

**Inside this issue:**

Small Municipalities 2

Caledonia Soccer 2

WIOA-SUCCESS 3

Open Enrollment 4

Medicare.gov 4

Medicaid Waiver 5

Announcements 6

PDD Anniversaries 6



**ARC Pre-Application DEADLINE**

Local units of government should plan immediately for the upcoming FY20 Appalachian Regional Commission (ARC) application process. The Mississippi ARC office will receive FY20 ARC pre-applications in November. Please contact Phylis Benson or George Crawford for more details regarding this funding opportunity.

# Golden Triangle Planning & Development District, Inc.



Rupert L. "Rudy" Johnson  
Executive Director



**From the Director. . . . .**

## *Exercise???? At what age????*

7 benefits of exercise for senior adults:

- ◆ Live longer
- ◆ Prevent falls
- ◆ Reduced risk of stroke or heart attack
- ◆ Better bone density
- ◆ Reduced risk of developing dementia
- ◆ Prevent or delay disease
- ◆ More confidence & independence

As we age, our muscle mass begins to decrease. When we enter our forties, adults can lose 3-5% of muscle mass with each subsequent decade of life. Muscle is an essential contributor to our balance and bone strength; it keeps us strong. Without it our mobility and independence become compromised. Not only does exercise help physically but also mentally. Scientists have found that brain neurons—the special cells that perform all necessary function to keep you alive, as well as help you think and improve your memory—all increase after a few weeks of regular exercise.

As fall arrives, let's all take the challenge to take a walk, join a dance class and/or come join us here at the GTPDD on Mondays at 9:00 a.m. to exercise. Let's get moving!!

[www.helpguide.org](http://www.helpguide.org)

## Mississippi Small Municipalities and Limited Population Counties Grant Program

The Mississippi Legislature authorized \$5,000,000 in general obligation bonds to be issued for the 2019 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 financial match which must be in place at the time of application submittal. Eligible projects must be publicly-owned. GTPDD staff met the July 15, 2019 submission deadline, preparing eight (8) applications:

Choctaw County Industrial Access Road

Town of Brooksville Street Improvements

City of Eupora Industrial Access Road

Town of French Camp Sewage Lagoon

City of Louisville Rail Park

Town of Noxapater Streets

Town of Artesia Recreation Pavilion

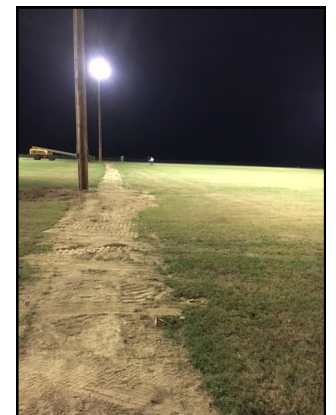
Town of Shuqualak Water Well Controls

Applicants recently received notification from the Mississippi Development Authority that there were **90** applications received, requesting **\$12,277,923.31** from an allocation of \$5,000,000 for Program Year 2019. Mississippi Development Authority (MDA) anticipates funding around 35 grants this year.

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### Caledonia Soccer Fields Lighting Project Nears Completion

The Town of Caledonia received a 2018 Small Municipality/Limited Population County Grant from the State of Mississippi to light the soccer fields that are a part of the Ola J. Pickett Park in Caledonia. Total Grant funds from the SMLPC Program were \$120,000.00 with the Town of Caledonia, providing the local match for the total contracted price of \$163,135.00. Collins Electrical Contractors of Steens, Mississippi, was chosen to construct the project; and Calvert-Spradling Engineers of West Point, Mississippi, was the project engineer. The Golden Triangle Planning and Development District, Inc was responsible for the development of the application and for the administration of the total project. The pictures show the contractor along with the lighting engineers as they adjust and inspect the lighting before final disbursement of funds.



### The Puzzle Master!!!!

This puzzle was from a line of puzzles called Impossible. They usually have custom shapes and additional puzzle pieces that don't fit anywhere. This particular puzzle had no complete picture to go by, and the flip side of the Brussels Sprouts was Baked Beans.

Most people would have thrown it in the garbage, given it to their least favorite friend, or used it for a gag gift. **Roma Williamson** is our resident puzzle whiz. When everyone else gave up after spending an hour trying to put one piece in, Roma hung in there for several weeks and completed the puzzle. As you can see in the picture, there were two "extra pieces"! She deserves some recognition, admiration, and just plain envy!!!



## How Does WIOA Spell SUCCESS? ....

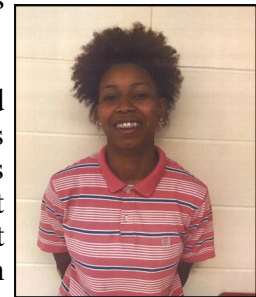
**W-I-L-L**

**E-A-R-L-I-N-A**



Will, a student at Nanih Waiya High School, joined the Gateway In-School Program in the spring semester of 2019. He was in the tenth grade and sixteen years old. He lives in a poverty county and receives free meals at school. Will was adopted at birth by his grandparents. He said that he wanted to join the Gateway Program so that he could get a job and earn his own money. Will seemed highly motivated and actively participated in each of the Essential Job Skills classes, offering his insights and perspectives on each of the topics we covered. It did not take long to realize that he was an avid outdoorsman. He enjoys fishing and all types of hunting as well as other outdoor activities. When it came time to place Will in his internship, there was a position available at the Louisville Co-op. The owner agreed to let Will complete his internship there with the possibility of hiring him at the end of it. Throughout Will's work experience the manager had nothing but good things to say about Will: he was punctual, dependable, and a hard worker. Needless to say, Will got the job, and he is still employed at the Louisville Co-op. The manager is still very happy with Will and his work.

When Earlina began our Gateway Out-of-School Program, she was 18 years old and living with her father. She did not have a high school diploma or a job. She was very personable and had very specific goals for her future. She attended every class and was always eager to participate and add to the discussions. Earlina asked if it would be possible to place her at HPJ Industries in Eupora. We were not sure if that was possible, but after talking with the local supervisor and the plant manager in Ohio, permission was granted to allow her to complete her internship hours there. After she had been there several weeks, we received word from the supervisor and the main office secretary thanking us for sending them an awesome worker. They informed us that Earlina was doing a superb job! We then heard from Earlina that they were going to hire her after her internship was completed. She told us how much she liked it there and how great the work atmosphere was. She was very excited the day she learned she was hired. During one of our follow-up visits, Earlina shared that she had been given her "shirt." Not knowing what that meant, we asked what was special about getting a "shirt." She shared that it meant her 90 day trial period was completed and she was officially an employee of HPJ. We congratulated her on the accomplishment. Earlina had many obstacles in her way when she first enrolled in the Gateway program, so to gain employment at a factory where turnover is low and many people seek employment was a great accomplishment. We are so proud of Earlina and are happy she has found employment in a facility where she can grow and gain independence. She has not given up on getting her diploma, and if what she has accomplished at HPJ is any indication, she should be successful in reaching that goal as well. We will continue to work with Earlina as she works toward future goals.



## Open Enrollment for 2020 Plan Year Medicare.gov Website Changes

Beginning October 1, 2019, the medicare.gov website that has been available to beneficiaries since 2006 will take on a new look and will have new options and requirements. This website will have even more information and new tools for making choices for Medicare coverage.

This new enhanced site now links each beneficiary's personal information through a mymedicare.gov account to the Medicare Plan Finder. To have access to your current coverage, a list of purchased medications and access to claim information, you must set up an account at mymedicare.gov. You can set up this account through the medicare.gov site or go directly to mymedicare.gov.

Please set up your account so you will have real time access to all your Medicare information. This does not mean you must receive information electronically unless this is the way you prefer to receive information. You will continue to receive information via US Mail unless you choose electronic communication. A mymedicare.gov account is also a great fraud prevention tool. Look at your claims often to be sure nobody is billing to your Medicare number.

Registering with mymedicare.gov will give you access to your personalized information at any time. Registering lets you:

- Check your Medicare information such as your Medicare claims as soon as they are processed and important Medicare-related information specific to you.
- Find your eligibility, entitlement, and preventive service information.
- Check your health and prescription drug enrollment information.
- View your Part B deductible information.
- Manage your prescription drug list and other personal health information.
- Create an "On the Go Report" that allows you to print your health information to share with your healthcare providers.

All of these benefits allow you to be more in control of your healthcare choices. Being your own healthcare advocate should be the goal of each and every Medicare beneficiary.

If you need help with setting up your account or assistance during Medicare's upcoming open enrollment, October 15 - December 7, be sure to give the State Health Insurance Assistance Program a call (662) -324-3309.

### Columbus Sr. Enrichment Center

The 7<sup>th</sup> Annual Show and Sale at the Senior Enrichment Center will move from its original time slot on the first Monday in November to a date in early December year. Please watch the GTPDD, Inc. information sites for the new date. We have some great new additions, so you won't want to miss out!

Lowndes County Medicare members, don't forget that open enrollment begins October 15, 2019! There have been many changes and updates this year. All Lowndes County residents needing assistance with prescription drug plans will come to the Senior Enrichment Center at 1522 Gardner Blvd. in Columbus this year. Please call this week for your appointment. Carla Guyton 662-386-0001.

## The Elderly & Disabled Medicaid Waiver Program

The Elderly and Disabled Medicaid Waiver Program is a Long Term Care Program which offers services in the home of clients in order to prevent or delay institutional placement.

### Services Offered:

- Case Management
- Home Delivered Meals
- Personal Care Services
- In-Home Respite
- Extended Home Health
- Adult Day Care

### Qualifications:

- 21 years of age or older
- Require nursing facility level of care as determined by a comprehensive long term services and supports assessment
- Qualify for Long Term Care Medicaid (income less than \$2,313 per month and resources less than \$4,000).

Fourteen Case Management teams currently serve the Golden Triangle Planning and Development District (GTPDD). Each team consists of a registered nurse and a licensed social worker who visit the client on a monthly basis to provide, monitor and coordinate the services that are offered through this program. The GTPDD serves clients in Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster, and Winston counties.

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  
Alexandra Conwill, LSW

#### Lowndes #2

Cindy Reese, RN  
Tennie Simpson, LSW

#### Lowndes #3

Lindsey Marsh, RN  
Angelia Sansing, LSW

#### Lowndes #4

Jamie Hubbard, RN  
Megan Aucoin, LSW

#### Noxubee #1

Cheney Kelly, RN  
Jennifer Bridges, LSW

#### Noxubee #2

Tammy Castle, RN  
Lynn Herndon, LSW

#### Oktibbeha #1

Tina McWhorter, RN  
Alyssa Harris, LSW

#### Oktibbeha #2

Stacy Elkins, RN  
Jennifer Grantham, LSW

#### Oktibbeha #3

Ella Pogue, RN  
Beverly Baker, LSW

#### Oktibbeha #4

Kristy Taylor, RN  
Jessie Lewis, LSW

#### Webster

Neshay Daniels, RN  
Lisa Woods, LSW

#### Winston

Kim Mills, RN  
Lauren Smith, LSW

If you would like more information on the Elderly and Disabled Medicaid Waiver, please call 662-320-2003.



Come Join Us!  
at the Sr. Enrichment  
Center in Starkville for  
Silver Sneakers  
Exercise Class  
every Monday @ 9:00 am.



**MEDICARE PART D**

**OPEN ENROLLMENT**

**October 15—December 7**

**Call**

**662-324-3309**

**to schedule your appointment!**

**GOLDEN TRIANGLE  
PLANNING & DEVELOPMENT DISTRICT, INC.  
SHIP Program**



**Golden Triangle  
Pharmacy**

**Let us deliver your  
Prescriptions!**

**662-320-2011**



Calling ALL Veterans.....  
There will be a Veterans  
Summit at the Starkville  
Sportsplex on October 8th  
from 10:00 a.m.—1:00 p.m.

Golden Triangle  
Planning & Development District  
P. O. Box 828  
106 Miley Drive  
Starkville, MS 39760

Phone: 662-324-7860  
Fax: 662-324-7328  
E-mail: gtpdd.com

**JULY**

Lucille Booth	10 years
Tammy Castle	18 years
Diana Granger	05 years
Kim Mills	18 years
Mitzi Phelps	19 years
Regina Rambus	11 years
Latanya Williams	08 years

**AUGUST**

Spencer Broocks	15 years
Latasha Carr	08 years
Angel Coggins	14 years
Robbie Harris	05 years
Queen Kidd	16 years
Anna Lancaster	05 years
Mitzi Lawrence	18 years
Angelia Sansing	12 years

**SEPTEMBER**

Felecia Baber	06 years
Ruthie Colter	16 years
Hudson Ford	05 years
Tiffany Gilliland	05 years
Tim Heard	25 years
Paula Key	09 years
Linda Lee	05 years
Amy Sanford	07 years
Andrea Scott	05 years
Lachelsie Skinner	05 years
Lisa Stallings	18 years
Santreena Triplett	15 years

***Staff Anniversaries***

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