



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
MARDI GRAS PLANNING
Thursday, Nov. 2, 2023
6:30 p.m.

Integrated Missionary Church
4910 MLK Blvd.
Houston, TX 77021

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

Community Service Projects
**Jordan Grove's Food Pantry*
Contact Maureen Gordon
**Jack Yates High School*
Band Members

Other Community projects are
welcomed.

Health Topics
Health Observances

Hot Topics
Your Voice – Your Vote
2023 General Election
November 7th

SAVE THE DATE

MARDI GRAS GALA
CARNIVALE MYSTIQUE
February 17, 2024

Together Everyone Achieves More

Greetings,

As we ready ourselves for the Holiday season we must also keep in mind that Houston's November general election will occur. Houstonians will elect a new mayor in addition to voting for city council members, city controller and 14 state propositions that will be on the ballot. Houston Mayor Sylvester Turner is term-limited after serving as mayor since 2016. So no matter who wins, Houston will elect a new mayor for the first time in eight years. Congratulations to Mayor Turner for a job well done.

And yes, it's that time of year again, when we are called to count our blessings, and you are certainly one of them! Our Board and Foundation Members and certainly our supporters are the reason we thrive. Thank you so much for your support time and time again. We wish you and yours a very happy Thanksgiving!



Pamela Cashaw, President
Dave Moss, President Emeritus



HEALTH TOPICS

NOVEMBER 2023 HEALTH OBSERVANCES

Each month we feature select National Health Observances (NHOs) to highlight important health issues that affect Americans every day. In November we're raising awareness about diabetes, lung cancer, chronic obstructive pulmonary disease (COPD), and antibiotic resistance.

Lung Cancer Awareness Month: You can lower your lung cancer risk in several ways.

First and Foremost - Don't Smoke -The most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke. Smoking can cause cancer and then block your body from fighting it. Nearly 9 out of 10 lung cancers are caused by smoking cigarettes. Treatments are getting better for lung cancer, but it still kills more men and women than any other type of cancer.

For help quitting, visit smokefree.gov, call 1 (800) QUIT-NOW (784-8669), or text "QUIT" to 47848. It's never too late to quit!

National Family Caregivers Month: If you're a caregiver, taking care of yourself is crucial. Make sure to discuss any concerns you have as a caregiver with your health care provider. Caregivers can experience emotional, psychological, and physical strain. In addition, caregivers often neglect their own health. This neglect can increase their risk of having multiple chronic conditions. Nearly 2 in 5 caregivers have at least two chronic health conditions. Caregivers of people with dementia or Alzheimer's are at greater risk for anxiety, depression, and lower quality of life than caregivers of people with other chronic conditions.

American Diabetes Month: Women with diabetes have more to manage. Stay on track by checking your blood sugar often, eating healthy food, and being active so you can be your healthiest and feel your best. How is diabetes different for women than it is for men? Diabetes increases the risk of heart disease (the most common diabetes complication) by about four times in women but only about two times in men, and women have worse outcomes after a heart attack. Women are also at higher risk of other diabetes-related complications such as blindness, kidney disease, and depression. Not only is diabetes different for women, it's different among women—African American, Hispanic/Latina, American Indian/Alaska Native, and Asian/Pacific Islander women are more likely to have diabetes than white women. How you manage diabetes may need to change over time depending on what's happening in your life. Here's what to expect and what you can do to stay on track.

11/16 Great American Smoke-out: Quitting smoking is one of the most important steps you can take to improve your health. This is true no matter how old you are or how long you have smoked.

Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking. But the good news is there are proven treatments that can help you quit.

YOU CAN: Talk to a quit smoking counselor individually or in a group.

Medications: Use Nicotine Replacement Therapy (NRT). Talk to your Healthcare Provider About Using a Pill Prescription Medication.

Many treatments and resources may be available to you free of charge or may be covered by your insurance. Remember, even if you've tried before, the key to success is to keep trying and not give up. After all, more than half of U.S. adults who smoked have quit. For information about quitting smoking, visit CDC.gov/quit.

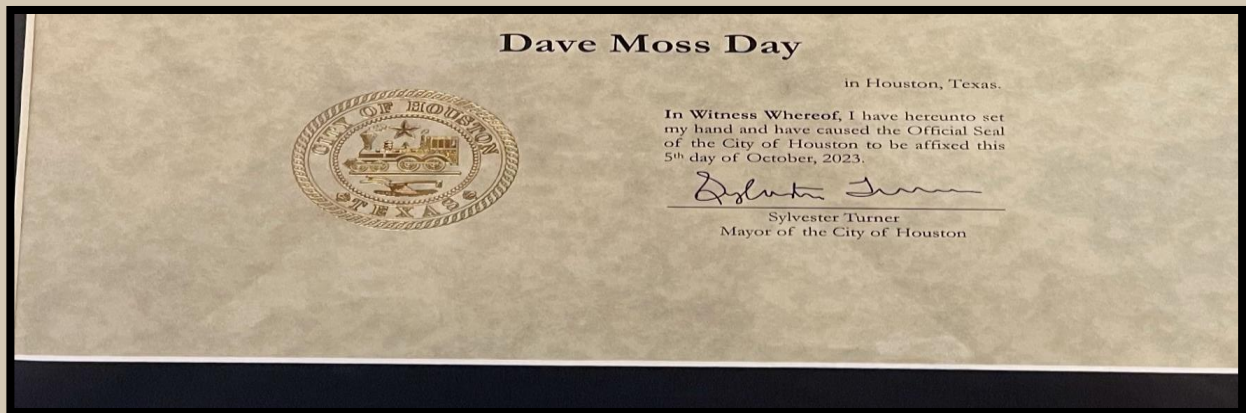
Alzheimer's disease and Healthy Aging: Alzheimer's, the most common type of dementia, is a progressive disease affecting nearly 6 million people. Alzheimer's disease involves parts of the brain that control thought, memory and language. It can seriously affect a person's ability to carry out daily activities. It begins with mild memory loss and can lead to loss of ability to carry a conversation and respond to the environment.

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.



CONGRATULATIONS

Mayor Sylvester Turner presented Dave Moss, President Emeritus of DECF with a proclamation for the work he and the Greater Houston McDonald's Owners have done in the community to commemorate their fallen colleague, Carroll Oliver and for partnering with the City of Houston since 2016 with the McDonald's/Hire Houston Youth series. October 17, 2023 was proclaimed Dave Moss Day. We, the members of DECF's Board and members of the Foundation congratulate you on your service to the greater Houston community.





YOUR VOICE YOUR VOICE YOUR VOTE YOUR VOTE

As fall approaches, so does Houston's November general election. Houstonians will elect a new mayor in addition to voting for city councilmembers and the city controller. Crime reveals to be the biggest issue in 2023 Houston mayoral race.

- 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.
- **Sample ballots** will be available approximately 45 days before the election.
- **Early voting** will run through **Nov. 3rd** from 7 a.m. to 7 p.m. at select polling locations across the city.
- **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.**
- **If needed, when is the runoff election?** A date has not yet been set, but should a runoff election be necessary, it is typically held on a Saturday in December.
- **Who is running for mayor?** Some familiar faces in Houston and Texas politics announced their campaign for mayor, including State Sen. John Whitmire, Congresswoman Sheila Jackson Lee and City Councilmember Robert Gallegos. The following is the full list of candidates (listed alphabetically):
Gaylon S. Caldwell, Jack Christie, Annie "Mama" Garcia, Gilbert Garcia, M. "Griff" Griffin, Naoufal Houjami, B. Ivy, Lee Kaplan, M. J. Khan, David C. Lowy, Julian "Bemer" Martinez, Chanel Mbala, Kathy Lee Tatum, Roy Vasquez

Who is running for city council? There are eleven districts; Districts A thru K. Know your district and who you want to vote for. District A: Amy Peck - District B: Alma Banks-Brown, Tarsha Jackson, Kendra London, Koffey Smith El-Bey, Tyrone Willis - District C: Perata PB Bradley, Felix Javier Cisneros, Abbie Kamin - District D: Carolyn Evans-Shabazz, Lloyd Ford, Travis McGee, Georgia Provost, Debra A. Rose District E: Martina Lemond Dixon, Fred Flickinger; District F: Tiffany D. Thomas, District G: Tony Buzbee, Mary Nan Huffman, Enyinna O. Isiguzo; District H: Mario Castillo, Mark McGee, Cynthia Reyes Revilla, Sonia Rivera, Michelle Stearns; District I: Rick Gonzales, Joaquin Martinez; District J: Edward Pollard, Ivan Sanchez; District K: Martha Castex-Tatum

Who's running for City Council Members at-large? There are five at-large positions. Know who you want to cast your vote for before entering the polls. At-Large #1: Kendall Baker, Eriq C. Glenn, Julian Ramirez, Conchita Reyes, Leah Wolfthal; At-Large #2: Danielle Keys Bess, Marina Angelica Coryat, Willie Davis, Nick Hellyar, Obioba "Obes" Nwabara, Holly Flynn Vilaseca; At-Large #3: Bernard "Bernardo" Amadi, Richard Cantu, Twila Carter, Donnell Cooper, Casey Curry, Ethan Michelle Ganz, James Joseph, Erica McCutcheon, Richard Nguyen; At-Large #4: John Branch Jr., Roy Morales, Andrew "Drew" Patterson, Letitia Plummer; At-Large #5: Sallie Alcorn, J. Brad Batteau, Rigo Hernandez

Who is running for city controller? There are four people running for city controller. Know who you want to vote for before entering the polls. Chris Hollins, Dave Martin, Shannan Nobles, Orlando Sanchez



HURRICANE SEASON IS NOT OVER

Hurricane season is still here through November 30th 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. "You don't want to leave them guessing." For more information on what to do to prepare for an emergency, The Centers for Disease Control and Prevention has a list of information. **Among the items the agency recommends you have on hand:**

A minimum three-day supply of medications, a cooler and ice packs if your medications require refrigeration, if needed, medical supplies such as syringes, contact lens solution, glasses and/or hearing aids and extra batteries for people who need them, an identification band with your full name, a list of any allergies and a family-member contact number, information about your medical devices, including oxygen, walkers and wheelchairs, the information should include model numbers and the vendor of the products, documents in a waterproof bag., they should include a personal care plan; contact information for family members; 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; and durable power of attorney and/or medical power of attorney documents., cash to be used if automatic teller and credit card machines are not working. **BE PREPARED AND STAY SAFE!**

TIPS FOR HEATER SAFETY DURING COLD WEATHER

When the temperature starts dropping, you turn to your heater to keep you and your family warm. As you use the heater in your house this winter, keep these seven safety tips in mind.

1. Check all of your home's smoke detectors to see if they are working properly.
2. Install a carbon monoxide detector on every floor of your house as well.
3. Have a professional inspect your gas heater at least once a year
4. If you use a fireplace, have a professional inspect and clean it every year.
5. If you use a wood-burning stove, a professional should inspect and clean the chimney each year.
6. Never use an oven or a gas or electric range as a heating source.
7. Keep a safe perimeter around electric space heaters. Make sure the heater is away from water or flammable items such as curtains, paper, blankets or furniture. Check for faulty wiring that can cause electric shock or fire. Supervise children and pets around space heaters. Turn heaters off before leaving the room or going to sleep.

COMMUNITY SERVICE PROJECTS ARE WELCOMED

1. **Jordan Grove Missionary Baptist Church – Food Pantry:** Serving the Greater Houston area every Wednesday from 9:30 a.m. until 12:30 p.m. Contact Maureen Gordon to sign-up and for other details.
2. **Jack Yates High School Band Members:** Requesting donations of toiletries and other needed items: White socks for performances, Hygiene Items – deodorant, wipes, etc. Gatorade and snacks for practices and performances. **Note:** DECF contributed \$250 to support this effort. If you would like to add to this contribution please see Grace Macklin. You can make your contribution payable to DECF and specify Jack Yates High School Band.

DECF
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P.O. Box 42227
Houston, TX 77242-2227
Website: 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

Thank you for your continuous support!

DECF BOARD MEMBERS

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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.



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