



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 for
additional information.

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

HEALTH TOPICS
SEPTEMBER'S
Health Information
How to spot Scam Health
Products
Health Observances

HOT TOPICS
Presidential Election Year
Your Voice – Your Vote
Who Can Vote

Hurricane Season
STAY Prepared

FYI
DECF Summer Raffle
Tickets are \$3 each or the book of
ten \$30

SAVE THE DATE

March 1, 2025

Carnivale Mystique Mardi Gras
Scholarship Gala

Greetings,

Let us welcome the month of September. After all, it is a new month, chapter, new page and new wishes. Let the month give you courage, strength, confidence, patience, self-love and inner peace. Let everyday in September fill your days with hope, love, sunshine and energy.

September is a time to gather up the rest of the harvest and prepare for the winter months. During the month of September there's a little something to celebrate for everyone: the last days of summer and the first days of fall.

September 2—the first Monday of the month—is Labor Day.

September 11 is Patriot Day, held in honor and remembrance of those who died in the September 11, 2001 terrorist attacks.

September 11 is also Grandparents Day this year. Honor your grandparents today—and every day!

September 17 is Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787.

September 21 is recognized as the annual International Day of Peace.

Observances range from a moment of silence at noon, to events such as peace walks, concerts, and volunteering in the community.

September 22 marks the start of fall! This year's Autumnal Equinox occurs at 8:44 A.M. EDT. On this date, there are approximately equal hours of daylight and darkness.

September 26 is Johnny Appleseed Day, celebrating everything **apple!** Be reminded of the old saying, “an apple a day keeps the doctor away”.

Then there are the flowers for the month that bring goodness. Let's try one and see the difference it may make in your home.

September's Flowers are the Aster and the the Morning Glory



The Aster



The Morning Glory

Asters provide a pop of color as summer turns to fall. Asters have long been a symbol of love and wisdom, patience, beauty, faith, friendship, and purity. The purple symbolizes grace, wealth, and hopefulness. While the Morning Glory are fast-growing vines with a somewhat unique daily schedule: the flowers open in the morning and close up by the afternoon. Each color holds a different meaning.

Let the month of September bring all the good things that the flowers represent. Let there be joy, fun and laughter!

Pamela Cashaw, President Dave Moss, President Emeritus



HEALTH INFORMATION YOU CAN USE AND SHARE

How to Spot Scam Health Products

FDA warns about false claims related to health products. The US Food and Drug Administration (FDA) is warning consumers about fake and even possibly harmful products. Thanks to the rise of social media and targeted online advertising, it has become easier to come across these products in recent years. According to the FDA, the next time you are browsing the internet, one of the best ways to protect yourself from these products is to ask yourself the following:

- Whether the claim sounds "too good to be true"
- Whether the claim contradicts what you've heard from reputable sources
- The FDA continues to send warning letters to companies that are selling potentially dangerous products. These products range from COVID-19 treatments ,to sexual performance products, to weight loss products and treatments for rare diseases.

These problematic products often contain undisclosed or hidden prescription medication. The problem? The hidden active drug ingredients in these products can present significant health risks to patients with certain medical conditions. Furthermore, the hidden ingredients can interact with medications you are taking. In turn, this can be dangerous and can even lead to death.

Some of these products claim to prevent, treat, or cure diseases or other health conditions but are not proven safe and effective for those uses. Not only can they cause serious or even fatal injuries, but they can lead to delays in getting proper diagnosis and treatment.

Companies selling and marketing products like this are likely violating federal law, according to the FDA.

Look for these claims to better identify scam products:

1. Claiming to be a "miracle cure." Other claims may include "guaranteed results" or "vaccine alternative." These are often products that are "too good to be true."

These companies have resorted to preying on those looking for a solution to difficult health problems such as Alzheimer's disease, arthritis, cancer, diabetes, memory loss, sexual performance, weight loss and infectious diseases (COVID-19, the flu and others).

2. Claiming to treat a wide range of diseases. Unfortunately, there is no such thing as a treatment that cures multiple illnesses.

3. Personal "success" stories. These stories are easy to fake, especially on online marketplaces and on social media. These stories may look like, "It cured my diabetes" or "This product immediately stopped my COVID-19 infection."

4. Claiming to be a "quick fix." Many conditions and diseases take time to be treated even with an approved treatment. Don't fall for this marketing ploy. An example may be "lose 20 pounds in 20 days."

5. An "all natural" treatment or cure. This language is included on purpose to grab your attention and suggest it is a safer alternative than what is the standard treatment. But don't be fooled. All natural doesn't necessarily mean it is safer. Many of these plants and herbs can actually be dangerous. Plus, the FDA has found that some products claiming to be "all natural" contain hidden ingredients (prescription ingredients or other pharmaceutical ingredients) at high doses. In some cases, the FDA has found ingredients that have been taken off the market for safety reasons.

These products are being marketed on the internet, email, newspapers, magazines, TV and even through direct mail, according to the FDA. These scams can be seen on social media, as well as on closed messaging apps (WhatsApp and Facebook Messenger). These products can be found in convenience stores, flea markets, gas stations and nontraditional stores.

Fraudulent products may not always be easy to identify as a scam.

If you are looking to buy a product and have any questions, check with your healthcare provider before you buy.

(RxWiki News) and Healthy Strides Rx Pharmacy



HOT TOPICS 2024 UNITED STATES PRESIDENTIAL ELECTION



DEMOCRATIC PARTY VICE PRESIDENT KAMALA HARRIS UNVEILS MINNESOTA GOV. TIM WALZ AS RUNNING MATE



Timothy James Walz is an American politician, former U.S. Army non-commissioned officer, and retired educator who has served since 2019 as the 41st governor of Minnesota. A member of the Democratic–Farmer–Labor Party (DFL), he was a member of the United States House of Representatives representing Minnesota's 1st congressional district from 2007 to 2019. A member of the Democratic Party, he is its nominee for vice president in the 2024 United States presidential election.

REPUBLICAN PARTY FORMER PRESIDENT DONALD TRUMP UNVEILS OHIO SENATOR J.D. VANCE AS RUNNING MATE



James David "JD" Vance is an American politician, author, and Marine veteran who has served since 2023 as the junior United States senator from Ohio. A member of the Republican Party, he is its nominee for vice president in the 2024 United States presidential election.

FYI: The 2024 United States presidential election in Texas is scheduled to take place on Tuesday, November 5, 2024, as part of the 2024 United States elections in which all 50 states plus the District of Columbia will participate. Texas voters will choose electors to represent them in the Electoral College via a popular vote. The state of Texas has 40 electoral votes in the Electoral College, following reapportionment due to the 2020 United States census in which the state gained two seats. **The second most populous state, Texas is generally considered to be a red state, not having voted Democratic in a presidential election since Southerner Jimmy Carter won it in 1976 and with Republicans holding all statewide offices since 1999.**

Something to hope for...Now and again time brings about a change.



INFORMATION TO BE SHARED

WHO CAN VOTE: IN THE U.S., YOU CAN VOTE IF YOU ARE:

- A U.S. citizen.
- A resident of the county where you submit the application.
- 18 years old or older on Election Day.
- Not a convicted felon (you may be eligible to vote if you completed your sentence, probation, or parole).
- You have not been declared by a court exercising probate jurisdiction to be either totally mentally incapacitated or partially mentally incapacitated without the right to vote.

TEXAS VOTER REGISTRATION

- To vote in Texas, you must first register. There are many ways to register. No matter which way you choose, your county's voter registrar must receive your application at least 30 days before an election.

WAYS TO REGISTER TO VOTE:

- **At Healthy Strides Rx Pharmacy - 4401 Emancipation Avenue 77004**
- In-person. Visit your county's Voter Registrar office.
- By mail. Pick up a voter registration application from your county's Voter Registrar office, public libraries, government offices, or high schools.
- Online. Fill out your voter registration application through our online portal here, then print, sign, and mail it to your county's voter registrar office.

VISIT VOTETEXAS.GOV FOR MORE INFORMATION

- Update voter name or address
- This free online service is available for registered Texas voters who have moved or changed their name and need to update their voter registration information with the Texas Secretary of State.

UPDATE YOUR VOTER INFORMATION AND PREPARE TO VOTE

- You may present one of the following approved forms of photo ID to vote in person in Texas:
- Texas Driver License
- Texas Election Identification Certificate
- Texas Personal Identification card
- Texas Handgun License
- U.S. Military identification card with the person's photo
- U.S. Citizenship Certificate with the person's photo
- U.S. Passport (book or card)

If you do not possess and cannot reasonably obtain one of these seven forms of photo ID, you may fill out a Reasonable Impediment Declaration at the polls and present an alternate form of identification, such as your utility bill, a bank statement, a government check, or your voter registration certificate.

KEY DATES

Election Day: Nov. 5, 2024

Last Day to Register to Vote: Oct. 7, 2024

First Day of Early Voting by Personal Appearance: Oct. 21, 2024

Last Day of Early Voting by Personal Appearance: Nov. 1, 2024

First Day to Apply for Ballot by Mail: Jan. 1, 2024

Last Day to Apply for Ballot by Mail: Oct. 25, 2024

Last day to Receive Ballot by Mail: November 5, 2024 (Election Day) at 7:00 p.m. if carrier envelope is not postmarked, OR Wednesday, Nov. 6, 2024 (next business day after Election Day) at 5:00 p.m. if carrier envelope is postmarked by 7:00 p.m. at the location of the election on Election Day (unless overseas or military voter deadlines apply)



HEALTH TOPICS

SEPTEMBER 2004 HEALTH OBSERVANCES

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

<p>Healthy Aging Month: To promote ways people can stay healthy as they age</p>	<p>Do not act your age or at least what you think your current age should act like. Positive thinking goes a long way toward feeling better about yourself. Don't keep looking in the mirror, just FEEL IT!</p> <ul style="list-style-type: none"> • Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. • Walk like a vibrant, healthy person. • Stand up straight! • How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.
<p>National Childhood Obesity Awareness Month</p>	<p>The Centers for Disease Control and Prevention (CDC) recognizes National Childhood Obesity Awareness Month as a time to raise awareness about preventing childhood obesity.</p>
<p>National Recovery Month:</p>	<p>The Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month/ Presidential Proclamation. In 2023, President Biden once again declared September as 'National Recovery Month,' a time to recommit to helping prevent substance use disorder, supporting those who are still struggling, and providing people in recovery with the resources they need to live full and healthy lives.</p>
<p>National Sickle Cell Awareness Month is a time to raise awareness and support people living with sickle cell disease.</p>	<p>Sickle cell disease (SCD) is an inherited blood disorder in which red blood cells may become sickle-shaped and harden. Sickle cell disease is not contagious, and there is no universal cure. Sickle cell disease is a global health problem. Advocate for better treatment, education and research.</p>
<p>National HIV/AIDS and Aging Awareness Day (9/18).</p>	<p>On September 18, we observe HIV/AIDS and Aging Awareness, focusing on the increasing number of people who, because of major advancements in HIV treatment, are living long, full lives with HIV. The awareness day also calls attention to the unique health and social needs, as well as the challenges of HIV prevention, testing, treatment, and care among people who are aging.</p>
<p>National Gay Men's HIV/AIDS Awareness Day</p>	<p>On September 27th, we observe National Gay Men's HIV/AIDS Awareness. A day to help end HIV stigma and encourage HIV testing, prevention, and treatment among gay and bisexual men.</p>

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 STAY PREPARED

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 and roof damage. People needed places to shelter, to stay cool and obtain 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 30th:

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 INCLUDES

- 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, have 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 \$25.00.
- 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 \$ _____

____ Or payable by Zelle: decf1974@gmail.com

Please send check to: DECF, P.O. Box 42227 - Houston, TX 77242-2227

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

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Linda Brown
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Josephine Daniels
Member

Maureen Gordon
Member

Cynthia Jones
Member

MISSION

DECF is committed 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



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Why Join Delta Education and Charitable Foundation

BECOME a member of a Foundation that supports the Community At-large and possess the following qualities:

- **D**EDICATED to serve the members of the community and other partnership/collaborations.
- **E**NERGIZED to promote Hot Topics relevant to good health and educational endeavors.
- **C**OMMITTED to Social Justice Issues.
- **F**UNDRAISING 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 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 9 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 31, 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

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**



**REMEMBER THE HURRICANE
SEASON IS NOT OVER.
STAY PREPARED!**