



7th Annual
SENIOR AWARDS LUNCHEON

Mission: To enrich lives

FRIDAY, SEPTEMBER 28, 2018

Silent Auction - 10:30 a.m.
Luncheon and Program - 11:30 a.m.

The Camby, Autograph Collection Hotel





LENDING A HAND. MAKING A DIFFERENCE.

If we give a little, it can mean a lot to someone in need. For more than 130 years, we've been honored to support local organizations like the Diana Gregory Outreach Services Foundation. Together, we can deliver hope where and when it's needed.





Welcome

A warm welcome to all—our sponsors, supporters, guests, and volunteers!

You do make a difference! Your generosity has enabled Gregory's Fresh Market to support the health and well-being of seniors for the last eight years. More than 7,500 seniors residing in independent living facilities in the Greater Phoenix area have been served by GFM. On behalf of the Board of Directors, thank you for joining us at the Gregory's Fresh Market 7th Annual Senior Awards Luncheon.

Today we gratefully honor the accomplishments of seniors and their residential service coordinators and celebrate GFM's progress towards its mission to enrich lives. Diana Gregory's Outreach Services (DGOS) is dedicated to the health, nutrition and fitness of all Arizona seniors. GFM directly addresses the health disparities confronting under-resourced communities. We do so primarily through our mobile produce market, which operates in senior communities lacking easy access to healthy food. And our holistic approach also includes community organizing, advocacy and education to increase senior awareness and acceptance of healthy food choices.

Please join in congratulating this year's honorees and their commitment to our communities. I look forward to greeting and thanking each of you for being an essential part of what we do: ensuring that no senior or veteran goes to bed hungry.

Sincerely,

Diana L. Gregory
President and CEO, Gregory's Fresh Market,
a division of Diana Gregory Outreach Services

All proceeds from the luncheon will directly benefit senior nutrition and health. Overall, 99% of the funds GFM raises are spent solely on the selection and delivery of fresh fruits and vegetables. By visiting us online, learn more about our programs at www.dianagregory.com, on Facebook at Gregory's Fresh Market Place and on Twitter @GFMP. Donors can also contribute through United Way by writing in Diana Gregory Outreach Services on their pledge form designated #59973. Your contributions are tax deductible as we are a non-profit, 501(c)(3) tax exempt organization.

We are approved for the Arizona tax credit.



STATE OF ARIZONA
OFFICE OF THE GOVERNOR

DOUGLAS A. DUCEY
GOVERNOR

EXECUTIVE OFFICE

September 2018

Welcome!

As Governor of the State of Arizona, it is my pleasure to welcome you to the Gregory's Fresh Market's (GFM) 7th annual Senior Awards Luncheon in Phoenix, Arizona.

GFM is recognizing the many contributions of former Arizona Supreme Court Chief Justice Ruth Van Roekel McGregor and her mother Marie Van Roekel, former Congressman Ed Pastor, Al McCoy, and Ida Keeling, as well as the local businesses at this luncheon. Arizona commends GFM on its commitment to educating our seniors with programs that teach simple solutions for healthy cooking, healthy eating, and incorporating appropriate fitness.

Best wishes for continued success and a memorable event!

Sincerely,

Douglas A. Ducey
Governor
State of Arizona



A PROCLAMATION

GREGORY'S FRESH MARKET DAY

Gregory's Fresh Market is dedicated to ensuring that no senior or homeless veteran goes to bed hungry. The organization has enriched the lives of more than 7,500 Phoenix-area seniors by bringing them fresh fruits and vegetables and has helped address food access and health disparities among other traditionally underserved communities. Its programs include Seniors on The Move, Grandparents Raising Grandchildren, Veggies for Veterans and The Gift of Nutrition. Educators with the organization also teach classes on leading a healthy lifestyle.

On September 28, Gregory's Fresh Market will present its Seventh Annual Senior Awards Luncheon at The Camby Hotel in Phoenix. This year's honorees include former Arizona Supreme Court Chief Justice Ruth Van Roekel McGregor and her mother Marie Van Roekel, former Congressman Ed Pastor, Al McCoy and Ida Keeling, and a number of local residents and businesses that have generously supported Gregory's Fresh Market and its work in the community.

NOW, THEREFORE, I, THELDA WILLIAMS, Mayor of the City of Phoenix, Arizona do hereby proclaim September 28, 2018, as GREGORY'S FRESH MARKET DAY ask each resident to join me in recognizing the organization for its work improving the lives of local residents.

Thelda Williams

Special

ACKNOWLEDGMENTS

PRESENTING SPONSOR



PLATINUM SPONSORS

*The Official Airline of Diana Gregory
Outreach Services Foundation*



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GOLD SPONSORS



Thanks to our luncheon sponsors. Please support them. They made today's luncheon possible.

SILVER SPONSORS



BRONZE SPONSORS



Honorable
Ruth McGregor

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Desert Botanical Garden Community Garden

HELPING HANDS. BIG HEARTS.

Big Thanks.



Blue Cross Blue Shield of Arizona is proud to support the Diana Gregory Outreach Services Foundation and share in your mission to improve the health and well-being of our community. We would also like to congratulate this year's honorees. Your dedication and leadership inspires us all.

LEGACY AWARD
Former Congressman Ed Pastor

TREASURE OF ARIZONA AWARD
Al McCoy

MOTHER & DAUGHTER
LIFETIME ACHIEVEMENT AWARD
Former Arizona Chief Justice Ruth Van Roekel McGregor
& Marie Van Roekel

OUTSTANDING FITNESS AWARD
Ida Keeling



**BlueCross
BlueShield
of Arizona**

Luncheon

PROGRAM

WELCOME **Susan Casper**
Co-Host Sonoran Living, ABC15

INVOCATION **Reverend David Ragan**
*Senior Vice President of Resident Services
Beatitudes Campus*

THE NATIONAL ANTHEM **Renee Morgan Brooks**
Motivational Performer

ACCOMPANIED BY:
Adrienne Bridgewater
Harpist

**PRESENTATION OF BERNANDO
LAPALLO CENTENARIAN AWARD** **Susan Casper**

**PRESENTATION OF TREASURE OF
ARIZONA AWARD** **Mark West**
*VP of Alumni Relations
Phoenix Suns*

PRESENTATION OF LEGACY AWARD **Anna Maria Maldonado**
*Director of Sales and Marketing
Care1st Health Plan of Arizona, Inc.*

LUNCH AND RAFFLE

WIND BENEATH MY WINGS **Renée Morgan Brooks**

REMARKS **Diana Gregory**
Founder, Diana Gregory Outreach Services

**PRESENTATION OF MOTHER &
DAUGHTER LIFETIME ACHIEVEMENT
AWARD** **Tim Berg, Director**
Fennemore Craig

**PRESENTATION OF OUTSTANDING
FITNESS AWARD** **Dana Kennedy**
State Director, AARP

CLOSING REMARKS **Susan Casper**

Congratulations to all the honorees!

*Thank you for being
an inspiration and
empowering others
to live their dreams.*



**SONORAN
LIVING**



Susan Casper
Co-host Sonoran Living

BHHS Legacy Foundation salutes
the 7th Annual Senior Awards recipients.
Thank you for giving your time, talent,
and heart to help others.



BHHS Legacy Foundation offers a special congratulations to
Gregory's Fresh Market.
We are proud to partner with you to help improve the lives and health
of seniors and veterans in our community.



360 E. Coronado Road, Suite 100
Phoenix, Arizona 85004
bhhslegacy.org
602-778-1200



Thank YOU

[BERNANDO LAPALLO
CENTENARIAN AWARD]

Hilda Jones & Juanita Zeitler

***We would like to give special
acknowledgments and thanks for
sponsorship and support of senior
programs.***

BHHS Legacy Foundation
Experience Matters
Carstens Family Funds
African American Women's Giving &
Empowerment Circle
City of Avondale
Walter & Dr. Kay Oliver
William Jones
APS

Honorable Ruth McGregor
William & Molly Norwood
Wilma Davidson, Ed. D.
Sara Presler, JD
Dr. Gregory & Thelma Morris
Charles Hughes
YWCA Metropolitan Phoenix
Robert Jackson Fine Art
Scottsdale Chapter, National
Smart Set
Albertsons Safeway
SRP AACC
State Farm AAF
Joe & Ruth Castanheira
Life Matters Today Television Inc.

***Thanks to the following
organizations and people for
sponsoring seniors.***

William Jones
David Ragan
Ronald Stokes
Lynn Murphy
Dinia Johnson
OD & Emery Burr
Ed Soifer
Marge Day
Bob & Lesley Strauss
Dr. Victoria Jones
Martelle Chapital-Smith
Samantha Maracle
Larry & Joy Harper
Carl Davenport
Dr. Josephine & Louis Pete
Harold Bernd
Dr. Kelly Hsu
Roz Bankston State Farm Agency
William Laufer
Danielle Gilliam
Nancy Nelson

Peggy Austin
Kimberly Oglesby
Trish Gregory
L. Elaine Neal
Bob Martin

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***Thank You to our volunteers
for contributing over 6,600
hours. Your support is
invaluable.***

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Bella Maldonado
Rickey Johnson
Wilma Osborne
Lynn Murphy
Dr. Josephine Pete
Louis Pete
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Richard Casper
Helen Siordian
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Victoria Jones

Alana O'Neal
Molly Romine
Rachel Regnier
Annette Yates
Bill Pankey
Jim Lawrence
Elena Lawrence
Tom Hillmer
Wanda Hillmer
Amy Carden
Darrell Smith
Roxanne Gehl
Naomi Johnson
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Carlita Carey
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Falecia Muhammed
Kam Law
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Saul Blair
Tina Schino-Arns
Diane Saavedra
Don Seymour
Kathy Seymour
KT Simmons
Joan Downs
Maria Ramirez-Trillo
Harrah's volunteers



OUR MISSION IS TO ENRICH LIVES.

The mission of Diana Gregory Outreach Services is to enrich lives through healthy eating. We do this by providing access to fresh produce to low-income seniors, veterans and vulnerable individuals in our community who are experiencing health disparities. Our impactful programs and services are focused on holistic health, nutrition and fitness through on-site farmers' markets and educational programs. Our purpose is simple: "We have a responsibility to ensure no senior and their families in our community go to bed hungry."

2017 AWARD RECIPIENTS

Bernando LaPallo Centenarian Award

Ms. Jerrylean Mack
Ms. Vicky Moe

Treasures of Arizona Award

Dr. Lattie & Elva Coor

Advocacy Award

Dr. Donald R. Campbell

Lifetime Achievement Award

General Gregory Melikian (Ret)

Outstanding Fitness Award

Arthur Duncan

2016 AWARD RECIPIENTS

Bernando LaPallo Centenarian Award

Ms. Lula Ransom, Amber Pointe
Ms. Mary Cook

Community Collaboration Award

Elaine Ryan

Community Health Award

Dr. Leland Fairbanks

Legacy Award

Elizabeth White

Athlete of the Year

Sister Madonna Buder

Dick Gregory Humanitarian Award

Honorable Cecil Patterson, Retired Judge

Lifetime Achievement Award

Alfredo Gutierrez

Corporate Philanthropy Award

Sue Glawe

Volunteer Service Award Recipients

Dr. Kay Oliver
Dr. Josephine Pete
Wilma Osborne
Barbara Atkins
L. Elaine Neal
Dr. Gladys McGarey
Ms. Vicky Moe

2015 AWARD RECIPIENTS

Community Collaboration Award

Lester Strong

Lifetime Achievement Award

Dr. Pearl Tang

Dick Gregory Humanitarian Award

Archer-Ragsdale Arizona Chapter of Tuskegee Airmen

Service Coordinator Advocacy Awards

Amy McWilliams, Fellowship Towers
Brenda Taylor, Broadway House
Gabriela Razo, Tolleson Senior Center

Outstanding Fitness Award

Tao Porchon-Lynch

Senior Volunteer Awards

James Soudriette, Beatitudes Campus
Helen Lou Woody, Tanner Terrace

2014 AWARD RECIPIENTS

Community Collaboration Award

Cloves C. Campbell, Jr.

Lifetime Achievement Award

Dr. Gladys Taylor McGarey

Dick Gregory Humanitarian Award

Calvin C. Goode

Outstanding Fitness Award

Ernestine Shepherd

Senior Volunteer Awards

Iris Anderson, Tanner Terrace
Fred Burch, Washington Manor

Advocacy Awards

Joe Montagna, National Church Residences
Debbie Gallacher, Arizona Retirement Homes I and II
Yudi Cesar Artis, Broadway Terrace

2013 AWARD RECIPIENTS

Lifetime Achievement Award

Dick Gregory

Senior Volunteer Service Awards

Maria Linda Alonzo, Desert West Senior Center
Louvie Gose, Manistee Manor
Dennis McGarry, Westward Ho

Centenarian Award

Hilda Jones, Tanner Terrace

Advocacy Awards

Angela Banks, Tanner Terrace
Margaret Day, Manistee Manor
Lana Remers, Salvation Army
Laura Danieli Senior Center
Fran Watson, Westward Ho
SuAnne Williams, Beatitudes Campus

2012 AWARD RECIPIENTS

Community Collaboration Award

Ted Palmisano, Peddler's Son Produce

Lifetime Achievement Award

Centenarian Bernando LaPallo

Senior Volunteer Awards

Centenarian Vicky Moe, Beatitudes Campus
Laurentius Zegers, Phoenix Manor
John Geary, Sunnyslope Manor

Pioneer Awards

Ledale Miles, Tanner Gardens
Kathleen Good, Washington Manor
Doris Hudson, Fillmore Gardens
Devieka Rajbansee, Sunnyslope Manor
Sonia Chavez, Pine Towers
Rosanne Schleifer, Maryvale Parkway Terrace

Advocacy Awards

Debra Rapp, Stone Creek Village
Cheryl Lang, Phoenix Manor



IDA KEELING

Track & Field World Champion

[OUTSTANDING FITNESS AWARD]

Current world champion, civil rights activist, centenarian, and American hero. Ida Keeling, a 4'6", eighty pound dynamo is a track and field runner who turned 103 this year. Miss Ida, as she is known, became a phenomenon in 2011 at the age of 95 when she set an age group world record with a sub-30 second 60-meter run.

She has set multiple world records for females simply because no female has ever run these events at her age. She set inaugural records at the World Games in France; the Penn Relays; and has set records as the first woman to ever complete a 100-meter dash at 100 years old. Her world records currently total seven.

In February 2017, Miss Ida fell in her home and fractured her femur. After surgery and weeks of therapy, Ida fought and trained her way back to yet another world record just 12 months later.

Ida's story of becoming a world class runner started at the age of 67 with the encouragement of her daughter, Shelley, also a World Champion in Track and Powerlifting. She had become concerned about her mother's health and knew running would help. Ida was suffering from depression brought on by the violent drug-related deaths of both of her sons within two

years eight months of each other. "This was totally unexpected," says Ida. "They had each served in the military; had married and had children; but the violence related to drugs is an ever-present danger no matter what age a person is." Ida learned after that first race that "exercise is the best medication out here."

Hardship was an unwanted but not unfamiliar visitor in Ida's life as she explains in her book, a memoir entitled *Can't Nothing Bring Me Down: Chasing Myself in the Race Against Time*. A long-time resident of Harlem, Ida spent her formative years in the Great Depression, when she had to work various odd jobs as her family's grocery store was forced to close, and they lost their property. Her husband died when he was 42, leaving her with four children to raise. The last two, Laura and Shelley, (Cheryl), from her second marriage, were only seven and nine years old at the time of his death.

Her eldest daughter, Laura, worked as the president of two Urban League affiliates and her youngest daughter, Shelley, an entrepreneur, became CEO of her Wall Street investment and management firm after being a senior clerk to a Justice in State Supreme Court, Manhattan. She also coaches HS Track athletes and trains her mother. She says of her mother, "She is a gallon in a half pint package."

Ida Keeling's compelling story was featured in a segment in the Carl Reiner-hosted documentary, *If You're Not in the Obit, Eat Breakfast*, on aging over 90, which premiered on HBO in June of 2017. She is definitely a woman with the gumption to function!

MR. AL McCOY

The Voice of the Phoenix Suns

[TREASURE OF ARIZONA AWARD]

“Shazam, Zing Go the Strings, Heartbreak Hotel.” An unparalleled style. And the Voice of the Suns. Arizona Sports Radio Play-by-Play Al McCoy has been called the dean of NBA play-by-play announcers. The 2018-2019 season marks his 47th season with the Suns as he calls play-by-play action on Arizona Sports Radio and the Suns radio network. McCoy’s tenure with the Suns is the longest consecutive run with one team among NBA broadcasters in league history and is nearly the length of the franchise’s existence.

McCoy first hit the air during a preseason game on September 27, 1972, and has been synonymous with Suns basketball ever since. McCoy will forever be remembered for his call in the 1976 Suns-Celtics NBA Finals at Boston Garden when he had to move an inebriated fan off his lap as he was describing “The Shot Heard ‘Round the World” by Garfield Heard that sent the game into the third of three overtimes.

A native of Williams, Iowa, a tiny farming community, McCoy was a member of his high school basketball team and was influenced by legendary broadcasters Harry Caray, Bert Wilson and Jack Brickhouse. His own broadcasting career began in 1951 at KJFJ Radio in Webster City, Iowa when he was a freshman at Drake University majoring in drama and speech.

In 1958, he arrived in Arizona to do play-by-play for the Triple-A Phoenix Giants baseball club. He has also covered Phoenix Roadrunners hockey, Arizona State football and basketball and filled in as backup for the Arizona Diamondbacks. Mr.



McCoy added a call of the Phoenix Mercury to his distinguished resume, providing play-by-play on NBA TV for a playoff game on the Mercury’s run to the 2014 WNBA title.

He and his beloved wife Georgia, a Valley artist who passed away in 2012, have three sons: Mike, and twins Jay and Jerry. McCoy is an accomplished jazz pianist.

20-time “Best of the Valley” play-by-play announcer
Phoenix Magazine

Phoenix Suns Ring of Honor
Phoenix Suns, 2017

University of Iowa Hall of Pride
2015

Al McCoy Media Center Dedication
Phoenix Suns, 2007

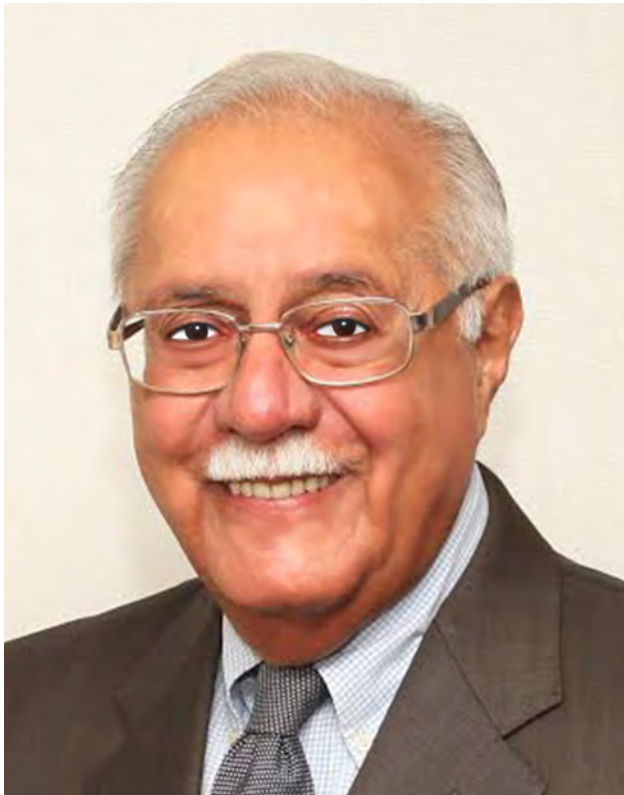
18th Annual Curt Gowdy Media Award
Naismith Memorial Basketball Hall of Fame, 2007

Silver Circle Award
National Academy of Television Arts & Sciences, Arizona Chapter

Lifetime Achievement Award
House of Broadcasting

Arizona Broadcasters Association Hall of Fame
2004

Drake University’s Alumni Achievement Award
1994



HONORABLE ED PASTOR

Congressman (Ret.)

[LEGACY AWARD]

Teacher, congressman, and public servant. Ed Pastor has set and met many milestones in his career.

He grew up in the copper mining town of Claypool, AZ, where his father was a miner. The eldest of three children, Mr. Pastor was the first in his family to graduate from college. With a scholarship to ASU in Tempe, he earned a degree in chemistry. His commitment to helping others began with his first year teaching at North High School in Phoenix in 1966. In 1969, he moved to the Guadalupe Organization, Inc., a non-profit, working with the people of Guadalupe, AZ. He also served as board member for the Maricopa County legal aid society. In 1971, he left to attend the ASU Law School. His work with students, families, and seniors motivated him to spend his life in service to others.

And, indeed, he has. He joined Governor Raul Castro's staff where he worked on civil rights and equal opportunity issues. He served three terms on the Maricopa County Board of Supervisors. Mr.

Pastor was elected to Congress in 1991 where he served for 23 years until his retirement in 2015. He was tapped during his congressional tenure to be one of the party's chief deputy whips. Mr. Pastor championed many infrastructure projects in his home state, especially those connected to energy development, water access, mass transit, environmental programs, and he was an advocate for Arizona's American Indian communities.

He has served on almost twenty local and national Boards of Directors including the CPLC, Valle del Sol, National Council of LaRaza, National Association of Latino Elected Officials (NALEO), and Neighborhood Housing Services of America.

Tirelessly, he still serves others: He sits on the Board of the Arizona Nature Conservancy with specific interests in water conservation, healthy forests, and urban heat. Mr. Pastor is Chair of the City of Phoenix 2050 Transportation Commission and involved with the Sandra Day O'Connor Summer Camp.

The first Hispanic from Arizona elected to Congress, Mr. Pastor and his wife, Verma, have two daughters, Yvonne and Laura and four grandchildren. He has indeed spent his life "fighting to give every American the same chance to work hard and get ahead that his country gave him."

Mr. Pastor's many contributions to the State are honored by having several buildings, areas and rooms that commemorate his name:

[**Phoenix, AZ**]

Congressman Pastor Room
Sandra Day O'Connor Law College
Ed Pastor U.S. Post Office

Ed and Verma Pastor Elementary School
Ed and Verma Pastor Plaza at Phoenix College
Ed Pastor Transit Center
Ed Pastor Way, Phoenix Children's Hospital
Ed Pastor Pedestrian Bridge
Congressman Ed Pastor Center for Politics and Policy
ASU

[**Tucson, AZ**]

Ed Pastor Plaza
Ed Pastor Environmental Protective Area
(Pima County)

[**Claypool, AZ**]

Avineda Ed Pastor

[**Miami, AZ**]

Congressman Ed Pastor Memorial Room
Miami Public Library

[**Guadalupe, AZ**]

Ed Pastor Senior Center

[**San Luis, AZ**]

Ed Pastor Elementary School
Ed Pastor Avenue

[**Yuma, AZ**]

Ed Pastor Hummingbird Park
Ed and Verma Pastor Headstart Building

[**Nogales, AZ**]

Congressman Ed Pastor Justice Building
(Santa Cruz County)

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APS	Eddie V's	Phoenix Art Museum
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Arizona Diamondbacks	Hensley Beverage Company/ Budweiser	Robert Jackson Fine Art
The Camby, Autograph Collection Hotel	Harrah's	Scaredy Cat Hospital
Cheesecake Factory	Hillstone	Seasons 52
The Capital Grille	Maggianno's	Southwest Airlines
Desert Botanical Garden		Village Tavern
		Walgreens

DGOS appreciates the generous support of our donors.



HONORABLE RUTH V. MCGREGOR

*Chief Justice
Arizona Supreme Court (Ret.)*

- & -

MARIE VAN ROEKEL

[MOTHER & DAUGHTER LIFETIME
ACHIEVEMENT AWARD]

Integrity, accountability and service to the public through an improved legal system. Ruth V. McGregor stands for these virtues and more. Growing up in rural Iowa, her formal education began in a one-room schoolhouse. Later after earning her bachelor's and master's degrees at the University of Iowa, she taught high school speech and English, first in Phoenix, Arizona, and then in Selma, Alabama. While in Selma, the school system was transitioning from a segregated to an integrated system.

Returning to Arizona, Justice McGregor entered law school at Arizona State University, graduating first in her class. She practiced employment law for 15 years with the Phoenix law firm of Fennemore Craig and was the firm's first female hiring partner and the first woman to serve on the management committee. In 1981, she temporarily left Phoenix to serve as a law clerk for Associate Justice Sandra Day O'Connor during her first term on the United States Supreme Court.

A product of Arizona's merit selection process of judicial selection, she was appointed by members of both political parties to the bench. In 1989, Governor Rose Mofford, a Democrat, appointed her to the Arizona Court of Appeals. In 1998, Governor Jane Dee Hull, a Republican, appointed McGregor to Arizona's

highest state court. At that time, no woman had served on the court in over two decades. In June 2005, Justice McGregor became Chief Justice of the Arizona Supreme Court after serving three years as Vice Chief Justice.

During Justice McGregor's tenure, she was active in numerous governance areas. Nationally, she served as a member and Chair of the American Bar Association's (ABA) Section of Legal Education and Admissions to the Bar, which accredits American law schools. She participated in the ABA's Central European and Eurasian Law Initiative, including two tours in Lithuania to assist the Lithuanian parliament in drafting a constitution and restructuring the judicial system. In 1995, she helped train members of the Constitutional Court of the Federation of Bosnia - Herzegovina.

As Vice Chief Justice, she helped reform new judge education for limited jurisdiction judges and supported educational efforts designed to maintain the integrity of the courts through her activities with the American Judicature Society and the National Conference of Chief Justices.

While on the Arizona Supreme Court, Justice McGregor worked with other members of the Court and judicial system to establish specialty courts that

address critical quality of life issues such as drugs, mental health, and domestic violence. Collaborating, the judicial branch streamlined the criminal justice system, hastened the delivery of justice to defendants and victims of crime statewide, and established Arizona's innovative jury practices, which now serve as a nationwide model.

In 2005, Chief Justice McGregor and the Arizona Judicial Council adopted a strategic agenda to identify the greatest needs of the Arizona judicial system and ways to meet them. The goals included providing access to swift, fair justice; protecting children, families and communities; being accountable; improving communication and

cooperation with the community, with other branches of government and within the judicial branch; and serving the public by improving the legal profession.

After retiring, Justice McGregor worked with organizations dedicated to ending human trafficking and to finding ways for the legal system to better respond to cases involving domestic violence. She maintained strong interest to finding ways to assure our justice system remains independent from political and outside pressures and that our judges make impartial, informed decisions, working with Justice Sandra Day O'Connor to encourage the adoption and development of merit selection systems for the selection of state court judges.

Faith, love, commitment to your word. These words aptly describe Marie Van Roekel. She was born on May 4, 1914, in a farmhouse in rural Iowa. As the oldest of eight children, she learned early the value of hard work. In 1932, as a condition to attending high school, she promised her father that, after graduation, she would teach for five years. She fulfilled that promise, teaching K through 8 for five years in a one-room country school house.

In 1937, she married Bernard Van Roekel and began her second career as a partner with him in raising five children and operating a family farm. During those years, she always found time to contribute to her community, primarily through her church.

In 1955, with her husband disabled, Marie returned to teaching, this time as a second-grade teacher in the Manson, Iowa elementary school. Although she had previously earned just one semester of college credit, the school administration hired her as a full-time teacher, with another condition: She had to continue working toward her degree. And she did. In 1973, after nearly thirty years of attending summer classes and

night school, and after obtaining credits from eight colleges, she obtained her undergraduate degree.

Marie retired from teaching in 1982, shortly before the death of her husband. She then began spending winters in Phoenix and, in 1993, became a permanent Phoenix resident. Her commitment to volunteer work did not end with retirement. For many years, she volunteered with the Thomas J. Pappas School for Homeless Children, where she used her years of teaching experience to improve the reading skills of many children. She also volunteered countless hours through her church, including a commitment to visiting "the elderly," a commitment that continued until her recent passing.

Marie attributes her long, healthy life to her faith and hard work. Her children would add that we all could benefit by emulating her sense of humor; her love of family; her acceptance of all, no matter in what "category" others might place them; her sense of adventure; and her certainty that one can accomplish anything with enough effort and persistence.



THE POWER OF YOU.



We're here to help you make a difference.
Call or click: 602.381.1400 or www.azfoundation.org



Real Possibilities is a trademark of AARP.

WHEN CARING STARTS, POSSIBILITIES NEVER STOP.

There's no denying that life can be a real challenge at times. That's why AARP continues its legacy of caring by combating hunger, helping people fight age discrimination, providing caregiver resources and helping people get back to work. Because when everyone reaches their full potential, society can reach its full potential.

See what we're doing
to help at aarp.org/phoenix

AARP® Real Possibilities
Phoenix

REMEMBERING PAST

Honorees

Marie Van Roekel

Dick Gregory

Lula Ransom

Vicky Moe

Bernando LaPallo

"Our purpose is to save lives."



**"Arizonans Concerned About Smoking (ACAS)
seeks healthier smoke-free, e-cig chemical-free
air for all to share."**

www.acasinc.org

480.733.5864

Congratulations
**DIANA GREGORY
OUTREACH SERVICES**
and all the Awardees of the
7th Annual Senior Awards



ARIZONA  **INFORMANT**

Recording Black History Every Week

Since 1971

602-257-9300
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Many thanks to our heartfelt volunteers.

One out of seven seniors in Arizona goes to bed hungry because they have to choose between food and medication, and they choose medication.

Over 100,000 seniors in Maricopa County are living below the poverty level. They face significant barriers in accessing fresh healthy food.

United Way Write-In
Designated Number
59973

Diana Gregory Outreach Services is approved for the Arizona Tax Credit.

Thanks to your contribution, we are closing the gap. Your support is appreciated.

PROGRAMS & SERVICES

- Sponsor A Senior
- Farmers Markets
- Health Fairs
- Nutrition Education Workshops
- Salad Fests
- Physical Fitness
- Senior Awards Luncheon
- Produce bags for birthday celebrations or special events
- Gift of Nutrition (over 2,000 seniors receive bags of fresh produce)
- Nourishing Seniors
- Nourishing Grandchildren
- Nourishing Veterans
- Veggies for Veterans

CALENDAR OF EVENTS

January - December

Farmers Markets

March

Nutrition Month – Nutrition Education & Fitness Programs

April

Nutrition Education & Fitness Programs

May

Health Fairs

May - September

Voter Education & Registration

June - October

Salad Fests

September

Senior Awards Luncheon

October

Nutrition Education & Fitness Programs

November & December

Gift of Nutrition

Over 2,000 seniors receive bags of fresh fruits and vegetables.



WE SERVE OVER

7,500

SENIORS, VETERANS
AND GRANDKIDS
ANNUALLY.

6,000 SENIORS

1,500 VETERANS

+ GRANDKIDS

Sen. John McCain

1936-2018



“ Today is only one day in all the days that will ever be. But what will happen in all the other days that ever come can depend on what you do today, ”

- Ernest Hemingway,
"For Whom the Bell Tolls"



The Diana Gregory Outreach Services Foundation proudly supports veterans. Today, we salute a true American hero, a veteran who believed in his country and sacrificed everything.



eliminating racism
empowering women
ywca
Metropolitan Phoenix

CONGRATULATIONS TO THE 2018 SENIOR AWARDS RECIPIENTS

The YWCA Metropolitan Phoenix
is proud to support the efforts of
Diana Gregory Outreach Services!

YWCA Metropolitan Phoenix Senior Programs and Meals On Wheels

The YWCA Senior Programs have provided vital services to over 2,000 West Valley residents annually since 1976. Our YWCA Meals On Wheels Program delivers meals to home-bound seniors and disabled adults, providing wellness checks and many times the only human interaction a senior has that day.

Dining Room Meals

- Monday - Friday
- Dietician Approved, Nutritionally Balanced Menus

Meals on Wheels

- Home Delivered
- Well Check
- Service Area: Glendale & El Mirage

Assistance

- Dial-A-Ride Transportation
- Sun Valley Gleaners Brown Bag Site
- Food Plus Distribution Site

We Feed Four Feet

- Dry or Canned Pet Food Provided

Health Programs

- Walking Programs
- Health Screenings: Dental, Eyes, Hearing, Blood Pressure, etc.
- Community Health Fairs

Education

- Current Events
- Health & Aging Issues
- Lending Library
- Computer Classes

Awesome Activities

- Cards, Games, Puzzles, and Board Games
- Local Trips
- Arts and Crafts

Last year, the YWCA:

Provided
98,283 meals
to seniors and disabled

Provided
10,393 rides
to seniors and disabled

Offered
**1,620 programs
and activities**
at Senior Centers

The Arizona YWCA Metropolitan Phoenix is dedicated to eliminating racism, empowering women and promoting peace, justice and dignity for all.

JOIN OUR MISSION...

Join Us to Help Eliminate Racism and Empower Women.

BECOME A MEMBER.

Learn more at www.ywcaAZ.org

www.ywcaAZ.org

2999 N. 44th St, Ste 250
Phoenix, AZ 85018

602.258.0990

TTY/TDD



**PEOPLE
PLANET
PLAY**



OUR CORPORATE COMMITMENT TO RESPONSIBLE STEWARDSHIP

To Our Employees, Guests & Communities

Supporting our communities comes naturally to us at Harrah's. We all appreciate the value of engaging in local life and doing what we can for those in need. We connect at all possible levels from within our organization to integrate seamlessly within our communities' governing bodies, economic, social and environmental life. Our diverse employees are recruited from our local communities and they are motivated to connect through our People Planet Play initiatives supporting the community.

Harrah's Ak-Chin Casino employees logged over 25,000 volunteer hours in 2017 and impacted more than 110 organizations. Our H.E.R.O. volunteer committee also approves various donations and consistently meets to discuss and plan for future opportunities.

**HARRAH'S AK-CHIN SUPPORTS THE DIANA GREGORY FOUNDATION,
WE LOVE WHAT THEY STAND FOR.**

Harrah's
AK-CHIN CASINO

15406 N. Maricopa Rd. Maricopa, AZ 85139

harrahsakchin.com



Owned by the
Ak-Chin Indian Community



TOTAL
REWARDS®



We're so grateful

for your dedication and hard work, for helping to improve the lives of others every day, for making the world a better, kinder place. Congratulations to all Diana Gregory Foundation award recipients.

BEATITUDES
CAMPUS
BEATITUDESCAMPUS.ORG

1610 West Glendale Avenue • Phoenix, AZ 85021 • 602.428.9206

Beatitudes Campus is a not-for-profit life plan community founded by the Church of the Beatitudes.



CONGRATULATIONS TO THE 2018 SENIOR AWARD RECIPIENTS

PEDDLER'S SON PRODUCE & PROVISIONS IS PROUD TO SUPPORT THE EFFORTS OF GREGORY'S FRESH MARKET IN PROMOTING THE NUTRITIONAL HEALTH OF OUR COMMUNITY'S SENIORS.



DELIVERING FRESH SINCE 1988

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Victorious Women Ministries

is honored to support the refugee community located in Phoenix Arizona.

Visit our website: www.victoriouswomenmin.org

For more information email: vejones7@victoriouswomenmin.org



CONGRATULATIONS!

DIANA GREGORY

on the 7th Annual Senior Awards Lunch

TOUCHING LIVES,
CREATING HOPE,
DOING GOOD.

THANK YOU FOR YOUR POSITIVE IMPACT AND YOUR COMMITMENT TO EXCELLENCE. YOU MAKE US ALL PROUD!

FROM VICTORIOUS WOMEN
DR. VICTORIA E JONES

Help us ensure that no senior goes to bed hungry.

With an Arizona Charitable Tax Credit, your donation will reduce your state income tax as a dollar-for-dollar credit. **It ends up costing you nothing!** The maximum amounts for the Charitable Tax Credit are **\$800** for married/filing jointly and **\$400** for individuals.



Your Charitable Tax Credit dollars to **Diana Gregory Outreach Services** gives a senior a chance to be healthy.

While hunger can impact anyone's health and well-being negatively, senior citizens are particularly vulnerable. According to the U.S. Department of Agriculture (USDA), it's not uncommon for older adults to go to bed hungry. Too many Arizonans living on fixed incomes (1 out of 7) go to bed hungry because they have to choose between paying for their medicine and buying food.

3 WAYS TO GIVE

ONLINE

Make a donation by website at www.dianagregory.com. Select the donate button.

PHONE

602-468-0404

MAIL

Diana Gregory Outreach Services
1934 East Camelback Rd.,
Suite 120-223
Phoenix, AZ 85016

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- Veteran Career Fair
- HeroPreneur Awards
- Development Forums
- Veteran Benefits
- Workshops & Panels
- and more!



Daymond John
"The People's Shark®"
CEO, The Shark Group



Keynote
Speakers



Justin Constantine
Lieutenant Colonel,
U.S. Marine Corps, (Ret.)

Empowering America's Veterans through

ENTREPRENEURSHIP EMPLOYMENT EDUCATION

November 14 - 16, 2018 Phoenix Convention Center

Register at HeroPreneur.com

HONORING
Veterans
Day **100**TH
ANNIVERSARY

TURNING 65 HAS NEVER LOOKED SO BRIGHT.

Bright Health Medicare Advantage plans with dental, hearing, and vision.

You're entering some of the best years of your life, and we want to make them even brighter. Bright Health Medicare Advantage plans offer \$0 and low monthly premiums, Part D prescription drug coverage, and even a gym membership - at no additional cost to you.

Other Bright Health benefits include:

- **No referral needed for network specialist**
- **\$0 copay for primary care provider visits**
- **Extra preventive dental coverage**
- **All for a \$0 or low monthly premium.**

Original Medicare may not cover everything and we can help you understand your options. We're here to make 65 an amazing year – that's our birthday present to you.

**Don't wait. Call us to learn more, and
have your Brightest birthday yet.**

(720) 899-4579

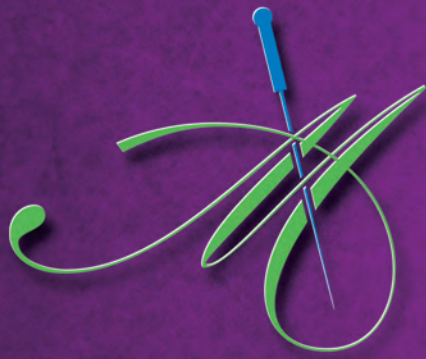
8am - 8pm local time Monday - Friday

BrightHealthPlan.com/Turn65

brightSM
HEALTH



Bright Advantage and Bright Advantage Plus are Medicare Advantage plans with a contract with the Federal government. Enrollment in the plan depends on contract renewal. Our plans are issued through: Bright Health Insurance Company of Alabama, Inc.; Bright Health Company of Arizona; Bright Health Insurance Company. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Part B premium.
Y0127_MA-ADS-1152 Accepted 4/8/2018



MERIDIAN

INTEGRATIVE MEDICINE

Meridian Integrative Medicine offers

- Traditional Chinese acupuncture
- Restorative personal fitness training
- Lymphatic and medical therapeutic massage
- Low level Laser therapy for restorative care and non invasive pain management
- Verju (by Erconia) Laser for non-invasive body contouring treatment

Kelly Hsu, M.D., DABMA, L.Ac.
Xinxin Wang, L.Ac.

Annalie Hahn, CFT
Angela Octave, LMT

Four Office Locations

Scottsdale

7400 E. McDonald Drive, Suite 105
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Chandler

875 S. Dobson Rd.
Chandler, AZ 85224
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Central Phoenix

4250 E. Camelback Rd., Suite K205
Phoenix, AZ 85018
Phone: 480.330.6211

Ironwood Cancer & Research Center

By appointment only
Phone: 480.330.6211

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CONGRATULATIONS

Diana Gregory Outreach Services Foundation!

The Gideon Group would like to extend our congratulations and gratitude to all the honorees. Thank you for the contribution you have made to your communities and organizations, and for the example you have provided for those who will follow in your footsteps.



*Experts in Human Resources, Executive Search,
Diversity & Inclusion, Organization Development*

7047 E. Greenway Pkwy, #250, Scottsdale, AZ 85254
602-896-9000 [P] | 602-896-9899 [F]

www.gideongroup.net

Congratulations to the Recipients of the Diana Gregory Outreach Services 2018 Awards



Increasingly, companies are coming to understand that giving back to the community is good business. The benefits of corporate citizenship can far exceed any costs whether it's in terms of employee morale or strengthening a company's brand or reputation.

Here at Majerle's Sports Grill we believe in this philosophy. There are lots of innovative ways in which companies get involved with their community, either a single employee or with a group of co-workers. We call it "Team Majerle's."

**Majerle's Sport Grill
Downtown Phoenix**
24 North 2nd Street
Phoenix, Arizona 85004
Phone: (602) 253-0118

**Majerle's Sport Grill
Chandler Fashion Center**
3095 W. Chandler Blvd.
Chandler, Arizona 85226
Phone: (480) 899-7999

**Majerle's Sport Grill
Flagstaff**
102 East Route 66
Flagstaff, Arizona 86001
Phone: (928) 774-6463

**Majerle's Sport Grill
Goodyear**
13375 W. McDowell Road
Goodyear, Arizona 85395
Phone: (623) 207-6999



**Majerle's Sport Grill
Desert Ridge Marketplace**
21001 N. Tatum Blvd. Suite 96
Phoenix, Arizona 85050
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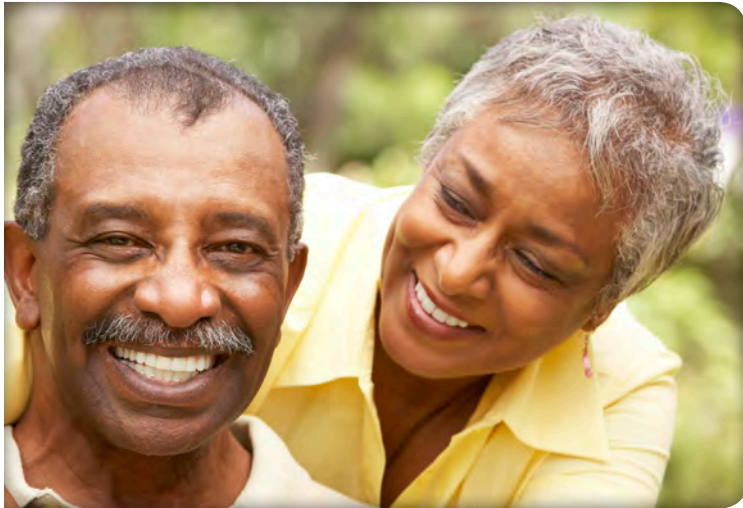
Southwest Airlines® is dedicated to your community.

Our mission is to make the connections that empower communities to thrive. Through our meaningful relationships, we proudly support your efforts in the many communities we call home. Whether in the air or the ground, we believe community is more than a place - it's at the Heart of what brings us together.



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ONECare salutes the Diana Gregory Outreach Services Foundation and awardees for your dedication and vital work to enrich the lives of seniors in our communities!

1-602-778-8340
www.care1staz.com

