



## DELTA EDUCATION AND CHARITABLE FOUNDATION

Education, Scholarships and Services  
P.O. Box 42227  
Houston, Texas 77242-2227

### DECF NEWS/UPDATES

**Executive Board Meeting**  
TBA via email

**Foundation Meeting**  
Integrated Missionary Church  
TBA via email

**Mardi Gras Auction**  
Committee Meeting TBA

**MEMBERSHIP SERVICES**  
Membership in DECF is open.  
Contact Daphne Moss, Chair  
or visit [decfonline.com](http://decfonline.com) for  
additional information.

**Community Service Projects**  
Jordan Grove's Food -Pantry  
Contact Maureen Gordon  
Jack Yates High School  
Contact Lelita Titus  
Other Community Projects are  
welcomed

**HEALTH TOPICS**  
AUGUST  
Health Observances

**HOT TOPICS**  
Congresswoman  
Sheila Jackson Lee  
Dies at Age 74

**Hurricane Season**  
Preparedness

**FYI**  
DECF Summer Raffle

Tickets are \$3 each or the  
book of ten \$30

Stress Free Summer

### Greetings,

Over the last two months (June 19th and July 4<sup>th</sup> specifically ) we celebrated the land of the free and the home of the brave. As the world continues to rotate and the summer season get on its way, let us rejoice and welcome the month of August with a **steamy** spirit.

Let us pray for God's blessings to turn our world of "cannot's" into "can's," our confusion into clarity, our burdens into blessings and our stress into love, peace, happiness and prosperity. After all this is a new month, for new beginnings, new chapter, new page and new wishes. So open your body, mind and spirit to receive the courage, strength, confidence, patience, self-love and inner peace that awaits you.

August is the last month of summer and as we know, we hope the hurricane season will by-pass us. As we continue to get ours lives back to normal knowing that we will have lots of hot weather, why not fill it with fun activities and take time for relaxation and cool off with a nice cold slice or two of watermelon and a cold glass of lemonade or whatever you desire.

Here's wishing every day in August will fill your days with hope, love, sunshine and energy. Let there be room in your heart for joy, fun and laughter. **As always, whatever you do, do it safely.**



**Pamela Cashaw, President      Dave Moss, President Emeritus**



## HOT TOPICS

# UNITED STATES REPRESENTATIVE SHEILA JACKSON LEE OF THE 18TH CONGRESSIONAL DISTRICT OF TEXAS, LONGTIME CONGRESSWOMAN, DIES AT 74



### *Honoring the Life and Legacy of Congresswoman Sheila Jackson Lee*

*Congresswoman Sheila Jackson Lee* was a dedicated advocate for justice and a diligent fighter for the people of Houston and the people of America. Her career in public service spanned well over three decades. As a judge in Houston, a member of the Houston City Council, and a member of the United States Congress, Sheila Jackson Lee's work improved the lives of millions of Americans. She secured critical funding for much-needed infrastructure upgrades, coordinated disaster relief in the wake of Hurricane Harvey, and helped to stand up for testing and vaccination sites during the COVID-19 pandemic. No task was too small as long as it was the right thing to do. Congresswoman Jackson Lee was also a national leader. As a champion for women's rights, she played a vital role in reauthorizing the Violence Against Women Act, landmark legislation that improved the lives of millions of women and girls across the country. She also authored the law that made Juneteenth a national holiday, a law she was proud to co-sponsor as a United States Senator. She saw what could be—a nation that is more equal, fairer, and free—and she dedicated her life to realizing that vision. Congresswoman Jackson Lee was compassionate, resilient, and most importantly, always willing to “do the work!” She leaves a legacy of leadership. She is survived by her husband, Attorney Elwyn Lee, her son Jason, her daughter Erica and the grandmother of twins.

#### **"A Four Day Celebration Honoring the Legacy of Congresswoman Sheila Jackson Lee's Life"**

- **Monday, July 29 - Lie-In-State** - Houston City Hall Rotunda, Ground Floor, 901 Bagby Street, Houston TX 77002 from Time: 9 a.m. to 7 p.m. (The second person to have the honor).
- **Tuesday, July 30, 2024 - Viewing & Remembrance** - God's Grace Community Church, 9944 W. Montgomery Road, Houston, TX 77088 from Time: 4 to 8 p.m.
- **Wednesday, July 31, 2024 - Community Farewell & Appreciation Service and Viewing** - Wheeler Avenue Baptist Church, 3826 Wheeler Avenue, Houston, TX 77004 - Viewing from 11 a.m. to 3:00 pm | Community Farewell & Appreciation Service from 3 to 8 p.m.
- **Thursday, Aug. 1, 2024 - Celebration of Life Service - "Remembering Congresswoman Sheila Jackson Lee"** - Fallbrook Church, 12512 Walters Road, Houston, TX 77014 - Time: 11 a.m. (\*Pre-registration may be required)
- **Services and tributes will be live-streamed.**

**Note:** In the coming days we will learn who will run for her leadership position in November.



*Congratulations  
Dave and Daphne Moss -Celebrate 50<sup>th</sup> Anniversary*



*Happy 50<sup>th</sup> Anniversary*

You are both so lucky to have had each other all these years gone by. But the luckiest of all, are those of us who have shared in your lives and watched your family grow, (six children, 6 grandchildren, numerous family members, sorors, frats and friends. We wish you many more years of happiness, fun, and good health.



*President Joe Biden* decided that he would not seek re-election and endorsed *Vice President Kamala Harris* as the democratic nominee. Let me echo some of the words spoken by our Vice President, Kamala Harris, other dignitaries as well as the President of Delta Sigma Theta Sorority, Inc. With gratitude, let's all proudly commend *President Joseph R. Biden, Jr.* for his enduring legacy and exemplary track record as a statesman and public servant for over five decades. He has served with unwavering integrity, conviction, and a steadfast commitment to the people of the United States.

As citizens of the United States and members of DECF we must continue to emphasize and commit to getting out the vote by registering, educating, and mobilizing voters, family, friends, and neighbors to protect and create the future we deserve. Through our individual and collective efforts, we will and must continue deepening and accelerating our impact.

Since this endorsement from President Biden the Council of Presidents of the National Pan-Hellenic Council (Divine 9) announced a massive, coordinated Voter Mobilization Campaign. This campaign is aimed to activate the thousands of chapters and members to ensure a strong voter turn-out in the communities we serve nation-wide. Specialized groups have been meeting to support the efforts of Vice President Kamala Harris, i.e., (Democratic Delegates, Teacher's Federation, National Council of Negro Women, Council of White Women, The Black Gay Men, etc). Collectively they have raised over \$200 million dollars in just a few days.



## HEALTH TOPICS

### *AUGUST 2004 HEALTH OBSERVANCES*

Every month, there are hundreds of national and international celebrations dedicated to raising awareness and support for meaningful health issues. July is the time to raise awareness in your community about the importance of early detection of common health issues among men

#### **The main days you should know about for August are:**

**National Immunization Awareness Month (NIAM)** is an annual observance held in August to highlight the importance of routine vaccination for people of all ages.

#### **Be Safe in the Sun: UV (Ultraviolet) Radiation and Cancer Risk**

UV (ultraviolet) radiation is a type of electromagnetic radiation. Like all radiation, UV radiation is energy that spreads as it travels. Exposure to UV, either from the sun or other sources, is a major risk factor for skin cancer.

#### **Types of UV radiation**

Different types of radiation are described by the amount of energy particles (photons) they have and give off. There are different types of UV rays, based on how much energy they have. They are all a type of electromagnetic radiation, which is energy that travels in waves at the speed of light. UV is close to the middle of the electromagnetic spectrum, just above visible light.

**August 1<sup>st</sup>** - International Overdose Awareness Day – CDC

**August 1-7** - Breastfeeding Week – WHO

Let's make breastfeeding and work. More than half a billion working women are not given essential maternity protections in national laws. Just 20% of countries require employers to provide employees with paid breaks and facilities for breastfeeding or expressing milk. Fewer than half of infants under 6 months of age are exclusively breastfed.

**August 31** - World Lung Cancer Day – American Lung Association

## STRESS FREE SUMMER

Summer isn't only about swimming and vacations — it can be a stressful time for many people. Because no one's life is completely stress-free, it is important to know how to manage stress this summer and all year long. If you are stressed this summer, try these five tips.

- 1) **Learn Your Stressors:** Learn your triggers, or stressors. Stressors may include family, work and relationships.
- 2) **Take Care of Your Body:** Make sure you are eating well-balanced meals, getting enough sleep and exercising daily. Hunger can worsen stressful situations.
- 3) **Do something you like:** When you are feeling stressed, do something you enjoy, such as baking, gardening or dancing. This can help you relax and take your mind off of what's stressing you out.
- 4) **Relax:** Meditation, yoga, tai chi and other gentle exercises are all relaxing activities that can reduce stress. Try to schedule regular times for these activities.
- 5) **Ask for Help:** Stay connected with people you can count on for support. Ask friends and family members for help. Speak with a health care professional.

Note: Information provided by RxWikiNews and Healthy Strides Rx Pharmacy

**Together, by sharing information we can take steps to improve health within our communities and nation.**



## 2024 HURRICANE SEASON COULD BE AN ACTIVE ONE FOR HOUSTON REGION

The hurricane season officially began here in Southeast Texas (Houston) on **July 8th** and was devastating for many; no electricity for up to 12 days, fallen trees and limbs, roof damage, needed place to shelter, limited food and water. Hurricane Beryl was a Level 1. Some of the predictions and concerns may be on track to what will happen from now through November 30<sup>th</sup>:

### Warnings/Forecasting:

- The hurricane season will be explosive, and on track to be “one of the most active in history.”
- The hurricane season will be a blockbuster style with a concern for potential surges of tropical activity.
- Forecasters are predicting 20-25 named storms and 8-12 potential hurricanes that could brew in the Atlantic this year.
- The 2024 Atlantic hurricane season is forecast to feature well above the historical average number of tropical storms, hurricanes, major hurricanes and direct U.S. impacts.
- Warm surface water temperatures, which increase the potential for rapid intensification, could make for a potentially active season.
- The fact of the matter is we are expecting a busier season this year.
- Coastal residents including people in the greater Houston area need to be prepared for hurricane season.
- Predicting exactly when and where hurricanes will hit is no easy task.
- People just need to know that hurricane season is here and need to stay prepared.

### DISASTER PLANNING- THINGS TO HAVE AVAILABLE :

- Have an adequate amount of ready to eat food and water to drink on hand
- Have batteries for all battery powered equipment, i.e- flashlights
- Have your important documents together and packed in a secure place, i.e.- insurance papers.
- Keep vehicle gas tanks full to avoid long lines and price gouging that some of us experienced
- Have a first aid kit
- Avoid driving during storms. If necessary, steer clear of high or uncertain water levels on roads
- If caught in torrential rains, turn on flashers for better visibility of other drivers
- Have a minimum three-day supply of medications, along with a cooler and ice packs if your medications require refrigeration. Also, if needed, pack medical supplies such as syringes.
- Contact lens solution, glasses and/or hearing aids and extra batteries for people who need them.
- An identification band with your full name, a list of any allergies and a family member’s contact number.
- Information about your medical devices, including oxygen, walkers and wheelchairs. The information should include model numbers and the vendor of the products.
- Documents in a waterproof bag. They should include a personal care plan; contact information for family members; a medication list including the dosage, exact name, pharmacy information and the prescribing doctor for each medication; a list of food or medical allergies; copies of photo IDs and medical insurance cards; and durable power of attorney and/or medical power of attorney documents.
- Cash to be used if automatic teller and credit card machines are not working.
- **The CDC also recommends people include additional supplies to address the spread of the coronavirus, flu and other viruses. They include masks for everyone 2 and older, soap, hand sanitizer and disinfecting wipes.**



**Together Everyone Achieves More**  
**Membership and Donor Information**

- Yes, I would like to become a member of the Delta Education and Charitable Foundation (DECF). Annual dues \$50.
- Yes, I would like to show my support through the enclosed donation of:  
\_\_\_\_\_ \$10      \_\_\_\_\_ \$20      \_\_\_\_\_ \$25      \_\_\_\_\_ Other Amount
- Yes, I wish to receive periodic updates of DECF's programs and events.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Email: \_\_\_\_\_

DECF is a 501(c)(3) not-for-profit charitable organization. All contributions are tax deductible to the fullest extent allowed by law. For more information contact the following:

Pamela Cashaw, President - 713-515-6252 or Daphne Moss, Vice-President - 713-824-7614

\_\_\_\_\_ I HAVE ENCLOSED A CHECK OR MONEY ORDER PAYABLE TO "DECF" FOR \$\_\_\_\_\_

Please send check to: DECF, P.O. Box 42227 - Houston, TX 77242-2227 "or Zelle to: [decf1974@gmail.com](mailto:decf1974@gmail.com)

***Thank you for your continuous support!***

**DECF BOARD MEMBERS**

*Dave Moss*  
President Emeritus

*Pamela Cashaw*  
President

*Daphne Moss*  
Vice President

*Jacquelyn Blossom*  
Secretary

*Grace Macklin*  
Treasurer

*Barbara Branch*  
Financial Secretary

*Marna Arvie*  
Member

*Fraulyn Baisey*  
Member

*Linda Brown*  
Member

*Josephine Daniels*  
Member

*Maureen Gordon*  
Member

*Cynthia Jones*  
Member

**MISSION**

*DECF- commitment to service, scholarships and educational purposes, yet not limited to such purposes; we shall continue our endeavors in the areas of social awareness, physical and mental health and cultural development in the communities we serve.*

**VISION**

*To operate in partnership with other like-minded organizations.*

**VALUES**

*Respect. Stewardship. Ethics. Learning and Innovation*



## DELTA EDUCATION AND CHARITABLE FOUNDATION

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### Why Join Delta Education and Charitable Foundation

Become a member of a Foundation that supports the Community At-large and possesses the following qualities:

- **DEDICATED** to serve the members of the community and other partnership/collaborations
- **ENERGIZED** to promote Hot Topics relevant to good health and educational endeavors
- **COMMITTED** to Social Justice issues.
- **FUNDRAISING** for scholarships and community programs

### Frequently Asked Questions

#### What are the qualifications to join Delta Education and Charitable Foundation?

- Be a citizen in good standing and willing to serve and give their time and resources to help the Foundation accomplish its mission.

#### Do I have to be an African American?

- No. It is a goal of for the Foundation to become a diverse organization with members of all genders, races and ethnicities.

#### Do I have to be a member of Delta Sigma Theta?

- No. We are all a part of various other organizations.

#### Can I also be a member of the divine nine or any other organization?

- Yes. We strive on the intellect and contributions of people that share similar interest.

#### How often does the Foundation meet?

- Bi-monthly or as necessary by call meetings.

#### How much are the annual dues?

- Annual dues are \$25 for June 1, 2024 through December 31, 2024



**FYI:**

**Delta Education and Charitable Foundation Summer Raffle**

The Auction Committee is conducting a summer raffle. Raffle tickets are being distributed by Victoria Lackey. Raffle tickets are \$3 each or \$30 for the book of ten. Your support is greatly needed and appreciated as always. See Ariel White-Chair, Victoria Lackey-Co-chair.

**July 1, through September 1, 2024**

1st Place - **\$500**

2nd Place - Beauty and Spa Package (**\$475 value**)

3rd Place - Sweet Lips Cigar Lounge and Wing Quarters (**\$300 value**)

4th Place - Immersive Game Box, Visa Card, 2 Bicycles (**\$225 value**)

5th Place - Fast Food Gift Card Tree (**\$150 value**)

**Tickets - \$3 Each - Book of 10 - \$30**

**WINNER NEED NOT BE PRESENT**

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**CALLING ALL MEMBERS**

It is time to plan for the

**2025 Carnivale Mystique Mardi Gras**

**Scholarship Gala**

**Become an active member on the planning committee.**

**See Grace Macklin, Chair**





**TOGETHER EVERYONE  
ACHIEVES MORE  
FOR  
DELTA EDUCATION AND  
CHARITABLE FOUNDATION**

**ENJOY SUMMMER AND  
STAY PREPARED FOR  
THE HURRICANE SEASON**