



Newsletter

THE HOME OF: **Tami D'S Solid Gold Soul Line Dancers**

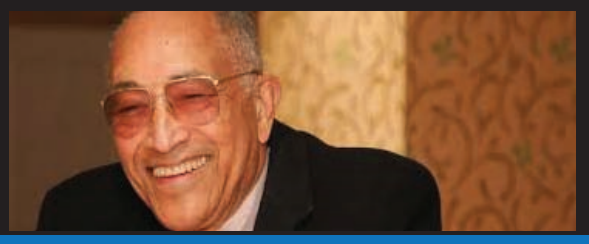
Strengthening lives through Dance & Music



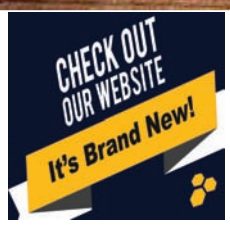
INSIDE THIS ISSUE:

BLACK HISTORY MONTH

February is the time that we celebrate Black History which honors African American people's rich range of experiences, struggles and achievements throughout history and into the modern day. We would like to honor Charles Z. Smith (Washington State Supreme Court Justice)



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New Website Design

Move and Groove for Health is excited to announce that we have a newly designed website. Check us out **TODAY..**
www.moveandgroove4health.org



Move and Groove for Health Class Schedule

Our 2021 Class Schedule is now available to view online at:
www.moveandgroove4health.org/classes.html



Move and Groove for Health Directors

Read all about the directors and the entire team. - Page 2

★ Birthdays

We celebrate our members that have birthdays in January and February. - Page 2

★ Health Tips

Seniors are our Priority and so is their health. This month's health tip is **6 Ways to Eat Well As You Get Older.**

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★ Dance Challenge

This issue Dance Challenge is Raising Hell-Line Dance. Try it and have FUN.

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Charles Z. Smith

Charles Z. Smith: Trailblazer

An oral history and
biography
by
John C. Hughes



Born: February 23, 1927, Lakeland, FL
Died: August 28, 2016, Seattle, WA
Education: University of
Washington School of Law,
Temple University, Florida A&M University

John, Eva, (Children) Susie, Julia, Johnsie,
Boneva baby John & Charles
***Charles Z far right*

Charles Z is the Uncle of Tami Smith Drayton



Smith Family



Charles Z. Smith was an American judge who served as a Washington State Supreme Court Justice from 1988 to 2002. He was the first person of color and the first African American to hold the position.

Charles Z. Smith, the first and so far only ethnic minority to serve on the Washington State Supreme Court, is comfortable in his skin. He was born in the segregated South in 1927, the son of a Cuban auto mechanic father and a Negro/Cherokee restaurant cook mother, whose grandparents were slaves. Smith seldom sees things as black and white, and he's rarely judgmental. Being on the right side of justice and doing exemplary work have always mattered more to him than being first. When he was named to the Supreme Court in 1988, Smith said, "There is no feeling of a sense of history, but I may be a role model" for others to follow.

In 1965, Smith returned to Seattle where he became the first African American or person of color to become a judge in the State of Washington, being appointed as Judge of the Seattle Municipal Court. In 1966, again as a "first," he was appointed to the King County Superior Court and subsequently reelected unopposed until he left the court in 1973. Also, in 1973, Smith was appointed Professor of Law and Associate Dean at the University of Washington Law School where he served until his retirement in 1986. Later in 1973 Smith was commissioned in the United States Marine Corps Reserve where he served in the Judge Advocate Division as a military judge until his retirement as a Lieutenant Colonel in 1986.

Smith served as President of the American Baptist Churches, USA in 1976 and 1977 and participated with the National Inter-religious Task Force on Soviet Jewry. He served as a delegate to Task Force follow-up conferences in Rome, Italy, Belgrade, Yugoslavia and Madrid, Spain.

On July 18, 1988, Smith became the first African American or person of color to serve on the Washington Supreme Court. He served three terms retiring in 2002. In 1999, he was appointed by President William J. Clinton to the U.S. Commission on International Religious Freedom, created by Congress to monitor the status of freedom of thought, conscience and belief abroad. In 2001, the Student Bar Association at the University of Washington Law School established the Charles Z. Smith Public Service Scholarship. He received the Distinguished Service Award from the National Center for State Courts in 2004 and was honored by Pioneer Human Services in Seattle with naming of one of its low cost housing properties as the Charles Z. Smith House.

[The Honorable Charles Z. Smith's Biography](http://thehistorymakers.org) (thehistorymakers.org) Watch the videos!

HAPPY BIRTHDAY

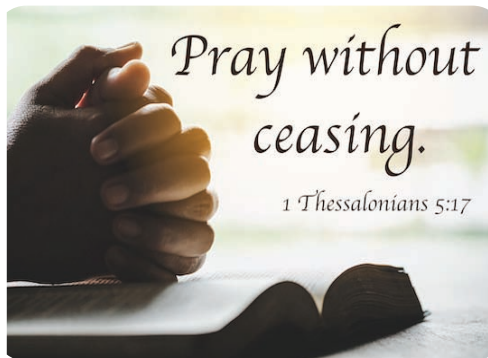


January

Lillian Briscoe
Reta Butler
Katherine Davison
Tami Drayton
Debbie Elkins
Clarissa Johnson
Frances Lucas
JoAnn Rozelle
Sylvia Vassar

February

Debbie Allen
Juanita Cullen-Austin
Mei Banta
Eileen Gray
Eleanor Gray
Marlene Jones
Dorothy Knapp
Tessie Malimit
Rapsy Meyer



★ Prayer List

Condolences

Watson/Duncan Family
Porter Family
Dodson/Arterberry Family

Healing

Linda Girolamo
Desiree & Charles Montgomery
Augustus Porter
Juanita Cullen-Austin

The Team



Move and Groove for Health Directors

- * Tami Drayton-CO/Director
- * Clay Drayton-CO/Director
- * Marsha Robinson-Administration Manager
- * Linda Girolamo-Community Relations
- * Linda Garbot-Content & Copy Editor



Raising Hell - Line Dance (Dance & Teach in English & 中文)
<https://m.youtube.com/watch?v=yIW47g3Z37M>

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Ways to Eat Well As You Get Older



Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1



Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2



Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4



Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

6

ncoa
National Council on Aging



* It is recommended to double mask now, wearing two masks instead of one. (Please ensure that neither mask has holes or tears)

* I would recommend the [AmazonSmile: 3D Face Inner Bracket for Comfortable Breathing, Face Internal Support Frame|Breathe Cup Lipstick Protector Keep Fabric off Mouth to Create More Breathing Space|Washable|Reusable|Translucent,5Pcs](#)



Strengthening lives through Dance & Music

Closing Message: We live in perilous and unpredictable times but if we keep a song in our hearts, pep in our steps, a word of encouragement on our lips and keep our heads looking up to the heavens, we will get through this.



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