offered something to me - faith and confidence in what was possible.’

CONTINUED ON PAGE 2
March is Women’s History month, and many of us have read articles and posts about the lives of extraordinary women who helped shape and improve our world. As healthcare workers, reading these biographies helps us consider medical conditions that frequently affect women and how our knowledge about these conditions has evolved.

Other than gynecologic and breast cancers, what conditions are more common in women? Are these illnesses more common because of genes or hormones, or does lifestyle, culture, and environment play a role? We still do not know how these factors interplay, but medical research is helping us learn.

Most of us know that autoimmune diseases are more common in women. Sjogren’s disease, a condition that affects women over the age of 40, is the most common cause of dry eyes and dry mouth. Sjogren’s disease interplay, but medical research is helping us learn. Are these illnesses more common in women? Are breast cancers, what conditions are more common in women? Other than gynecologic and breast cancers, what conditions are more common in women?

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CONTINUED FROM PAGE 1

Funding the Cocoon House was only the catalyst for her future work. Sarri Gilman has been a licensed marriage and family therapist for over twenty years. She has merged her life experience building a nonprofit and her professional education to write books, give seminars and teach courses in teaching essential self-care skills. She emphasizes the importance of learning on your community.

Thirty years later, the Cocoon House still stands as a staple in this community, providing temporary and permanent housing for youth in Snohomish County. “It warms my heart to see that they are still there, solid and strong,” Gilman said with a large smile. “It’s like a tree that you plant in the woods and then many years later to see that the trunk is gigantic and is still growing. It astounds me to look back and see that it was all part of the plan.”

We never really know what the future holds, but when you look back at Sarri Gilman’s journey, it all makes sense. Change starts with a single step, and for Gilman that first step into the North Everett Lions meeting led her on this path that would have a tremendous impact on lives of children, youth, families, men and women around the world. It is essential that people who give surround themselves with tools to replenish and renew their spirit. This is the focus of Gilman’s three very successful online courses, designed to help essential workers during the pandemic. Sarri Gilman is a TED Talk speaker, and the author of three books: The Mystery of Knowing Journal: A writing Odyssey to be true to who you are, Transform Your Boundaries, and Naming and Taming Boundaries. For Healthcare and Human Service Providers.

She recently finished her memoir about her experience with the Cocoon House, and is currently looking for a publisher. All of this work has brought her to this place to help those who are helping others. Thank you Sarri for having the compassion to follow your heart and “Get It Done!”

Barb Lamoureux, SRES

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Work continues to expand access to vaccination. As eligibility opens to more people in the coming weeks, the Snohomish County Vaccine Taskforce wants to encourage all adults to get vaccinated when it’s their turn.

Some may still be nervous about the vaccine. As more people get vaccinated and share their experience, it can help boost confidence for others.

If you’ve received your COVID-19 vaccine, feel free to share your reasons to help encourage your friends, family and neighbors. You can find posters to download and print, then take a photo and share, at www.snohd.org/vaxupsnoco.

If you haven’t yet received your COVID vaccine and are currently eligible, please visit http://bit.ly/snocovaccine for information on the mass vaccination sites in Snohomish County (including online registration links), or call the COVID call center at 425-339-5278 if you need assistance with registration. The call center is available 8:30 a.m. to 4:30 p.m. Monday through Friday.

It’s also a good idea to check with your regular healthcare provider, clinic or pharmacy to see if they are offering COVID vaccine.

In general, the best vaccine is the one you are able to get. All of the vaccines that have been authorized are shown to be safe and effective in multiple rounds of clinical trials, and the Centers for Disease Control & Prevention encourages people to get the first vaccine available to them. While people may have a preference on which vaccine they would like to get, it is best not to wait if another vaccine brand is available sooner, unless you have talked to your doctor and there is a medical reason to avoid a certain brand of vaccine.

Remember: Even after you are vaccinated, it’s important to keep good, healthy habits. It will take some time before we have widespread immunity. When you are in public places like grocery stores or in any size group where someone who is with you has not been fully vaccinated, wear a mask and keep your distance from others. Wash your hands, and stay home if you feel ill.

Thank you for all you are doing to help keep Snohomish County healthy.
When it comes to Medicare, who’s in your corner?

By Ramonda Sosa
TakeCare Medicare Manager

Medicare insurance can be a challenge for anyone to understand. It often baffles beneficiaries, family members, and services providers alike. The threat of penalties can leave a beneficiary under-insured or worst, facing penalties. As a result, many turn to an advocate or agent to help them along the way. It is important to understand how they may help. A licensed Medicare Agent has been trained and licensed by the State. A licensed and certified advisor has the knowledge and expertise to lead consumers safely through the Medicare maze.

A good agent will assist with these key components:
- Explains clearly and reasonably understand the choices when it comes to Medicare
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- Reviews income and asset information for eligibility for assistance
- Assists after enrollment with issues such as claims management, formulary exceptions, and takes time to explain plan benefits and features

It is also important to be aware of agent activity that may not be in your best interest:
- Rushing or pushing the decision to enroll
- Refusing to review your medical providers, medications, hospital or pharmacy
- Selling only one or limit plans, providing limited options

TakeCare Medicare agents are licensed and certified. We are currently connected with multiple carrier representatives. We have the ability to explain the full scope of Medicare benefits. We are Original Medicare, Medicare Supplement, or Medicare Advantage. Medicare can be a smooth ride with a knowledgeable, caring agent in your corner. TakeCare Medicare will be your companion year round not just during annual open enrollment.

If you have questions regarding your Medicare call us 1-866-917-6056 or visit us online at TakeCareMedicare.org
The burden of Alzheimer’s falls mostly to women

By Carrie McBride

The Alzheimer’s Association recently released its 2021 Alzheimer’s Disease Facts and Figures report, providing an in-depth look at the latest statistics and information on disease prevalence, mortality, costs of care and impact on caregivers across the country and in Washington State. One thing is clear: the burden of Alzheimer’s continues to fall disproportionately to women.

Over 6 million people in the U.S. over the age of 65 are living with Alzheimer’s disease. Of those, nearly two-thirds or 3.8 million are women.

A woman’s lifetime risk of developing Alzheimer’s at age 65 is 1 in 5. Surprisingly, women in their 60s are about twice as likely to develop Alzheimer’s disease than men in the same age group. One thing is clear: the burden of Alzheimer’s falls mostly to women and that the certificate, award or recognition is not a requirement to practice law in the state of Washington.

*The State Supreme Court of Washington does not recognize certification of specialists in the practice of law.

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There is good news for those looking for a dentist in the Lynnwood area. Longtime dentist Dr. Brent Robinson is accepting new patients.

Robinson Dental is a family and cosmetic dentistry practice that offers services for all ages and for all issues from general dentistry to dentures and sleep medicine.

"We’re always looking for ways to help people better their oral health," Robinson said.

The office, located near the Alderwood Mall, was founded many years ago by Dr. Don Robinson – Dr. Brent Robinson’s father. The two practiced together until Dr. Don’s retirement in 2009.

Dr. Brent Robinson has continued to build on his father’s legacy by updating to the latest state-of-the-art technology and products.

“One of the interesting things about our practice is that we have gone on to further education so we offer everything in one office, he said.”

That means patients who are interested in getting their teeth straightened comfortably and discreetly with invisalign to replacing all their teeth with dentures featuring All-on-4 technology so they can get it taken care of here.

That’s different from many other offices where patients may need to visit two or three different practitioners in their quest for a comprehensive smile makeover.

In fact, Robinson prides himself on being able to handle very complex or involved cases all within his own office. He is a graduate of the Snohomish County Dental Society, and a member of the American Dental Association, the Washington State Dental Association, the Academy for Sports Dentistry, and the Academy for Sleep Dentistry.

Additionally, he is a mentor for Kois Center of Advanced Dentistry. “The Kois Center is an advanced curriculum for dentists. It teaches dentists how to do more advanced cases,” Robinson explained.

He is also able to create oral appliances for sleep apnea for patients. This technology is helpful for those who have mild to moderate sleep apnea and who are CPAP intolerant.

Robinson Dental patients who have the symptoms of sleep apnea — such as daytime fatigue and weight gain — also have access to at-home sleep study machines so they don’t have to go to a sleep center for an overnight stay.

“It’s a screening tool I use," Robinson said. “It’s free and no charge for people to get an understanding of their sleep.”

Robinson Dental stands out in another kind of sleep too. That’s sedation dentistry.

“For the fearful patient I do everything from Nitrous oxide to oral sedation like Valium to full conscious sedation,” he explained.

Robinson is trained and accredited to perform sedation dentistry but also has an anesthesiologist that will come in for those patients who need full general anesthesia.

He is very attuned to the comfort of all of his patients from those who are nervous to little ones just visiting the dentist for the first time. Robinson advises patients to begin bringing their children in at about six months-old, even if they don’t have any teeth yet. These “happy visits” catch issues early and also help to put patients from those who are nervous to little ones just visiting the dentist for the first time. Robinson advises parents to begin bringing their children in at about six months-old, even if they don’t have any teeth yet. These “happy visits” catch issues early and also help to put

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By Margaret Riddle
perspectivepast@gmail.com

Often we take hospitals and clinics for granted, but in the fight against the Corona virus, our healthcare workers have been heroic, taking a heavy personal toll in caring for us. Predominantly these workers are women and Women’s History Month is a good time not only to thank those in the profession today but to honor a group of dedicated women who started Everett’s first hospital, begun in difficult times.

Everett’s boomtown beginnings in the fall of 1891 left the developing town with a lot of raw edges. Workers toppled huge trees, blasting and burning their stumps, in order to clear the land for construction of houses, businesses and streets. Poor living conditions led to diphtheria, smallpox, typhoid and other diseases and work accidents were frequent. The few doctors and nurses in town worked in homes and offices.

There was no facility that could adequately handle emergency or long-term care treatment and these patients were carried by steamboat to established hospitals miles away. Some didn’t make it that far.

Efforts to build an Everett hospital began in 1892 when a group of well-connected women in town approached Dr. William Cox and together they drew up a plan...
residents rallied around the hospital cause. Everett’s Lady Managers accepted cash and property donations and gained annual hospital memberships, at $3 per person annually. They also sponsored community plays, dinners, concerts, bazaars, dances and picnics, the events thoroughly promoted by the local newspapers. Hoping to give the effort greater viability, the Everett Herald even asked Lady Governors to contribute a favorite recipe to be run in the newspaper, cookbook fashion. Hard times slowed progress however and they were unable to open in full as planned. They stepped up fundraising efforts with a Christmas bazaar that brought in enough money to complete the hospital.

The Everett Hospital opened in January of 1894 on Broadway Avenue near 33rd Street. Miss Jennie Huntley, a nurse with previous experience working in Massachusetts and New York, was chosen as the first hospital matron. Jennie lived on the first floor, sharing it with a reception area and surgery rooms. Patient wards were on the second floor and the third floor was expansion space to be used for additional beds and future nurse’s quarters. A laundry and a kitchen were in the basement.

The hospital plan, taking it to city council for support. By January of the following year they formed a board consisting of 25 Lady Managers, headed by Augusta Plummer Foster, a woman with strong management skills and connections with East Coast investors. The group chose to be called Lady Managers, copying a term used by women who managed the Women’s Building at the 1893 Chicago World’s Fair.

While most hospitals at that time were church affiliated, the Everett Hospital was non-denominational and the board set out to raise the $5,000 needed to construct a wood-frame building that would accommodate 30 hospital beds. Setting up an account at the Everett National Bank, they began to hunt more bugs (seriously, look it up!). What’s important to remember is that your sleep schedule will likely get messed up when daylight savings hit, but there are easy things you can do to fix it.

An obvious way to fix your sleep schedule is to try to go to sleep at the same time every night and wake up at the same time each morning. “Our bodies are set up to be used in rhythm—hence the circadian rhythm—so doing the same thing over and over again is going to help you get more and better sleep,” says Joshua Rigby, co-owners of E.S.C. Mattress Center.

Additionally, you should also wake up when your body tells you to. If you frequently hit the snooze button when you wake up just so you can have an extra 15 minutes of sleep, you’re not alone. But tomorrow when you wake up, think again before hitting that snooze button. Not only will hitting snooze likely make you feel more foggy and tired, but it can also disrupt your body’s internal clock, causing major health problems. “With that, you’ll want to stay away from caffeine after 3 p.m., as that also has the potential to mess with your body’s internal clock,” Rigby adds.

Finally, when we sleep, complex processes take place in our brains, which is one reason why people sleep better in dark rooms. Your brain’s pineal gland is responsible for the production of melatonin, a hormone that promotes sleep. Because light blocks the production of melatonin, total darkness is the best way to get a great night’s sleep.

There’s no denying that daylight savings time can make it harder to sleep, but for now, it doesn’t look like it’s going anywhere soon. The best we can do is be ready for the event and try a few smoke tricks to get our sleep schedule back on track.

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Because he has high blood pressure.

When vaccines are finally available

He is afraid

So Gómez, 70, never saw his father

The pandemic began, Gómez and his

For a few stretches in the U.S. When

Although over the years he had lived

Sometimes feels unbearable, he said.

When COVID-19 vaccine in January, he's

I would have given my spot up

The man who taught him to be

The thought that his father died

Gómez fears that “since people of
too many people will die

He thought that his father died

Since Jesús Gómez got his first dose

As he waits for his second dose of

Since March 2020, Gómez and his

Due to the high pressure in his heart,

Although over the years he had lived

His father began to show symptoms

It is a shame that they did not get

In Mexico, as COVID-19 cases

Manuel López Obrador refuses to

The elder Gómez had always been a

He talked about the day he walked into

Angry “at the people who did not

It is a shame that they did not get

By Laura Rodríguez Presa

Hoyt Avenue in 1904.

By Candace Trauman who wrote the story of the lady

One of how many more people will die

To travel to the United States.

That’s the reason why I am so afraid.

And even greater numbers assisted

The thought that his father died

The man who taught him to be

The elder Gómez had always been a

Newly released data from the state

This is the man who taught him

He was afraid

Since Jesús Gómez got his first dose

I would have given my spot up

When vaccines are finally available

Thousands of Black and Latino

Gómez fears that “since people of
too many people will die

Since March 2020, Gómez and his

The man who taught him to be

The man who taught him to be

Even though Black and Latino communities have been disproportionately affected by the virus, the near-bloodhounds where they live have had the lowest vaccination rates in the Chicago area.

As of the end of January, a month into the vaccination effort, the rate of Latino and Black residents’ vacci

The manager of the Snohomish County Women’s Legacy Project.

Managers for the Snohomish County Women’s Legacy Project.

Managers for the Snohomish County Women’s Legacy Project.

Managers for the Snohomish County Women’s Legacy Project.

He also made it.

Because he has high blood pressure.

Because he has high blood pressure.

Because he has high blood pressure.

Because he has high blood pressure.
Learning to care about life again

Nancy Brosmer, M.S., C.C.
Homage Lead Mental Health Specialist

Have you found yourself pretty discouraged about life recently? Are you having difficulty figuring out a better tomorrow? Do you find yourself wondering how to care about life again? I’ve spoken with many individuals over this past year asking this specific question, “How do I care about life when life doesn’t seem to care about me?”

Do you ever feel like the world is circling around you without ever stopping to take notice of you? We need something in our lives to stop this circling. I had a client saying to me that she wanted to “be in” the world. So let’s take that step “in” and ask ourselves, “What am I doing here? So, let’s take that first step. If you don’t have someone who cares about you and what you need in order to start caring about life is the first step. If you don’t have something to look forward to then you’ll automatically ask yourself, “What am I doing here?” So, let’s talk about some things that might help you care about life again.

Let’s start with the simple act of smiling. I can access this explanation about the importance of smiling by NeuNution. “Each time you smile your brain feels really happy. Smiling activates the release of feel-good messengers that work towards fighting stress (B.L. Seward, 2009). These messengers help you experience a whole range of emotions, from happiness to sadness, anger to joy, or even just relief.” When a smile flashes across your face, dopamine, endorphins and serotonin are all released into your bloodstream, making not only your body relax but also work to lower your heart rate and blood pressure.

In relation to smiling, having a sense of humor can be a catalyst to learning how to care about life again. I remember reading the Reader’s Digest for many years and it always had a section about life that laughter did in fact make me feel good. As I was reading, I felt like the outside world stopped circling just long enough for me to engage in laughter. Of course, laughter didn’t solve all my problems but for that short period of time, I felt happy and that happiness was just enough to get me through the day.

You need to find what you’re passionate about in your life. Maybe there’s something you’ve always wanted to try or do in your life. Maybe you’ve always wanted to write a short story, design something (hats, cards, etc.) or try your hand at painting. The world is at your disposal and you and only you get to decide what you want in your life. This may involve setting a goal, whether it’s a short-term or long-term one, the purpose is to do whatever makes you care about life again.

If you’re having a hard time trying to decide what it is that would make you care about life again, take a piece of paper and a pen. Start writing down things you did as a child that you enjoyed, movies you like, Bible verses that inspire you, tv shows you love, activities you enjoy such as gardening, taking a college class or course online, walking or listening to music. Anything that has made a difference in your life and that brings a smile to your face and warms your heart. If what you’ve been doing in your life isn’t working, it’s time to find a new path.

Always remembering this is all about you now. It’s important that while you’re on this journey not to be pessimistic or cynical. You don’t need that negativity in your life. You want things that can brighten your mood, that can bring you up when you’re having a bad day. Things that motivate you. I understand that life can be really tough and there are days that you just shake your head and go back to bed. This is the time when you need to take that first step and engage in the world. You have control over your life on this earth. Do you want the world to keep circling around you without ever stopping or do you want to stand up for yourself and start caring again? You get to choose whether you want to change the trajectory of your life or not; right here, right now.

Homage is here to help with your journey. By calling our Older Adult Access line at (425) 290-1260 you’ll talk with someone who cares about you and will work to help you find the resources you need to start caring about life again. It’s not through another day of circling. It’s time to stop that circling and step “into” the rest of your life.

Nancy Brosmer

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Dr. Robert Hughes
Golden Gloves’ first Black state champ reclaims his hidden past

By Pam Kragen
San Diego Union-Tribune

SAN DIEGO — Back in 1964, John Phillips became the first Black boxer in the United States to win a Golden Gloves state championship.

The retired truck driver, who turned 81 recently, has a stack of faded newspaper clippings and photos at his San Diego home that attest to his pioneering Golden Gloves wins. But these memorabilia are the tip of the iceberg he’s got. Back in the early 1960s, amateur Black athletes’ accomplishments rarely made it into the history books.

“There’s not a record of it now if you look for it online,” he said. “What I have here with me is basically in the history books.

Today, Phillips is a grandfather of eight who has built a comfortable life for himself and his second wife, Renee, far away from Texas. Although he’s happy to answer questions about his boxing days and the discrimination he faced, he doesn’t dwell on the past.

Phillips grew up boxing, or more like boxing gave up on him, when he was no longer able to quality for his California state boxing license at age 38. But more than four decades later, the man once known as “Big John,” still practices punching on the heavy bag in his corner. At Chula Vista High School and grown up in a Houston suburb, Phillips had known he was home by the rhythmic sound it made. “I was a good basketball player but nobody wanted a Black guy on their team. I was good at football but I couldn’t play that. I didn’t go to prom because nobody would date a Black guy.

When Phillips graduated, he joined the Marine Corps in 1958 and served for three years. After he came home in 1961, he enrolled in the inaugural semester at Fledgling Southwestern College, which operated at Chula Vista High for its first three years. While playing tackle football for Southwestern, Phillips was named to an all-conference team and he had dreams of playing professionally. But one day he was at home messing around with a gun and shot himself in the foot. No longer able to play and with a $40 hospital bill to pay, he left school and got a job washing pots at the North Island naval station in Coronado.

Then one day in 1962 he saw a recruiting ad for Black heavyweight boxers in The Ring Magazine. At the time, cities that wanted to field a Golden Gloves team were required to have Black participants, so two Houston gym managers put out a national call for trainers. With a cousin, Phillips drove to Texas, arrived there with no guarantee he would even affiliated after he crossed the state border.

“We pulled into a gas station and saw signs for four bathrooms for men, women, colored men and colored women. I didn’t know if we should stop or not,” he recalled. “When we got to Houston we asked a guy for a motel where we could stay and he said the only motel for colored people was on Jefferson Street.”

Phillips had experienced subtle racism in California, but nothing so overt as in Texas where there were separate beaches, hospitals, taxicabs and restaurants for Black people, and they were usually of inferior quality. Even Black-owned restaurants wouldn’t serve him. Phillips made his home in a Houston gym where he trained all day and slept on a cot each night. After 14 months of training, he had his first Golden Gloves heavyweight bout against a fellow Black boxer and no longer able to qualify for his license by default. That win sent him to the state championship in February 1964 where he won the heavyweight division. According to newspaper articles, Phillips was the first Black boxer to win a Golden Gloves state championship.

With fellow Houston boxer Jesse Valdez, who won the state welterweight championship that year, they brought the state Golden Gloves trophy back home to Houston for the first time in 28 years. After that win, Phillips went pro and married his first wife, Barbara.

Phillips’ boxing career had ups and downs, but he had one big win in his corner: Houston Post boxing columnist John Hollis, who went on to become a top fight magazine’s sports editor and, later, a member of the Houston Boxing Association. In 1966, Hollis wrote an enthusiastic column about Phillips as a man of character.

“Phillips is a 27-year-old heavyweight probably will never win a championship belt, but as far as I’m concerned he’s already a champ,” Hollis wrote. “He has power and speed and reflexes, and when I watched him last I would have thought he would have never seen a rope and didn’t get up. He became the first Negro to win a Golden Gloves state championship.

Just over a week after Phil- lips’ clinched his Texas title, Kentucky-born Cassius Clay won the world heavyweight championship and announced his name change to Muhammad Ali. Five months later, the U.S. Congress passed the landmark Civil Rights Act of 1964. Phillips realized that after the act forced Texas to begin dismantling its segregation policies, life didn’t change much for Black people in Texas.

“There was a lot to overcome, so it was as if the people were brain- washed,” he said. “Even though Blacks could go somewhere, they were so used to doing the same thing they never branched out.”

Caruso said growing up in a multi-racial family — her mother Barbara is mixed race — meant that she and her siblings dealt with prejudice from both sides.

“We were not Black enough or White enough,” Caruso said. “But my dad set an example for us of how to live.

When Phillips earned enough to buy a home in the late ’60s, he left Texas and moved his growing family back to Chula Vista. He worked for a few years as a painter with the Rohr aerospace company in Chula Vista, then got a trucker’s license and drove semis for the next 20 years until he retired. In his downtime, he worked as a boxing trainer for Dan Ham, a businessman who ran a boxing gym in Mission Beach. Among Phillips’ trainees was ’80s-era boxer John Caruso.

Caruso said her father at 81 is in a good place in his life. He felt guilt over a divorce from his first wife, Barbara, and in 1990, their son, John Jr., was killed in a motorcycle accident. He also fought and beat throat cancer several years ago and has spent much of the past year at home due to the pandemic. But life is set back over from those days. He and Renee, a retired schoolteacher who started dating 25 years ago, are taking a birthday trip to a resort in Cabo San Lucas.

“I feel so happy to see him smile and see him happy these days,” Caruso said. “He’s an amazing man and has always been my hero.”
By Michelle Frye
Homage Volunteer Manager

Since March is also National Health Month, I think it is timely to point out the health benefits of volunteering. According to the Mayo Clinic, they identified six specific benefits. Volunteering helps us by:
- Decreasing the risk of depression
- Gives a sense of purpose and teaches valuable skills
- Keeping us active both physically and mentally
- Buffering stress and reducing risk of disease
- Lowering mortality rates over those who do not volunteer. In addition, several studies have shown that volunteers with chronic or serious illness experience issues. No counseling experience is needed. One-on-one counseling for adults 60 and older who are struggling with life changes, loss, or emotional issues.

Other volunteer opportunities:

Advocacy & Outreach: take a moment to thank our elected officials for their votes and support in ensuring funding for the Older American’s Act, Meals on Wheels, and emergency meals for vulnerable adults. Raise Awareness — help spread the word about Homage and receive the most updated news about our programs, follow us on Facebook and Twitter.

Volunteer at Local Food Banks: many of you are concerned that our clients have adequate food. Until we can use your skills directly, please consider volunteering with our area food banks. Many of our clients utilize these resources.

Homage Volunteer Manager

St. Timothy Lutheran Church
We are open and welcome you to join us

St. Mary Magdalene Catholic Church
4575 – 78th Ave, Everett WA
8:00AM, 10:00AM and 12 PM (Spanish), 2PM (Vietnamese)
Holy Thursday: Mass of the Lord’s Supper . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .7PM
Good Friday: Stations of the Cross . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .3PM
Holy Saturday: Easter Vigil . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .8:30 PM
Easter Sunday: Mass of the Resurrection . . . . . . . . . . . . . . . . . . . . . . . . .8:00AM, 10:00AM and 12 PM (Spanish), 2PM (Vietnamese)

ST. JOHN MISSION
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