



# Golden Triangle Planning & Development District, Inc.



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## From the Director. . . . .

May is National Physical Fitness & Sports Month.....  
Statistics show that regular physical activity is good for everyone's health. To stay involved, choose an activity you enjoy and do it often!

1 in 5 adults meet  
Physical activity guide-  
lines for aerobic and  
muscle-strengthening  
activities

1 in 4 children partici-  
pate in the recom-  
mended 60 minutes of  
physical activity every  
day

### Adequate physical activity prevents

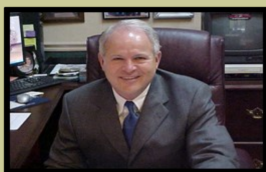
1 in 10  
premature  
deaths

1 in 12  
cases of  
diabetes

1 in 15  
cases of  
heart disease

### BENEFITS OF PHYSICAL ACTIVITY

- ◆ Prevents chronic diseases & controls weight
- ◆ Promotes strong bone, muscle & joint development
- ◆ Conditions heart & lungs
- ◆ Builds overall strength & endurance
- ◆ Improves sleep
- ◆ Decreases potential of becoming depressed
- ◆ Increases your energy & self-esteem
- ◆ Relieves stress
- ◆ Increases your chances of living longer



Rupert L. "Rudy" Johnson  
Executive Director

For more information on physical activity, check out Move Your Way at [health.gov/moveyourway](https://health.gov/moveyourway)

## 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 (including Home Health Aide Services)
- ◆ Adult Day Care

### Qualifications:

- ◆ 21 years of age or older
- ◆ Score 50 or above on comprehensive assessment, which assesses the client's ability to care for themselves and their environment.
- ◆ Qualify for Long Term Care Medicaid

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**

Leah Agnew, 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  
Stephanie Cannon, LSW

### **Noxubee #1**

Robin Prier, RN  
Jennifer Bridges, LSW

### **Noxubee #2**

Tammy Castle, RN  
Kallie Hubbard, LSW

### **Oktibbeha #1**

Tina McWhorter, RN  
Alyssa Harris, LSW

### **Oktibbeha #2**

Stacy Elkins, RN  
Jennifer Grantham, LSW

### **Oktibbeha #3**

Helen Smith, RN  
Beverly Baker, LSW

### **Oktibbeha #4**

Kristy Taylor, RN  
Jessie Lewis, LSW

### **Webster**

Sydney Thompson, 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.

## April is Fair Housing Month

### History of Fair Housing

*"The enactment of the federal Fair Housing Act on April 11, 1968 came only after a long and difficult journey."*



On April 11, 1968, President Lyndon Johnson signed the Civil Rights Act of 1968, which was meant as a follow-up to the Civil Rights Act of 1964. The 1968 act expanded on previous acts and prohibited discrimination concerning the sale, rental, and financing of housing based on race, religion, national origin, sex, (and as amended) handicap and family status. Title VIII of the Act is also known as the Fair Housing Act (of 1968).

The enactment of the federal Fair Housing Act on April 11, 1968 came only after a long and difficult journey. From 1966-1967, Congress regularly considered the fair housing bill, but failed to garner a strong enough majority for its passage. However, when the Rev. Dr. Martin Luther King, Jr. was assassinated on April 4, 1968, President Lyndon Johnson utilized this national tragedy to urge for the bill's speedy Congressional approval. Since the 1966 open housing marches in Chicago, Dr. King's name had been closely associated with the fair housing legislation. President Johnson viewed the Act as a fitting memorial to the man's life work, and wished to have the Act passed prior to Dr. King's funeral in Atlanta.

Another significant issue during this time period was the growing casualty list from Vietnam. The deaths in Vietnam fell heaviest upon young, poor African-American and Hispanic infantrymen. However, on the home front, these men's families could not purchase or rent homes in certain residential developments on account of their race or national origin. Specialized organizations like the NAACP, the GI Forum and the National Committee Against Discrimination In Housing lobbied hard for the Senate to pass the Fair Housing Act and remedy this inequity. Senators Edward Brooke and Edward Kennedy of Massachusetts argued deeply for the passage of this legislation. In particular, Sena-

American ever to be elected to the Senate by popular vote, spoke personally of his return from World War II and inability to provide a home of his choice for his new family because of his race.

With the cities rioting after Dr. King's assassination, and destruction mounting in every part of the United States, the words of President Johnson and Congressional leaders rang the Bell of Reason for the House of Representatives, who subsequently passed the Fair Housing Act. Without debate, the Senate followed the House in its passage of the Act, which President Johnson then signed into law.

The power to appoint the first officials administering the Act fell upon President Johnson's successor, Richard Nixon. President Nixon tapped then Governor of Michigan, George Romney, for the post of Secretary of Housing and Urban Development. While serving as Governor, Secretary Romney had successfully campaigned for ratification of a state constitutional provision that prohibited discrimination in housing. President Nixon also appointed Samuel Simmons as the first Assistant Secretary for Equal Housing Opportunity.

When April 1969 arrived, HUD could not wait to celebrate the Act's 1st Anniversary. Within that inaugural year, HUD completed the Title VIII Field Operations Handbook, and instituted a formalized complaint process. In truly festive fashion, HUD hosted a gala event in the Grand Ballroom of New York's Plaza Hotel. From across the nation, advocates and politicians shared in this marvelous evening, including one of the organizations that started it all -- the National Committee Against Discrimination In Housing.

In subsequent years, the tradition of celebrating Fair Housing Month grew larger and larger. Governors began to issue proclamations that designated April as "Fair Housing Month," and schools across the country sponsored poster and essay contests that focused upon fair housing issues. Regional winners from these contests often enjoyed trips to Washington, DC for events with HUD and their Congressional representatives.

Under former Secretaries James T. Lynn and Carla Hills, with the cooperation of the National Association of Homebuilders, National Association of Realtors, and the American Advertising Council these groups adopted fair housing as their theme and provided "free" billboard space throughout the nation. These large 20-foot by 14-foot billboards placed the fair housing message in neighborhoods, industrial centers, agrarian regions and urban cores. Every region also had its own celebrations, meetings, dinners, contests and radio-television shows that featured HUD, state and private fair housing experts and officials. These celebrations continue the spirit behind the original passage of the Act, and are remembered fondly by those who were there from the beginning.

(Source: HUD)

## Another Year of Success

Each year many participants in the WIOA Gateway In-School Program experience workforce success for the first time. Even though working through challenges of the COVID Pandemic, this year's program continued to experience success. Below are the stories of two such participants who worked hard to make their dreams come true.



Ben, a student at Millsap's Career and Technology Center, joined the workforce program fall of 2020, the beginning of his senior year of high school. He will be graduating in the spring and his goal is to enroll in college after graduation and pursue a career in marine biology. He shared that he has never held a public job and was excited to have this opportunity through the Gateway program. From spending time with him during essential job skills training, it was obvious he had the qualities of a good employee. He was always present and on time for his classes. Although at first Ben seemed to be rather shy, he eventually began to share more about himself. He seemed to genuinely enjoy the training and I feel the experience was very beneficial.

He was placed at Dirt Cheap to work his internship hours. He was very nervous his first day of work and shared that with me before going to the worksite. I reassured him that he would do great; he just needed to apply the job skills he learned in training. After checking on him that first day, his statement was, "I had a great day!" After that Ben did not look back. He was always excited about going to work and would eagerly share things he had done. I, along with my supervisor, would occasionally see him in action when we happened to be in the store on days he was working. We were able to see him unloading trucks, gathering carts from the parking lot, and helping customers find specific merchandise. No matter what job he was engaged in, he was exhibiting excellent job skills. He was friendly, helpful, and on task each time. The store manager was so pleased with his work that she asked him if he would be interested in applying for a job with them. Ben was very excited about the offer and opportunity. He immediately applied for a position with the company. When giving him his last check from his internship hours, he shared that he had been told he was hired but they were waiting on certain paperwork to be completed before he could start. After a couple of weeks, received word he was an official employee of Dirt Cheap.

When speaking to him about his work, he tells me he is very happy with his job and is thankful for the opportunity given him through the Gateway program, for without it he would not be where he is today. Never having held a public job and having a shy personality, has he credited the Gateway program with giving him the confidence he needed through job skills training and the internship hours to be successful at getting hired. He said he still plans to pursue his goal of becoming a marine biologist but is grateful to have this job to help him financially as he prepares for college. He added that it helps that he genuinely enjoys the work he is doing while planning for his future. We, the Gateway staff, are so proud of Ben and his success. We are excited that his internship placement led to a great outcome for him.

Christopher, a senior at Winston-Louisville Career and Technology Center, joined the Gateway Program in the fall semester of 2020. Chris lives with his mother and sister and enjoys sports and hanging out with his friends. After graduating in May 2021 he plans to get his CDL license and become a truck driver. Chris had never worked outside the home; and when I asked him why he wanted to be in the Gateway Program, he said that he wanted to join so that he could get a job and earn his own money. Chris was motivated and was an active participant in each of the Essential Job Skills Training classes.



Upon completion of essential job skills training he was offered an internship at Vowell's Marketplace in Louisville. Initially when asked about accepting a WIOA student worker the store manager said that he would be glad to supervise/mentor a student worker during the 80 hours of internship training, but there was no permanent position available after the internship. Chris accepted the temporary position with a person goal in mind—to get hired! Long story short, Chris worked hard to prove himself an asset to the store and his determination and excellent work ethics paid off. Upon completion of his training hours the store manager offered him a job which Chris graciously accepted. When asked about Chris recently the manager stated that he is still pleased with Chris and hopes to continue to working with him.

Could you be Golden Triangle's next success story? If you are a high school student enrolled in career center training in Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster, or Winston counties, you very well could be. To find out more about potential training times and opportunities contact Mitzi Lawrence, WIOA Programs Director, at 662-324-5007.

*Don't just dream about it; work for it!!*





## FALL PREVENTION IS CRITICAL TO THE AGING POPULATION

Looking back a year, as the world basically shut down because of the Covid-19 virus, then jumping forward a year to where we are now, there have been a significant number of deaths and injuries among participants at the Senior Center.

Looking at the bulletin board, where the obituaries are posted, it became obvious that very few, if any, actually died from Covid-19! Several died from old age (one was 104), several from cancer, but most of the deaths were the results of falls that left some with broken hips, broken arms, head injuries, etc. that were too devastating to overcome.

Those who are fortunate enough to have survived a fall, but have serious injuries as a result, now find themselves in rehab, or have had to move in with relatives in another town or state, or have round the clock care, or have moved into an Assisted Living\Rehab Facility. It is devastating in many ways; from the emotional and physical well being of the injured, life altering for them and the family, not to mention the financial burdens that go along with this.

When the opportunity arose to have a Seminar on Fall Prevention...The Senior Center could not think of a better way than to host a program to spread awareness and call attention to something that could happen to any of us at any time...in a SPLIT SECOND.

### *FALL PREVENTION SEMINAR*

The program was well thought out, well presented, informative, factual, and entertaining! Mr. Nettles is, in addition to being an RN and Director of Trauma at BMHGT, a preacher! He actually ties the scripture into his presentation. It was a wonderful program, lasting about 1.5 hours and all the attendees are still talking about it.

He discussed safety tips about: clutter in the home, obstructions on walkways and stairs, dangers of getting tangled up in wires and cords, proper lighting, firmly secured handrails where needed, walking aids, asking for help and assistance, convenient storage of frequently used objects, and safe walking surfaces, just to name a few.

He also presented health tips about: staying active, importance of eye exams, importance of foot care, information on postural hypotension, tips on getting up safely from a lying or sitting position to a standing position, and slowing down and being careful.



If your facility, club or organization is interested in hosting a seminar on this or any other health topic contact:

Ashleigh Rhett Guyton  
Coordinator of Community Relations  
Marketing Department  
BMHGT

662-244-1132 Office 800-544-8762 Toll Free 662-244-2906 Fax

## FY2021 CDBG Applications Due May 13-17, 2021

Local units of government should plan immediately for the upcoming FY21 Community Development Block Grant (CDBG) Application process. CDBG Public Facilities applications will be accepted by the Mississippi Development Authority from May 17-21, 2021.

The FY2021 Community Development Block Grant (CDBG) Final Statement outlining the application process for this year has been released by the Mississippi Development Authority (MDA). 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 no unresolved audit or monitoring findings. This year's allocation from the U.S. Department of Housing and Urban Development (HUD) is projected to be \$25.5 million, a slight increase over recent years.

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 the PDD.

We're on the  
Web:  
[www.gtpdd.com](http://www.gtpdd.com)

### JANUARY

Phylis Benson	27 years
Jennifer Bridges	09 years
Janice Davis	13 years
Jessie Evans	22 years
Tricia Jones	27 years
Magdalena Morris	26 years
Helen Smith	10 years

### MARCH

Shelby Beam	07 years
Christina Bland	06 years
Bobby Gann	47 years
Ethel Goss	18 years
Carla Guyton	12 years
Jennifer Odom	14 years
Barbara Ray	22 years

### FEBRUARY

Jacqueline Allen	10 years
Lisa Coleman	11 years
George Crawford	43 years
Lorene Cummins	17 years
Vivian Evans	11 years
Jenny Grantham	17 years
Sarah Harkins	10 years
Michelle Harris	18 years
Wanda Rush	09 years
Scott Stewart	13 years

#### Staff Anniversaries

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