

Together Everyone Achieves More



DELTA EDUCATION AND CHARITABLE FOUNDATION

Education, Scholarships and Services

P.O. Box 42227

Houston, Texas 77242-2227

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

Community Service projects are welcomed

Health Topics

*Health Observances
Wellness and a Healthy
You*

Hot Topics

*Hurricane Season
Summer Safety
Topics of Concern for the
2024 Election*

Greetings,

As we enter the 8th month of the year let it be known that the word August means “inspiring reverence or admiration. When we describe something as august, we are saying it is majestic. August also relates to augury, the act of divination (telling the future), particularly by the behavior of birds and animals.

August is that last flicker of fun and heat before everything fades and dies. The final moments of fun, we not only celebrate, but also prepare: teachers and students of all ages to get ready to go back to school and many start a new school year.

But that doesn’t mean the meaningful holidays come to a stop. In August, you can choose to celebrate a favorite fruit (Watermelon Day is Aug. 3rd), a beverage (International Beer Day is Aug. 6th), or oysters (they have their own commemorative day on Aug. 5th).

August is also a special month for Leos (those born between July 23 and August 22) and Virgos (those born between August 23 and September 22). Those born under these signs have their pick of words, from lionhearted to passionate (Leo) and from elegant to orderly (Virgo).

This summer we were all searching for that summer breeze to make us feel fine, maybe even “blowing to the jasmine in our minds.” But instead we have been inudated with unrelenting heat. But with God’s belessings , air conditioners, cool beverages and much needed rain, we will survive. So let’s be happy and enjoy the rest of the summer and the sunshine!



Stay cool, safe and enjoy summer!

*Pamela Cashaw, President
Dave Moss, President Emeritus*



HEALTH TOPICS

AUGUST 2023 HEALTH OBSERVANCES

Each month, different health awareness campaigns take place in the United States. They aim to raise awareness of various health conditions. August is a month full of awareness events for a variety of health-related issues, including:

August National Health Observances:

- **Immunization Awareness:** Health awareness to highlight the importance of vaccination for people of all ages and particularly for school age and college age students that are mandated.
- **Children's Eye Health and Safety :** A national health observance (NHO) that highlights the importance of protecting children's vision and eye health. To learn more, please visit www.nei.nih.gov/kids.
- **National Breastfeeding:** This health observance was created to promote and empower women to commit to breastfeeding their babies.
- **Digestive Tract Paralysis:** Works to focus attention on important health messages about gastroparesis diagnosis, treatment, and quality of life issues. The goals include improving understanding of gastroparesis to help patients and families manage the condition, and encouraging preventive strategies. Let's encourage people experiencing the symptoms of gastroparesis to consult their physicians to receive information regarding the condition.
- **Psoriasis Action Month:** Psoriasis is an autoimmune disease that starts under the skin with symptoms like thick, red, scaly skin plaques. It's not a rash, and it's not contagious. And while it's not curable, it can be controlled with the proper treatment. Each August, the National Psoriasis Foundation (NPF) unites its community in a show of support, celebration and dedication. We come together around a common commitment to finding a cure for psoriatic disease. This year in particular, we bond over a shared spirit of resilience and empathy.

The National Health Observances is an opportunity to raise funds: One of the most important aims is to raise funds to support the various disease foundations. **It is an opportunity to raise awareness:** Some people don't know. So during August, many awareness meetings and events are held to share information about various diseases. **It encourages check-ups:** Visit your doctor for a check-up and maintain good health.

WELLNESS AND A HEALTHY YOU

If you would like to stop health problems in their tracks, or catch them early, here are four exams that are the key to doing just that.

1. **Schedule your annual checkup:** An annual checkup gives you time to talk with your primary care provider (PCP) about your risk of illness and ways to stay healthy and perhaps injury-free. Your PCP will review your vital signs: blood pressure, heart rate, respiration rate, temperature, lung exam, head and neck exam, review your medications and make sure you're up to date on screenings.
2. **Schedule an eye exam:** Yearly eye exams help make sure your vision is in good shape. Your eye doctor can update any prescription for glasses or contacts. They will also be on the lookout for eye issues like glaucoma or cataracts.
3. **Schedule your dental checkup:** Your chances of cavities, gum disease and tooth loss go up as you age. Visiting your dentist can help stop these issues from happening. The quality of your teeth and gums also provides information about your overall health.
4. **Schedule a hearing exam:** There is no reason to strain to hear. Loss of hearing can lead to falls, trouble focusing and feelings of isolation. Getting your ears checked every year is important for avoiding these problems.

A good doctor may be thorough or brief. Your doctor will also likely quiz you about lifestyle behaviors like smoking, excessive alcohol use, sexual health, diet, and exercise. But they will spend time listening to your concerns and providing counseling for your particular complaints and risk factors.



HOT TOPICS – NEWS/INFORMATION YOU CAN USE

HURRICANE SEASON

The 2023 Hurricane Season officially began June 1 and the Texas Department of State Health Services urges all Texans to prepare now before any Gulf storm threatens our state. The unusual warm water in the oceans is a major focus for severe weather warnings. The first step is to make a plan. Texas and the rest of the Gulf and East coasts are most likely to see a “near-normal” hurricane season this year, according to the National Oceanic and Atmospheric Administration. Federal forecasters are predicting between 12 and 17 named storms will form this season. Every family or household should make their own severe weather plan and know it well.” Here are just a few things to include: protect and preserve essential documents, like drivers’ licenses, passports, insurance policies, health cards and prescriptions, (store these in a waterproof bag), and also include at least the following items: bottled water, batteries, non-perishable food, and an evacuation plan.); it’s critical to stay up to date on news and emergency directives.

SUMMER SAFETY

Summer was made for relaxing and soaking up some vitamin D from the sun’s rays. With the heat index ranging from 103 – 116 globally the sun ray’s has provided more sun rays than our bodies can manage. Warnings have been issued to limit your time outdoors during the peak hours. Too much sun and warm weather can lead to weather hazards such as sunburn, heat stroke, bug bites, dehydration and even death. All we can do is try to stay cool and healthy while we enjoy the season. The following are some simple safety tips to avoid the devastation of these hot summer days.

- **Watch the time:** To avoid heat strokes, plan your activities when the sun’s rays are less intense usually before 10am and after 5pm.
- **Stay Hydrated:** Drink enough fluids to avoid dehydration. Fruits and vegetables are filled with water. Include them for a smart snack.
- **Use Sunscreen:** Choose a sunscreen that’s SPF 30 or higher and says “broad spectrum” on the label. This means it protects against both ultraviolet rays that can cause skin cancer.
- **Know your Medications:** Some Medications can make your skin more sensitive to sunlight, causing it to burn easily. Even popular over-the-counter (OTC) medications like ibuprofen, naproxen and many antihistamines can increase your risk of sunburn. As always check with your primary care provider for more information about your medications.

SWIMMING SAFETY TIPS

Provide close and constant attention to children in the water. Always swim with a buddy. Never leave a young child unattended near water, Stay within an arm's reach of any weak or inexperienced swimmer who is in the water. If you have a pool, secure it with appropriate barriers to prevent unsupervised access to the water. Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone. Ensure that everyone in the family learns to swim well and what to do in a water emergency.

REMEMBER TO STAY SAFE DURING THIS SUMMER HEAT WAVE WHEREVER YOU MAY TRAVEL- AT HOME, IN THE POOL OR ON VACATION AT THE BEACH. THE EXTRAORDINARY HEAT THIS SUMMER HAS BECOME A GLOBAL CONCERN. THE OCEAN’S TEMPERATURE IS AT AN ALL TIMES HIGH AND THE TROPICAL STORMS AND HURRICANE SEASON HAS NOT ENDED.



**YOUR VOICE
YOUR VOTE**

2023 HOUSTON MAYORAL ELECTION

**YOUR VOICE
YOUR VOTE**

The 2023 Houston mayoral election will be held on November 7, 2023, to elect the mayor of Houston, Texas. Incumbent mayor Sylvester Turner is term-limited and cannot seek re-election to a third term in office.

FRONTRUNNERS:

Sheila Jackson Lee

Current office: US Representative, 18th Congressional District. She would be the first Black Woman to become Mayor of Houston.

Background: Rep. Sheila Jackson Lee has served in the US House since 1995 as a Democrat. Before that, she served on the Houston City Council for five years, and was previously a municipal judge.

Key issues: As a candidate, Rep. Jackson Lee cites infrastructure, crime and public safety, the un-housed community, small businesses and economic opportunity, and reproductive and civil rights as priorities for her administration.

John Whitmire

Current office: Texas State Senator, District 15

Background: A Democrat, Sen. John Whitmire is the longest-serving member of the Texas Senate. Before that, he served as a state representative. He is chair of the Texas Senate Criminal Justice Committee.

Key issues: Sen. Whitmire has outlined public safety as a priority, including adding police officers and rehabilitation programs. He also talks about fixing streets and drainage ditches, improving city services, and diversifying Houston's economy.

HOT TOPICS AMONG OLDER VOTERS FOR THE 2024 ELECTION: SOCIAL SECURITY, CAREGIVING AND PRESCRIPTION DRUG COSTS

Social Security, caregiving and the cost of prescription drug costs – issues crucial to voters aged 50 years and older – could influence the results in close 2024 elections, according to a new AARP poll.

- The poll, which surveyed likely voters from the 40 most competitive congressional districts, showed that older voters say candidates' stances on Social Security and Medicare are very important factors influencing their vote next November (81% and 77%, respectively).
- President Biden brought those issues into the headlines during his State of the Union address in January. Since then, some legislators have been discussing ways to reform Social Security before the combined trust that backs the program becomes depleted in 2034.
- Another 70% of older voters want candidates to support policies to help older adults live independently at home as they age, the poll found.
- A total of 38% of voters are currently caregivers, a number that doubles when those who have been one in the past or expect to be one in the future are included.
- Over two-thirds of voters 50 and older also rate the cost of prescription drugs as a very important issue, with Democrats leading by just three points (42% – 39%) on their perceived handling of this issue, the poll found.
- According to polls conducted by AARP, "Caregiving and the cost of prescription drugs could very likely be the most important issues of the upcoming election cycle," "Candidates can't afford to ignore the issues that matter to the 50+ – who will likely be the decisive voting block in 2024 – especially in an election cycle where control of Congress and the White House are both up for grabs."
- Not only will older voters likely continue to make up a larger share of the electorate in 2024, AARP's new poll showed that they are also much more motivated to vote. And 85% of voters 50+ say they are extremely motivated to vote in 2024, compared to just 67% of younger voters.



HOT TOPICS – NEWS/INFORMATION YOU CAN USE

THE HOUSTON POLICE OFFICERS' UNION WARNING EMPLOYEES TO NOT FILE MINOR COMPLAINTS AGAINST EACH OTHER

"If it's minor, leave internal affairs for the serious stuff, the violations of civil rights, excessive force, the racial, the sexual, and those kinds of things. Don't take it to internal affairs if it's one of those things that are eligible for supervisor intervention". The union says this isn't about a police code of silence. They want employees to report serious violations and to learn to handle minor problems like banana peels left in a squad car among them. It is noted that many of these cases can be handled through supervisory intervention. Let's prioritize keeping our citizens safe.

HOW TO KEEP YOUR PURSE SAFE FROM THIEVES

Your purse might be the last thing on your mind when you're enjoying a great meal or cocktail, but an unwatched purse is a thief's dream. These tips will help protect your belongings and keep your purse/handbag safe.

- If you're a woman, thieves are more likely to target you than a man, because women carry so much in their purses. "A purse contains a treasure of valuables."
- At restaurants, the most common spot for women to leave their purses is on the back of their chairs, But keeping it behind you leaves it vulnerable to being swiped by anyone walking by.
- Rest your purse on the floor, and a thief could casually pick it up or kick it away while your eyes are turned.
- If you're standing by the bar, don't let your purse fall behind your back. You can't feel a purse being pickpocketed. It doesn't have feelings on it.
- The safest spot for your purse/handbag is on your lap or under your thigh (if it's small enough), but realistically you probably won't want to cling to it for your whole meal, and your leg might start to get uncomfortable.
- Instead, lift up one leg of your chair and loop the purse strap around it, so when you lower the seat down it's secure. You would have to get out of the chair for someone to get it.
- Swing your purse/handbag in front of you so you can keep an eye on it.
- To keep your belongings protected, you should also choose the right purse/handbag.
- An open-top or drawstring bag is hard to keep secure, and one with a flap might not be much better.
- Once you open the flap, it's an open top, it is easy to get your hand in there.
- If your purse is behind you and there's someone sitting next to you, it's easy to get into.
- Your best bet is a purse that's zipped shut—especially if it has a buckled flap over that zipper, which requires two steps to get inside.
- A shorter strap is ideal too. A longer strap is easier to get behind you, and you're least detached to a longer purse and won't feel it getting picked as much.
- Once you have the right bag, pack it wisely.
- Leave any credit cards you don't plan to use at home.
- Then, bury your wallet at the bottom of your purse or at least lay something else on top of it. That way it's not the first thing a thief sees when they open your purse.
- In case you do get robbed, do some planning before a thief strikes.
- Keep inventory of what you have in your purse so you know if anything has gone missing, and consider linking credit cards on your cell phone so you won't lose the physical card if your wallet goes missing.

NOTE: Thieves are always on the lookout for vulnerable victims. Stay safe and be aware of your surroundings.



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.