



CCA NEWSLETTER – APRIL 2020

A Message from CCA President

Dear Members and Friends,

I'm incredibly excited to begin my new term as President of this well-established organization. As one of the original members when this organization began in 1991, it is with pride and gratitude that I have this wonderful opportunity to work with a well diverse Board.

Since 1991, CCA has served as a vital organization in the Tampa Bay area where we have used our limited resources to provide scholarships, tutor children, provide disaster relief support and medical mission trips to aid local residents in underserved areas in the Caribbean.

Although we are currently living under some restrictions due to COVID-19, we hope you are staying safe and healthy. We will be rescheduling events we had to cancel and continue planning future events.

I look forward to collaborating with the various organizations in the Tampa Bay area and I especially look forward to meeting our members and friends at our monthly gatherings and special events.

With your help, we will continue to be a vital part of this community.

Respectfully,
Carol Price
President

Board Members

Member	Officer Title/Role
Carol Price	<i>President</i>
Dr. William Nerestant	<i>1st Vice President</i>
Allison Padmore-Haynes	<i>2nd Vice President</i>
Patrick Johnson	<i>Treasurer</i>
Phillip (Nick) Nicholson	<i>Assistant Treasurer</i>
Brian McEachron	<i>Public Relations</i>
Greer Briggs-Lake	<i>Executive Secretary</i>
Valencia Bonner	<i>Recording Secretary</i>
Dr. Everet Lake	<i>Member-At-Large</i>
Patrick Johnson	<i>Fundraising Committee Chair</i>
Theresa Hoyes	<i>Hospitality & Entertainment Committee Chair</i>
Angelique Robateau	<i>Education Committee Chair</i>
Michael Anderson	<i>Disaster Relief Committee Chair</i>
Patsy Clarke	<i>Health Committee Chair</i>
Dr. Saundra Johnson Austin	<i>Consultant</i>
Dr. Patriann Smith	<i>Consultant</i>

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2020 CCA Disaster Care Package Project – Ongoing



CCA Disaster Relief project is an ongoing event and during this time of the Stay-At-Home order, we are not able to shop as normal. In preparation for the hurricane season which begins June 1st, we would like to be prepared as much as we can. If you are able, please collect needed items from the list below and, as soon as we return to normalcy from this uncertain time, we will begin collecting those items.

Toothpaste, toothbrush, dental floss
Lotion, shampoo, hand sanitizer, soap
Mouthwash
Wash cloth, toilet paper
Feminine napkins
Shaving kits
Diapers, wet wipes, baby bottles, baby blankets
First Aid kits
Gallon Ziploc bags
Mini flashlights, batteries



For questions, please contact Disaster Relief Committee Chair, Michael Anderson
email: kikicj25@yahoo.com; cell: 954-588-6874

Calendar of Events

Upcoming events to be rescheduled are:

- Mission Trip
- Tea Party
- Health Seminar

We are continuing to plan for our annual fund raising event in November. Please visit our website, www.cca91.org for the latest updates on events.

Helpful Information

Given the current turmoil of our lives due to the Coronavirus (COVID-19) and as headlines keep changing frequently, daily, we encourage you and your family to stay safe, strong, balanced and refreshed by incorporating exercise, relaxation and healthy eating into your day as this is a frightening experience. Make sure you **obtain information on Coronavirus from a reliable source**, such as, the CDC guidelines for the COVID-19 disease and stay abreast and adhere to your county's **Safer-At-Home** order that is in place.

Also please continue to practice social distancing by keeping at least 6 feet between you and another person, as per CDC guidelines for Coronavirus.

Here are a few links that are helpful:

- **IRS offers Q & A on federal stimulus checks:** <https://www.chron.com/local/article/IRS-offers-Q-A-on-federal-stimulus-checks-15168557.php>
- **Cleaning And Disinfecting Your Home:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

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- **CDC:**
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- **Hillsborough:**
<https://www.hillsboroughcounty.org/en/residents/publicsafety/emergency-management/safer-at-home>

Stay Inspired & Connected

We have listed below a few best practices on how to stay inspired and connected whether you are working from home, self-quarantined, self-isolated, an essential worker or unemployed.

- **Online Social Bible Apps -**
[YouVersion Bible App](#)
- **Set-Up A Virtual Get Together -**
Set-up video conferencing get-togethers with friends, family or neighbors. Facebook Messenger, Apple Facetime, or Google Duo are all free and simple ways to connect face-to-face.
- **Make a Phone Call –** Use the old fashioned telephone feature on your mobile to check in on family, friends, or that elderly neighbor to stay connected during this extended isolation.
- **Those Closest To Us –** Don't forget to connect with those in your own house!
- **Daily Meditation –** First 15 minutes of the day set the tone for your day as you awake – relax and breathe in and out.
- **Practice Gratitude –** Make a list of things you are grateful for.
- **Do Quick & Simple Exercises –** Go for a walk; every 15 minutes get up and exercise.
- **Eat Well & Sleep Well –** Create an in-home schedule as close as possible to reality before the pandemic was around - wake up early, get dressed, brew your coffee, workout, go to work (in-home desk) and fuel your body right.
- **Music & Laughter –** A lover of music? Take time to listen to your favorite music and dance like there is no tomorrow. Laughter releases those stressful moments to help you stay mentally healthy.
- **Know When to Connect & Unplug –** Try not to remain steadfast to the news all day long. Watch your favorite movies, comedies, or programs. Know when to unplug from meetings, work, and other stressors.

For questions or comments, please reach out to the Editor, Valencia Bonner.
Mailto:bonnerjuiliet@gmail.com

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