



CCA NEWSLETTER – AUGUST 2020

A Message from CCA Board of Directors

August is usually a happy month! It is the time when parents are shopping for school supplies, and kids are getting into the mindset of returning to the classrooms. It is the time when teachers are reporting back to schools in preparation for the 'new' school year, and students are getting those last outdoor summer fun activities – fulfilled!!

However, August 2020, many things will be different due to the impact of the COVID-19 pandemic. For the 'new' normal, to be safe and healthy, parents may have to purchase school and grocery supplies online. Students will have to wear masks to school, when schools are reopened, and, teachers are wondering if and how they will teach online, or in a classroom, where they must keep students at least six feet apart!

On top of everything, parents, teachers, and students will have to address issues of race when they return to the classrooms and schools. For people of color, it may mean coming face-to-face with racial situations in our classrooms and schools. Black youths continue to grapple with situations that often make it more difficult to protect their bodies, health, finances, and overall well-being. For others who also want to see change happens, we encourage you to advocate for Black youths who continue to be largely affected by racial injustice in and beyond our schools. When schools reopen, one can't help but think that we will worry about how our children will fare; how we

will choose to respond to offenses; how we will deal with it all.

It is to that end that the Caribbean Community Association, Inc. (CCA), reaches out in solidarity to let you know that we are here. In March & May, we collaborated with other Caribbean organizations and friends to provide support to the diverse international students attending the University of South Florida (USF), adversely affected by COVID-19 whose families are far away, and are without the comfort of home in the United States.

We have worked intently on the disaster preparedness materials that are ready to be disseminated to the Caribbean countries in need.

CCA's dedicated Board of Directors is committed to supporting our Tampa Bay Caribbean community families, as schools reopen this Fall. We are excited to continue our Tutorial Math Program by offering **virtual** classes. See the enclosed **Education Committee article** highlighting the virtual shift.

We trust that you will share your insights with us about how we can further help to support you, as you get ready for the school year. Again, we will continue to stay connected through our newsletters, and you can also visit our website at www.cca91.org for more information. Please take care, stay healthy and stay safe!

Respectfully,
Dr. Patriann Smith, Consultant



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Caribbean Humor Corner!!

A little humor goes a long way...

TEACHER: "John, can you make a sentence with the word ATTENDED?"

JOHN: "Yes Teacher. COVID-19 is killing thousands all over the world but in Jamaica A TEN DEAD!!!" (LOL)

Another....



Tutorial Math Program – Virtual Classes

CCA is very excited to be celebrating its 20th year in providing the **Tutorial Math Program** to the Tampa Bay Caribbean community!!

In 2019, Temple Terrace United Methodist Church, in partnership with CCA, provided the organization with classrooms for the program. Classes are held on **Saturday** mornings from 9:00 a.m.–12:00 noon.

This year, due to the COVID-19 pandemic, CCA has pivoted to deliver the program through **VIRTUAL** classes for the upcoming school year of 2020 – 2021. **Deadline for accepting applications was July 31, 2020.** It is exciting to see this fantastic program

continue its long tradition of helping students reach their highest math potential.

When will the virtual classes start?

The **virtual** classes will commence for the fall semester from **September 12, 2020 through December 19, 2020** every Saturday mornings for a duration of 1 hour. This session will be on FSA/EOC/SAT/ACT/PERT practice tests, district exams, test-taking strategies, and skill practice from the 'Go Math' and the student's textbooks and workbooks.

Our loyal and dedicated education committee, program director and volunteer tutors are ready and committed to provide their service in making sure this platform is successful.

The education committee would like to express their gratitude to CCA members, families, friends and partners for their continuous support to this initiative.

We appreciate you! Stay strong, stay safe and stay well.

Angelique Robateau
Education Committee Chair

COVID-19 Health and Safety Practices

COVID-19 pandemic has created unsettling times, and your safety and well-being are CCA's first priority. To help mitigate the spread of COVID-19, we are recommending the following **Health and Safety Practices**:

Work & Public Places

In addition to your employer's/public places' routine Infection Control measures,



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we are recommending the following daily practices to ensure your safety, the safety of your family and co-workers:

- Frequent hand washing is a must with soap for 20 seconds focusing on finger tips and thumbs. Avoid touching your face, nose and mouth. Use sanitizer when in public areas.
- Try to avoid lunch rooms, coffee bars, break rooms, water fountains.
- Employers/employees should disinfect all high touch surfaces throughout the day and continue to follow Occupational Safety & Health Association (OSHA) guidelines for cleaning work areas.
- Co-workers should be screened with a questionnaire about recent travels, to expose signs/symptoms of COVID-19.
- Employers should be doing daily temperature checks and recordings on ALL co-workers.
- Always wear a mask at work and in public places, along with practicing and maintaining at least 6 feet of social distancing at all times.
- Avoid handshakes and hugs.
- If you have cold-like symptoms, stay home and consult with your physician to get screened for the common cold/flu versus COVID-19.
- Avoid international travel and adhere to the travel restrictions recommended by the Centers for Disease Control and Prevention (CDC). International travel at this time is discouraged.
- Domestic travel could increase your risks. **Do not travel** unless absolutely necessary.
- If international travel or travel to a known COVID-19 “hot spot” is necessary, please self-quarantine for 14 days upon your return.
- Use your judgment on activities that include large groups of people, such as concerts, parties, protests, and theme parks (once they reopen).
- Cough and sneeze into your arm and not your hands and remember to teach your children as well.
- Refrain from trusting and sharing any un-vetted health information on social media. Rely on the CDC and World Health Organization (WHO) as your trusted source of scientific information.
- Affirming routine - find outlets to do normal things with your family and friends to stay grounded, sound, and healthy.

Final thoughts and Advice

Dis-ease enters our bodies when our immune systems are broken down. Thus, getting plenty of sleep, staying active, eating foods that help boost your immune system, and maintaining cleanliness are important to ensuring our physical wellness

It is very hard to stay mentally sound during this time, so it is very important to make healthy choices to protect your mind. Be informed but don't get obsessed. Stay off of social media, ask your friends and family to stop sending you constant updates, and do not listen to the conversations of your freaked-out co-workers. Your mind is so powerful. Keep focused on wellness, it will attract itself to you.



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Working together, we can all help to keep each other safe. Let's all do our part in taking care of ourselves and each other.

Yours for better health,
William Nerestant, DDS

Friendly Important Reminders!!

Upcoming Primary and General Election

For **Voters**, eligible individuals can register to vote. The deadline to register in order to participate in an upcoming election is 29 days before the election.

The **registration** deadlines for 2020 are:

- Primary Election: **was July 20**; if you have already registered, the actual voting date for the Primary Election is: **August 18**
- General Election: **October 5**; actual voting date for the General Election is: **November 3**

For more voting information and timeline, including vote-by-mail, visit:

<https://dos.myflorida.com/elections/for-voters/election-dates>

Note: Voting is by choice, but **we can all affect change** by making sure **everyone cast their vote**, and also to encourage families and friends to do their part as well.

2020 Census

AGAIN, the 2020 Census is still happening! It is very important to complete your 2020

Census questionnaire and it is not too late.

To do so, please complete your form online, by phone, or by mail when your invitation to respond arrives. Or to get started, visit my2020census.gov.

Why participate in the 2020 Census?

- For everyone qualified in your household to be counted.
- It helps to direct billions of dollars in federal funds to local communities for schools, roads, healthcare and other public services.
- To determine the number of seats each state has in Congress, and your political representation at all levels of government.

Getting started:

- It is safe, secure, and confidential. Your information and privacy are protected.
- You must complete your questionnaire once you begin, as you **do not** have the ability to save your progress.
- It is quick and easy. Takes about 10 minutes to complete.
- If you leave the questionnaire and return later, you will have to start over.
- Do not use the web browser buttons (back, forward, or close browser).
- Use the buttons within the questionnaire to navigate.
- For best results, use the latest version of Chrome, Firefox, Internet Explorer, or Safari. Enable cookies.

Calendar of Events

Please visit our website, www.cca91.org for the latest calendar updates and information.

For questions or comments, please reach out to the Editor, Valencia Bonner.

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