



## CCA NEWSLETTER – JULY 2020

### Message from CCA Presidency

Greetings Members and Friends,

As we begin the second half of 2020 and, are still navigating through the pandemic and adjusting to the 'new normal', hope you and your family are staying in good health and keeping safe.

Prior to relocating to Florida 12 years ago, as a military retiree living in Lacey, WA, I was a member of the Washington State Caribbean Association. To continue the Caribbean connection in Florida, my internet search led me to the Caribbean Community Association, Inc. (CCA) organization. I became a member serving in the positions of Hospitality & Entertainment Chair, President and Vice President. It has been, and is always gratifying to be a part of CCA, fulfilling and sharing our mission and goals.

As we are in the midst of hurricane season, our disaster relief team has been very busy assembling gender/age specific care packages. For more insight, see the enclosed article titled 'CCA Readiness for 2020 Hurricane'. A **special** thank you to all for your efforts and donations.

Our other committees continue to plan and, are looking forward to when we can meet again in person.

Our July gathering would have been hosted by the Hospitality & Entertainment Committee, highlighting a 'Student's Night

of Game/Trivia'. How many of us can dust off game boards of Scrabble, Monopoly, Snakes and Ladders, Chinese Checkers, Battleship, Pictionary, Candy Land, etc., and challenge each other while having fun together. **Check out our Caribbean trivia article below!**

As we continue to stay connected through our newsletters, you can also visit our website at [www.cca91.org](http://www.cca91.org) for more information. Stay safe and be well.

Respectfully,  
Allison Padmore Haynes, 2<sup>nd</sup> Vice President

### CCA Readiness for 2020 Hurricane Season



For over 20 years, CCA has taken a proactive approach in preparing care packages for victims and families in the Caribbean, impacted by storms and hurricanes. The Disaster Relief Committee coordinates this project and, engages the community in its

collection drive that usually starts in February. These care packages include hygiene items that are placed in gallon size Ziploc bags, labelled and stored for shipment to the islands in need.

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We are excited to provide the following disaster relief project updates:

- CCA, in collaboration with Haitian American Foundation of Tampa Bay (HAFTB), made significant contributions towards the project.
- Coast Dental, Dr. William Nerestant and Dr. Everett Lake, sponsored all dental/oral hygiene items.
- Approximately 350 care packages have been packed and stored in 4 barrels.
- Disaster Relief Committee is still accepting monetary donations.

We wish to thank all the members, families and friends for their generous donations of funds and supplies, despite the current challenges with the COVID-19 pandemic.

We urge everyone to continue following the CDC guidelines on social distancing and staying safe.

Michael Anderson  
CCA Disaster Relief Committee Chair

### Hurricane Preparedness Reminder

#### Safety and Protection Reminder

If you must go to a community or group shelter during COVID-19, here are some items you must have in your toolkit, in addition to the already recommended items:

- Soap, hand sanitizer, disinfecting wipes, or general household cleaning supplies to disinfect surfaces you may need to touch regularly, and a mask or a cloth face covering.

For information on staying safe and protecting you and your family, please visit the following websites:

- **American Red Cross** – [www.redcross.org/hurricane](http://www.redcross.org/hurricane)
- **FEMA** – [www.fema.gov/disaster](http://www.fema.gov/disaster)
- **Ready Kids** – [www.ready.gov/hurricane](http://www.ready.gov/hurricane) (games and activities for kids)
- **Hurricane Plan** – [www.ready.gov/plan](http://www.ready.gov/plan)
- **CDC/COVID-19** – [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention)

### Caribbean Trivia

#### Did you know?

- The Caribbean region includes more than 7,000 islands, stretching from the Bahamas off the coast of Florida to Trinidad and Tobago off the coast of Venezuela, in the south. Of these islands, 13 are independent nations, while others are overseas dependencies or territories of countries including the U.S., U.K., France and the Netherlands.
- The Caribbean islands have a land area of 92,541 square miles, with an approximate population of 36 million. Their sizes range from the largest island, Cuba, which is larger than all the other islands combined, to the tiny islands of Saba and Anguilla.
- Dunn's River Falls, cascading 600 feet into the Caribbean Sea, was featured in the James Bond Movie "Dr. No."
- Queen Juliana Bridge in Willemstad, Curacao is the highest bridge in the entire Caribbean at 185 feet.

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- Trinidad's La Brea Pitch Lake is the largest natural asphalt deposit on the planet.
- St. Maarten's airport, where planes approach the runway just feet from a popular beach, made the top 10 of the world's most dangerous places to land in Wonders World, and the Daily Telegraph's World's Scariest Airport Landings list.
- The Soufriere volcano, an active volcano that offers a mineral spa is located in St. Lucia.

### 2020 Census - Reminder

**The 2020 Census is happening now! 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](https://my2020census.gov) or for overall timeline and information.

### Why do we need to participate in Census 2020?

- For an opportunity for everyone qualified in your household to be counted.
- It is quick and easy. The 2020 Census questionnaire will take about 10 minutes to complete.
- It is safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local

communities for schools, roads, and other public services.

- Results from the 2020 Census will be used to determine the number of seats each state has in Congress, and your political representation at all levels of government.

### Getting started:

- You must complete your questionnaire once you begin.
- 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.

Please note that if you are responding online, you must complete the census in one sitting, as you **do not** have the ability to save your progress.

### An Education Resource

#### Learning Beyond Limitations This Summer -

We invite you to look at how you can build upon digital learning with hands-on activities and more. Please visit the C-STEM website, [www.cstem.org/2020](http://www.cstem.org/2020) and view newsletters for more information.



**C-STEM**  
NEWSLETTER

*"Everyone is an Artist  
and an Engineer"*

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### See What's NEW at C-STEM!

Check out our monthly newsletter! We have so much to offer you!

Stimulating Education with the CARES Act  
COVID-19 Education Resources  
STEM Resources Survey: Please Participate  
We're Here for You  
Dr. Reagan Flowers Recognized for Innovation  
Houston Artist Thanks Heroes  
Get Connected on C-STEM Break  
Jonte R. Lee Teaches Chemistry from his Kitchen with Social Media Lab

### Wellness & Health

EVERYDAY HEALTH™  
*Wellness inspired. Wellness enabled.*



#### [6 Tips for Drinking More Water](#)

Jessica Migala

**Are you dehydrated? Use these smart, expert-backed strategies to up your H2O intake.**

[READ MORE](#)

Tips for living with COVID-19, visit:  
[www.everydayhealth.com/coronavirus](http://www.everydayhealth.com/coronavirus)

### Spotlighting: Every Day Hero

#### Member Profile

The CDC recommends wearing **cloth** face **coverings** as an additional step to help slow the spread of COVID-19, when combined with every day preventive actions and social distancing in public settings. The CDC also advises that cloth face coverings help

people who may have the virus, and are also asymptomatic from transmitting it to others.

“Based on those recommendations and seeing the numerous styles of masks made by my friend, **Theresa Hoyes**, I have dubbed her an **EVERY DAY HERO**” said Allison Padmore Haynes.

In a conversation with her, she shared her passion for sewing, and how she also crochets and donates to worthy causes. She further stated, “I started making face masks when I saw the reports from Dr. Anthony Fauci, other medical doctors, and the CDC, that one of the ways to help slow the spread of COVID-19 is to wear a face mask. With my crochet and sewing experiences, I decided to try to make a face mask, and that is how it started. Some of the face masks I made were donated to hospitals, families, and friends and even to a doctor friend in New York.” Below are a few sample masks made by her.



### Calendar of Events

Please visit our website, [www.cca91.org](http://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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