

2024 Claire Shulman Spirit of Community Award Recipient

Lara Gregory, Esq.

Queens Community Leader, QCP Board Member & Principal Attorney

Lara Gregory and Associates

LARA GREGORY has been serving the Queens community since 2017.

A lawyer by profession, Ms. Gregory is admitted in the State of New York and practices in the Supreme, Surrogate and Immigration courts. She has presented numerous “Know Your Rights” immigration seminars online and has appeared on international television to help educate and best advise those new to our country.

During the pandemic, and before the availability of vaccines, Ms. Gregory launched “Swab and Save Lives” through Legal Good - an initiative which offered free COVID-19 testing directed to reach the most vulnerable in the community regardless of immigration status. This Queens initiative included diverse AAPI communities (including the South Asian communities) through the United Sherpa Association, Interfaith Council for Community Development (ICCD), Ghyalsumdo Sewa Inc., GPK Foundation and local elected officials - uniting with them so that everyone can get tested. As a result, hundreds in the community got tested.

When vaccines became available, Ms. Gregory, together with the National Federation of Filipino American Associations (NAFFAA), launched the nationwide vaccination campaign, “Don’t Hesitate, Vaccinate!”. For her community work during the pandemic, Ms. Gregory received the “Bayani” or Hero Award in 2021 from the eminent Filipino American National Historical Society (FANHS-NY Metro). In 2022, Ms. Gregory was also awarded a citation of honor by Queens Borough President Donovan Richards for her outstanding community work. In March 2023, Ms. Gregory received the Lifetime Achievement Award from the Office of the President of the United States and AmeriCorps for her commitment to community service.

As part of the Hate Crimes Task Force of the National Federation of Filipino Associations (NaFFAA) and of the Filipino Americans for Racial Action (FARA), Ms. Gregory has been at the forefront of the AAPI efforts to combat hate. In addition to webinars, town halls and the global community launch of the anti-hate crime effort with CNN Philippines, she organized AAPI women-led self-defense classes participated by an intergenerational and diverse group of women.

Ms. Gregory serves on and was the immediate past Chair of the Public Safety Committee of Queens Community Board 4, is a member of AAPI Advisory Board of the Queens District Attorney, a member of the Queens Borough President’s Civic Engagement Committee and a committed and valued Board Member of Queens Centers for Progress.

