

## *In This Issue*

### *FROM THE DIRECTOR*

#### *AGING*

- *Commodity Supplemental Food Program*
- *Medicare RX Drug Plan*
- *Alzheimer's 2014 Walk*

#### *LOANS*

- *Featured Business*

#### *MEDICAID WAIVER*

#### *PLANNING*

- *Shuqualak Upgrades*
- *Grant Programs*
- *Housing Update*

#### *WIA*

- *Starsha's Story*
- *Urban Youth Corps*

#### *Health Fair*

#### *NADO 2014 Innovation Award*



Rupert L. "Rudy" Johnson  
Executive Director

*From the  
Director..*



The Golden Triangle Planning & Development District has expanded its services in meeting area healthcare needs. The GTPDD West Point Family Clinic opened August 21<sup>st</sup> at 411 Griffin Street in West Point.

We are fortunate to have engaged Dr. John Cox, Nurse Practitioner Brett Miller, nurses, and clerical employees to staff this newest endeavor in serving Clay County and the surrounding area.

If you are seeking a healthcare provider, please give the Clinic a call at 662-494-3212 and schedule an appointment.

A big welcome to Dr. Cox, Brett, and support staff at the West Point Clinic!



## Aging...

### Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) was established to provide nutritious commodities to help State and local agencies supplement food resources to low-income seniors. 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 items such as milk, cereal, juices, canned fruits and vegetables, canned meat/non-meat protein items, and grain products such as pasta or rice. Participants also receive nutritional 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.

On August 7, 2014, Golden Triangle Planning and Development District became the local site in Oktibbeha County to distribute Commodity Supplemental Food Boxes (CSFP). At the present 171 boxes are distributed each month to low-income seniors age 60 and older. Currently, 23 individuals are on the Waiting List.

All participants must be 60 years of age and older, meet the CSFP household income eligibility guidelines and 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 an application for a Commodity Supplemental Food Box, please call (662)320-2001 and speak with Melody, Ext – 1113 or Amy, Ext – 1183.

### MEDICARE PRESCRIPTION DRUG PLAN OPEN ENROLLMENT October 15, 2014 – December 7, 2014

EARLY ASSISTANCE AVAILABLE BEGINNING OCTOBER 1

For a FREE evaluation of coverage and enrollment assistance for 2015

call for an appointment **662-324-7860, Ext. 1124.**

For phone assistance Ext. 1117,

or visit the GTPDD office at **106 Miley Drive, Starkville, MS**

**8:30 a.m. – 3:00 p.m.**

**MUST HAVE Medicare card and list of prescription medications.**

#### JULY

Lucille Booth	06 years
Tammy Castle	14 years
Natasha Cotton	05 years
Charlotte Dowd	10 years
Nancy Logan	06 years
Kim Mills	14 years
Mitzi Phelps	15 years
Regina Rambus	07 years
Shanda Rupert	05 years
Queen Wiley	05 years

#### AUGUST

Spencer Brooks	11 years
Angel Coggins	10 years
Queen Kidd	12 years
Mitzi Lawrence	14 years
Lisa Rast	10 years
Angela Reed	06 years
Ida Sanders	06 years
Angelia Sansing	08 years
Teresa Shumaker	05 years
Jennifer Webb	05 years

#### SEPTEMBER

Irene Avant	12 years
Diane Coleman	05 years
Ruthie Colter	12 years
Lacheryl Dora	06 years
Tim Heard	21 years
Paula Key	05 years
Jacqueline Ladd	06 years
Janice Miller	09 years
Lisa Stallings	14 years
Santreena Triplett	11 years

### *Staff Anniversaries*

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

## ALZHEIMER'S 2014 WALK

In the 2013 Alzheimer's Walk, the Golden Triangle Planning and Development District took the lead and raised a total of \$5000 for research to end this dreaded disease.

The 2013 Team Captain, Cindy Brown of the GTPDD staff, was made Chair of the 2014 Golden Triangle Walk. Mississippi boasts 8 Alzheimer's walks, and the Golden Triangle Walk comprises seven (7) counties, plus the City of Aberdeen. Counties included are the same counties served by the GTPDD.

"The Alzheimer's Association of Mississippi is counting on Golden Triangle walkers to volunteer," Brown said. "They have set our local walk goal at \$35,900, nearly double what we raised last year. We hope to have 40 teams and 400 walkers at the event.

"I am excited to have been chosen Chair. At last year's walk, we had a great time and were successful as an Agency—this provided the momentum to help me organize the 2014 Walk!"

Cindy reported there have already been several special activities in support of the Walk, including a bowling event and Buffalo Wild Wings' eat and donate. Other fund-raisers are scheduled prior to the Walk. (And, Walkers, watch for the little drone—it will be making an aerial video of you!)

Alzheimer's disease is a growing health concern in the U. S., ranking 6<sup>th</sup> in the nation as cause of death among the elderly. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's more than 5 million Americans to as many as 16 million sufferers by 2050. Considered to be the most expensive health issue, Alzheimer's has the potential to bankrupt the health care system, should research not be able to provide a cure or prevention solution.

The Alzheimer Association's Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. Since 1989, the Association has mobilized millions of Americans to participate.

GTPDD is particularly concerned about, and sensitive to, the issues and needs of Alzheimer's victims and their caregivers. These individuals are often the clients given special assistance through the programs offered by the GTPDD.

Cindy echoes Mr. Johnson, GTPDD Executive Director, in encouraging staff, Board Members, and the community to participate in the Walk, Sunday, October 12, at 2:00, EMCC Golden Triangle Campus. "I challenge GTPDD staff to beat its 2013 representation, which was 50-plus strong!"



# Loans . . .

Featured Business-

## Kids Therapy Spot.

. After outgrowing 3 locations, Kids Therapy Spot PLLC has found a new home located at 1411 Highway 389 in Starkville, MS. Owners Melissa Davis, M.S., CCC-SLP; Karen Roberson, RPT; and Michelle Miller, OTR/L recently bought and renovated a 5600 square-foot building to provide pediatric speech, physical, and occupational therapy services to children between the ages of birth-20. Kids Therapy Spot provides a unique service, as it is the only medically-based pediatric outpatient therapy clinic in the Golden Triangle area.

Therapists at Kids Therapy Spot are dedicated to helping children by using a multidisciplinary approach that fosters collaborative efforts among the family, patient, and therapist. The therapists at Kids Therapy Spot believe carryover of learning new skills is crucial for a child's progress in his/her development, so extra effort is incorporated into caregiver education during therapy sessions.

Each child is treated by a registered and licensed speech-language pathologist, physical therapist, and/or occupational therapist. There are currently 11 pediatric therapists to provide evaluations, consultation and individualized treatment in a nurturing, loving, and fun atmosphere. Among the Kids Therapy Spot therapists are also specialists who are trained to work with cortical vision impairment, feeding/swallowing disorders, and pediatric Kinesiotaping.

With a physician's referral, Kids Therapy Spot services are usually covered by insurance plans including, but not limited to, BCBS, Medicaid, Magnolia, United Healthcare, Tricare, and Mississippi's First Step Early Intervention Program.

If you are interested in more information about Kids Therapy Spot, go to [www.kidstherapyspot.com](http://www.kidstherapyspot.com) or contact them at [kidstherapyspot@gmail.com](mailto:kidstherapyspot@gmail.com) or (662)769-4888.

About Kids Therapy Spot, PLLC. . . .

Kids Therapy Spot, PLLC consists of 3 separate businesses: Speech Therapy for Kids LLC; Children's Rehab LLC; and OT 4 Kidz LLC. Melissa Davis, M.S., CCC-SLP is the owner of Speech Therapy for Kids LLC and has been a practicing Speech-Language Pathologist for 12 years. Karen Roberson, RPT is the owner of Children's Rehab LLC and has been a practicing Physical Therapist for 18 years. Michelle Miller is the owner of OT 4 Kidz LLC and has been a practicing Occupational Therapist for 22 years. After being pediatric therapists for a number of years as employees of other companies, they decided to go into private practice. In 2009, they came up with the umbrella name of 'Kids Therapy Spot' and began providing services at one location, with the belief that having all 3 disciplines in one location is helpful for parents and is necessary for continuity of care.



# Golden Triangle Planning & Development District, Inc.

Volume 3, No. 14

Page 5



Kids Therapy Spot  
Speech, Physical, Occupational  
Therapy  
1411 Highway 389  
Starkville, MS 39759

## Medicaid Waiver . . .

### [About the Medicaid 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) beneficiaries 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. Beneficiaries must score 50 or above on the Medicaid Pre-Admission Screening instrument.

The Elderly and Disabled Waiver program is administered directly by the Home and Community Based Services Division (HCBS) of Medicaid. 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 an assessment 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 its district: 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

#### **Lowndes #2**

Cindy Reese, RN  
Janice Miller, LSW

#### **Noxubee #1**

Jana Peterson, RN  
Jessica Henry, LSW

#### **Oktibbeha #2**

Stacy Elkins, RN  
Jennifer Grantham, LSW

#### **Webster**

Lynette Hunt, RN  
Lesa Wilson, LSW

#### **Clay**

Mitzi Phelps, RN  
Stephanie Cannon, LSW

#### **Lowndes #3**

Lindsey Marsh, RN  
Angelia Sansing, LSW

#### **Noxubee #2**

Tammy Castle, RN  
Jennifer Bridges, LSW

#### **Oktibbeha #3**

Helen Smith, RN  
Beverly Baker, LSW

#### **Winston**

Kim Mills, RN  
Lauren Smith, LSW

#### **Lowndes #1**

Libby Wansley, RN  
Audie Strain, LSW

#### **Lowndes #4**

Christy Massey, RN  
Emilie Hamilton, LSW

#### **Oktibbeha #1**

Tina McWhorter, RN  
Lynn Herndon, LSW

#### **Oktibbeha #4**

Charlotte Dowd, RN

Anyone interested in this program, or simply needing additional information, should call the GTPDD Medicaid Waiver office at 662-324-7860 and select **Option #3**.

# *Planning...*

## **Shuqualak Upgrades Water Service to the College Street Area**



The Town of Shuqualak recently completed a water improvement project with the help of a Community Development Block Grant through the Mississippi Development Authority. Water pressure was improved to the area by upsizing the existing water mains that serve approximately 91 customers in the College Street area in Noxubee County. Additionally, households on old Highway 45 that were not receiving public water service were added to the Shuqualak Water System. The Town of Shuqualak, with the assistance of the



Golden Triangle Planning and Development District, received a Community Development Block Grant in the amount of \$450,000. Pictured are Ms. Patricia Turner, MDA Project Representative and Mr. Mark Marrow, Shuqualak Water and Sewer Superintendant, at the final project monitoring and site inspection.

## **Mississippi Small Municipalities and Limited Population Counties Grant Program**

The Mississippi Legislature authorized \$1,500,000 in general obligation bonds to be issued for the 2014 Small Municipalities and Limited Population Counties Grant program. Municipalities with a maximum population of 10,000 and counties with a maximum population of 30,000 are eligible applicants. The maximum grant award is \$150,000 and requires a 10% match which must be in place at the time of application submittal. The only exception is that no financial match is required for municipalities with a population of 3,500 or less. Eligible projects must be publicly-owned. GTPDD staff met the July 31, 2014, submission deadline, preparing ten (10) applications:

- Town of Brooksville Street Improvements
- Town of Caledonia Public Building Improvements
- City of Eupora Street Improvements
- Town of Mantee Street Improvements
- Town of Mathiston Public Building Improvements
- Town of Sturgis Public Building Improvements
- Clay County Downtown Improvements
- Choctaw County Paving Improvements
- Noxubee County Downtown Improvements
- Winston County Public Building Improvements (Courthouse Annex)

Applicants recently received notification from the Mississippi Development Authority that there were 144 applications received, requesting \$19,961,843 from an allocation of \$1,500,000 for Program Year 2014.



The Clay County HOME Project has completed construction on its final home. This project provided new homes for four families in Clay County.



The Webster County Board of Supervisors 2012 HOME Project is underway. Construction has begun and recipients will move into their new homes in the next few months.

## **HOUSING Update**



The City of Starkville has completed demolition and site prep for its 2012 HOME Project. Once a foundation inspection is completed, the contractor will begin construction of the house.



Oktibbeha County is currently surveying the properties for its 2012 HOME Project. Once surveys are complete, the procurement process for contractors will begin.

The City of West Point has submitted required environmental documents to the Mississippi Development Authority for its 2013 HOME Project, and is awaiting MDA clearance. Procurement for professional services is expected to take place within the next month.



## WIA (Workforce Investment Act) . . .

### Starsha's Story

When Starsha enrolled in Golden Triangle Planning and Development District's Counseling to Career (C2C) Program November 5, 2013, she was an unemployed single mom with a son just over a year old. She had dropped out of high school in the 11<sup>th</sup> grade. Aware of the importance of an education, Starsha pursued her GED and received it in May of 2013. Since receiving the GED, she had not been able to find employment and was struggling to provide for her son. During the initial WIA interview, Starsha shared that she was interested in becoming an office assistant or receptionist.

Starsha's WIA program plan was set up for a 3-hour work ethics training session twice a week for 3 ½ weeks. Here she would learn the skills needed to successfully attain and maintain a job. Even though Starsha lives 17 miles from Starkville, she was present for every session and showed a genuine desire to do what was necessary to support herself and her child. She completed work ethics training November 26<sup>th</sup> and immediately started to work in an area retail store with her salary and workers comp insurance paid through WIA funds. Starsha experienced some rough times during her work experience. During that time she also discovered she was expecting another child. Her Career Counselor continued to work with her on an individual basis to support and encourage her to continue to strive for her goal---to be an office assistant or receptionist.



Starsha also discovered she was expecting another child. Her Career Counselor continued to work with her on an individual basis to support and encourage her to continue to strive for her goal---to be an office assistant or receptionist.

In January her Career Counselor learned of a part-time position in the Aging Department at Golden Triangle Planning & Development District. Starsha seemed to have the computer skills and self motivation needed to perform this job so her Career Counselor encouraged her to apply for it. Starsha completed the work phase of the C2C program January 31, 2014 and on February 7<sup>th</sup> Starsha was hired as an office assistant at the GTPDD.

The GTPDD Aging Director, Bobby Gann, said, "Starsha has been an asset to our staff. She is very dependable and seems to have a bright future."

Melody Bensed, Nutrition Coordinator and Starsha's immediate supervisor shared, "Since Starsha joined our staff she has displayed a 'team spirit' attitude. Whatever she is asked to do she does with a smile. She is a reliable, hard-working young lady with determination to work and learn more. We are extremely happy to have her as a member of our staff."

On July 29<sup>th</sup> Starsha gave birth to a healthy baby girl, and on August 8<sup>th</sup> she was back in her cubicle at Golden Triangle PDD, proving to be a determined, productive member of society.

When asked what the Counseling to Career program meant to her Starsha said, "Without the C2C program I would not have this job. Ms. Donna, my Career Counselor, has helped me gain the skills and confidence needed to work successfully and better provide for myself. I'm very thankful for this opportunity."

Way to go Starsha!

WIA and Starsha were both in the right place at the right time.

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To request an application or to get more information about the Counseling to Career Program call:

Choctaw and Winston Counties: Teresa Shumaker @ 662-324-7860 ext.1125

Oktibbeha and Webster Counties: Donna Green @ 662-324-7860 ext. 1115

WIA Program Director: Mitzi Lawrence @ 662-324-7860 ext 1128

## URBAN YOUTH CORPS GRANT COMPLETED

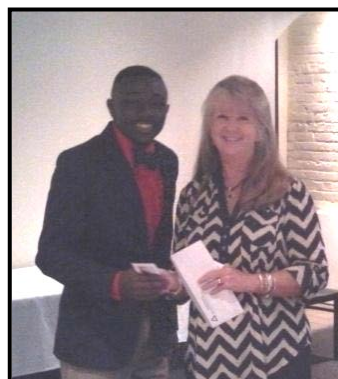
As reported in the last Newsletter, the City of Starkville's URBAN YOUTH CORPS grant was met with overwhelming interest by local young people. There were 170 applicants to fill 21 slots!

The qualifiers worked June and July in "beautifying" the City of Starkville and in manning desks at City Hall. If you notice a formerly unpainted curb or recently cleaned ditch, you can attribute it to the work of these dedicated youth.



On August 5<sup>th</sup> the workers celebrated program completion with a luncheon at The Grill. Awards were given to outstanding workers and youth were given the opportunity to share their experiences with the summer work program.

It is unknown at this point if future grants of this type will be available, but you can be sure the GTPDD is here and ready to help if grants are awarded.

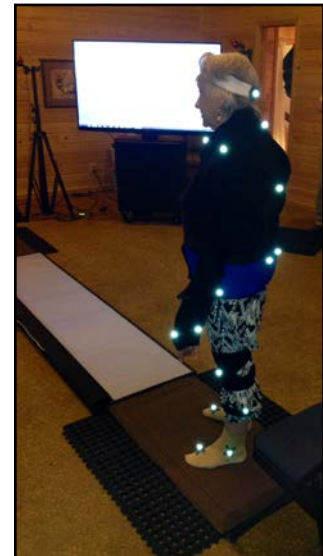


### **The Mouse Mystery**

It seems there was always cake at our house. One day my mom baked a chocolate layer cake, 3 layers always, with chocolate icing, and she thought she put it in a safe place until dinner that night. When it was time for dessert mama proudly brought out the cake and set it before my dad. He looked at the cake admiringly then he said "I think a mouse got to the cake first," and, looking, there was a long swivel in the icing made by someone's finger. The cake was cut and served and after a long pause my brother Edward said "There was no mouse there when I was there." Mystery solved.  
*(From the Memoirs of Ms. Margaret Weining.)*

## Golden Triangle Planning & Development District Area Agency on Aging 2014 Falls Prevention & Awareness Health Fair

The GTPDD Area Agency on Aging conducted a Health Fair at the Senior Enrichment Center in Columbus, MS on September 18, 2014. Seniors were invited to take part in activities designed to detect a weakening of muscles and provide other information that could assist in determining a physical therapy plan. Participants were advised of programs available through the GTPDD Area Agency on Aging, including the recent addition of the inhouse GTPDD Pharmacy. The GTPDD AAA appreciates the opportunity to present these educational services to more than 110 attendees from the area. For more information about senior benefits offered, please contact Bobby Gann, Director of Aging at 662-320-2001, Ext. 1104 or visit the website at [www.gtpdd.com](http://www.gtpdd.com).



## Golden Triangle Planning and Development District, Inc. Receives National Association of Development Organizations 2014 Innovation Award

WASHINGTON, DC – The Golden Triangle Planning and Development District, Inc., based in Starkville, Mississippi, received a 2014 Innovation Award from the National Association of Development Organizations (NADO) Research Foundation for the *Golden Triangle PDD Pharmacy* project.

For information regarding the GTPDD Pharmacy, please call 662-320-2001.

I (don't) LOVE YOU

Why are you leaning there, staring?  
As well you know, I am not going anywhere.  
Stop watching!

You frighten stray dogs  
(And some people)  
With your austere persona.

You even dressed in black,  
So we would match! Duh!  
Stop staring!

You open doors for me, but  
I can eventually do it myself,  
Thank you!

You think you make the decisions.  
Granted, you sometimes do,  
To my dismay.

You squash yucky bugs  
And reach the book  
I dropped.

The few places we go  
YOU get the attention,  
Not I.

You stand between me  
When there is a threat  
I don't perceive

Now, I can't go anywhere  
Without you joining me.  
Is that fair?

When you came into my life  
My false pride took a beating  
Yes, it did.

I did not ask for you  
I do not want you in my life,  
But I am stuck with you.

So, we have a love/hate  
Relationship  
Or, is it hate/love?

I will admit that  
You have some value  
Sometimes

Ah, the doorbell!  
Where ARE you?  
Cane, cane, where are you?  
*(Submitted by area Senior)*

**THE GTPDD  
SENIOR ENRICHMENT  
CENTER**

JEWELRY, KNITTING,  
CROCHET & CRAFT GROUPS

INVITE YOU TO  
THE SECOND ANNUAL SHOW AND SALE

**MONDAY, NOVEMBER 3, 2014  
10:00 AM – 7:00 PM**

1522 Gardner Boulevard  
Columbus, MS 39702

AMAZING ONE-OF-A-KIND CREATIONS

BRING A FRIEND  
GREAT GIFTS FOR CHRISTMAS,  
BIRTHDAYS AND YOURSELF

REGISTER FOR DOOR PRIZES!!

FOR MORE INFORMATION CONTACT  
CARLA GUYTON-DIRECTOR  
662-386-0001 [cguyton@gtpdd.com](mailto:cguyton@gtpdd.com)

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