



Golden Triangle Planning & Development District, Inc.

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Volume 17, Issue 3

July-September 2017



Rupert L. "Rudy" Johnson
Executive Director

From the Director.

Pictured below are the GTPDD Nutrition employees. I ask that each of you recognize these wonderful individuals and express to them gratitude for their work. These are dedicated employees who deliver meals to our clients each week. They may be the only personal contact these people receive and the meal may be their only meal of that day.

Our meal program covers seven counties, (Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster & Winston) with eleven Nutrition Sites within those counties,

serving approximately 1,600 clients each day.

The GTPDD would like to extend a heart-felt Thank You for the work each of our Nutrition employees performs to assist the senior citizen meal participants.

If you know of an individual that is 60 years or older and homebound in need of a home-delivered meal, please contact the Golden Triangle PDD/Area Agency on Aging at 662-324-1173 and speak with Melody or Amy.



GOLDEN TRIANGLE AREA AGENCY ON AGING

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 2018 at 2:00 p.m., July 27, 2017 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 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.

Several representatives from the Mississippi Division of Aging and Adult Services were the guest speakers at the hearing discussing the fiscal year 2018 programs and initiatives from the state perspective. In addition, they discussed several objectives that the state has set for fiscal year 2018. They also provided information concern-

ing the different programs, funding sources and amounts that the state receives for services for the elderly.

The goals and objectives for FY 2018 were announced at the hearing. Funding sources and amounts were listed in a handout distributed to those in attendance. Thirty-six people attended the hearing, with fifteen of those being senior adults.

The GTPDD/AAA will continue providing services to older adults in the planning and service area to assist them in maintaining their independence in their own homes. Many programs are provided by the agency; included are congregate and home-delivered meals, homemaker services, relief for caregivers, transportation, Insurance Counseling, Commodity Supplemental Food Boxes and Medicaid Waiver.

Commodity Supplemental Food Program

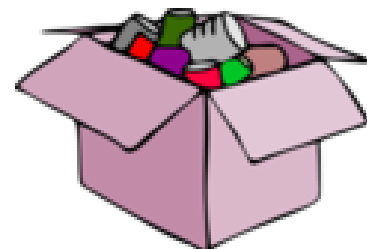
The Commodity Supplemental Food Program (CSFP) was established to provide nutritious commodities to help State and local agencies supplement food resources of the low-income population. Through local agencies, each participant receives a monthly package of commodities, based on food package guide rates 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, 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 County to distribute Commodity Supplemental Food Boxes (CSFP). At the present time, 225 boxes are provided each month to low-income seniors aged 60 and older. Currently there are 4 individuals on the Waiting List.

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) Chart.

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



Don't delay.... MEDICARE OPEN ENROLLMENT October 15 – December 7, 2017

If you need assistance comparing your current coverage to what is available for 2018, make your appointment **NOW!!!**

Call your local SHIP office **662-324-7860**,

Ext. 1159 for an appointment at the GTPDD office at

106 Miley Drive, Starkville, MS.

There is **NO CHARGE** for this service.



Sometimes we find ourselves in the midst of a storm, being tested in ways we could never imagine. If we trust in God, we can discover, with his grace, a strength we never dreamed of and the supernatural peace He promised. Such a time began for me in April of 2009 and lasted for 2 years. While my husband and I were at work, our home burned and was a total loss. A few important things were saved, but I was thankful that at least the electrical fire started while we were away and we were safe.

My husband was my best friend and beloved life partner. We had traveled around the US and even outside the country during his military career. He had recently retired and we had signed a contract on a home back in Kentucky, where we met and fell in love. Life was good until a morning in May, 2010 when my husband awoke complaining of a headache. It progressed throughout the day and he finally agreed to go to the ER. Shortly after we agreed he became nonresponsive and was transferred to Tupelo where he passed away several weeks later. I was devastated. I loved him more than I can say and he loved me back in exactly the same way. My only choice was to lean in to my LORD and Savior, Jesus Christ and by his grace I have come through with the knowledge that I can face anything, having survived the loss of my husband.

In February, 2011, I received a call that my only son had been murdered by a stranger. He was 33 years old. During the trial, God softened my heart toward my son's killer, others could not believe I was able to feel compassion for him. Once again, I had turned to God who had proved faithful in his love for me before, and through his grace I made it through the pain.

This extended period of trials taught me a number of important life lessons:

1. God really is always there and He will love me through my pain no matter what comes my way.
2. I am a strong woman, and with God's help I can do anything. Without my husband I had trouble traveling because I had a fear of driving across bridges. God took away that fear!
3. The best thing I can do to have a more full life is to seek ways to help others. Volunteering is now a key part of my life. In fact, it blesses me more than I can say.

God's word tells us over and over not to be afraid. "Fear not", I've been told is used 365 times in the Bible...once for every day, not a coincidence. My life is a testament that God is greater than anything we will face, He loves us and He will do what his word promises.

Submitted by a Columbus Senior Citizen

Ladies from the GTPDD
Sr. Enrichment
Center gaze at the
2017 Solar Eclipse.....



Starkville Sr. Enrichment Center Schedule

Monday & Friday 1:00—4:00 p.m.
Bridge

Tuesday & Thursday 1:00—4:00 p.m.
Table Games

Wednesday 10:00—2:00 p.m.
Stitching with Marie

As we grow older, we must discipline ourselves to continue expanding, broadening, learning, keeping our minds active and open.

Clint Eastwood

**THE GOLDEN TRIANGLE
PLANNING & DEVELOPMENT
DISTRICT, INC.
SENIOR ENRICHMENT CENTER**

JEWELRY, KNITTING, CROCHET & CRAFT GROUPS

INVITE YOU TO

THE 5TH ANNUAL SHOW AND SALE

MONDAY, NOVEMBER 6, 2017

**1522 GARDNER BLVD.
COLUMBUS, MS 39702**

**BRING A FRIEND OR TWO AND GET SOME GREAT GIFTS FOR CHRISTMAS,
BIRTHDAYS, SECRET PALS, CO-WORKERS, BOSSES, TEACHERS
OR EVEN YOURSELF!!!**

REGISTER FOR DOOR PRIZES!!!

**FOR MORE INFORMATION
CONTACT
CARLA GUYTON
(662) 386-0001 cguyton@gtpdd.com**

The Town of French Camp, Mississippi is nearing completion of a project



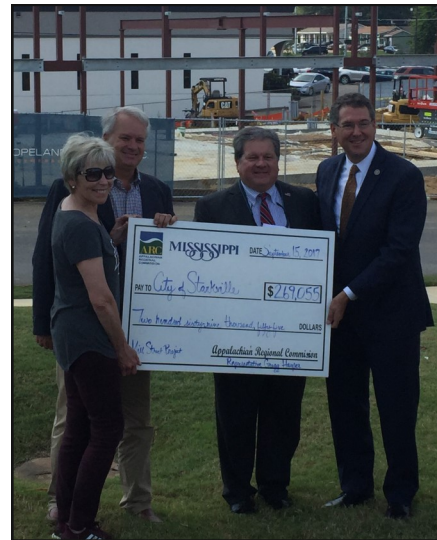
to bring its current wastewater treatment facility into compliance with regulations of the Mississippi Department of Environmental Quality. The major parts of the construction include the installation of a synthetic liner in the present lagoon and the construction of an updated monitoring station. The project was funded jointly by the Mississippi Development Authority's Small Municipality-Limited Population County Grant Program and the Appalachian Regional Commission (ARC). Pictured are various improvement activities under construction. Anderson Contracting from Yazoo City, Mississippi is the contractor; the project engineer is Calvert-Spradling Engineering of West Point, Mississippi. The Tennessee Valley Authority, with the help of the Golden Triangle Planning and Development District, is the project administrator.



ARC Project Announcement

The Appalachian Regional Commission (ARC) and Congressman Gregg Harper recently announced the approval of a grant in the amount of \$269,055 to the City of Starkville for the Mill Street Reconstruction and Drainage Improvements Project. In addition to ARC funds, the City of Starkville will provide a 20% local cash match of \$67,264 bringing the total project funding to \$336,319. These combined efforts will support widening and rebuilding an existing access road that is in disrepair and has recently been badly damaged by heavy construction vehicles. The project will also upgrade storm water drainage pipes and inlets, as well as install sidewalks, lighting, pavement markings and signage to improve the safety of vehicular and pedestrian traffic.

The ARC investment will sustain the trend toward economic revitalization in the corridor between Mississippi State University and downtown Starkville by improving access to several existing,



Pictured above are Starkville Mayor Lynn Spruill, Developer Mark Castleberry, Mike Armour of the Mississippi ARC Office, and Mississippi Congressman Gregg Harper.

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, 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 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 our district, including: Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster and Winston.

Choctaw

Tina Gill, RN
Rachel Embry, LSW

Lowndes #2

Cindy Reese, RN
Tennie Simpson, LSW

Noxubee #1

Jana Peterson, RN
Jessica Spears, LSW

Oktibbeha #2

Stacy Elkins, RN
Jennifer Grantham, LSW

Webster

Lynette Hunt, RN
Lisa Woods, LSW

Clay

Mitzi Phelps, RN
Lesia Wilson, LSW

Lowndes #3

Lindsey Marsh, RN
Angelia Sansing, LSW

Noxubee #2

Tammy Castle, RN
Jennifer Bridges, LSW

Oktibbeha #3

Blair Gerrish, RN
Beverly Baker, LSW

Winston

Kim Mills, RN
Lauren Smith, LSW

Lowndes #1

Brandy Clark, RN
Audie Strain, LSW

Lowndes #4

Kristen Makamson, RN
Lynn Herndon, LSW

Oktibbeha #1

Tina McWhorter, RN
Tonia Davis, LSW

Oktibbeha #4

Ella Pogue, RN
Suzy Winstead, LSW

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



THE TRUE MEANING OF SUCCESS

As the Golden Triangle Planning and Development District WIOA staff reflected on the past year's training experiences, the question arose: What is the true meaning of success in WIOA training?

Are the accomplishments of one or two individuals enough for a program to claim "success"?

OR

Should success be measured, collectively, by the progress of the whole group?

As most of the GTPDD WIA youth have overcome so many personal barriers and continue to work toward future goals, it was decided to take a look at the GTPDD WIOA Counseling to Career Program as a whole.

During the PY 16 program year, GTPDD staff certified 80 out-of-school youth, ages 16 – 24, in Choctaw, Oktibbeha, Webster, and Winston counties for participation in the Counseling to Career Work Training Program. These youth met class two sessions a week for a month learning work ethic skills such as: how to properly complete an application; how to format an eye-catching resume; how to dress for an interview; how to attain and maintain a job; etc. They researched various career interests and completed surveys to see which career fields best suited their skill sets. The GTPDD staff counseled with the youth concerning personal issues, post-secondary education plans and/or employment plans, and various other prerequisites required to continue working toward the youth's goals. The youth were given the WorkKeys assessment in hopes of earning a Career Readiness Certificate to enhance their chances of employment or entering advanced training. Upon completion of the classroom portion of the program, the youth were provided an internship at a business within their local community where, at an actual jobsite, they could practice the skills they had learned.

Now to measure the success of the WIA endeavor -----

Of the 80 youth who participated in the Golden Triangle WIA In-School program:

59 youth participated in the internship phase of the program

8 youth found employment on their own and declined the internship placement

The 59 internship youth worked a total of 10,043 hours and earned \$72,815.57

68 are currently enrolled in post-secondary education, employed, or serving in the military

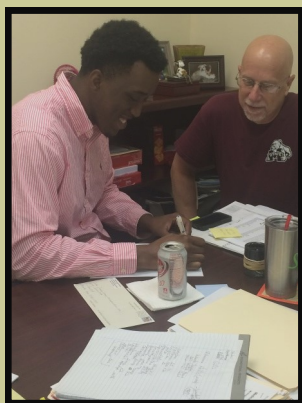
Follow-up services continue monthly with this group of young people, not only to encourage those who are continuing in a positive direction, but to try to motivate those who are being "held back," for whatever reason, to overcome that barrier and move forward to a more productive life.

The GTPDD staff celebrates the success of each individual but also celebrates the many achievements of the entire group.



Golden Triangle
 Planning & Development District
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 106 Miley Drive
 Starkville, MS 39760
 Phone: 662-324-7860
 Fax: 662-324-7328
 E-mail: gtpdd.com

We're on the
 Web:
www.gtpdd.com



Interested in help
 with preparing a will?
 At no cost?

North MS Rural Services
 teams with the GTPDD to
 help older adults prepare
 wills. If you are interested
 in this service, call Bobby
 Gann at 662-320-2001,
 ext. 1104.

Matter of Balance

The *Matter of Balance* class is designed to reduce fear of falling and increase activity levels among older adults. A major problem for the older adult community is the fear of falling, thereby curtailing many of their activities. In doing this, they become inactive, which results in loss of muscle strength and balance. It can also compromise social interaction and increase the risk for isolation, depression and anxiety.

Participants in this program learn to view falls as preventable and how to set realistic goals for increasing activity. They also learn to change their environment to reduce fall risks and increase strength and balance through simple exercises.

Anyone interested in attending should contact Golden Triangle Planning and Development at (662) 324-7860.

Classes are held once a week for 8 weeks.

Currently, classes are held at the Senior Enrichment Center in Columbus and Trinity Healthcare Center in Columbus. Total participation averages 25 seniors.

Note:

This program was developed and formally evaluated by the Roybal Center for Enhancement of Late-Life Function at Boston University with a grant from the National Institute on Aging. A *Matter of Balance* received the Archstone Foundation Award for Excellence in Program Innovation in 1998.

Staff Anniversaries

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

JULY

Lucille Booth	09 years
Tammy Castle	17 years
Kim Mills	17 years
Mitzi Phelps	18 years
Regina Rambus	10 years
Latanya Williams	07 years

AUGUST

Mary Boatman	07 years
Spencer Brooks	14 years
Latasha Carr	07 years
Angel Coggins	13 years
Queen Kidd	15 years
Mitzi Lawrence	17 years
Angelia Sansing	11 years
Teresa Shumaker	08 years

SEPTEMBER

Ruthie Colter	15 years
Tim Heard	24 years
Paula Key	08 years
Amy Sanford	06 years
Lisa Stallings	17 years