



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.

Foundation Meeting
TBA.

Membership Services
Membership in DECF is open. Contact Daphne Moss, Chair or visit decfonline.com for additional information.

Community Service
Projects are Welcomed

Hot Topics
News You Can Use

Health Information
Monthly Health Observances

Greetings,

The month of April is here and spring has finally sprung, and if we're lucky, the weather will reflect that and the sky will be bright and clear, plants will be blooming and our grass will be growing green.

We will celebrate Easter on April 9th which is one of the principal holidays, or feasts, of Christianity. It marks the Resurrection of Jesus three days after his death by crucifixion. For many Christian churches, Easter is the joyful end to the Lenten season of fasting and penitence.

Let us celebrate Easter by remembering the true meaning of this holy day which is peace, absolution and Jesus Christ.

Hope you have a beautiful Easter Sunday. May Jesus continue to bless you with happiness and health.



Pamela Cashaw, President
Dave Moss, President Emeritus



HEALTH TOPICS

APRIL 2023 HEALTH OBSERVANCES

STRESS AWARENESS AND ALCOHOL AWARENESS MONTH

STRESS AWARENESS

Stress Awareness Month has been recognized every April since 1992, but this year it seems particularly important. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms. Common reactions to a stressful event can include: Disbelief, shock and numbness, Feeling sad, frustrated and helpless, • Difficulty concentrating and making decisions, Headaches, back pains and stomach problems, Smoking or the use of alcohol or drugs

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously. Learn to overcome issues you cannot change

Sometimes the stress in our lives is not something we have the power to change. Try to: Recognize when you don’t have control, and let it go. Avoid getting anxious about situations that you cannot change. Take control of your reactions and focus your mind on something that makes you feel calm and in control. Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision. If you are dealing with major stress, seek mental health care.

ALCOHOL AWARENESS

April is also Alcohol Awareness Month, a good time to reflect on our drinking patterns and the role that alcohol plays in our lives. This year’s theme, “For the Health of It: Early Education on Alcoholism and Addiction”. Most adults in the United States who drink alcohol drink moderately and without complications. At the same time, alcohol-related problems are among the most significant public health issues in the country. Alcohol use disorder (AUD) affects about 15 million adults in the United States, and an estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the nation.

How do you know if drinking alcohol has become a problem for you or a loved one? And where do you go for help if it has? One way is to learn more about AUD. AUD is a medical diagnosis that ranges from moderate to severe, with the severity based on several criteria. But, briefly, alcohol becomes a problem when it impacts your life in a negative way. For example, is your personal or work life deteriorating because of your drinking? Have you had times when you drank more, or longer, than you intended? Are you drinking to feel better? Are you drinking to cope with stress or other problems? Do you feel anxious or irritable? If you recognize any of these symptoms in yourself, it’s time to rethink the role that alcohol plays in your life. If the Easter Bunny’s chocolate isn’t enough and you find yourself craving alcohol, then the council encourages people to seek help. If you have identified your drinking patterns to be severe talk to your health care provider. Supporting these health related causes can bring greater understanding and improve not only the health of our own lives but of others (family members and friends). Together, we can improve health in communities across the United States.



HEALTH TOPICS CONTINUED

Here are the important April Health Awareness Days

Support at least one monthly health event in April 2023

World Autism Awareness Day; April 2

World Health Day 2023; April 7

National Youth HIV and AIDS Awareness Day; April 10

National Prescription Drug Take Back Day; April 15

Annual National Healthcare Decisions Day; April 16

World Hemophilia Day; April 17

World Meningitis Day; April 24

DNA Day 2023; April 25

World Malaria Day 2023; April 25

World Day for Safety and Health at Work; April

The month of April is also filled with all kinds of silly holidays, along with hosting more serious observations

“Just for Fun” Days
The first day of April is April Fools Day,
when children and grown-ups play jokes on one another.

April 2 marks the start of Ramadan (beginning at sundown). Learn more about Ramadan.

April 2nd is Palm Sunday, the Sunday before Easter and the last Sunday of Lent.

April 9th is Easter Sunday. Did you know that Easter’s date is related to the full Moon?

April 7th is Good Friday.

Passover begins before sundown on Wednesday, April 5, 2023, and ends after nightfall on April 13, 2023.

Ramadan ends on April 21st.

April 22 is Earth Day.

April 29 is National Arbor Day.

Arbor Day is a day for planting trees, and it is observed on various April days.



HOT TOPICS – NEWS YOU CAN USE

GUN VIOLENCE HAUNTS OUR SCHOOLS

President Biden says gun violence ‘ripping our communities apart’ after Tennessee shooting. The President again calls on Congress to pass assault weapons ban, saying we ‘need to do more to protect our schools. ’Statistics tells us that seventy four people (teachers and students) have been killed or injured by guns at American schools this year. As recent as Monday, March 24th three children and three staff members were fatally shot at the Covenant School in Nashville, which one expert describes as part of an "astronomical increase" in violence on school campuses in recent years. the Nashville school shooting “devastating”, “heartbreaking”, and “unacceptable”.

“How many more children have to be murdered before members of Congress step up and act to pass the assault weapons ban, to close loopholes in our background check system or to require the safe storage of guns?” “Our children, teachers and administrators should be able to go to school feeling safe, feeling protected. The shooting “heartbreaking, a family’s worst nightmare”. More needs to be done to stop gun violence. Let’s call on our Legislatures to take action. “Our children deserve better. And we stand, all of us, we stand with Nashville in prayer.

TEXAS EDUCATION AGENCY ANNOUNCES TAKEOVER OF THE HOUSTON INDEPENDENT SCHOOL DISTRICT

After a prolonged legal battle and weeks of speculation, the Texas Education Agency confirmed that it is removing Houston Independent School District’s democratically elected school board and superintendent, effectively putting the state in charge of its largest school district. Houston ISD, with 276 schools and an enrollment of nearly 200,000 students, will now be the largest district the agency has taken over since 2000, when it first intervened in a struggling school district. The state-appointed managers will hold immense power. They can control the budget, school closures, and collaborations with charter networks, policies around curriculum and library books, as well as hiring or firing the superintendent, among other important decisions. Texas Education Agency will take over Houston ISD this June. Caucus members, parents, faculty members and other community leaders argued that the takeover will be counterproductive and said that the district has been steadily improving over the past few years. They claimed that the plan will negatively impact teachers and students. In a statement, a spokesperson for the caucus said that they "want to ensure the people that we will not give up so easily and that we will continue to pursue all options at this time, including legislation." The TEA commissioner decides how long the board is in place. Usually, this sort of takeover has lasted two to six years. The move allegedly is in response to years of poor academic outcomes at a single campus in the district, Phillis Wheatley High School, and allegations of misconduct from school board members. TEA Commissioner said state law requires his agency to either close that campus or appoint a new board to oversee the district. It’s not the first time the state’s education agency has taken over a school district, but it would be the largest district the agency has taken over since 2000.

HOUSTON'S UPCOMING MAYORAL RACE IS ANYTHING BUT A STRAIGHT SHOT

This November’s mayoral election includes the following Democrats: U.S. representative, Sheila Jackson Lee, Robert Gallegos, Houston city council member; Gilbert Garcia, former chairman of METRO transit authority; Chris Hollins, former Harris County clerk; Lee Kaplan, an attorney; and Amanda Edwards, former Houston city county member.



Did you know that by eating a small amount of olive oil every day may help you to live longer?

SYMPTOMS WOMEN SHOULDN'T IGNORE

Although women are more likely to visit their doctor than men, many women may be ignoring important signs and symptoms.

1) Feeling very tired. Long days at work, late nights and early wakeup calls can all add up. While it's common to feel yourself dragging throughout the day and craving a nap after lunch, chronic fatigue may signal a bigger problem. If your fatigue has continued for more than two weeks, despite making lifestyle changes like eating a healthy diet, getting plenty of rest and reducing stress, it may be time to talk to a doctor. Fatigue could be a sign of anemia, hypothyroidism or depression, among other conditions.

2) Stomach bloating and pain. More often than not, abdominal pain and bloating can be credited to gas or a recent meal. But if this problem becomes consistent, it could be a sign of something more. Bloating is the sensation of the belly feeling full and tight. Your belly may even look swollen. This can sometimes point to a bigger problem, such as gastroesophageal reflux disease (GERD) or irritable bowel syndrome (IBS). Localized pain in one area of your stomach could also mean there is a problem with your gallbladder or appendix. Pain that comes in waves could indicate kidney stones or gallstones. Stomach pain may be caused by a variety of conditions. Contact your doctor if your symptoms do not go away.

3) Chest pain. Heart disease is the number one cause of death for both women and men in the US. However, heart attack signs and symptoms are often ignored. Men and women can experience different signs and symptoms of a heart attack. The most common symptom in women is some type of chest pain or pressure. However, this feeling may not be severe or the most notable symptom in women. Some women may not even have chest pain during a heart attack. Women may have other symptoms that are not related to chest pain such as shortness of breath, nausea/vomiting and back/jaw pain. Heart disease is preventable, so speak with your doctor at your next visit. And seek immediate medical care if you think you might be having a heart attack.

4) Changes in a mole. If you have noticed a change in the symmetry, border, color or diameter of any moles on your body, see a doctor immediately. In addition, hidden melanomas can develop under your fingernails, on the palms of your hands and on the soles of your feet. Women of certain ethnicities may be more likely to develop a hidden melanoma than others. If you notice any changes on your skin, make an appointment with your doctor. For everything you need to know about checking yourself for skin cancer, be sure to read "Mole or Melanoma?"

5) A lump in the breast. According to BreastCancer.org, 1 in 8 women in the US will develop invasive breast cancer at some point. Detecting breast cancer early could save thousands of lives each year. Common signs and symptoms of breast cancer include a new lump or mass in the breast. Other signs may include swelling, dimpling, and breast or nipple pain. If you notice any breast changes, talk to your doctor. Putting off a doctor visit could delay treatment and affect your outcomes. Be sure to conduct frequent self-examinations and report any changes you find to your doctor. For more information, be sure to read "Detecting Breast Cancer Early."

6) Leg swelling. Leg swelling is often blamed on sitting for long periods of time while traveling, but don't dismiss it as harmless just yet. Swelling in both of your legs could indicate issues with your circulatory or lymphatic system. Make an appointment with a doctor if you have noticed any of these symptoms. Swelling in one leg could indicate a blood clot. Seek immediate attention if you have leg swelling and chest pain that lasts for several minutes, difficulty breathing or dizziness.

You know your body more than anybody, so if you know something is not right or feels different, it is always best to talk to your doctor. Some symptoms are more serious than others and should be checked out right away.



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:
_____ \$100 _____ \$200 _____ \$250 _____ 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 QR Code"



Zelle or Pay Pal – decf1974@gmail.com

Thank you for your continuous support!

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MISSION

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.