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Movements For Seniors

Come join us on Monday mornings at 9:00 a.m. in the Boardroom for Exercising! The exercises help Seniors with building muscle, balance & stamina—all quite useful as we age! Get your week off to a good start by joining us!





Golden Triangle Planning & Development District, Inc.



Rupert L. "Rudy" Johnson Executive Director

From the Director.



Looking forward to the New Year.....

At the end of December, everyone is excited about the upcoming new year. Some see the new year as a "fresh" start and look forward to it with adoration, delight and joy. Wikipedia defines New Year's resolution as a tradition, most common in the Western Hemisphere in which a person resolves to change an undesired trait of behavior, to accomplish a personal goal or otherwise improve their life.

The following programs that GTPDD maintains will improve lives:

- 1. Personal Care Attendant (PCA) Program—an individual can receive services such as light housekeeping, cooking, bathing and/or running errands.
- 2. Respite Program—a client can have someone come into the home and relieve the 24-hours caregiver.
- 3. Home-Delivered Meal Program—a citizen may receive five (5) frozen meals each week in his/her home.
- 4. Pharmacy--individuals receive their medications monthly delivered to the home.

Looking toward the year 2020 is a time to set goals and to lend a hand to those in our community who have needs and struggles. This hand may just be a phone call away by contacting the GTPDD and helping set up assistance for someone who has needs that aren't being met.

The GTPDD family wishes you a Merry Christmas & Happy New Year. We look forward to hearing from you this next year and allowing us to assist those in need.

Please call 662-324-7860 to be directed to the correct department for assistance.

Local Communities Receive \$23,000 in Youth Salaries

Salaries Paid to Gateway In-School Youth (Choctaw, Oktibbeha, Webster, & Winston Counties)

\$23,000.00

Expression on Youth Faces When They Receive First Checks













During the past two months, 52 in-school youth in Choctaw, Oktibbeha, Webster, and Winston counties completed Gateway essential job skills training, and 50 were assigned job internships in their respective communities. These youths' salaries and workers compensation insurance were paid through Workforce Investment and Opportunity Act funds.

Youth were matched to job positions according to the skills and abilities needed to meet the employers' expectations. In return, the employers were asked to serve as mentors* to the youth, providing support, encouragement, and supervision to assure successful work experiences. This was a win-win situation: an employer received a free worker; the youth was provided an actual job experience with not only a salary, but also a work reference for resumes.

What an economy boost this was for rural areas! Think about it. What happened to this 23,000 dollars? These youth spent it in their local areas on things they needed or wanted. Sure, some of it was saved to pay for a car, educational expenses, or future necessities, but the majority of it flowed directly back into the local economy. So, maybe this was actually a win-win-win situation.

Win #1: The youth gained work ethics and training followed by a paid work experience.

Win #2: The employer gained a free worker to mentor and encourage.

Win #3: The economy profited from monies earned.

What an amazing opportunity for all involved!

Starting in January career center students in Clay, Lowndes, and Noxubee counties will have the opportunity to participate in the Gateway In-School Program. Participants will receive six weeks of essential job skills training, a 60-hours paid internship, and a chance to earn the nationally recognized Career Readiness Certificate (CRC), which is becoming a required certificate for employment consideration in the Golden Triangle area. Not only will the student earn money for today's expenses, but they will also gain work experience and certifications to enhance the opportunities for future employment.

*Mentoring: The most successful youth are those fortunate to have had a caring supervisor or coworker on his or her first job. The youth can only learn so much through work ethics training in the classroom. On-the-job experience gives them a chance to apply what they have been taught to a real life situation. A trusted individual, who is willing to assist and counsel the student in the do's and don'ts of what is appropriate in the workplace, can be a positive influence on the worker, improving the youth's self-esteem and setting the stage for good future work habits.

How about it? Would you like to or do you know someone else who might like to contribute to the successful development of today's workforce? If so, call Mitzi Lawrence @ 662-324-5007.







MEDICAID WAIVER.....To celebrate this joyous time of year, the GTPDD sponsors the

provision of Christmas gifts to Medicaid Waiver clients. Warm clothes, blankets, toiletries, food, and household items are among the gifts purchased and delivered to the clients. Many elderly do not have family or friends to share the holiday spirit and Medicaid Waiver staff like to make sure they are remembered.

Staff continue in their efforts to promote services of this program. Presently, there is the capacity to serve 1400 elderly and/or disabled clients in the Golden Triangle area. If you know anyone who might qualify please contact 662-320-2003.

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



Tina Gill, RN Rachel Embry, LSW

Lowndes #2

Cindy Reese, RN Tennie Simpson, LSW

Noxubee #1

Robin Prier, RN Jennifer Bridges, LSW

Oktibbeha #2

Stacy Elkins, RN Jennifer Grantham, LSW

Webster

Helen Smith, RN Lisa Woods, LSW

Clav

Mitzi Phelps, RN Lesa Wilson, LSW

Lowndes #3

Lindsey Marsh, RN Angelia Sansing, LSW

Noxubee #2

Tammy Castle, RN Lynn Herndon, LSW

Oktibbeha #3

Ella Pogue, RN Beverly Baker, LSW

Winston

Kim Mills, RN Lauren Smith, LSW

Lowndes #1

Brandy Clark, RN Alexandra Conwill, LSW

Lowndes #4

Jami Hubbard, RN Megan Aucoin, LSW

Oktibbeha #1

Tina McWhorter, RN Alyssa Harris, LSW

Oktibbeha #4

Krystal Taylor, RN Jessie Jones, LSW



Senior Enrichment Center—Columbus, MS

The Columbus Senior Center has been crazy busy with classes, meetings, parties, outreach, seminars, fellowship, Medicare Open Enrollment, and a few sad goodbyes!

The Happy Feet Line Dancers have been so busy practicing and performing! They were, once again, invited to dance for the Mayor's Thanksgiving Luncheon at the Trotter Convention Center. This performing group has only missed one of these luncheons since 2010, and that was the year that the Trotter was closed for remodeling. We appreciate Mayor Smith inviting the group to be part of the entertainment each year.

On Friday the 13th, Happy Feet provided the entertainment for our Health and Aging Workshop. They do an amazing job and are always eager to perform. Thank you ladies...for a job well done every single time!





Below, are some of the photos of the Health and Aging Workshop presented by The Golden Triangle Planning and Development District, North Mississippi Rural Legal Services, and The Golden Triangle Area Agency on Aging. The speakers were all professionals in their field and discussed topics that we all need to know.

Sharon Duke, GTPDD, Inc., State Health Insurance Program Martie Gibson, GTPDD, Inc., District Ombudsman John Bauer, GTPDD, Inc., Adult Protective Services AI Cutturini, NMRLS, Elder Law & Estate Planning Attorney Keith Havens, Senior Medicare Patrol Ben Wilkerson, NMRLS, Tax Attorney William Young, NMRLS, Benefits Enrollment Center







In late February 2020, the Columbus Senior Center will have another Outreach Day. The attorneys from North Mississippi Rural Legal Services will be here preparing Wills, Powers of Attorney, and Advance Health-Care

Directives. If you are interested, please contact Carla Guyton @ 662-386-0001 for more information.

Wishing each and every one of you a 2020 that will be full of amazing moments. God Bless and keep you!

FY2020 CDBG Applications Due May 2020

Local units of government should plan immediately for the upcoming FY20 Community Development Block Grant (CDBG) Application process. CDBG Public Facilities applications will be accepted by the Mississippi Development Authority (MDA) in May 2020. A CDBG application workshop will be held in January. Specific place, date and time have not yet been finalized.

The FY2020 Community Development Block Grant (CDBG) Final Statement outlining the application process has not been released by the Mississippi Development Authority (MDA) but as always, the minimum threshold requirements are that at least 51% of the project beneficiaries be of low and moderate income and applicants must have no open Public Facility (Regular or Small Government) grants and have no unresolved audit or monitoring findings.

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 Phylis Benson or George Crawford.

OCTOBER		DECEMBER	
Dave Alexander	II years	Maxine Bailey	06 years
Daphne Beams	06 years	Jackie Byas	12 years
Melody Bensend	21 years	Hazel Cunningham	II years
Yolanda Bradshaw	05 years	Isadora Davis	08 years
Stacey Elkins	08 years	George Edmonds	06 years
Martie Gibson	20 years	Rachel Embry	II years
Willier Glenn	14 years	Maria McNutt	l 6 years
Yolanda Hudgins	05 years		Í
Aldean Ivy	21 years		
Charlene Jones	14 years		
Hardie Jordan	21 years		
Lucille Mosley	07 years		
Mattie Perrigin	07 years		
Joanne Peterson	26 years	Staff Anniversaries	
Diana Prince	08 years		
Annie Sanders	21 years	Staff members that have served at least	
NOVEMBER		5 years at the C	31700.
Beverly Baker	16 years		
Alicia Barry	08 years		
Mary Byron	18 years		
Glenda Fason	12 years		
Shirley Forrester	10 years		
Jessica Foxx	19 years		
Beatrice Logan	18 years		
Lindsay Marsh	07 years		
Michelle Milner	15 years		
Cynthia Reese	07 years		

Senior Citizen Retirees have enjoyed two sessions lately hearing about experiences growing-up years ago when things were quite different from today's lifestyles. Myma Lott and Bobbi Walton told about fun times living on the MSU campus and in Oktibbeha County . Margaret Weining shared her memories about her family living in a house built on a a railroad car while her dad worked many years in the lumber industry in South Mississippi. We hope to continue these fascinating sessions. If you have a story you would like to share please let us know!