



## 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**  
**Mardi Gras Committee Meeting**  
Integrated Missionary Church  
TBA via email

**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**  
November's Health Information  
Health Observances

**HOT TOPICS**  
Election Day  
Tuesday, November 5<sup>th</sup>

Hurricane Season  
STAY Prepared

**FYI**  
**SAVE THE DATE**  
March 1, 2025



Carnivale Mystique  
Mardi Gras Gala

## Greetings,

As the month of November begins we are prayerful that the terrifying Atlantic hurricane season will officially come to an end. However it usually lasts until the end of November but that doesn't mean the season can't end early, or forbid that it may lag late. Most importantly, Thanksgiving Day in the United States is a holiday celebrated on the fourth Thursday of November. It's a time for family celebrations to give thanks for what they have. Families and friends get together for a meal, which traditionally includes a roast turkey, stuffing, potatoes, vegetables, cranberry sauce, gravy, and pumpkin or sweet potato pie. Some will celebrate with parades and other fun activities. Many will have the day off. Most government offices, businesses, schools, universities, colleges, and other organizations are closed on Thanksgiving Day. Many offices and businesses allow staff to have a long four-day weekend. Thanksgiving Day is one of the busiest periods for travel in the USA. This can cause congestion and overcrowding. Seasonal parades and busy football games can also cause disruption to local traffic. With road rage on the rise, always remember- safety first.

Thanksgiving on Nov. 28 is the centerpiece of November, a cherished time for sharing gratitude, heartwarming quotes and gathering with family. Yet, it's also a day of reflection—a National Day of Mourning to honor the loss of land, culture and lives due to colonization, a reminder of the history that often goes unspoken.

**Nov. 5, 2024 brings another significant moment: Election Day.** Though not a holiday, it's an important civic duty, especially in this year's presidential race. So, make sure you make time to vote. And, of course, we can't forget to honor our military veterans on Veterans Day (Nov. 11) and Black Friday on Nov. 29—the unofficial kickoff to the holiday shopping season! Just remember that November is a month filled with hidden gems and unique experiences, from superstitions about catching falling leaves to the allure of autumn romance. Embrace the charm of this season by exploring its traditions, history, and seasonal delights. November is the month of food, feasts, and elections, as well as the beginning of winter. Remember to give thanks for His mercy, grace and loving kindness.



*Pamela Cashaw, President      Dave Moss, President Emeritus*



## HOT TOPICS 2024 UNITED STATES PRESIDENTIAL ELECTION



As we all know, this is not a normal election. It is not standard or customary to see the ballot for President of the United States have a candidate who is running against a convicted felon who wants to take us backwards. Remember it is your **Voice** and your **Vote**. If you did not vote early do not forget to put the 2024 U.S. elections which will be held on Nov. 5<sup>th</sup> on your calendar.

### Make time to VOTE.

Texans will vote in the *presidential race*, as well as *one U.S. Senate seat* and *one of three seats on the Railroad Commission*. In addition, voters will also elect officials for congressional and legislative offices, the State Board of Education and Judicial seats. **Most importantly to most voters are the following:**

**U.S. President:** The presidential race will be the marquee contest this November. President Joe Biden dropped out of the race in July, and Vice President Kamala Harris has emerged as the Democratic nominee. Since then, Harris has campaigned in Texas as Democrats hope that the renewed enthusiasm will flip Texas blue. Kamala Harris will face former President Donald Trump, who won Texas in 2020 by 5.6 percentage points. A Democratic presidential candidate hasn't won **Texas** since Jimmy Carter in 1976.

- **Candidates:** Democrat - Kamala Harris; Republican - Donald J. Trump; Libertarian - Chase Olive; Green Party - Jill Stein.
- **U.S. House:** Texas has 38 congressional seats, and all up for election this year, with most incumbents running again. There are three open seats. Republicans are vying to replace U.S. Rep. Kay Granger in District 12 and U.S. Rep. Michael Burgess in District 26, both of whom are not seeking reelection.
- **Meanwhile, U.S. House District 32** is an open race because Allred, who currently represents the district, is running for U.S. Senate.
- **House District 9:** Candidates: Al Green Incumbent
- **Texas Senate 13:** Candidates: Seat is not up for election this year.
- **Texas House District 146:** Candidates: Democrat - Lauren Ashley Simmons; Republican - Lance York
- **U.S. Senate:** Colin Allred is running against U.S. Senator Ted Cruz.
- **18th Congressional District:** Sylvester Turner chosen as Democratic nominee to replace Sheila Jackson Lee for Texas 18<sup>th</sup> Congressional Dist. in November. Turner will face Lana Centonze, who won the Republican nomination for Texas' 18th Congressional District. Note: The district has been solidly Democratic since it was redrawn to represent parts of Houston in the early 1970s



**Tuesday, November 5, 2024 is Election Day**  
**Let us all proudly wear the I Voted Sticker!**  
**Take Somebody to the Polls With You!**





## HEALTH TOPICS

### NOVEMBER 2004 HEALTH OBSERVANCES

Every month, there are hundreds of national and international celebrations dedicated to raising awareness and support for meaningful health issues. **It's time to raise awareness in our communities about the importance of early detection of common health issues.** In November, we're raising awareness about **Alzheimer's Disease, Diabetes, Stomach and Lung Cancer, Chronic Obstructive Pulmonary Disease (COPD) and Antibiotic Awareness.** □

***National Alzheimer's Disease Month:*** Over 5 million Americans have Alzheimer's disease, according to the Centers for Disease Control and Prevention. It is a form of dementia that ranks as the seventh leading cause of death in the U.S. This national awareness campaign runs the entire month to encourage people to familiarize themselves with recommended treatments including taking the right medication, and understand the importance of creating a safe and supportive environment for those affected.

***National Diabetes Month:*** More than 1 in 3 adults in the United States have pre-diabetes — and many of them don't know it. National Diabetes Month is a time to raise awareness about diabetes as an important public health issue and encourage people to take charge of their health. This year, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) are focused on taking action to prevent diabetes-related health problems. November sheds light on Diabetes prevention and management -- especially important since this chronic condition currently affects more than half a billion people of all ages worldwide. Advocates against diabetes use this month to encourage you to commit to a healthier lifestyle with awareness of the disease's risk factors, prevention strategies and practical techniques to counter further complications.

**Warning Signs and Symptoms:** Know the warning signs and symptoms of diabetes and diabetes complications so you can take action to improve your health. The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed. Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

*Note: Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.*

**National Stomach & Lung Cancer Awareness Month:** Lung Cancer is the second most common cancer in the United States, and approximately 26,500 new cases of Stomach Cancer are diagnosed each year, according to the American Cancer Society. They share a dedicated awareness campaign emphasizing the importance of prevention through lifestyle changes, such as eating healthier and regular exercise, as well as early detection. With the knowledge of risk factors and the latest advancements in Cancer treatment, individuals can be empowered to take proactive control of their health.



## HEALTH TOPICS NOVEMBER 2004 HEALTH OBSERVANCES

U.S. **Antibiotic Awareness Week** (November 18–24): November 18–24 marks U.S. Antibiotic Awareness Week. It's an opportunity to raise awareness about antibiotic resistance and the importance of proper antibiotic use when getting medical care. The purpose of the observance is to raise awareness of the importance of appropriate antibiotic and antifungal use and the threat antimicrobial resistance poses to people, animals, plants, and their shared environment.

The theme for 2024 is **"Fighting Antimicrobial Resistance Takes All of Us."** CDC champions using a One Health approach to fight antimicrobial resistance, which recognizes the health of people is closely connected to the health of animals, plants, and their shared environment. Working together, we must improve the global prescribing and use of antibiotic and antifungal drugs and invest in global infection prevention actions across the health of humans, animals, plants, and the environment (for example soil and water).

About antimicrobial resistance: **Antimicrobial resistance** happens when germs, like bacteria and fungi, develop the ability to defeat the drugs designed to kill them. That means the germs are not killed and continue to grow. Antimicrobial resistance is an urgent global public health threat that is estimated to cause more than 1.27 million deaths around the world and nearly 35,000 deaths in the United States each year. Antimicrobial resistance can affect anyone, anywhere, and at any stage of life. Antimicrobial-resistant germs can spread rapidly across the globe in and between healthcare facilities, as well as in the community, environment, and our food supply. Preventing infections in the first place is our first line of defense against antimicrobial resistance. Access to clean water and adequate sanitation, vaccination coverage, and access to quality health care can prevent infections and the spread of antimicrobial resistance worldwide. Appropriate use of antibiotic and antifungal drugs helps improve patient outcomes by optimizing the treatment of infections, avoiding drug-related side effects, and slowing the development of antimicrobial resistance.

**Chronic Obstructive Pulmonary Disease (COPD)** is a serious lung disease that makes it difficult to breathe. It is a condition caused by damage to the airways or other parts of the lung that blocks airflow and makes it hard to breathe. It is most common in older adults, but you can take action to look after your lung health at any age. Nearly 16 million Americans have chronic obstructive pulmonary disease. Millions more have it and don't know it. Every November, we raise awareness about COPD and encourage people to know their risk and encourage people to **quit smoking** — or start the conversation with their loved ones — to help lower their risk of getting COPD. COPD can cause coughing that produces large amounts of a slimy substance called mucus. It can also cause breathing problems, shortness of breath, chest tightness, and other symptoms. Because COPD is a progressive disease, its symptoms often develop slowly but worsen over time and can limit your ability to do routine activities. Serious COPD may prevent you from doing even basic activities such as walking, cooking, or taking care of yourself. The good news is that COPD can often be prevented, mainly by not smoking. In the United States and other high-income countries, cigarette smoking is a leading cause of COPD where the majority of people who have COPD smoke or use to smoke. In the developing world, however, air pollution plays a much larger role, and half of all cases worldwide are not related to tobacco. A rare genetic condition called alpha-1 antitrypsin (AAT) deficiency can also cause the disease. Although there is no cure, treatments and lifestyle changes such as quitting smoking can help you feel better, stay more active, and slow the progress of the disease. You may also need oxygen therapy, pulmonary rehabilitation, or medicines to treat complications.

**NOTE: These are reminders for us to make informed decisions about our well-being and place more value on our health – ultimately leading to a higher quality of life. With better understanding and awareness, we can also provide better empathy and care for our families and neighbors. Prioritizing wellness helps individuals and communities succeed in their goals and enjoy life, so we believe everyone deserves a health plan that supports their needs and fits their budget.**





## REMEMBER DAY LIGHT SAVINGS TIME CHANGES

Daylight savings time is one of the most polarizing ideas ever. Whether you're a fan of springing ahead or falling back, the changes to your waking and sleep schedules take some serious adjusting. Some people like the time change and others claim it's actually pretty awful. Depending on your individual sleep schedule, you may get an extra hour of sleep on Daylight Savings Day this November (when daylight savings time ends). Why? Because the clocks will "turn back" overnight. ***Daylight savings will end at 2:00 a.m. on Sunday, November 3, 2024. At this time, clocks will "fall back" an hour.***

## THE HURRICANE SEASON HAS NOT YET ENDED

The 2024 Hurricane season has been overwhelming for many; deaths, floods, homes destroyed, millions without electricity for several days, fallen trees and limbs, roof damage, needed places to shelter, to cool, for food and water. The season does not officially end until the end of November. Be reminded that some of the predictions and concerns may be on track to what will happen from now through November 30th. This year, hurricanes, tornadoes and storms have been quite active, and it has been necessary for the region to stay prepared.

### BASIC THINGS TO HAVE AVAILABLE INCLUDE

- 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 experience
- 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.

### WHAT CAN YOU DO WITH LEFTOVER HALLOWEEN CANDY?

It's that time of year! Halloween is over and you're looking at that big bag of leftover Halloween candy sitting on the table, all the candy the kids received in their bags and buckets and just think, "What are we ever going to do with all that leftover candy? No matter how much you love your favorite candy for Halloween, you're probably not going to eat it all. You can sell the leftover candy, donate it to charitable organizations, freeze it, bake with the candy, keep it – candy has a long shelf life. Don't let your sweet tooth get the best of you. Always remember your health conditions and your weight management goals.



## DELTA EDUCATION AND CHARITABLE FOUNDATION

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

# 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 it's mission.

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

- No. It is a goal of 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 interests.

### 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



**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*

*Fraulyn Baisey*

*Maureen Gordon*

*Cynthia Jones*

***MISSION***

*DECF has a 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*



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



**REMEMBER THE HURRICANE  
SEASON IS NOT YET OVER.  
STAY PREPARED AND BE  
BLESSED!**



# *Countdown to Mardi Gras!!*

*4 months*  
*17 weeks*  
*121 days*



Are you excited and ready for THE event of the year??