



8th Annual

SENIOR
AWARDS
LUNCHEON

*Mission: To enrich lives through
healthy eating.*

FRIDAY, SEPTEMBER 27, 2019

Silent Auction - 10:30 a.m.

Luncheon and Program - 11:30 a.m.

Arizona Biltmore | Phoenix, AZ





LENDING A HAND. MAKING A DIFFERENCE.

If we give a little, it can mean a lot to someone in need. Like you, we call Arizona home. 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

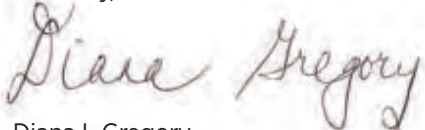
A warm welcome to all—our sponsors, supporters, guests, and volunteers! On behalf of the Board of Directors, thank you for joining us at the Gregory's Fresh Market 8th Annual Senior Awards Luncheon.

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 nine years. Nearly 8,000 seniors residing in sixty independent living facilities in the Greater Phoenix area have been served by GFM.

Today we gratefully honor the accomplishments of seniors and their residential service coordinators and celebrate GFM's progress towards fulfilling 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 adoption 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. The code is 21050.***



STATE OF ARIZONA
OFFICE OF THE GOVERNOR

DOUGLAS A. DUCEY
GOVERNOR

EXECUTIVE OFFICE

September 2019

Welcome!

As Governor of the State of Arizona, it is my pleasure to welcome you to the Gregory's Fresh Market's (GFM) 8th annual Senior Awards Luncheon in Phoenix, Arizona.

GFM is recognizing the many contributions of Ben Vereen, Reverend Dr. Dosia Carlson, Peter MacDonald Sr., Jean Veloz, Ronnie Lopez, and Roy Dawson, 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 ("GFM"), a division of Diana Gregory Outreach Services, is dedicated to ensuring that no senior citizen nor homeless veteran goes to bed hungry. GFM has enriched the lives of nearly 8,000 Phoenix-area seniors and veterans by bringing them fresh fruits and vegetables. It has helped increase food access and health disparities among other traditionally underserved communities. Community-dwelling seniors who participate in Gregory's Fresh Market will not only have access to fresh produce, they will have the opportunity to regularly participate in educational programs that teach simple solutions to healthy cooking, healthy eating and incorporating appropriate fitness. Simply put, GFM saves lives.

On September 27, 2019, Gregory's Fresh Market will present its Eighth Annual Senior Awards Luncheon at The Arizona Biltmore in Phoenix. This year's honorees include Ben Vereen, Reverend Dr. Dosia Carlson, Peter MacDonald Sr., Roy Dawson, Ronnie Lopez, Jean Veloz and a number of local residents and businesses that have generously supported GFM's work in the community.

NOW, THEREFORE, I, Kate Gallego, Mayor of the City of Phoenix, Arizona, hereby proudly proclaim September 27, 2019 as

GREGORY'S FRESH MARKET DAY

and ask each resident to join me in recognizing this magnificent organization for its impact in improving the lives of local residents.

Special ACKNOWLEDGMENTS

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

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Outreach Services Foundation



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Raffle | SILENT AUCTION

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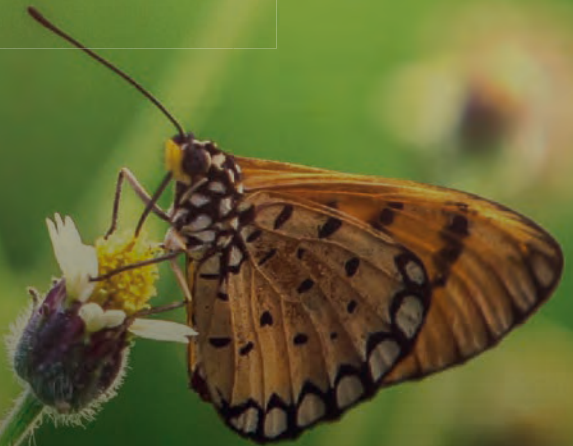
Albertson's Safeway	Capital Grill	Heard Museum	Phoenix Symphony
APS	Desert Botanical Garden	Hillstone	Phoenix Suns
Arizona Science Center	Durant's	Jo Malone Candle	Robert Jackson Fine Art
Arizona Biltmore Golf Club	Embassy Suites, Phoenix-Biltmore	Kendra Scott	Seasons 52
Arizona Cardinals	Fred Astaire Dance Studio	Lucky Strike Bowling	Southwest Airlines
Arizona Diamondbacks	Google Home	Majerle's Sports Grill	Staybridge Suites Pavilions at Talking Stick
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CryoWorld Drip & Spa, Phoenix	Harrah's	Phoenix Art Museum	

DGOS appreciates the generous support of our donors.



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.

LIFETIME ACHIEVEMENT AWARD
Rev. Dr. Dosia Carlson

TREASURE OF ARIZONA
Ronnie Lopez

DISTINGUISHED VETERAN
& TRAILBLAZER
Peter MacDonald Sr.

ADVOCACY AWARD
Roy Dawson

OUTSTANDING FITNESS AWARD
Jean Veloz

DICK GREGORY
HUMANITARIAN AWARD
Ben Vereen



An Independent Licensee of the Blue Cross Blue Shield Association

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 *James Hughes*
Vocalist

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

PRESENTATION OF ADVOCACY AWARD *Steve Land*
Southwest Airlines

**PRESENTATION OF DISTINGUISHED
VETERANS AND TRAILBLAZER AWARD** *William Norwood & Lincoln Ragsdale, Jr.*
Archer-Ragsdale Arizona Chapter Tuskegee Airmen, Inc.

**PRESENTATION OF TREASURE OF
ARIZONA AWARD** *Veronica De La O*
Care1st Health Plan

**LUNCH, RAFFLE AND HALL OF FAME
VIDEO**

REMARKS *Diana Gregory*
Founder, Diana Gregory Outreach Services

**PRESENTATION OF OUTSTANDING
FITNESS AWARD** *Dana Kennedy*
AARP

**PRESENTATION OF LIFETIME
ACHIEVEMENT AWARD** *Sue Glawe*
Blue Cross Blue Shield of Arizona

**PRESENTATION OF DICK GREGORY
HUMANITARIAN AWARD** *Diana Gregory*
Founder, Diana Gregory Outreach Services

**CLOSING REMARKS AND
ANNOUNCEMENT OF RAFFLE WINNERS** *Susan Casper*

SILENT AUCTION CHECK OUT

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 8th 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

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

BHHS Legacy Foundation
Carstens Family Funds
African American Women's Giving & Empowerment Circle
City of Avondale
Walter & Dr. Kay Oliver
William Jones
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Dr. Carol Peck
The Priority of the Light
NCBW

Thanks to the following organizations and people for sponsoring seniors.

Linda Herold
Jim Daniels
Ronald Stokes
Lynn Murphy
Dinia Johnson
Connie Wilson
Ed Soifer
Harriet Ivey

Deb Morgaina
Dr. Nathaniel Carr
Richard Toliver
Marge Day
Bob & Lesley Strauss
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Debi Windahl
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Elaine Neal
Bob Martin
Nadine Greathouse
Dr. Aaron & Christy Brundage
Kim Covington

Board of Directors and Advisory Board

Peggy Austin | Sylvester Holmes, JD | Christy Brundage |
Kimberly Oglesby | Connie Robinson | Sara Presler, JD | Art
Hamilton | Robert & Dr. Joel Martin | Wayne Harvey, JD

Volunteers are the back bone of our organization. We thank over 100 volunteers representing 8 partners, friends and community organizations for supporting DGOS programs. If you're interested in volunteering, visit WWW.DIANAGREGORY.COM and click on the Volunteer tab.

VOLUNTEER PARTNERS INCLUDE:

AARP | APS | Care1st | Harrah's | State Farm | SRP | Wells Fargo | Phoenix College



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."

2018 AWARD RECIPIENTS

Bernando LaPallo Centenarian Award

Hilda Jones
Juanita Zeitler

Mother & Daughter Lifetime Achievement Award

Former Arizona Chief Justice Ruth Van Roekel McGregor
& Marie Van Roekel

Treasure of Arizona Award

Al McCoy

Outstanding Fitness Award

Ida Keeling

Legacy Award

Former Congressman Ed Pastor

JAMES L. HUGHES

James is an accomplished vocalist who has traveled much of the US and Canada performing big band, jazz, gospel and soft rock for many different types of venues.

James began his performing at a very young age singing with his family on a radio show when he was just 4 years old. In grade school, jr. high, and high school – James took on leading roles in numerous musicals. While in High School, he also was in their select musical group “Magical Singers” and won State and National Vocal Competitions.

After high school, James took a 4 month tour to sing with his 2 older brother’s group named “Brotherly Love.” James grew up in a very musical family and for the past 40 years, he and his brothers have sung in a quartet named “Fishers of Men.”

While attending college, James performed as a soloist at coffee shops adjacent to Princeton University and later started his own band named “Set Free” performing at those same coffee shops, local universities, churches, retirement homes/communities and parties. In the late 1980s, James joined a Jazz Band named “Ruth Elliott and Friends” as lead vocalist - performing at the Hyatt Regency Ballroom in downtown Phoenix.

Over the years, James was asked to sing with the Phoenix Symphony for their Holiday Specials and he was honored to sing the National Anthem at a Major League Baseball game. More recently, James started his own Jazz and Swing Band named “Rhythm and Hughes.”



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

Philanthropy Award

Jean Fairfax

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

Centenarian Award

Hilda Jones, Tanner Terrace

Senior Volunteer Service Awards

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

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



Roy Dawson

ADVOCACY AWARD HONOREE

.....

Child advocate, Civil Rights leader, and volunteer extraordinaire. These descriptions signify South Phoenix's native son, Roy Thomas Dawson.

Mr. Dawson attended elementary and high school in South Phoenix, Arizona, and began his professional career with the City of Los Angeles. Over the course of his public service in Los Angeles, he was instrumental in leading the mayor's efforts to integrate both the Los Angeles Police and Fire Departments as well as to select the first African American high school principal in the Los Angeles City School system.

Following his service with the city of Los Angeles, Mr. Dawson became the Director of Community Services for a Community Mental Health Center there. In this role, he led the Institute for Child Advocacy and was instrumental in improving the educational achievement of African American children living in South Central Los Angeles. As special assistant to a Los Angeles councilman, the first comprehensive senior Citizens Center in South Central L.A. was created as well as a small business project for African American businesses.

In 1979, Mr. Dawson returned to live in South Phoenix after accepting employment with the Honeywell Corporation, where he began his career in the private/corporate sector. Over the next twenty-five years, he worked as a Human Resources executive for GenRad Corporation, Pinnacle West Capital Corporation and United Technologies. He

amassed global business experience while supporting the leadership effectiveness and profitability of subsidiary businesses in Asia, Europe, the Caribbean and North America.

In California, Illinois, and Arizona, his community service has left its mark. He has tirelessly served to make life better for others. And he continues to do so. Most notably, since 2005, Mr. Dawson has served as:

- » Chief Human Resources Officer, The Gideon Group
- » Executive Director, co-founder, and full-time volunteer, FIBCO Family Services
- » Executive Director and full-time volunteer, Arizona Center for African American Resources Inc. (AzCAAR)

As a community volunteer, Mr. Dawson's extensive experience in community development, civil rights, family services, philanthropy, diversity leadership, and child advocacy qualify him as an Arizona treasure. Several of the non-profit agencies he founded (in both Los Angeles and Phoenix) are thriving today. His most recent program, Kitabu (Swahili for "book"), ensures that first and second grade students read on grade level. To help accomplish this, he has pledged that every first and second grader at M. O. Bush Elementary School receives 100 books!

When Mr. Dawson is not working as a volunteer, you might find him enjoying the comforts of being in his backyard or fishing in nearby lakes and ponds. He is married to Dr. Carlian Dawson and he is dad to seven children; granddad to six grandchildren; and great-grandad to one great grandchild. Indeed, he is worthy of being called 'grand' and "great."



Peter MacDonald, Sr.

DISTINGUISHED VETERAN & TRAILBLAZER AWARD
HONOREE

.....

Navajo Code Talker, former leader of the Navajo Nation, and hero. Peter MacDonald, Sr. was 1 of only 400 Native American Navajo Code Talkers—the only military code in modern history never broken by the enemy. The Navajo Code Talkers were the secret weapon of World War II.

At 15, Mr. MacDonald enlisted in the U.S. Marine Corps. Following regular combat and communication training at USMCB in Camp Pendleton, CA, Mr. MacDonald, along with fellow Navajo Marines, went to top secret Navajo Code School. During the final phase of World War II (1944-46), Mr. MacDonald served in the South Pacific and North China as a Navajo Code Talker.

With a rank of Corporal, he returned to his community of Teecnospos, AZ. After high school and junior college in Muskogee, Oklahoma, Mr. MacDonald graduated from the University of Oklahoma as an electrical engineer. He pursued graduate studies at UCLA while working as a Project Engineer on the Polaris Missile project for (Howard) Hughes Aircraft Company. He was also Project Manager for the manufacture of the Polaris Missile Guidance System and was a member of the elite Hughes Technical Staff (MTS).

A worthy list of entrepreneurial endeavors followed, among them Chairman of the Navajo Nation from 1971 to 1983 and 1987-9, re-elected as Chairman four times—unprecedented in Navajo history; Co-founder of the Council of Energy Resource Tribes (CERT), the National Tribal Chairman Association, American Indian National Bank, and the Native American Prep School; Sales and Marketing Director for Cataract Engineering Company, working with start-ups of Nuclear Power Plants and overhaul of coal-fired power plants.

In addition, Mr. MacDonald has received many honors:

- » Recipient of Congressional Silver Medal for heroic service as a Navajo Code Talker;
- » Induction into the University of Oklahoma Engineering Hall of Fame;
- » Special Commendation by President Richard Nixon for “exceptional services to others;”
- » Civilian member of USMC Education and Training Board of Directors;
- » Among 200 “Rising Leaders of America” featured in Time Magazine in 1974;
- » Twice Recipient of Honorary Doctorate degrees;
- » Recipient of the Distinguished Service Citation from the University of Oklahoma in 1978—the institution’s highest honor;
- » Member of several national task forces and commissions (appointments by Presidents of the United States and Governors of Arizona and New Mexico).

Mr. MacDonald now lectures at schools, colleges and universities, clubs, political organizations, government agencies and businesses. Married with five children (one deceased) and nine grandchildren, he lives with his wife, Wanda, on the Navajo reservation at Tuba City, AZ.

MacDonald is presently President of the Navajo Code Talkers Association, raising funds to build a National Navajo Code Talkers Museum and Veteran Center to honor heroes of WWII whose unique legacy helped win the war by transmitting top secret messages in every major battle in the Pacific theatre. Mr. MacDonald was not only a Navajo Code Talker; he is a national treasure.



Ronnie Lopez

TREASURE OF ARIZONA AWARD HONOREE

.....

An admired CEO, Chief of Staff to a former governor, and staunch steward for civil rights. Ronnie Lopez’s service to Arizona has encompassed all three realms: the political, the business, and civil rights. And his service is not only at the local level, but also at the state and national levels.

Born in Miami (Arizona, that is), he was recognized as early as 1975 by the Phoenix Jaycees as “One of Three Most Outstanding Young Men of Phoenix.” On March 4, 1978, Ronnie Lopez, as justice of the peace, was extended the honor of swearing in the Governor of the State of Arizona, Bruce Babbitt. And the honors and recognition have kept coming. In 1999, Ronnie Lopez was named “Executive of the Year” by the Arizona Hispanic Chamber of Commerce. And for his many community contributions and service, the Maricopa Community College Foundation created the “Ronnie Lopez Leading with Heart Award” in 2008. The Lopez family has also created an endowed scholarship in his name.

In 2009, he was appointed to the CopperPoint Insurance Companies Board of Directors. Prior to that, Mr. Lopez has held a variety of senior-level positions in the Phoenix political and business community. For example, he has served as:

- » field representative for the Arizona State Civil Rights Commission;
- » president and CEO of the nonprofit organization, Chicanos Por La Causa;
- » justice of the peace in Maricopa County;
- » chief of staff for Governor Bruce Babbitt;
- » chairman of Phoenix International Consultants, which he founded and which is a consultancy in contract negotiating, and political and marketing strategies;
- » member of the Board of Directors for several banks: The Arizona Bank, Security Pacific Bank, and member of the Arizona Board of Directors of Bank of America.

Ronnie Lopez is married to Angie, had two sons, Paul Jesus and Marcos Antonio, and has a granddaughter, Ava.

Ronnie Lopez is a member of Valle Del Sol’s Profiles of Success Hall of Fame; the Stockyards Restaurant honored Ronnie, as an “Arizona Influencer” during Arizona’s Centennial Celebration. In 2019, we are pleased to add to his legacy the “Arizona’s Treasure Award.”

Jean Phelps Veloz

OUTSTANDING FITNESS AWARD HONOREE

.....



Hollywood-Style Lindy icon, living legend from the LA dance scene of the 1940s, and choreographer to the stars, Jean Phelps Veloz has not missed a step!

In 1940, the environment of big band swing music and the dances that went along with it, Jitterbug and Lindy Hop, became the passion of teenagers. Jean Phelps and her brothers, Bob and Ray, were among them. Daily they came home from school, invited friends over, and danced in the living room. Jean and Ray got so good they entered a Jitterbug contest—and won from over 500 dancers. The Phelps family moved to Los Angeles in 1942 and in 1943 Jean entered a contest at American Legion Stadium in Hollywood, where the prize was a Screen Actor’s Guild membership card and a dance cameo in the movie *Swing Fever*. Jean won the contest, her SAG card, and danced in the feature movie.

This opened the door to many opportunities. In 1944 Jean made the well-known MGM film short *Groovie Movie*, a favorite of swing dancers over the world. The next few years kept Jean busy dancing in 20th Century Fox’s *Swingin’ On a Tea Garden Gate* starring Peter Lawford; MGM’s *The Horn Blows at Midnight* starring Jack Benny and Jive Junction; and the chorus line at El Rancho Vegas Hotel.

Meanwhile, in the ballroom dance world, Yolanda and Frank Veloz were one of the most famous couples, appearing in many movies, notably *Pride of the Yankees* with Gary Cooper (the story of baseball’s Lou Gehrig), *Under the Pampas Moon*, and *Many Happy Returns*. When Yolanda retired in 1948, Jean became Frank Veloz’ new dance partner.

In 1950 the Frank Veloz Show debuted on TV. Jean and Frank danced the tango, waltz, rhumba, samba, swing and foxtrot, and taught these dances on live TV. They

interviewed stars including Liberace, worked with actress Susan Hayward on movement and dance, and choreographed *Latin Lovers* starring Lana Turner, Ricardo Montalban, and Rita Moreno. And more. Jean and Frank married in 1963. When Frank died in 1981, Jean stopped dancing until 1992, when Rudy Linan, a swing dancer from Las Vegas working on a swing documentary, convinced her to dance again.

She did and the world noticed! In 1996, an annual swing dance event in Munich, Germany, exposed her to a new generation of swing dancers who quickly fell in love with her. She was inducted into the California Swing Dance Hall of Fame; attended the Potomac Swing Dance Club’s Virginia State Open; was an honored presence at the first-annual *Groovie Movie*, event and has attended every *Groovie Movie* event since that first year.

From Camp Hollywood in LA to the World Lindy Hop Championship in NY to performing at the Smithsonian to traveling around the world for her 90th birthday, she was honored at swing dance events in London, Scotland, Italy, Bangkok, and cities around the United States.

Besides appearing at countless swing dance camps as special guest star, she has been featured on national television shows including *The Bachelorette* (2016) and *Steve Harvey’s Forever Young* (2017). In March 2019, Jean was honored with a special event produced by Rusty Frank, “Jean 95,” celebrating her 95th birthday.

THE only surviving dancing star of the 1940s who still dances. What an inspiration!

Rev. Dr. Dosia Carlson

LIFETIME ACHIEVEMENT AWARD HONOREE

.....



Composer, writer, pastor emeritus, and more. Daughter of a minister, Dr. Carlson had rich opportunities to explore values and interact with people of different backgrounds. Her first four years living in South Dakota introduced her to the sobering experience of dust storms; and the next four years spent in Mason City, home of the composer Meredith Wilson, exposed Dr. Carlson to the wonders of music that became a lifelong passion.

When her family moved to Toledo, Ohio, her home for the next 19 years, Dr. Carlson spent her entire first year of high school as a patient in the Toledo Crippled Children's Home, receiving treatment for polio. Though polio may have altered her life plan to be a missionary in China, it did not stop her life mission to help others. She received her bachelor's degree from the University of Toledo after having also attended DePauw University and Oberlin College; and for several years she served as a pioneer in Toledo, developing a classroom for orthopedically handicapped high school students at Feilbach School.

Dr. Carlson returned to the classroom—this time as a student, graduating from Hartford Seminary in Connecticut and joining the faculty of Defiance College, Defiance Ohio. For fourteen years, she taught in the religion department and earned her Ph.D. from the University of Pittsburgh.

In 1974, she moved to Phoenix to coordinate resident services at Beatitudes Campus of Care and also served as Associate Minister at Church of the Beatitudes, United Church of Christ. Instrumental in launching the first hospice in Phoenix, Hospice of the Valley, she held the position as the first secretary for its board of directors.

In 1981, Dr. Carlson founded the Beatitude Center for Developing Older Adult Resources (DOAR), now known as DUET, Partners in Health and Aging. DUET provides

volunteer services for homebound adults, support groups for caregivers, guidance for grandparents raising grandchildren, and help for faith communities to establish health ministries.

Throughout her life, Dr. Carlson has been an active musician, known especially for composing hymns used by many denominations here and abroad. Often, she celebrates friends and special occasions by creating lyrics for familiar melodies. In addition, she has authored three books and numerous articles. For twenty-five years, Dosia Carlson has volunteered as director for Beatitudes, a choral group for residents at the Beatitudes Campus. She participated in developing the highly successful Center for Lifelong Learners on the Beatitudes Campus, too. For the last five years, Dr. Carlson has coordinated extensive activities related to Earth Day—while continuing to hold several responsibilities at the Church of the Beatitudes.

Among the many local and state awards Dr. Carlson has received are the

- » Distinguished Service Award from the American Association of Homes for the Aging
- » American Society on Aging Leadership Award and
- » Spiritual Wellbeing Award from the National Council on Aging.

Dosia Carlson will celebrate being ninety years young in January. And though her life plan to be a missionary in China had to be altered, we are indeed the blessed recipients of her caring and prominent presence in Phoenix.

Ben Vereen

DICK GREGORY HUMANITARIAN
AWARD HONOREE

.....



Few entertainers today are as accomplished as Ben Vereen. He won a Tony Award for Pippin and starred in such phenomenal musicals as Jesus Christ Superstar, Fosse, Hair, Jelly's Last Jam, Chicago, and Wicked, I'm Not Rappaport, to name a few. He is remembered for films like 'Sweet Charity' and 'All That Jazz,' and he became a household name as the role of Chicken George in the groundbreaking television series 'Roots.'

This season, Ben Vereen appeared in the TV series BULL and MAGNUM PI to great acclaim, both on CBS. Last December, Ben finished filming a recurring role on FOX's STAR produced by Lee Daniels. Ben was a series regular on SNEAKY PETE for Amazon for 2 seasons with Bryan Cranston, starred in the ROCKY HORROR PICTURE SHOW for 20th Century Fox, co-starred with Richard Gere in TIME OUT OF MIND, and later with Chris Rock in TOP FIVE. He is now working on his new Broadway musical, entitled REFLECTIONS, written by Joe Calarco, to be directed by Tony-nominee Josh Bergasse with music by Stephen Schwartz. Ben continues to tour the country with his concert act, Steppin Out with Ben Vereen.

In January 2016, Ben signed with Americans for the Arts, the largest advocacy group of the Arts in America. Ben went to DC and spoke before Congress defending the National Endowment for the Arts against the proposed budget cuts. He also attended the Democratic National Convention where Ben spoke out to various senators, congressmen, governors on the arts and education and later he sang "WHAT THE WORLD NEEDS NOW" on television in front of the approximately 50,000 delegates.

For his humanitarian contributions, he has received a number of awards including Israel's Cultural and Humanitarian Awards, three NAACP Image Awards, an Eleanor Roosevelt Humanitarian Award and a Victory Award. He has received honorary doctorates from the University of Arizona, Emerson College, St. Francis College, and Columbia College in Chicago. Medgar Evers College created the Ben Vereen Scholarship for the Performing Arts, and he received an Achievement in Excellence Award from his alma mater, the High School of the Performing Arts. Ben has also been inducted into The Theatre Hall of Fame, as well as the Dance Hall of Fame, and he received the Broadwayworld.com Cabaret Award BEST CELEBRITY MALE VOCALIST. Ben received the Career Achievement Award (Le Prix International Film Star Awards Organization). Ben is most proud of his ongoing work involving the Arts and Education, providing the youth with arts programs across America.

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No itemization is needed to claim these credits. Just make a donation up to the \$400 or \$800 limits described above to DGOS, fill out the AZ form 321, include your receipt and receive your gift back dollar-for-dollar as a credit from the state! The Diana Gregory Outreach Service tax code is 21050.

Your funds will be used for direct program services for Seniors, Veterans and Grandparents Raising Grandchildren.

For more information, please consult a qualified tax advisor for personal tax advice related to your specific tax situation. Please visit the Arizona Department of Revenue for more information.



www.dianagregory.com

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



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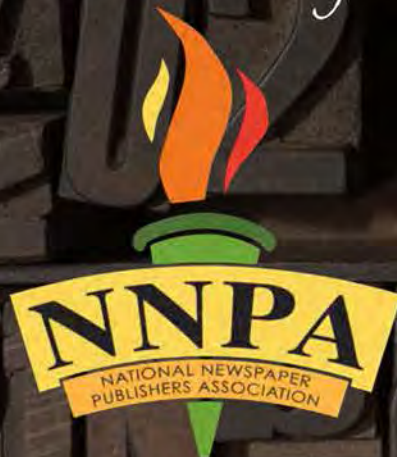


and all the Awardees of the 8th Annual Senior Awards

America can best lead the world away from racial and national antagonisms when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no person, fearing no person, the Black Press strives to help every person in the firm belief that all are hurt as long as any is held back.

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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.

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United Way Write-In
Designated Number 59973
Diana Gregory Outreach Services is approved for the Arizona Tax Credit.
21050

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

7,800

SENIORS, VETERANS
AND GRANDKIDS
ANNUALLY.

4,800 SENIORS

3,000 VETERANS

+ GRANDKIDS



“ THE VETERAN ”

It is the VETERAN, not the preacher,
who has given us the freedom of religion.

It is the VETERAN, not the reporter,
who has given us the freedom of press.

It is the VETERAN, not the poet,
who has given us the freedom of speech.

It is the VETERAN, not the campus organizer,
who has given us the freedom to assemble.

It is the VETERAN, not the lawyer,
who has given us the right to a fair trial.

It is the VETERAN, not the politician,
who has given us the right to vote.

It IS THE VETERAN
who salutes, serve, dies
and is buried under this flag.

Thank God for these brave men and women
and may God's eternal light continue to shine upon them.



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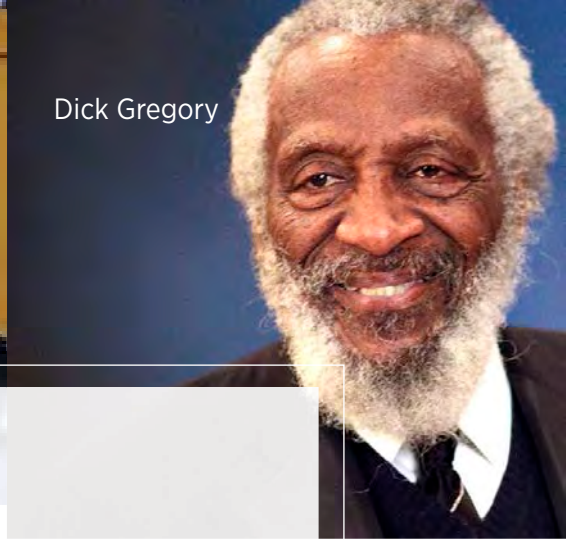
Dr. Don Campbell



Jean Fairfax



Dick Gregory



DIANA GREGORY
Outreach Services

REMEMBERING
PAST

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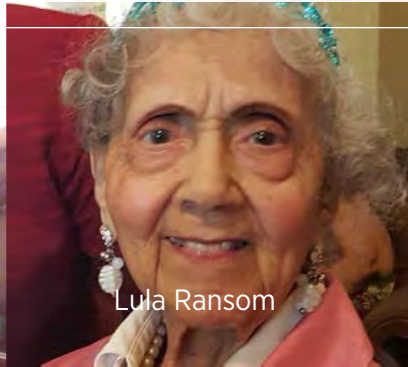
Bernardo LaPallo



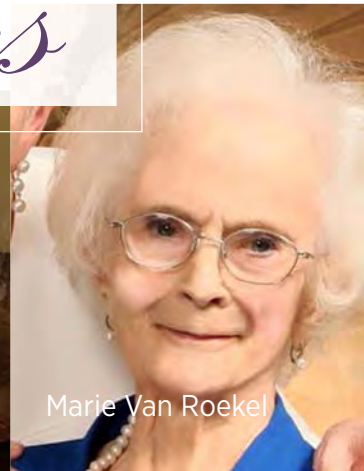
Vicky Moe



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Marie Van Roekel



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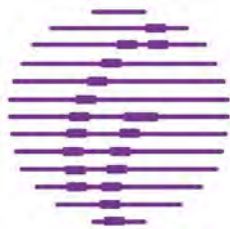
CONGRATULATIONS

on the continued success and for the 8th Annual Senior Awards

NOURISHING SENIORS

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CONGRATULATIONS TO THE 2019 SENIOR AWARDS RECIPIENTS

You *Dare to be Powerful* in your neighborhoods and communities!

YWCA Metropolitan Phoenix

Since 1912, YWCA Metropolitan Phoenix has been on a mission to eliminate racism, empower women, and promote peace, justice, freedom, and dignity for all. Through our home delivered meals and senior services, financial education courses, and advocacy programs we serve nearly 3,000 people annually. This year we are urging people to *Dare to be Powerful* to advance racial justice and gender equality. Where can you *Dare to be Powerful*?

Senior Programs & Services

Home Delivered Meals & Well Checks | We Feed Four Feet | Health Programs | Education Classes | Social Activities | Safe Transportation

Financial Education Programs

Own It! Financial Literacy | Homeownership 101 | Insurance 101 | Your Career. In Control.

Advocacy & Outreach

Tribute to Leadership Luncheon | Stand Against Racism | Week Without Violence | Film Screenings | Crucial Conversations

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

Last year, YWCA:

Provided
98,761 meals
to seniors and disabled

Provided
10,189 rides
to seniors and disabled

Provided
1,410
activities and classes

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Thanks for all you do to make a difference in the community.**

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