



## DELTA EDUCATION AND CHARITABLE FOUNDATION

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

*Together Everyone Achieves More*

### DECF NEWS/UPDATES

**Executive Board Meeting**  
**TBA.**

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**Foundation Meeting**  
**TBA.**

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

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**Community Service**  
**Projects are Welcomed**

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**Hot Topics**  
**News You Can Use**

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**Health Information**  
**Monthly Health Observances**

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**2023 Carnivale Mysrique  
Mardi Gras Gala**

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### ***Greetings,***

When the month of March hits, many of us breathe a sigh of relief. We think of it as the beginning of spring, as March brings the vernal equinox, the Full Worm Moon and the return of Daylight Saving Time! Yes, the clocks will be going forward once again in 2023.

The seasonal time change when we "spring forward" will occur on Sunday, March 12, a full week before the official start of spring on March 20th. Daylight saving time begins at 2 a.m. which is the official hour to set all of our clocks ahead one hour.

With the Spring Equinox on March 20, winter is finally thawing, and we get to celebrate a holiday full of fun, friends and Irish food. Sports enthusiast will celebrate March Madness and many other holidays that are certainly unique and random but promise to be enjoyable.

The month of March marks the start of spring. It tells us that no matter how fierce the winter freeze and any of the storms was or how long the nights seemed to have been, things always get brighter. Let us all make the Month of March the time to get serious about your health, relationships, plans, wellbeing, the people you care for and most importantly yourself.

***Have a Blessed March!***

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



## HEALTH TOPICS

### *March 2023 HEALTH OBSERVANCES*

### Here are the important March Health Awareness Days

#### *March National Health Observances: Colorectal Cancer, Kidney Disease, Nutrition, and National Women and Girls HIV/AIDS Awareness Day -*

**Colorectal cancer** is cancer of the colon or rectum. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the large intestine, which is part of the colon) before they become cancerous. Colonoscopies or stool-based tests can also detect the disease early when treatment is more likely to be successful.

In 2021, the U.S. Preventive Services Task Force (USPSTF) lowered the recommended colorectal cancer screening age from 50 to 45. Though colorectal cancer is seen more often in people ages 50 and over, diagnoses in the 50+ age group have decreased in recent years due to more people getting screened and fewer people smoking. Colorectal cancer incidence and deaths are on the rise in adults younger than age 50, and the rate of colorectal cancer in people younger than 50 has doubled since the 1990s.

Black people are more likely to develop colorectal cancer and more likely to die from it than most other racial or ethnic groups.

#### **Chronic Kidney Disease - Goal: Reduce the burden of chronic kidney disease and related complications**

More than 1 in 7 adults in the United States may have chronic kidney disease (CKD), with higher rates in low-income and racial/ethnic minority groups. And most people with CKD don't know they have it. Healthy People 2030 focuses on preventing, diagnosing, and treating CKD.

People with CKD are more likely to have heart disease and stroke — and to die early. Managing risk factors like diabetes and high blood pressure can help prevent or delay CKD. Strategies to make sure more people with CKD are diagnosed early can help people get the treatment they need.

Recommended tests can help identify people with CKD to make sure they get treatments and education that may help prevent or delay kidney failure and end-stage kidney disease (ESKD). In addition, strategies to make sure more people with ESKD get kidney transplants can increase survival rates and improve quality of life.

#### **Nutrition - Goal: Improve health by promoting healthy eating**

Many people in the United States don't eat a healthy diet. Healthy People 2030 focuses on helping people get the recommended amounts of healthy foods — like fruits, vegetables, and whole grains — to reduce their risk for chronic diseases and improve their health. The Nutrition and Healthy Eating objectives also aim to help people get recommended amounts of key nutrients, like calcium and potassium.

People who eat too many unhealthy foods — like foods high in saturated fat and added sugars — are at increased risk for obesity, heart disease, type 2 diabetes, and other health problems. Strategies and interventions to help people choose healthy foods can help reduce their risk of chronic diseases and improve their overall health.

Some people don't have the information they need to choose healthy foods. Other people don't have access to healthy foods or can't afford to buy enough food. Public health interventions that focus on helping everyone get healthy foods are key to reducing food insecurity, hunger and improving health.

**Together, we can improve health in communities across the United States.**



## HEALTH TOPICS CONTINUED

### National Women and Girls HIV/AIDS Awareness Day - March 10th

#### **Goal: Reduce sexually transmitted infections, their complications and improve access to quality STI care.**

Although many sexually transmitted infections (STIs) are preventable, there are more than 20 million estimated new cases in the United States each year — and rates are increasing. In addition, more than 1.2 million people in the United States are living with HIV (human immunodeficiency virus). Healthy People 2030 focuses on preventing and treating STIs, including HIV, and on improving the health and well-being of people who have them.

Adolescents, young adults, and men who have sex with men are at higher risk of getting STIs. And people who have an STI may be at higher risk of getting HIV. Promoting behaviors like condom use can help prevent STIs.

Strategies to increase screening and testing for STIs can assess people's risk of getting an STI and help people with STIs get treatment, improving their health and making it less likely that STIs will spread to others. Getting treated for an STI other than HIV can help prevent complications from the STI but doesn't prevent HIV from spreading.

#### **Diets rich in fruits and vegetables linked to lower stress in adults**

Feeling stressed out? You might want to take a look at your diet.

That's because a new study has linked eating fruits and vegetables to lower perceived stress in adults.

According to the American Psychological Association (APA), stress has increased over the course of the COVID-19 pandemic. Meanwhile, many persistent pre-pandemic stressors continue to plague Americans. The APA has referred to stress in the US as a mental health crisis.

"Long-term and unmanaged stress can lead to a range of health problems including heart disease, diabetes, depression and anxiety so we need to find ways to prevent and possibly alleviate mental health problems in the future," said lead study author Simone Radavelli-Bagatini, a PhD candidate at Edith Cowan University, in a press release.

But findings like those of this new study could provide one more avenue of hope. Diet appears to be at least one stress factor that people can control.

"We found that people who have higher fruit and veggie intakes are less stressed than those with lower intakes, which suggests diet plays a key role in mental wellbeing," Radavelli-Bagatini said.

The study authors examined the diets and stress levels of more than 8,600 Australians who were participating in a national survey. The study participants were between the ages of 25 and 91.

Compared to those who ate less than 230 grams of fruits and vegetables per day, those who ate more than 470 grams reported stress levels that were 10 percent lower on average, this study found.

The World Health Organization (WHO) advises eating at least 400 grams of fruits and vegetables per day. US health officials recommend eating between 3.5 and 5 cups of fruits and vegetables per day. One cup is around 128 grams.

This research did not look at exactly how a healthy diet might reduce stress, but the study authors suggested that key nutrients could play a role.

"Vegetables and fruits contain important nutrients such as vitamins, minerals, flavonoids and carotenoids that can reduce inflammation and oxidative stress, and therefore improve mental wellbeing," Radavelli-Bagatini said.

If you are dealing with major stress, seek mental health care. Talk to your health care provider before making any major changes to your diet.

This study was published in the journal *Clinical Nutrition*.



*2023 DECF Carnivale Mystique Mardi Gras  
Scholarship Gala*

*Thank you for your generosity and continuous support!*

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## HARRIS COUNTY'S ELECTION MISSTEPS FUEL GOP LAWSUIT AND CALLS FOR INVESTIGATION

The mid-term elections in Harris County were held November 15, 2022 and yet we still are facing major concerns relative to scattered paper ballot shortages and late openings of polling places were among the glitches that prompted calls for scrutiny from statewide officials Harris County's election officials and others are again facing criticism and calls for increased scrutiny over Election Day issues as the county continues to grapple with running an efficient election in a county as large as some states.

The missteps have prompted the Harris County district attorney to launch an investigation into allegations of "irregularities with the latest Harris County election that potentially may include criminal conduct. The blunders prompted a lawsuit by the Harris County GOP, which sued the county, and individuals, arguing it violated various provisions of the Texas Election Code. The allegations include paper shortages that disenfranchised voters and the improper handling of spoiled ballots and instances in which a voter's two-page ballot could not be adequately scanned. The governor called for the involvement of the secretary of state, attorney general and the Texas Rangers in investigating "allegations of improprieties in the way that the 2022 elections were conducted in Harris County. When will this battle end so that our elected officials can take care of the business that is required for the office/position they were elected to.



## MONEY MATTERS: 2022 TAXES: 8 THINGS TO KNOW NOW

With the anxiety that Tax Day causes most Americans, here are eight things to keep in mind as you prepare to file your 2022 taxes.

1. Income tax brackets shifted a bit.
2. The standard deduction increased slightly.
3. Itemized deductions remain mostly the same.
4. IRA contribution limits remain the same and 401(k) limits are slightly higher.
5. You can save a bit more in your health savings account (HSA).
6. The Child Tax Credit is lower after a one-year bump.
7. The alternative minimum tax (AMT) exemption is higher.
8. The estate tax exemption is even higher.

Don't get caught off guard. Visit a tax planning guide and discuss these items that concern you with your tax advisor. Remember individual income tax returns are typically due April 15, unless the date falls on a weekend or holiday or you file Form 4868 seeking an extension until October 15.





*2023 Carnivale Mystique Mardi Gras Scholarship Fundraiser*

*Let The Good Times Roll!*





**Together Everyone Achieves More**  
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- 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:  
\_\_\_\_\_ \$100      \_\_\_\_\_ \$200      \_\_\_\_\_ \$250      \_\_\_\_\_ Other Amount
- Yes, I wish to receive periodic updates of DECF's programs and events.

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

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*Thank you for your continuous support!*

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