



## DELTA EDUCATION AND CHARITABLE FOUNDATION

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

### DECF NEWS/UPDATES

#### **EXECUTIVE BOARD MEETING**

*Executive Board  
TBA via email*

#### **FOUNDATION MEETING MARDI GRAS COMMITTEE MEETING**

*Integrated Missionary Church  
Thursday, February 6th at  
6:30p.m.*

#### **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**

*February's  
Health Observances  
American Heart Month  
Common Cold*

#### **CELEBRATE**

*Black History Month  
February is Heart Month  
Valentine's Day -February 14<sup>th</sup>*

#### **FYI**

*SAVE THE DATE  
March 1, 2025*



### *Greetings,*

As the new year progresses, we approach February—the shortest month of the year. February is marked by several notable holidays and events. If you were born in February, your birthstone is amethyst, and your flowers are violets and primroses. The zodiac signs for this month are Aquarius and Pisces.

February, the second month of the year, symbolizes purification, devotion, and honesty. It serves as a period of transition, signaling the end of winter and the arrival of spring. Spiritually, February represents renewal, growth, and the promise of new beginnings. It is a time to cleanse oneself of negative energies and prepare for the rebirth that spring brings. The spiritual significance of February also revolves around love and compassion, encouraging individuals to cultivate these feelings not only toward others but also toward themselves. Additionally, February is a time for positive dreams, symbolizing the need to shed old habits or beliefs—much like spring cleaning—to pave the way for new growth.

With Valentine's Day falling in this month, February is associated with love, affection, and commitment. From a psychological perspective, dreams in February may reflect a desire for love and companionship, aligning with the month's themes of romance and connection.

Most importantly, let us not forget that February is also Black History Month. This annual observance originated in the United States, where it is known as African American History Month. It has received official recognition from governments in the United States and Canada, and more recently, it has been observed in Ireland and the United Kingdom. The concept of Black History Month was first introduced by historian Carter G. Woodson and members of the Association for the Study of Negro Life and History (now the Association for the Study of African American Life and History). Together, they organized Negro History Week, which began in February 1926. February was chosen to honor the birthdays of U.S. President Abraham Lincoln, who issued the Emancipation Proclamation, and Frederick Douglass, the African American orator and abolitionist.

***Celebrate Heart Month and Love, and take some time to explore  
Black History!***



*Pamela Cashaw, President*

*Dave Moss, President Emeritus*

## HOT TOPICS

### **NEW FEDERAL RULE WILL REMOVE MEDICAL DEBT FROM CREDIT REPORTS**

In a major change that could affect millions of Americans' credit scores; the Consumer Financial Protection Bureau (CFPB) has finalized a rule to remove medical debt from consumer credit reports. The rule would erase an estimated \$49 billion in unpaid medical bills from the credit reports of roughly 15 million Americans, the CFPB said. This rule could help boost those borrowers' credit scores by an average of 20 points, helping them qualify for mortgages and other loans. "No one should be denied economic opportunity because they got sick or experienced a medical emergency. This will be life-changing for millions of families, making it easier for them to be approved for a car loan, a home loan or a small-business loan. Major credit reporting agencies have already announced voluntary steps to remove medical debt from their reports. The final rule is set to take effect in March – but that timeline could be delayed by legal challenges. Debt collection industry groups like the Association of Credit and Collection Professionals have opposed the change, saying it would result in "reduced consequences for not paying your bills, which in turn will reduce access to credit and health care for those that need it most.

### **WILDFIRE - NATURAL DISASTER HITS CALIFORNIA**

Natural disasters remain one of mankind's biggest fears: despite increasing technological advancements, humans remain almost powerless in the face of hurricanes, droughts, tornadoes and wildfires. The United States has seen more than its fair share of natural disasters which have cost thousands of lives and billions of dollars' worth of damage. The latest disaster in California: The Palisades, Eaton and Hurst fires, fueled by powerful winds, have forced the evacuations of more than 100,000 people. Comfort those who lost loved ones, homes, and possessions. Surround them with your love and provide the resources they need to recover. Bless the fire fighters and first responders with courage and protection as they work tirelessly.

### **PRESIDENT DONALD TRUMP'S CABINET PICKS**

President-elect Donald Trump, a controversial figure himself, is filling his future administration with people who have pasts that are raising concerns among the senators who have to vote on many of the appointees. The picks range from Pete Hegseth, who paid a woman who accused him of sexual assault to prevent her from filing a lawsuit against him, to former Rep. Tulsi Gabbard, who secretly met with Syrian president Bashar Assad.

Democratic lawmakers are enraged at Donald Trump 's recent picks for Cabinet and West Wing, saying his selections are downright 'dangerous.' The president-elect has stirred controversy after nominating a rash of hardline conservatives and MAGA loyalists, some with questionable qualifications, to top positions in the executive branch.

Confirmed since Trump took office include the following:

Secretary of State -Marco Rubio, CIA Director -John Ratcliffe, Defense Secretary- Pete Hegseth, Homeland Security Secretary -Kristi Noem, Transportation Secretary-Sean Duffy

Other controversial figures are in the process of going through vigorous confirmation hearings.

**HEADLINES: Trump's Immigration Orders Will Bring Chaos to The Border. Federal Workers Facing Job Buyouts. What's next on our newly elected President Donald Trump's agenda?** Stay tuned there is much more devastation to come under this administration.



## FEBRUARY 2025 HEALTH OBSERVANCES

National Health Observances (NHOs) are special days, weeks, or months dedicated to raising awareness about important health topics. Each month, we join NHOs that align with national priorities to improve health across the country. In January, let's come together to raise awareness about Cervical Health, Glaucoma, Human Trafficking, Birth Defects, National Blood Donor Month, and Integrative Health and Medicine. Along with promoting vaccinations, let's share these topics with family, friends, co-workers, and others.

**American Heart Month:** During American Heart Month, thousands of American Heart Association volunteers raise awareness about and raise funds to fight cardiovascular disease, our number one killer. A federally designated event for more than half a century, American Heart Month reminds people to focus on their hearts and encourages them to get their families, friends, and communities involved.

### 7 Heart Health Facts to Share During American Heart Month

To celebrate Valentine's Day you may pass around candy hearts and valentine cards. This year, also consider passing out heart health facts to your family members, friends and co-workers to spread the word about heart disease. Luckily, heart disease prevention is possible. Making healthier lifestyle choices — like quitting smoking — can reduce the chance of someone developing heart disease. Helping employees understand the risks of heart disease and the symptoms of a heart attack may ultimately save their life.

**Fact #1:** Heart disease kills more than 600,000 Americans every year. Heart disease continues to be the leading cause of death for Americans. Thankfully, heart disease is often preventable and can be treated by making healthier lifestyle choices.

**Fact #2:** Chest discomfort or a heart attack is the first sign of heart disease. Heart attack symptoms often include discomfort in the center of the chest that may last for a few minutes or comes and goes. It can feel like squeezing, uncomfortable pressure, fullness, or pain. Shortness of breath, breaking out in a cold sweat, lightheadedness, and nausea are also heart attack symptoms.

**Fact #3:** Some people are born with heart disease. A congenital heart defect starts at birth. Doctors are still puzzled as to why a baby might have a congenital heart defect, though it tends to be hereditary. Most of these heart disease issues include leaky valves or structural issues like holes in the heart.

**Fact #4:** Unhealthy habits contribute to heart disease. Not getting enough exercise, unhealthy eating, and smoking increase your chance of developing heart disease. Additionally, high blood pressure, diabetes, and high cholesterol are other factors that can increase your risk. Speak with your doctor about prevention measures.

**Fact #5:** Time is of the essence when someone is having a heart attack. Heart attack victims can have sudden loss of responsiveness or may be unable to breathe normally. Loss of oxygen to the brain and heart can cause permanent damage, so calling 9-1-1 immediately is critical. EMS staff can start treatment upon arrival; often up to an hour sooner than if you drove yourself to the hospital.

**Fact #6:** Women have the less typical heart attack signs. According to Mayo Clinic, women are somewhat more likely than men to experience less common symptoms and signs, like neck or jaw pain prior to having a heart attack.

**Fact #7:** The most common heart disease is coronary artery disease. This disease develops when your major blood vessels that supply the heart with blood, nutrients, and oxygen become diseased or damaged. Plaque build-up in your arteries, which causes inflammation, often leads to coronary artery disease. This build-up happens over a number of years and most people don't notice a problem until they have a heart attack or large blockage in the arteries that requires surgery.

**Have a Heart — Spread the Word:** Take the month of love to promote heart healthy activities and information among your employees. Anything to spread the word is a good thing — from sharing heart health facts to hosting fundraisers to raise heart disease awareness.



## FEBRUARY 2025 HEALTH OBSERVANCES CONTINUED

### Tips to Prevent the Common Cold

Cold and flu season is here, but that doesn't have to mean you or your family will get sick. Outsmart germs with these simple strategies. When it comes to colds, prevention is key.

- But once you have a cold, the best remedy is plenty of rest and lots of fluids
- Hand-washing is one of the easiest ways to prevent the spread of the common cold.
- Avoid touching commonly touched surfaces, including shared writing instruments, public doorknobs and light switches, unless necessary. You can lower your risk of getting a cold by washing hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol instead, the Centers for Disease Control and Prevention (CDC) recommends:
- For young children who tend to rush their hand-washing, have them sing a short song, such as "Happy Birthday," to ensure they wash for at least 20 seconds.
- Avoid touching your eyes, nose and mouth with unwashed hands. Viruses live on your hands and can easily enter your body this way.
- If you can, stay away from anyone who is sick. If this is not possible, try to remain at least six feet away from those who are sick. Colds are spread through close contact with infected people.

### If You Have a Cold

- Stay home and avoid close contact with others, such as hugging, kissing or shaking hands.
- Cough and sneeze into a tissue and throw it away. Or cough and sneeze into your elbow, completely covering your mouth and nose.
- Wash your hands frequently.
- Disinfect frequently touched surfaces and objects like toys and doorknobs.

### How to Feel Better

- While there is no cure for the common cold, over-the-counter medicines can ease symptoms. Always ask your doctor or pharmacist before starting a new medication, including over-the-counter medications. Not all medications are safe to take. Furthermore, always read the label and use medications only as directed.
- It's important to talk to your doctor before giving your child any nonprescription cold medicine. Some medicines contain ingredients that are not recommended for children.
- Because the common cold is caused by viruses and not bacteria, antibiotics will not help you recover. They may even make it harder for your body to fight future bacterial infections if you take them unnecessarily.

### When to See a Doctor

Even though colds are common, they can sometimes become serious. Call your doctor immediately if you or your child is experiencing one or more of these conditions:

- Symptoms that last more than 10 days
- Trouble breathing or fast breathing
- Dehydration
- A fever that lasts longer than four days
- Symptoms that are severe, unusual or concerning
- If your child is younger than 3 months old and has a fever of 100.4 °F or higher, call your doctor right away.

**NOTE:** These observances and health concerns 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.

Health Information shared by CDC, RxWiki News, Digital Pharmacist, and Healthy Strides Rx Pharmacy.



## MEMBERSHIP SERVICES

Let's Strive Together in 2025 and increase membership to ensure a steadfast foundation. Let's set a collective goal to **Retain, Reclaim, and Recruit** members:

- **Retain** – We are most proud of maintaining our committed members. We invite you to share ideas on how we can make your membership more valuable to boost satisfaction, acquisition, and retention.
- **Reclaim** – Many may be surprised to know that missing and inactive members often still like to stay informed about Foundation activities. While some may not regularly attend meetings, they are still part of us and should remain on our mailing list for newsletters and social media updates. Could consistent communication draw inactive members back to DECF? Let's all do our part to keep these members aware of DECF's activities.
- **Recruit** – Each one, reach one. Let's all actively recruit new members. You aren't just part of the DECF community; each of us is the best advocate for bringing in new members. Let's work together to grow our sense of connection and camaraderie, turning DECF into a welcoming and ever-growing family.

### Membership Recruitment Ideas:

- Current members should reach out to family, friends, and co-workers who might be interested in joining.
- Share your recruitment ideas with leadership.
- Include DECF membership in your professional bios on LinkedIn and other platforms.
- Always be prepared to share a "membership pitch" about DECF when opportunities arise.
- Bring a friend to meetings and events.
- Organize a recruitment contest with special perks and recognition for members who recruit successfully.
- Obtain and wear DECF paraphernalia such as T-shirts, buttons, or pins to spread awareness.
- Invite lapsed members back and encourage them to rejoin the DECF family.

### Kudos to the Following for their Recruitment Efforts:

- Jan Matthews
- D'Hania Miller
- Helen Muhammad
- Arielle White

**Finally, please remember that our major 2025 Scholarship Fundraiser is upon us, and we need all members to be actively engaged to ensure its success.**

**Thank you for your continued support, and let us all be encouraged as we step into the New Year with renewed purpose and determination!**



## 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 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 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.



**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: [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

*Mary Childs Henry*  
Member

*Maureen Gordon*  
Member

*Cynthia Jones*  
Member

*Victoria Lackey*  
Member

*Terri Lynch*  
Member

*Ava McFarland*  
Member

*Donna Scott*  
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*



## **?????? DID YOU KNOW??????**

### **The leader of our nation has demanded the following:**

- **The Civil Rights Division of the DOJ to order a halt on all litigation.**
- **An executive order has been signed to end Executive order 11246. This order was signed by LBJ to end discrimination in Federal contract and Sub-Contract opportunities**
- **Signed an Executive order and withdrew the US from WHO (World Health Organization Also suspended Health Adversaries**
- **Signed an Executive order declaring an emergency at the Southern border. Started raids for “convicted criminals” and sent resources to the border. Guantanamo Bay has been designated as a holding facility for deportees (Torture prison)**
- **Rescinded Insulin cap of \$35, which effectively lowered drug prices for low -income people.**
- **Ordered DEI Offices established in Federal Government agencies under prior administration to close**
- **Pardoned and released violent J6 convicted criminals and many other Federal convicts including abortion clinic protestors**
- **Revoked security details for Gen. Miley, John Bolton, Dr. Fauci and others**
- **Signed Executive order ending birthright citizenship under the 14<sup>th</sup> Amendment.  
\*\* In order to amend the Constitution, Congress must approve and  $\frac{3}{4}$  of the states or 36 must ratify (\*Blocked by Judge)**
- **Froze infrastructure funds (EPA grants to states-clean water, Pell grants, loans, rental assistance, child care, Meals on Wheels, VA benefits, free lunch, police funding)  
(\*Blocked by Judge)**

# **STAY INFORMED**





Always be prepared when facing freezing temperatures that involve extreme cold temperatures, snow, ice, sleet, and freezing rain, which could cause impacts to life, property, and infrastructure. As with this recent occasion, of extremely cold temperatures, we should always take precautions during periods of extreme cold and/or winter weather and prepare and protect the ***Four P's: People, Pets, Pipes, and Plants.***

<p><b><u>People:</u></b> Stay indoors as much as possible. Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat. Keep your family warm and check on any elderly family or neighbors that may need extra blankets, winterizing their homes or a warm place to stay</p>	<p><b><u>Pets:</u></b> Bring pets inside and move other animals or livestock to sheltered areas. Keep adequate food and water available. Provide a warm, safe place for them to eat and sleep.</p>	<p><b><u>Pipes:</u></b> Prevent frozen pipes and damage to your home by opening the cabinets under the kitchen and bathroom sinks to allow warm air to circulate and warm the pipes. Check with your water provider regarding letting the faucets drip. Insulate outdoor faucets and exposed pipes and be sure to disconnect and drain hoses from outdoor spigots.</p>	<p><b><u>Plants:</u></b> Protect plants from freezing by covering them with plant-cover fabric, or a light blanket with plastic sheeting on top of it. Be sure to group plants that are in containers together, and near your home. Remember that soil in containers can get just as cold as the air temperature and cause the roots to freeze.</p>
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Other major safety precautions include the following:

<p><b><u>Heater Safety Tips:</u></b> Remember the three feet rule. If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains, or rugs. Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed. If you are using a fireplace, use a fire screen large enough to catch sparks and rolling logs. Keep children away from heaters. Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.</p>	<p><b><u>The kitchen</u></b> is for cooking. Never use a stove or oven to heat your home.</p>	<p><b><u>Carbon Monoxide:</u></b> Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector and never use generators, grills, camp stoves, or similar devices indoors.</p>	<p><b><u>Generators:</u></b> Use generators outside. Never operate a generator inside the home, including in the basement or garage. Carbon monoxide can kill you! Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.</p>
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# CARNIVALE

## Mystique

### TICKETS | TABLES | SPONSORSHIPS

#### Diamond Sponsor= \$3,000

Will have the opportunity to be an Esteemed Grand Marshall. Leading the 1st line to the sounds of trumpets, trombones, and saxophones that fill the air as you party to the rhythm of New Orleans sounds

#### Gold Sponsor= \$2,000

Will lead the 2nd line, carrying umbrellas swirling to the beat of the trumpets that fill the air with regal fun and celebratory sounds of the trumpets; Known as the Strutting Revelers.

#### Silver Sponsor= \$1,200

Will join the parade during the 2nd line waving their Mardi Gras handkerchiefs while they promenade around the dance floor. It's like stepping back in time to the birth place of Jazz.

#### Bronze Sponsor=\$500

Will have the opportunity to parade during the 2nd line prior to the other guests joining the fun

#### Krewe= \$250

Will be called by provided name, throwing beads and coins to the guests as they promenade the dance floor

#### Individual ticket= \$100



### DELTA EDUCATION & CHARITABLE FOUNDATION

Presents our

## Annual Mardi Gras Gala Scholarship Fundraiser

Safari Texas Ranch

Infinity Ballroom

11627 FM 1464 Richmond, TX 77407

7PM-Midnight

Saturday, March 1, 2025

### BLACK TIE AFFAIR

Submit all payments via Zelle to  
decf1974@gmail.com

Please note in the memo line your  
Name, ticket count, table or sponsor info

<https://www.DECFonline.com>