


**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***

***SAVE THE DATE***  
***CARNIVALE***  
***MYSTIQUE***  
***MARDI GRAS GALA***  
***FEBRUARY 17, 2024***

***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 & A Healthy You***

***Hot Topics***

***\*Covid 19 Update***  
***\*Hurricane Season***  
***\*Topics of Concern for the***  
***2024 Election***

***Greetings,***

When you think of October, a certain spooky holiday is often the first thing that comes to mind — and understandably so. But October is about more than jack o' lanterns and candy. It is also the first full month of Fall, with cooler temperatures, (*we are all hoping for*), longer nights, beautiful autumn colors, delicious fruits and vegetables and of course Halloween frights. There's pumpkin spice even at *Star Bucks* for you coffee lovers. In all, October is pretty awesome in its own right. Even if you are not one of those people who decorate the lawn, dress up in costumes, load up on lots of treats for the kiddos, eagerly count down the days until the 31<sup>st</sup>, you can find something to love about this unique time of year.

However, we can all say that the last day of the month is a real treat, but don't let the excitement surrounding the spooky season stand out and trick you into thinking it's the only October holiday worth celebrating. In fact, there are tons of official (and unofficial) holidays, observances and awarenesses from now through October 31st. Embrace all the food and fun that the season has to offer with holidays like *National Pumpkin Day* and *National Apple Day*, or satisfy your sweet tooth before you get your candy fix on *National Homemade Cookies Day*, *National Cinnamon Roll Day* and *National Dessert Day*. But since life is all about balance, don't forget to celebrate *National Kale Day* and *National Oatmeal Day* as well. It's not just about the treats, October is also a time to pick up some healthy habits that you can carry with you in the months ahead, whether it's clearing out your inbox (*Inbox Zero Day*) or finding an organization to volunteer for (*Make a Difference Day*). Enjoy all that the month of October has in store with God's Blessings.

***Happy Fall! Happy October! And best of all, Happy Halloween!***



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



## HEALTH TOPICS

### *OCTOBER 2023 HEALTH OBSERVANCES*

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

**EAT TOGETHER, EAT BETTER:** When families eat together, they eat better. When families eat together they eat more nutritiously and a greater variety of foods. Families report better communication as a benefit from eating together. Families enjoy celebrations and bond around family meals.

**DOMESTIC VIOLENCE AWARENESS:** The National Coalition against Domestic Violence (NCADV)'s mission is to lead, mobilize and raise our voices to support efforts that demand a change of conditions that lead to domestic violence such as patriarchy, privilege, racism, sexism, and classism. We are dedicated to supporting survivors and holding offenders accountable and supporting advocates.

**HEALTHY LUNG MONTH:** The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research.

**NATIONAL BREAST CANCER AWARENESS:** One of our top priorities is educating women on what they can do to be proactive with their breast health. Knowledge and early detection saves lives.

**NATIONAL BULLYING PREVENTION:** More than one out of every five students will be bullied this year. This is probably happening to someone you know and care about. Support others who have been hurt or harmed, treat others with kindness, be more accepting of people's differences, and help include those who are left out.

**NATIONAL CRIME PREVENTION:** Crime Prevention is a Public Health Strategy. For more than two generations, *McGruff the Crime Dog* and the National Crime Prevention Council have been working to engage the public to reduce crime. Today, there is an urgency to keep future generations safe and to Celebrate Safe Communities. It is increasingly clear that healthy communities are safe communities. Let's join Crime Prevention to help "***Take A Bite Out Of Crime.***"

#### **NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING:**

Speaking of health, carve out time to raise awareness for important causes, ranging from mental health (World Mental Health Day) to menopause (World Menopause Day). All month long, **wear your pink ribbon** with pride and encourage loved ones to book their mammogram appointments in honor of Breast Cancer Awareness Month.

**If you or someone you know is suffering with one or more of these health issues, join the fight to bring awareness and a cure. As always check with your primary health care provider for any health concerns.**



## HOT TOPICS

### *COVID 19*

Get four free at-home COVID-19 tests this fall on [COVIDTests.gov](https://COVIDTests.gov)

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home. The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs. Please contact a HRSA health center, Test to Treat site, or ICATT location near you to learn how to access low- or no-cost COVID-19 tests provided by the federal government. At-Home Tests are available at Retailers and Pharmacies

#### ***Order Free At-Home Tests***

Need help placing an order for your at-home tests?

Call 1-800-232-0233 (TTY 1-888-720-7489)

#### ***Take an At-home test:***

- 1) If you begin having COVID-19 symptoms like fever, sore throat, runny nose, or loss of taste or smell, or at least 5 days after you come into close contact with someone with COVID-19, or
- 2) When you're going to gather with a group of people, especially those who are at risk of severe disease or may not be up to date on their COVID-19 vaccines

#### ***What if you test Positive?***

A positive at-home test result means that the test found the virus and you very likely have COVID-19. If you test positive, follow the latest CDC guidance for isolation.

#### ***Treatments for COVID-19 are now widely available.***

If you test positive and are at high risk for severe COVID-19 (age 50 and over or you have a weakened immune system or other health conditions), talk to a doctor as soon as possible about available treatment options. The Test-to-Treat program is one easy way to get treatment. **Test-to-Treat locations will give you a test and treatment. Find a Test-to-Treat location near you.**

#### ***What if you test Negative?***

A negative at-home test result means that the test did not find the virus, and you may have a lower risk of spreading COVID-19 to others. Check your test's instructions for specific next steps. If you test negative, you should test again 48 hours after your first test. Take a third test, 48 hours after the second, if the second test was negative and you don't have symptoms. If you test negative, follow the latest CDC guidance for self-testing.

#### ***Spread the Word***

Let others in your community know about the availability of free tests. The COVID-19 At Home Testing Digital Toolkit contains a variety of messages and graphics in English and Spanish that you can use on Facebook, LinkedIn, Instagram, or Twitter. Use these tools to tell people in your community how they can order free at-home tests.

**Note:** You can voluntarily report positive or negative COVID-19 test results through [MakeMyTestCount.org](https://MakeMyTestCount.org) to help with public health efforts.



## YOUR VOICE YOUR VOICE YOUR VOTE YOUR VOTE

Houston is electing a mayor for the first time in eight years as Mayor Turner reaches his term limit. There are 14 candidates, but polls show a close race between two Democrats: Congresswoman Sheila Jackson Lee and State Sen. John Whitmire. The 2023 general election will be held on Tuesday, Nov. 7 from 7 a.m. to 7 p.m. at voting sites throughout the city.

The winners of the election will begin their terms of office on Jan. 2, 2024. Crime reveals to be the biggest issue in 2023 Houston mayoral race.

- **Sample ballots** will be available approximately 45 days before the election.
  - The **deadline to register to vote** in the November general election is Oct. 10, 2023. **You can register to vote by visiting [harrisvotes.org](http://harrisvotes.org).**
  - **Early voting** will run from Oct. 23 through Nov. 3., from 7 a.m. to 7 p.m. at select polling locations across the city.
  - **When is the deadline to vote by mail?** The last day to apply for a ballot by mail -- received, not postmarked -- is Oct. 27.
  - **Mail-in ballots** must be filled out and received by Nov. 7 at 7 p.m. if the carrier envelope is not postmarked. If the carrier envelope is postmarked by 7 p.m. on Election Day, it must be received by 5 p.m. the next business day after the election, Nov. 8.
- Has my district changed?** What district am I in?
- Your district for voting for your city councilmember may have changed since the last election. The city council approved new district boundaries on Oct. 12, 2022 as part of the redistricting process after the 2020 federal census.
  - **Houstonians can visit the city's redistricting website to view maps and determine which council district they reside in.**

### *Texas is about to shut down an election office in a heavily Democratic county that includes Houston less than two months before the city's mayoral election*

Harris County, which includes Houston, must close its election administration office by Friday. The closure comes less than two months before Houston holds its mayoral election. Losing Republican candidates blamed the Harris County election office for their losses in 2022. In less than two months, Houston residents will begin voting to elect their new mayor. But that election will no longer happen under the authority of Harris County elections officers.

Texas will shut down the election office in heavily Democratic Harris County on Friday after the state's Supreme Court denied an emergency injunction on a law passed by state Republican leaders that requires Texas counties with 3.5 million people or more to abolish their county elections administrators. Harris County, home to Houston and its current mayor, Sylvester Turner, a Democrat, is the only county in the state with more than 3.5 million people.

### *Texas State Republicans fight Democratic-led cities*

Abolishing the Harris County election office is one in a series of Republican efforts widely viewed as attempts to limit the power of the state's Democratic-led cities. State lawmakers passed a law championed by Texas Gov. Greg Abbott earlier this year that prevents cities from adopting ordinances that reach beyond laws set by the state. The new law even axed ordinances across Texas mandating water breaks for construction workers, leading labor advocates to call it "The law that kills." While a state district judge deemed the bill unconstitutional on Wednesday, the Office of the Attorney General has appealed the decision. That law will also go into effect.



## **GLOBAL WARMING IS REAL AND OUR POLITICIANS MUST ADDRESS IT AS A PRIORITY FOR OUR FUTURE GENERATIONS**

### **CITY OF HOUSTON WATER DEPARTMENT**

The hottest summer on record for many Texas cities has brought millions of dollars in damages to municipal plumbing and the loss of huge volumes of water during a severe drought. Authorities across the state are struggling to keep up with widespread leakage even as they plead for water conservation and have restricted outdoor water use. The impact on Texas' water systems highlights both the vulnerability of basic infrastructure to a warming climate and the high costs of adaptation. This year, record-breaking temperatures hit Texas in late June and lingered through September — part of a global heat wave that also set records and made this summer the world's hottest since at least 1940.

### **ERCOT**

Due to continued high temperatures, high demand, low wind and declining solar power generation, ERCOT continues to issue conservation appeal periodically whenever operating reserves for ERCOT are expected to be low. Please help conserve electricity by reducing your consumption: 5p.m. to 9p.m.

### **WAYS TO CONSERVE ENERGY:**

- Raise your thermostat by a degree or two if it's safe to do so.
- Avoid using large appliances, such as washers/dryers and dishwashers.
- Turn off and unplug non-essential lights and appliances.
- Set pool pumps to run early morning or overnight; shut off during peak hours.

We must all do our part to help ensure the safe delivery of electricity throughout our service areas. This may be the beginning of a new way of doing things. Always remember, health and safety first.

### **HURRICANE SEASON IS NOT OVER**

Hurricane season is still here, and experts are urging residents to prepare. Don't wait until a storm approaches. As residents, we must still do our part to protect ourselves and our property in an area prone to flooding. In addition to getting the basics, like water, nonperishable food, a first-aid kit, flashlights, batteries and a full tank of gas, all adults need to think ahead. Anyone with medical issues who may need to go to a shelter should make those preparations early — before a weather event hits. If you're evacuating, do it early versus later. You don't want to be driving in the rain or through high water or on a road experiencing flooding. And make sure you have contact information for people you might need to notify if you leave home. For more, The Centers for Disease Control and Prevention has a suggested list of information you might need: A minimum three-day supply of medications, medical supplies, a list of any allergies and a family-member contact number, 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.

**BE PREPARED AND STAY SAFE!**

DECF  
Page 6  
P.O. Box 42227  
Houston, TX 77242-2227  
Website: [www.decfonline.com](http://www.decfonline.com)



**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](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

*Linda Brown*  
Member

***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.***

SAVE THE DATE – FEBRUARY 17, 2024



DELTA EDUCATION AND CHARITABLE FOUNDATION

PRESENTS

CARNIVALE

*Mystique*

MARDI GRAS GALA  
SCHOLARSHIP FUNDRAISER

SATURDAY, FEBRUARY 17, 2024  
7:00 P.M. – 12:00 A.M.

SAFARI TEXAS RANCH  
11627 FM 1464 | RICHMOND, TEXAS 77407

BLACK TIE AFFAIR

\$85