



Golden Triangle Planning & Development District, Inc.



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In Memoria

Marvell Spencer

GTPDD Board Member
1988-2015

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From the Director.

Serve.....perform duties or services for another person or an organization.

Liberty.....the state of not being imprisoned or enslaved.

Freedom.....the power or right to act, speak or think as one wants without hindrance or restraint.

Sacrifice.....an act of giving up something valued for the sake of something else.

On March 12, 2018, several local National Guard Units were deployed. Several loved ones as well as appreciative Americans showed support by acknowledging their departure.



Rupert L. "Rudy" Johnson
Executive Director

I would like to take this time to tell each service member, you are in our thoughts and in our prayers.

The GTPDD family would like to extend our gratitude and thankfulness to all soldiers. We thank you for the gift of

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ART FINDS A WAY

Jerry Franks savors the quiet that surrounds his log cabin in the New Hope community. He's partial to sitting out front, looking toward the pond, watching magnolia trees adapt to the seasons. Life hasn't always been this peaceful.

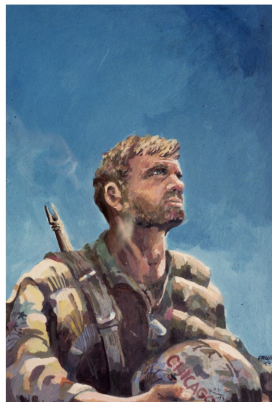
Franks' days and nights were once punctuated by the pulsating slaps of a UH-1 Huey helicopter's rotor blades. As a combat flight medic with the 236 Dustoff unit in Vietnam, his medevac mission was to get in, pick up the wounded and dead and get out, sometimes taking fire. It was a calling he volunteered for, much like he signed up for the Army in the first place, two weeks after graduating with the Class of '69 at S.D. Lee High School in Columbus.

"From my Southern background, and from reading scripture in the Bible, I was confused about what was going on in Vietnam," Franks said. "But at the same time I knew I had my duty to fulfill."

One thing Franks didn't realize when he left for Southeast Asia was how much his high school art lessons from Frances Land and Margaret Smith would help blunt a few hard edges of service in wartime.

Franks had shown artistic talent at Lee High, but in Da Nang, Vietnam, that was low on anyone's list of priorities. After a while, though, he began to notice most machine parts shipped in plywood crating. If he pulled the nails out and cut discarded plywood into squares and rectangles, they could work as crude canvases.

When he was lucky enough to get hold of leftover paints from around the base-especially the three primary colors, red, yellow and blue-he could mix almost any other color he wanted. He's learned that in high school art. But what about brushes?



"I could get industrial glue and find plenty of bamboo, but couldn't find any bristles," Franks said. Then he remembered that "Mrs. Land had talked about how the old masters used to make paint brushes out of hair."

"My first couple of (paint) brushes were

Land had talked about how the old masters used to make paint brushes out of hair."

"My first couple of (paint) brushes were disasters," he said with humor. "I had blonde hair all over the place." But eventually, he made something that worked.

One particular painting brought the serviceman's talent out in the open.

Frank was working Sick Call in Da Nang, where he would "suture up what was cut and medicate what was ill." Spirits were low.

"Everybody was always talking about making it back home, about what they were going to do when they made it back to the States," he recounted. So one evening in his quarters he pulled out a piece of "skinny plywood" and gathered his remnants of paint.

"I painted a freedom bird-that's what all the troops called the flight back home-a jet airliner taking off from Da Nang Air Force Base back to the States."

He depicted the plane soaring into the sky, leaving behind Da Nang with its people on bicycles, carrying food on pieces of wood across their shoulders, a bag on each end.

"Everybody dreamed of that airplane, that last trip home, and it just hit the right spot," Franks said.

After sprucing up his helmet with a silhouette of his home state, magnolia flowers and "Columbus, Mississippi," his buddies wanted signature designs on their head gear as well, especially cartoons, which Franks was adept at.

Franks' art opened lines of communication. He carried a deep faith with him into service, and several of the men recognized it. Away from home and family, in the harsh reality of a long war, some sought him out to talk.

"The only answers I could find were through scripture and pray," Franks said. "I told everybody up front I do not know the answers, but I know God has answered me and my prayers."

Franks' service in Vietnam ended in 1971.

Cont'd on page 3

Commodity Supplemental Food Program

Franks pursued a degree in commercial art and design at MUW. His medevac service remained a part of him, however. It's what inspired much of his military-theme paintings, several of which are now with the National Veterans Art Museum in Chicago. Digital images can be seen at collection.nvam.org.

At some point after retiring from the military, Franks' subject of artistic choice became magnolias, the same blooms he'd painted on his helmet as a teenager in Vietnam. Their effect was calming, the veteran said.

Being a grandfather, he likes to think there are some older veterans out there, maybe sitting by a fireplace, with grandkids crawling around them. He finds comfort in believing he did something while in service that helped make that scene possible, that helped those families continue.

"...I guess the Lord answered a whole bunch of questions for me when I was in Vietnam," Franks said.

Excerpted from The Commercial Dispatch,

Sunday, November 5, 2017.



The Ties that Bind... The Viet Nam Experience
Full View

The Commodity Supplemental Food Program (CSFP) was established to provide nutritious commodities to help State and local agencies supplement food resources of the low-income elderly. Through local agencies, each participant receives a monthly package of commodities, based on food package guide rates developed by the United States Department of Agriculture, Food and Nutrition Services (FNS). Food packages include such nutritious foods as milk, cereal, juices, canned fruits and vegetables, canned meat and other non-meat protein items, and grain products such as pasta or rice. Participants also receive nutrition education. CSFP is designed to serve individuals whose income and circumstances make them especially vulnerable to malnutrition.

The Mississippi Food Network (MFN) administers the CSFP under an agreement with the State Department of Health/WIC Program to receive, re-package and distribute the donated USDA supplemental foods through local charitable/non-profit Agencies in the authorized counties.

Golden Triangle Planning and Development District is the local site in Oktibbeha and Lowndes County to distribute Commodity Supplemental Food Boxes (CSFP). At the present time, GTPDD distributes 225 boxes in Oktibbeha County and 170 boxes in Lowndes County each month to low-income seniors age 60 years of age and older. Currently there are 86 individuals on the Waiting List in both counties.

All participants must be 60 years of age and older, meet the CSFP household income eligibility guidelines and must reside in the selected CSFP county. Income guidelines are updated yearly by USDA and are based on the Federal Poverty Level (FPL).

For more information on the CSFP program or to speak to someone about filling out an application for a Commodity Supplemental Food Box, please call (662)324-1173 and speak with Melody or Amy.

About the Elderly and Disabled Waiver Program

The Elderly and Disabled Waiver program provides home and community-based services to individuals over the age of 21 who, but for the provision of such services, would require the level of care provided in a nursing home facility. Beneficiaries of this waiver must qualify for Medicaid as Supplemental Security Income (SSI) or meet the income and resource eligibility requirements for income level up to 300% of the SSI Federal Benefit Rate and meet medical criteria of the program, with a score of 50.

The Elderly and Disabled Waiver program is administered directly by the Home and Community Based Services Division (HCBS). Case Management services are provided by the Planning and Development Districts. The case management team is composed of a registered nurse and a licensed social worker who are responsible for identifying, screening and completing assessments on individuals in need of at-home services. Upon approval of the HCBS, the case managers can refer qualified individuals to the following services: adult day care, home-delivered meals, personal care services, non-emergency escorted transportation, in-home respite, and extended home health visits.

The Golden Triangle Planning and Development District's Case Management Services are provided to all counties in the GTPDD district, including: Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster and Winston County.

Michelle Harris is the RN Supervisor for the Medicaid Waiver Program. Current Case Management team members are:

Choctaw

Tina Gill, RN
Rachel Embry, LSW

Clay

Mitzi Phelps, RN
Lesa Wilson, LSW

Lowndes #1

Brandy Clark, RN
Audie Strain, LSW

Lowndes #2

Cindy Reese, RN
Tennie Simpson, LSW

Lowndes #3

Lindsey Marsh, RN
Angelia Sansing, LSW

Lowndes #4

Jami Hubbard, RN
Lynn Herndon, LSW

Noxubee #1

Kristen Makamson, RN
Cathy Tenant, LSW

Noxubee #2

Tammy Castle, RN
Jennifer Bridges, LSW

Oktibbeha #1

Tina McWhorter, RN
Tonia Davis, LSW

Oktibbeha #2

Stacy Elkins, RN
Jennifer Grantham, LSW

Oktibbeha #3

Helen Smith, RN
Ella Pogue, LSW

Oktibbeha #4

Krystal Taylor, RN

Webster

Blair Gerrish, RN
Lisa Woods, LSW

Winston

Kim Mills, RN
Lauren Smith, LSW

Anyone interested in this program, or simply needing additional information, should call the GTPDD Medicaid Waiver office at 662-320-2000 select **Option #3**.

Taste & Aging: Keep the Flavor in Your Eating Pattern



One often overlooked effect of aging is a decrease in your senses of smell and taste. This can lead to diminished appetite and weight loss, malnutrition, impaired immunity, and worsening health.

Sense of taste and aging:

After age 50, we start to lose some of the over 10,000 taste buds that we're born with. While changes in taste buds contribute to decreased sense of taste, it's actually the decreases in olfactory function, or sense of smell, that play the most important role in taste. It's been reported that 75% of people over age 80 have major olfactory impairment.

How we taste foods:

There are basic tastes: sweet, sour, bitter, salty, and umami, or savory. Umami is the taste of glutamate, an amino acid found in protein-containing foods including chicken, cheese, nuts, and meat. Glutamate taste is often described as brothy, full-bodied, meaty, and savory. Glutamate is added to foods in the form of MSG, or monosodium glutamate, which breaks down into its component parts, sodium and glutamate. Chewing food releases molecules into the mouth that flow up the back of the throat to the nose to stimulate smell receptors. The five tastes combine with texture, spiciness, temperature of food, and aroma to produce flavor. It's the total combination of the basic tastes and other senses that allow us to distinguish food flavors.

Possible causes of decreased sense of taste:

Elderly people often have several chronic diseases and routinely take multiple medications, which leads to an increased risk of taste disorders. Many medications affect taste, smell, or the production of saliva, which can lead to changes in food preferences and eating habits.

Other potential causes of or contributors to loss of taste include poor oral hygiene, radiation treatment to the head or neck, head or facial trauma, smoking and nutrient deficiencies, including a lack of zinc, copper, B12 or niacin.

Decreased taste can lead to health problems:

Some people eat less because of the loss of taste and subsequent decreased enjoyment of food, which in turn can lead to undesired weight loss and inadequate nutrition. Others try to compensate by adding salt or sugar to food to increase its flavor. Adding more sugar can lead to weight gain or an increased risk of chronic disease or even poor management of diseases such as heart disease and diabetes.



Adding more salt can contribute to higher blood pressure levels.

Improve the taste of foods in a healthful way:

Use a variety of fresh or dried herbs, or salt-free herb blends, to flavor foods without adding salt. You can also include flavorful hot peppers in recipes, or sprinkle hot sauce on foods like chicken, fish or eggs for a burst of flavor. Try roasting vegetables.

Excerpt from Mississippi Newsletter

Do You Have Medicare?

Starting in April 2018, watch your Mailbox!! Medicare is mailing new cards with new Medicare numbers to every person with Medicare.

- ♦ You don't need to do anything to get your new card.
- ♦ Once you get your new Medicare card, destroy your old card.
- ♦ Start using your new Medicare card right away.
- ♦ Protect your new number.

Keep an eye out for your New Card and your New Number!

If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227).



April is Fair Housing Month

History of Fair Housing

"The enactmen t of the federal Fair Housing



On April 11, 1968, President Lyndon Johnson signed the Civil Rights Act of 1968, which was meant as a follow-up to the Civil Rights Act of 1964. The 1968 act expanded on previous acts and prohibited discrimination concerning the sale, rental, and financing of housing based on race, religion, national origin, sex, (and as amended) handicap and family status. Title VIII of the Act is also known as the Fair Housing Act (of 1968).

The enactment of the federal Fair Housing Act on April 11, 1968 came only after a long and difficult journey. From 1966-1967, Congress regularly considered the fair housing bill, but failed to garner a strong enough majority for its passage. However, when the Rev. Dr. Martin Luther King, Jr. was assassinated on April 4, 1968, President Lyndon Johnson utilized this national tragedy to urge for the bill's speedy Congressional approval. Since the 1966 open housing marches in Chicago, Dr. King's name had been closely associated with the fair housing legislation. President Johnson viewed the Act as a fitting memorial to the man's life work, and wished to have the Act passed prior to Dr. King's funeral in Atlanta.

Another significant issue during this time period was the growing casualty list from Vietnam. The deaths in Vietnam fell heaviest upon young, poor African-American and Hispanic infantrymen. However, on the home front, these men's families could not purchase or rent homes in certain residential developments on account of their race or national origin. Specialized organizations like the NAACP, the GI Forum and the National Committee Against Discrimination In Housing lobbied hard for the Senate to pass the Fair Housing Act and remedy this inequity. Senators Edward Brooke and Edward Kennedy of Massachusetts argued deeply for the passage of this legislation. In particular, Senator Brooke, the first African-

American ever to be elected to the Senate by popular vote, spoke personally of his return from World War II and inability to provide a home of his choice for his new family because of his race.

With the cities rioting after Dr. King's assassination, and destruction mounting in every part of the United States, the words of President Johnson and Congressional leaders rang the Bell of Reason for the House of Representatives, who subsequently passed the Fair Housing Act. Without debate, the Senate followed the House in its passage of the Act, which President Johnson then signed into law.

The power to appoint the first officials administering the Act fell upon President Johnson's successor, Richard Nixon. President Nixon tapped then Governor of Michigan, George Romney, for the post of Secretary of Housing and Urban Development. While serving as Governor, Secretary Romney had successfully campaigned for ratification of a state constitutional provision that prohibited discrimination in housing. President Nixon also appointed Samuel Simmons as the first Assistant Secretary for Equal Housing Opportunity.

When April 1969 arrived, HUD could not wait to celebrate the Act's 1st Anniversary. Within that inaugural year, HUD completed the Title VIII Field Operations Handbook, and instituted a formalized complaint process. In truly festive fashion, HUD hosted a gala event in the Grand Ballroom of New York's Plaza Hotel. From across the nation, advocates and politicians shared in this marvelous evening, including one of the organizations that started it all -- the National Committee Against Discrimination In Housing.

In subsequent years, the tradition of celebrating Fair Housing Month grew larger and larger. Governors began to issue proclamations that designated April as "Fair Housing Month," and schools across the country sponsored poster and essay contests that focused upon fair housing issues. Regional winners from these contests often enjoyed trips to Washington, DC for events with HUD and their Congressional representatives.

Under former Secretaries James T. Lynn and Carla Hills, with the cooperation of the National Association of Homebuilders, National Association of Realtors, and the American Advertising Council these groups adopted fair housing as their theme and provided "free" billboard space throughout the nation. These large 20-foot by 14-foot billboards placed the fair housing message in neighborhoods, industrial centers, agrarian regions and urban cores. Every region also had its own celebrations, meetings, dinners, contests and radio-television shows that featured HUD, state and private fair housing experts and officials. These celebrations continue the spirit behind the original passage of the Act, and are remembered fondly by those who were there from the beginning.

(Source: HUD)

New Process Steel has recently expanded.....



and invested \$7,500,000 in their facilities that are located on the Steel Dynamic's Campus in the Golden Triangle Industrial Park in Lowndes County. Part of the new facilities was the construction of a new rail spur into the newly constructed facility that will hire a total of 50 new employees, bringing the total employed at the Lowndes County facility to 92 full-time jobs. The new rail spur was constructed by the Lowndes County Board of Supervisors at a cost of approximately \$700,000 with funding from the Mississippi Development Authority's Freight Rail Revolving Loan Program. The Golden Triangle Planning and Development District assisted Lowndes County in applying for the loan and administration of the funds for the project.



MAKE IT HAPPEN!

What is the difference between a goal and a dream? A dream is what a person desires; a goal is the plan to fulfill that desire. How many dreams fall by the wayside because of excuses? When that dream becomes a purpose in life and endeavors are directed (often times repeatedly) toward that purpose, then the goal can be reached.

Don Wilder once said "Excuses are the nails used to build a house of failure". Some offer excuses; others work to overcome the barriers.

Webster's dictionary defines a barrier as something that stops progress. To WIOA Youth that barrier may be limited finances, an unplanned pregnancy, lack of family support, lack of transportation, or a variety of other personal issues. These youth have proven that these barriers do not mandate failure. The following examples are proof of the self-motivation, determination, and leadership qualities of several WIOA participants.

Twenty year old Cartavis entered the WIOA Counseling to Career Program as a 2015 high school graduate from a single parent home. Since graduation he had worked a part-time job hanging sheetrock but had not found adequate employment to support himself. Regardless of his situation, throughout the program Cartavis was a model student. He had perfect attendance during work ethics training, served as a role model for his classmates, received perfect evaluations from his supervisor upon completion of his internship with the City of Starkville, and was offered a full time job with Starkville Sanitation. Since initial employment with the City, Cartavis has received a promotion and continues to represent himself, the C2C program, and the City of Starkville well. Congratulations Cartavis on a job well done in reaching your goals.

Brandon came to the program as a twenty-two year old offender who had dropped out of school in the eighth grade. He had served time for some bad choices he made earlier in life and was finding that a second chance is sometimes hard to earn. Limited education and a record as an offender seemed to doom his dreams. However, Brandon did not give up. With guidance, support, and his continued motivation, Brandon attended work ethics training, received a paid internship and is now gainfully employed. He is attending adult education classes and pursuing an online diploma. Congratulations Brandon! Keep on working toward those future goals!

Jessica and her husband moved to Mississippi from Georgia in May 2016. Jessica searched for employment to help support her family while her husband pursued his college degree. Even though she was strong academically, she was not able to find full-time employment but settled for a part-time job in a local fast food establishment. Jessica learned about the WIOA Counseling to Career Program through a job fair that she visited in hopes of finding a better employment opportunity. Jessica was a model C2C participant. While continuing to work her fast-food job, she never missed a class and went beyond what was expected of her. Due to her interest in becoming a teacher, her internship was in the local high school where she assisted counselors and office staff while observing the day-to-day activities of those in the teaching field. Upon completion of her internship she interviewed for a part-time position at Golden Triangle Planning & Development District. She did not get that part-time job; instead, due to her impressive interview and internship evaluation, she was hired for a full-time position! Jessica continued working both her full-time job at GTPDD and part-time job for a year before leaving GTPDD to accept an Assistant Manager position at a local eatery. She is pursuing a degree from East MS Community College in hopes of someday becoming a teacher. Congratulations Jessica! You are making it happen.

The spirit and resilience of these students is highly commendable. No matter your age, no matter your desires, no matter your barriers, it is never too late to pursue your dreams. Will you make excuses or will you MAKE IT HAPPEN?



ARC
(Appalachia
Regional Com-
mission) is a
regional eco-
nomic develop-

ment agency that represents a partnership of federal, state and local government. ARC invests in activities that address five goals:

- ♦ Economic Opportunities
- ♦ Ready Workforce
- ♦ Critical Infrastructure
- ♦ Natural & Cultural Assets
- ♦ Leadership & Community Capacity

Each year ARC provides funding for several hundred investments in the Appalachian Region, in areas such as business development, education and job training, telecommunications, infrastructure, community development, housing and transportation. These projects create thousands of new jobs; improve local water and sewer systems; increase school readiness; expand access to health care; assist local communities with strategic planning; and provide technical and managerial assistance to emerging businesses.

The annual ARC Conference was held in Washington, DC on March 18-20, 2018. GTPDD staff attended the conference to be further their knowledge on all available funding for the GTPDD counties and municipalities.



FY2018 CDBG Applications Due May 14-18, 2018

Local units of government should plan immediately for the upcoming FY18 Community Development Block Grant (CDBG) Application process. CDBG Public Facilities applications will be accepted by the Mississippi Development Authority from May 14 - 18, 2018.

The FY2018 Community Development Block Grant (CDBG) Final Statement outlining the application process for this year has been released by the Mississippi Development Authority (MDA). The minimum threshold requirements are that at least 51% of the project beneficiaries be of low to moderate income; and applicants must have no open Public Facility (Regular or Small Government) grants and no unresolved audit or monitoring findings. This year's allocation from the U.S. Department of Housing and Urban Development (HUD) is projected to be \$22,802,114.

It is important for governmental entities to remember that the Community Services Division of MDA must receive an audit-reporting package within nine (9) months following the end of the fiscal year. The Single Audit Act Amendments of 1996 and Office of Management and Budget Circular A-133 require a single audit for state and local governments, which expend \$750,000 or more in federal awards for that year. Entities, which expend less than \$750,000 a year in federal awards, are exempt from federal audit requirements for that year, but an acceptable Funding Certification Form must be submitted to MDA. Failure to provide this information to the Mississippi Development Authority in a timely manner will **disqualify** an applicant from submitting a CDBG application during the fiscal year. Any governmental entity needing assistance with this matter should contact the PDD.

Phylis Benson	24 years
Jennifer Bridges	06 years
Janice Davis	10 years
Robert Dill	10 years
Jessie Evans	19 years
Jacqueline Jackson	09 years
Tricia Jones	24 years
Jamie Lang	05 years
Magdalena Morris	22 years
Rosie Spencer	15 years

Jacqueline Allen	07 years
Lisa Coleman	08 years
George Crawford	40 years
Lorene Cummins	14 years
Vivian Evans	08 years
Jennifer Gibson	06 years
Jenny Grantham	14 years
Sarah Harkins	07 years
Michelle Harris	15 years
Lynn Herndon	12 years
Mary Love	13 years
Wanda Rush	06 years
Scott Stewart	10 years

Bobby Gann	44 years
Ethel Goss	15 years
Carla Guyton	09 years
Rochelle Moore	07 years
Jennifer Odom	11 years
Barbara Ray	19 years
Tekela Taylor	10 years

Staff Anniversaries

Staff members that have served at
least 5 years at the GTPDD.

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