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Sr. Enrichment October Calendar

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taxpayers, that is, in our pockets. Senior Medicare Patrol (SMP) has been around since 1997 in some states. The SMP Mission Statement: "To assist Medicare beneficiaries, their families, and caregivers to PREVENT, DETECT, and REPORT fraud, errors, and abuse through outreach, counseling, and education."

As a Medicare/Medicaid recipient, or a concerned family member, what can you do in this effort?

1. *PREVENT: DO NOT reveal your Medicare number over the phone, to a caller at your door, or to anyone except a legitimate health provider;*
2. *DETECT: Examine each MSN (Medicare Summary Notice) carefully, for correct name, Medicare number, type of services, service dates, duplicate payment for the same service, outpatient services while you were hospitalized; and*
3. *REPORT any discrepancies or errors you discover from the checklist in Item 2, first to your provider. If the provider does not correct the mistake, take the issue to the plan administrator. If you are unsuccessful at this point, call 1-888-240-7539, or call the PDD at 662-324-7860, Ext. 1117 or Ext. 1104.*

Since the SMP inception in 1997, \$106,000,000 has been recovered from payment of fraudulent claims.

Just think how many medical visits and procedures this \$106,000,000 has provided!

My staff will be using this grant for increasing public awareness, training volunteers for claim reviews, educating beneficiaries, and reporting fraudulent claims.

Please join us in this mission.

(Data excerpted from MDHS info and www.smpresource.org.)

From the Director...



Rupert L. "Rudy" Johnson
Executive Director

Readers,

Please forgive me for bragging, but I do get so excited when a new grant concept comes along that can enrich the lives of Senior Citizens. In coming months, I think you will share in my excitement, so stay tuned.

In the meantime, the PDD has been awarded a grant, the success of which affects all of us as

Aging...

Medicare Open Enrollment

Medicare Open Enrollment time is just around the corner, October 15th through December 7th. This is the only time that Medicare beneficiaries can change coverage for the upcoming plan year. If you do not elect coverage, or make changes to current coverage during this window, you will be required to remain in your current situation for the 2013 plan year.

Beginning October 1, 2012 www.medicare.gov website will post the 2013 prescription drug plan and Medicare health plan information available for the coming year. At this time the GTPDD will begin offering assistance and plan comparisons to individuals.

If you would like assistance, call or come by the office. To receive the most accurate information and enrollment assistance, you will need to bring your Medicare card, a list of your current medications and your current drug or health plan ID card.

Contact Sharon Duke at 662-324-7860 Ext. 1117 or come by 106 Miley Drive, Starkville, MS.

PUBLIC HEARING

The Mississippi Division of Aging and Adult Services and the Golden Triangle Area Agency on Aging held a public hearing on the proposed state and area plans for FY 13 at 2:00 p.m., August 23, 2012 at the Golden Triangle Planning and Development District, 106 Miley Drive, Starkville, MS. Notices of the hearing were published in area newspapers. Announcements were made at nutrition sites and other group meetings. Invitations were sent to service providers, community leaders, elected officials, GTPDD Board members, and others that might have an interest in services for the elderly.

Ms. Melinda Bertucci, Director of the Mississippi Division of Aging and Adult Services, was guest speaker at the hearing. She discussed FY 12 programs and initiatives from the state perspective. In addition, she listed several objectives that Mississippi has established for FY 13. Ms. Bertucci also provided information concerning the different programs, funding sources and amounts that the state receives for services for the elderly.

Bobby Gann summarized the activities and benefits that the AAA has sponsored during FY 12 to enhance the quality of life for seniors in the GTPDD area. He identified services given on a direct basis and discussed additional services provided on a contractual basis by other agencies.

Information on the goals and objectives for FY 13 was made available at the hearing. Funding sources and amounts were outlined in a handout distributed to attendees. Thirty-two people attended the hearing, seven of whom are senior adults. The AAA Advisory Council members contributed comments and met to discuss the AAA's proposal for funding and anticipated services in FY 13.

The assistance given by GTPDD/AAA to older adults in the planning and service area allows them to continue to maintain their independence in their own homes. Toward this effort, 18 programs are provided by AAA/GTPDD. These programs include congregate and home-delivered meals, homemaker services, relief for caregivers, transportation, and Medicaid Waiver case management.



Aging cont' . . .

GET YOUR PAPERS IN ORDER

On September 6, 2012, the Golden Triangle Area Agency on Aging Ombudsman Program hosted a free seminar for the public entitled "Get Your Papers In Order!" This seminar was directed toward those persons interested in planning for their future, and included the topics: *Wills, Advance Health Care Directives (Living Wills), Powers-of-Attorney, Conservatorships/Guardianships, and Tax Issues* for seniors.

The well-attended seminar provided relevant and timely information for decision-making, as evidenced by participant comments during the question and answer session following the presentations.

Speakers for the event were Virginia Kilgore, Attorney-At-Law, & Project Director for North Mississippi Rural Legal Services Elder Law Project; Paul Millsaps, Senior Law Student, University of Mississippi School of Law, Civil Legal Clinic; and Alexis Farmer, J.D., North Mississippi Rural Legal Services Low Income Taxpayer Assistance Project Director.

North Mississippi Rural Legal Services is a non-profit organization providing free legal assistance for persons 60 years of age and older. NMRLS serves the northern 39 counties of Mississippi, and can be reached at 800-898-8731.

Moving Out, Moving In



Retiring Homemaker Supervisor Charlotte Caldwell "hands over" the key, the paperwork and the job to Dixie Higginbotham, her successor. Charlotte has served the GTPDD in this capacity for 11 years.

Best Wishes, Charlotte, on your future endeavors!

The PDD hosted a Retirement Reception for Charlotte on September 28th.

Loans...

Featured Business...

Designers' Gallery

After 10 years on Highway 82 in Starkville, Pat and Terry Fulgham, in 2006, moved their business to Highway 12 and changed its name from INSIDE ADDITION to DESIGNERS' GALLERY.

With this change came a whole new line of furniture and accessories for the entire home.

Designers' Gallery has a custom upholstery line, making available a large selection of fabrics and styles from which to choose. Once ordered, the furniture is delivered to the store in three to six weeks.

Interior and floral design services are provided upon request.

Pat and Terry are very pleased with their success and state "We are committed to improving furniture lines for our customers, making quality products available, and providing friendly courteous service. We aim to earn customer trust and build lifetime relationships, as we constantly reinvent the store by upgrading and updating merchandise daily."

The Fulghams extend an invitation to you to visit Designers' Gallery and say, "There is no need to look further. We offer the latest and greatest in home furnishings and accessories. And, the Golden Rule still applies here."



Pat & Terry Fulgham – Owners
Mary Sue Parrett – Floral Designer
Craig Shaw – General Operations Manager
June Eskridge - Decorator



Designers' Gallery
201 Hwy 12 East
Starkville, MS 39759
662-324-3224

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Medicaid Waiver...

At an inservice program for E&D Medicaid Waiver Case Managers earlier in the year, Tombigbee Home Health shared these safety tips for avoiding falls in the older population. (Source: 2011 National Fire Protection Association).

How to Prevent Falls

The Centers for Disease Control and Prevention (CDC) statistics show that falls are the leading cause of death from injury in the home. However, there are precautions that can be adopted to prevent falling.

1. Exercise regularly. Exercise builds strength and improves balance and coordination. Ask your doctor about the best physical exercise for you.
2. Take your time. Get out of chairs slowly. Sit a moment before you get out of bed. Stand and get your balance before you walk. Be aware of your surroundings.
3. Clear the way. Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other clutter.
4. Look out for yourself. See an eye specialist once a year. Poor vision can increase your chance of falling. Improve the lighting in your home. Use night lights to light the path between your bedroom and bathroom. Turn on the lights before using the stairs.
5. Wipe up spilled liquids immediately. Use non-slip mats in the bathtub and on shower floors. Have grab bars installed on the wall in the tub and shower, and next to the toilet.
6. Be aware of uneven surfaces. Use only throw rugs that have rubber, non-skid backing. Smooth out wrinkles and folds in carpeting.

7. Tread carefully. Stairways should be well lit from both top and bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.
8. Put your best foot forward. Wear sturdy, well-fitted, low-heeled shoes with non-slip soles. These are safer than high heels, thick-soled athletic shoes, slippers, or stockinged feet. (*edited*)

The GTPDD provides services through the Elderly & Disabled Waiver Program. These services enhance the quality of life of the individual and may include: light housekeeping, bathing, errands, laundry, meal planning, food preparation and respite. There are 14 Waiver teams in place at the GTPDD ready to serve and meet the needs of the elderly and disabled. For more information call Michelle Harris, RN Interim-Supervisor at (662) 324-7860 Ext. 1138 or the following Case Managers:

CHOCTAW COUNTY

Rachel Embry, LSW
Tina Gill, RN

CLAY COUNTY

Stephanie Cannon, LSW
Mitzi Phelps, RN

LOWNDES COUNTY #1

Janice Miller, LSW
Libby Wansley, RN

LOWNDES COUNTY #2

Lesa Wilson, LSW
Carmen Ellis, RN

LOWNDES COUNTY #3

Angelia Sansing, LSW
Michelle Harris, RN

LOWNDES COUNTY #4

Emilie Hamilton, LSW
Christy Massey, RN

NOXUBEE COUNTY #1

Lauren Smith, LSW
Jana Peterson, RN

NOXUBEE #2

Tammy Castle, RN
Pamela Triplett, LSW

OKTIBBEHA COUNTY #1

Lynn Herndon, LSW
Tina McWhorter, RN

OKTIBBEHA COUNTY #2

Jenny Grantham, LSW
Stacey Elkins, RN

OKTIBBEHA COUNTY #3

Beverly Baker, LSW
Helen Smith, RN

OKTIBBEHA COUNTY #4

Jennifer Bridges, LSW
Charlotte Dowd, RN

WEBSTER COUNTY

Chris Bingham, LSW
Jean Jolly, RN

WINSTON COUNTY

Suzanne Winstead, LSW
Kim Mills, RN

Planning. . .

HOUSING DEPARTMENT

The PDD staff prepared housing and submitted applications for 3 Counties and 2 Municipalities to the Mississippi Development Authority September 28.

The Clay County 2011 Homeowner Rehabilitation/Reconstruction grant is ongoing. Bids have been received by the County for housing contractors; however, all bids exceeded the budgeted amount, so the Administrator is working with the funding agency, MDA, to resolve this issue.



The City of Macon and the Town of Crawford were funded under the 2010 HOME program for reconstruction of substandard housing units. Construction is underway on 4 houses and one mobile home in Macon and one house and 2 mobile homes in Crawford.



The final house in the Winston County 2009 HOME project was completed this quarter and the closeout package approved by MDA.

Town of Brooksville

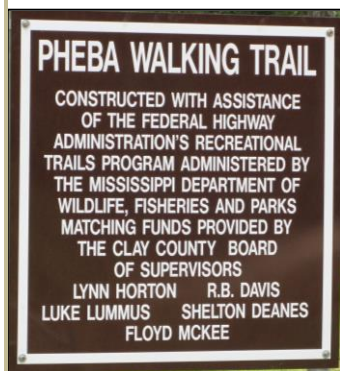


Recently, the Town of Brooksville held a final inspection on a project that constructed a new water line to Peco Foods. Brooksville had been experiencing frequent water line breakages that affected the operation of Peco Foods. Peco Foods relies on a continuous stream of water from the Town of Brooksville to keep its production on schedule for chicken processing.

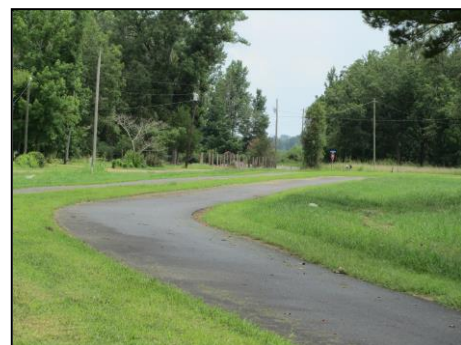
Breakages in the past caused the Town of Brooksville to turn off water to various customers, even if the breakage did not affect Peco. With the completion of the new water line, Brooksville should be able to serve Peco Foods without any interruptions. The project was funded by the Mississippi Development Authority with a Small Municipality-Limited Population County Grant of \$242,110 to the Noxubee County Board of Supervisors.

Pictured at the final inspection are Town of Brooksville employee, Robert Rice; Supervisor Larry Tate, representing the Noxubee County Board of Supervisors; 4-D Construction Company representative; Brooksville Town Clerk, Monica Chandler; project engineer, Stanley Spradling of Calvert-Spradling Engineers in West Point; Bobby Weaver of Calvert-Spradling Engineers and George Crawford of the Golden Triangle Planning and Development District.

Planning cont' . . . PHEBA WALKING TRACK



The Clay County Board of Supervisors, with the financial assistance of a Recreational Trails Program (RTP) grant, recently completed a walking trail in the Pheba community. The Mississippi Department of Wildlife, Fisheries and Parks and the Federal Highway Administration approved a \$36,735 grant to complete this endeavor.



RTP is an 80/20 match program for the development of substantial motorized and non-motorized trails. During the FY10 funding cycle, 47 applications were submitted, requesting a total of \$3,808,468. As available funds were approximately \$1.3 million, only 15 projects statewide were funded.

Sr. Enrichment . . .

Senior Enrichment Center patrons continue to enjoy fun and fellowship on Miley Drive. Newcomers to Starkville find the Center a place to make friends and get help learning their way around town. On Wednesdays there is a whole lot of stitching going on. On the other afternoons of the week there are a whole lot of table games being played. As one senior put it, "This is the most jovial place in town!"

Today, lengthened life expectancy redefines retirement. Participation in Senior Center activities is an excellent example of a way for seniors to enhance their quality of life by having fun with others.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1:30 Party Bridge To play call 338-9442.	2 1:30 Senior Game Day! Come play!	3 10:00 - 2:00 Stitching with Marie Afternoon Visiting	4 1:30 Senior Game Day! Come play!	5 1:30 Party Bridge To play call 338-9442.	6 Everything is nothing if you've got no one. <i>Dolly Parton</i>
7 He bowed his head to Jesus & he stood for Uncle Sam.... <i>Alan Jackson</i> (about his dad)	8 1:30 Party Bridge To play call 338-9442.	9 1:30 Senior Game Day! Come play!	10 10:00 - 2:00 Stitching with Marie Afternoon Visiting	11 1:30 Senior Game Day! Come play!	12 1:30 Party Bridge To play call 338-9442.	13 In every moment there is a reason to carry on. <i>Kenny Loggins</i>
14 The sun is up, the sky is blue, today is beautiful & so are you. <i>The Beatles</i>	15 1:30 Party Bridge To play call 338-9442.	16 1:30 Senior Game Day! Come play!	17 10:00 - 2:00 Stitching with Marie Afternoon Visiting	18 1:30 Senior Game Day! Come play!	19 1:30 Party Bridge To play call 338-9442.	20 Sometimes all it takes is a smile to change somebody's weather. <i>Wynonna</i>
21 Home is the most excellent place. <i>Neil Diamond</i>	22 1:30 Party Bridge To play call 338-9442.	23 1:30 Senior Game Day! Come play!	24 10:00 - 2:00 Stitching with Marie Afternoon Visiting	25 1:30 Senior Game Day! Come play!	26 1:30 Party Bridge To play call 338-9442.	27 ...I know I'm free; & I won't forget the men who died who gave that right to me. <i>Lee Greenwood</i>
28 Time'll take care of itself, so just leave time alone. <i>Kris Kristofferson</i>	29 1:30 Party Bridge To play call 338-9442.	30 1:30 Senior Game Day! Come play!	31 10:00 - 2:00 Stitching with Marie Afternoon Visiting	Starkville Senior Enrichment Center 106 Miley Drive, P.O. Box 828 Starkville, MS 39760 662-324-1965		

WIA *(Workforce Investment Act) . . .*

Accepting the Challenge

Headlines are filled with news of funding cuts, budget shortages, and staff downsizing. Such news necessitates a proactive approach: face the challenge to do more with less! The WIA staff has chosen to address this negative news as an opportunity to analyze, regroup and more efficiently serve area youth than ever before.

Mitzi Lawrence, WIA Programs Director, states “The teachers/counselors who go out into the counties are the ingredients behind a successful youth program. They are the staff who see the needs, work with the youth, and within defined parameters, tweak the program for optimum service. “

This Newsletter recognizes current WIA staff, with a special salute also to the teachers in previous years.

Choctaw and Winston: Teresa Box Shumaker

A long-time Choctaw County resident, Teresa is an MSU graduate with an Elementary Education degree. Her professional credits include 17 years teaching in area schools, County Coordinator for Choctaw Summer Youth Programs, WIA Case Manager, and now Choctaw/Winston (C2C) Instructor.



When asked about her experience in the C2C program Teresa said, “Through the C2C program I have the pleasure of working with many down-trodden youth that society has written off. I have seen first-hand so many youth who flourish in our communities, when given the opportunity to participate in this program, complete their seven weeks of training and work on job sites. Some have found permanent positions in the work force and/or have dedicated themselves to continued education by striving for completion of a GED or college degree. I watch as they develop the confidence it takes to be successful in a fast-paced and sometimes cruel world. I have upmost respect for those who are truly making the effort to better themselves and step out of the mold into which they have been placed. Working with the youth in Choctaw and Winston counties has blessed me in so many ways. I have found that there are those who truly want to be successful and will do whatever it takes to make their ambitions a reality. Many of these youth suffer emotionally from past decisions, but I have witnessed their determination in making a brighter future for themselves---if only given a chance. The confidence and excitement they now exhibit from their accomplishments is contagious, because I feel it!

“The determination and dedication of these young people is a constant reminder to our staff that regardless of how bleak the circumstances, we should always try to remain positive and never give up on our dreams. I am thankful to work with the students in the Counseling to Career Program; it has made life, for many, worthwhile, myself included.”

WIA cont' . . .

Oktibbeha and Webster Counties: Jennifer Howell Odom



Jennifer is also a graduate of MSU with a degree in Elementary Education, and worked part time for the GTPDD while attending MSU. She taught two years in local schools before returning to the PDD as Case Manager for the WIA In-School Youth Program. Later, Employability Skills Instructor was added to her job title; she taught Oktibbeha classes for three years and substituted in all service area counties. Jennifer now serves as a Counseling to Career (C2C) Instructor for Oktibbeha and Webster Counties.

In sharing her experiences as C2C instructor Jennifer stated, “My job responsibilities have not changed. However, the need for support and motivation for our participants has become more demanding in this target population. We now work with some participants who lack the confidence, education, and lifestyle to motivate them in a positive direction. The C2C Program is designed to instruct in each of these areas, but the true success depends on the relationship and mutual respect between participant and instructor. That is where I have learned my greatest lesson while working in WIA. I witness the struggles, not only inflicted by poor decisions by the young people, but by society itself. We all can look back and see where we have made mistakes, but most of us already know that we continue to fall, learn from it, and move forward. These young people who walk in my door and ask for help truly do not know how to break the pattern in order to overcome obstacles to their success. Sometimes just a smile, a phone call or card shows them we care and helps build a relationship that they have possibly never had with an individual. They have the desire to do their very best but need a support system that is not going to judge, criticize or overlook their experiences and progress. That is where I try to step up and advise my participants to be confident, independent young adults. I try to show them their options and be a listening ear for their concerns. I work with a wonderful team of individuals who share the same goal of watching our participants grow and celebrate together the sometimes small but meaningful achievements of each and every one of them.”

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. *Leo Buscaglia*

(If you know youth in Choctaw, Oktibbeha, Webster or Winston county who is 21 years or younger, out-of-school, in need of job training/work experience, and would like to participate in the Counseling to Career Program, suggest they call Mitzi Lawrence @ 662-324-7860 ext. 1128. *NOTE:* Clay, Lowndes and Noxubee youth are served through East MS Community College.)

Please visit Oktibbeha County's
updated website!

www.oktibbehacounty.ms.org

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Staff Anniversaries

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

JULY

Tammy Castle 12 years
Charlotte Dowd 08 years
Kim Mills 12 years
Mitzi Phelps 13 years
Regina Rambus 05 years

AUGUST

Spencer Brooks 09 years
Angel Coggins 08 years
Dorothy Harris 07 years
Queen Kidd 10 years
Mitzi Lawrence 12 years
Lisa Rast 08 years
Angelia Sansing 06 years
Patricia White 09 years

SEPTEMBER

Irene Avant 10 years
Shelby Beam 09 years
Ruthie Colter 10 years
Gennie Gorsuch 05 years
Tim Heard 19 years
Tonia McLendon 09 years
Janice Miller 07 years
Lisa Stallings 12 years
Santrena Triplett 09 years

Golden Triangle Planning & Development District, Inc.

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