



# Central Update

APRIL 2016  
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Central Mississippi Planning &  
Development District

## DRA Co-Chair Masingill and Governor Bryant Announce Grants in CMPDD Area

CMPDD was honored to host Delta Regional Authority (DRA) Federal Co-Chairman Chris Masingill and Governor Phil Bryant on the grounds of the Farmer’s Market of University of Mississippi Medical Center (UMMC) to announce the 2015 DRA SEDAP grant awards for Mississippi.

UMMC and Soul City Hospitality were awarded \$315,080 to complete renovations to a building on the Farmer’s Market grounds to house Up In Arms Food Hub. This regional food collection, warehouse, packaging, and distribution center will be operated by Soul City Hospitality and will help to bring fresh produce in from the fields of Mississippi and transfer it to households and tables in the state. The Food

Hub will employ five new employees when operational and will create significant economic opportunities for local small farmers, who otherwise would not be able to connect to the distribution network. CMPDD assisted UMMC and Soul City with the application and will continue to assist with the administration of the grant.

Additionally, Hinds Community College was awarded \$200,000 by DRA to prepare for the construction of a multi-building complex to serve as a workforce development and career education train center of excellence. Starting with the site development and preparation activities to be completed within 12 months, SEDAP funds will also allow for the development of a master plan for further site development and construction. The complex will realize the completion of two classroom buildings within an 18 to 24 month period

and establish a long range strategy for the completion of an 7-building campus facility within three to four years.

Prior to August 2015, the Diesel and Heavy Equipment Technology Workforce Training program was able to begin

training 12 new participants every year.

Industry partners approached Hinds Community College and began conversations about creating a steady flow of qualified, credentialed workers.

A plan has been developed to begin a new, diesel technology job training program every 8 weeks that will train 10 – 12 individuals.

By August, 2016, a steady flow of 10 – 12 credentialed workers will be qualified to

enter the diesel or heavy equipment technician program every 8 weeks. The training pipeline of technicians will be fully operational within 18 months of implementation of this new model. When that happens, 60 highly trained technicians will complete training annually.

Because of the foreseen increase in volume of training participants, a larger and more up-to-date facility is needed as current facilities are both obsolete in design and unsuitable to expand through renovation. To support the training implementation, industry partners have agreed to provide additional funds to the training program. Empire and Stribling Equipment have committed to fund 4 additional training instructors, 1 full time recruiter, 1 full time navigator, and 1 full time receptionist/assistant for the new facility. Additionally,

*(see DRA Grants on p.2)*



*DRA Federal Co-Chairman, Chris Masingill (fifth from left) and Governor Phil Bryant (second from left) announce awards of DRA SEDEP to grant recipients. Included in the picture is Jeff Good (far right), President of Soul City Hospitality and a member of the CMPDD Board of Directors.*

## **DRA Grants** *(continued from p.1)*

the industry partners have committed funding to advertising and promotional activities that will assist in recruiting participants to the workforce training program.

The Integrated Basic Education and Skills Training (I-BEST) model is a proven approach to propelling unemployed workers, dislocated workers, under-employed workers,

and underprepared adult learners to marketable credentials and good jobs. I-BEST's innovation is the integration of basic skills with knowledge of workplace requirements and technical training. The HCC MI-BEST Works program is founded on this integrated pathway model as a response to workforce and industry needs and opportunities.

### **CAP Loan Approved**

The Mississippi Development Authority has approved a CAP loan application that CMPDD prepared on behalf of the City of Mendenhall in the amount of \$80,000.00 for the purchase of one fast attack brush fire truck bed unit.

The Local Government CAP was enacted by the State Legislature and is designed for making loans to counties or municipalities to finance capital improvements in Mississippi. Counties and municipalities are encouraged to use these loans in connection with state and federal programs, and the funds for loans are derived from the issuance of state bonds. Eligible projects include the following:

- Construction or repair of water and sewer facilities
- Construction or repair of drainage systems for industrial development
- Improvements in fire protection
- Construction of new buildings for economic development
- Renovation or repair of existing buildings for economic development purposes
- Purchase of buildings for economic development purposes
- Construction of any county or municipally-owned health care facilities, excluding any county health departments

- Construction, purchase, renovation or repair of any building to be utilized as an auditorium or convention center
- Construction of multipurpose facilities for tourism development
- Construction or repair of access roads for industrial development
- Construction or repair of railroad spurs for industrial development
- Construction, repair and renovation of parks, swimming pools and recreational and athletic facilities
- Remediation of brownfield agreement sites in accordance with Sections 49-35-1 through 47-35-25.

The cumulative maximum loan amount for any eligible local unit of government during a calendar year is \$1,000,000 for tax-exempt and taxable loans. The minimum loan amount allowed per project is \$30,000. The maximum CAP loan indebtedness allowed per applicant is \$2,500,000 outstanding principal balance. For more information or to apply for a CAP loan, please contact Mitzi Stubbs at 601-981-1511.

## **MI-BEST Community College Programs**

A number of community colleges in Mississippi have implemented MI-BEST programs, which are accelerated approaches to the instruction of skills training and workplace preparation. This program structure follows that of I-BEST, a model of education which challenges the conventional notion that basic skills instruction must be completed by students prior to starting college-level courses. Southcentral Mississippi Works Workforce Development Area, administered by CMPDD, is working closely with Hinds Community College (HCC) under the Workforce Innovation and Opportunity Act (WIOA) to fund the tuition of some MI-BEST participants and to enhance the success of WIOA MI-BEST students enrolled at HCC.

MI-BEST's goal is to speed up the rate at which Adult Basic Education students advance to college-level occupational programs; complete credentials of

value in the labor market; and move into high-demand jobs offering good wages and opportunities for career advancement. HCC assists students in identifying educational pathways that link to career pathways. MI-BEST provides traditionally underserved and academically challenged populations with integrated basic and occupational skills to succeed in the workforce. MI-BEST participants are individuals who do not currently possess a high-school diploma or GED.

The MI-BEST program structure consists of multiple levels of education along a career pathway that allows students the opportunity to progress along their pathway into more college coursework, further certificates and/or degrees and employment. HCC assesses individuals for basic skills proficiency or deficiency prior to enrollment. All individuals enrolled into WIOA funded MI-BEST courses obtain a GED or

other acceptable credential prior to exit from the program. In addition, the WorkKeys test is administered to all individuals enrolled into WIOA funded MI-BEST courses and students taking the test must obtain a Career Readiness Certificate (CRC) at no less than the Bronze level prior to exit from the program.

HCC also works with area employers to provide them with skilled workers (MI-BEST participants and/or graduates) to fill high-demand jobs.

New MI-BEST classes at HCC begin once every 8 weeks and are held at various campuses of Hinds Community College in Hinds, Rankin, and Warren Counties. A Recruiting Coordinator works with three MI-BEST Navigators to recruit WIOA eligible individuals for enrollment into MI-BEST Career Pathways and to mentor them through the process.

# Planning Updates

## Town of Braxton

The District has entered into a contract with the Town of Braxton to produce a Comprehensive Plan and Zoning Ordinance. This will be the first time that a Comprehensive Plan or a Zoning Ordinance has been written for Braxton.

## City of Magee

The District has begun developing an update of the City's Comprehensive Plan and Zoning Ordinance, both of which will incorporate recommendations found in the Living Well In Simpson County Health Care Zone Master Plan. The Plan update will include revisions to all four elements including the Goals and Objectives, Land Use Plan, Transportation Plan, and Public Facilities Plan. The new Comprehensive Plan will also be integrated into an online interactive system that is linked to the web-based GIS (Geographic Information Systems) mapping application and viewer that is also being developed by the District.

An important part of the planning process is to solicit citizen input. In an effort to gain input from the public, the District developed a short online survey and asked citizens of Magee to participate. In addition to the upcoming public hearings, the information collected by the survey will help guide the development of the new Comprehensive and Zoning Ordinance.

Magee's first Comprehensive Plan and Zoning Ordinance were developed by the District and adopted in 1996. Both were updated by CMPDD in 2009.

## Rankin County

The District has begun developing an update of the Rankin County Comprehensive Plan and Zoning Ordinance. The plan update will include revisions to all four elements including the Goals and Objectives, Land Use Plan, Transportation Plan, and Public Facilities Plan. In 2002 Rankin County began the planning process by working with the District to develop the county's first Comprehensive Plan and Zoning Ordinance. The result was the 2004 adoption of a Comprehensive Plan and Zoning Ordinance that has been widely embraced by citizens, as well as those who do business in Rankin County. The existence of zoning regulations in Rankin County provides for a stable environment for those looking to build a home and raise a family and also for those considering a major commitment such as moving their business or industry into the county.

Since the adoption of the first Rankin County Comprehensive Plan and Zoning Ordinance in 2004, there has been one update of the Comprehensive Plan (2010) and several revisions to the Zoning Ordinance such as the addition of the Reservoir Community Overlay District. The Rankin County Land Use Plan and Zoning regulations were also incorporated into the Pearl River Valley Water Supply District (PRVWSD) Master Plan (2013) in an effort to better facilitate land use planning and controls on properties under both jurisdictions.

In an effort to solicit citizen input, the District developed a short online survey and asked citizens of Rankin County

to participate. The information collected by the survey will help guide the development of the new Comprehensive and Zoning Ordinance. In addition, public hearings will be held.

## Town of Utica

The Town of Utica has recently contracted with the CMPDD to develop a Comprehensive Plan. District staff met with board members, the mayor, and several members of "Friends of Utica" to discuss the general vision and direction for the Plan. District staff will continue to meet with the board, the mayor, and department heads over the next few months to develop a draft of the Plan. Public input will be sought throughout the development of the Plan, and prior to adoption of the Comprehensive Plan, a public hearing will be held.

The purpose of a Comprehensive Plan is to serve as a general and long-range policy guide to decision-making for local government, be it a municipality or county. The Plan is "comprehensive" in that it includes all of the geographical areas and service functions that sustain or support the community's physical development. The Plan is "long-range" in that it looks beyond the immediate conditions and issues to the future (20 to 25 years) needs and potential. The Plan is "general" in that recommendations, proposals, and policies are summarized rather than detailed. Many recommendations and proposals are conceptual ideas, intended to spur further discussion and thought. A "master plan" is a more detailed development plan for a specific area, based at least in part on the Comprehensive Plan.

Generally, the Comprehensive Plan defines a common vision of the community's future, using citizen concerns and input to shape the plan. Some recommendations address the community's economic development needs, as well as land use, transportation, and community facility and infrastructure needs. More specifically, according to Mississippi Code Section 17-1-1, a comprehensive plan must include a minimum of four components. These components are long-range Goals and Objectives, a Land Use Plan, a Transportation Plan, and a Community Facilities Plan.

Elected officials should recognize the importance of planning in making effective decisions concerning the community's future. A comprehensive plan is a result of extensive study into existing development patterns as well as population and the economy. A comprehensive plan should, however, be reviewed and updated periodically (every 5 to 10 years) in order for it to remain current and be effective.

## City of Vicksburg

The District is continuing to prepare the City's Zoning Ordinance. A review of the plan and adoption by the City is anticipated before this summer.

## DeSoto County

The District, in cooperation with North Delta Planning and Development District, submitted a proposal to DeSoto County to reorganize, consolidate, and update the County's Zoning Ordinance.

# Recreational Trails Program Applications Submitted

The Recreational Trails Program (RTP) is an 80/20 match program for the development of substantial trail development. The 2015/2016 program was designed to encourage the construction of new trail projects that benefit the environment and the redesign, reconstruction, non-routine maintenance, or relocation of trails that mitigate and minimize the impact to the natural environment. Project sponsors are encouraged to work in partnership with trail-user groups, volunteer groups, the business community, and local, state, and federal agencies to develop projects that benefit the various modes of trail uses in a safe and satisfying manner.

CMPDD recently assisted the Town of Edwards in completing and submitting an application for RTP funding. Edwards offers a great lifestyle with instant connections to Jackson and Vicksburg, and business opportunities offered at its place at the crossroads of Interstate 20 and Highway 22. The Town boasts a slower pace of life and offers many natural resources, such as the Big Black River and lots of bottomland acreage.

The Edwards Park Trail will serve as an important milestone in the history of the Town of Edwards. The asphalt trail addition includes removable bollards, grassing, landscape, striping and bumpers

for parking and other minor improvements will serve as the first phase of the park improvements. Future phases will include a splash pad, restroom and stage. Hinds County is a very important partner in the project as they will provide in-kind services to remove the existing asphalt and concrete paving as well as the fire station building. The completed project will provide the Town of Edwards needed civic pride and instill a new attitude within its citizens.

For more information or to apply for a RTP grant you may contact Mitzi Stubbs at 601-981-1511.

## CMPDD Presents Simpson County Economic Development Foundation with NADO Award

Mike Monk, CMPDD CEO, presents the Simpson County Economic Development Foundation with the 2015 Innovation Award from the National Association of Development Organizations, which was received for the development of the Simpson County Health Care Zone Master Plan. The Master Plan was developed by CMPDD to provide the Simpson County Economic Development Foundation and local governments with a uniform plan for the growth, through the retention and recruitment of the health care industry in Simpson County.



*Pictured from left are the following: James Smith, Brandon Hubbard, John Rankin, Mike Monk, Donnie Caughman, Gray Ouzts, and David Wade.*

## Board of Directors Appoints Aging Advisory Committee

At the September and December, 2015 meetings of the CMPDD Board of Directors, twenty-one (21) individuals were appointed to serve for two years on CMPDD's Aging Advisory Committee. They were nominated by local, city, and county officials to represent their respective counties. One of the main responsibilities of this committee will be to work with the District's Aging staff in developing ongoing and future plans for selecting and providing services to older adults in the central Mississippi area.

The members of the committee by county/area are listed as follows:

**Copiah County**  
Daisy E. Price  
Daphne Foster

**Warren County**  
Pearline Williams  
Carol Campbell

**Hinds County**  
Virginia J. Terry  
James Lott

**Yazoo County**  
Lula Starling  
Joe Smith

**Madison County**  
Dr. Yvonne Brooks  
Percy Campbell

**Rankin County**  
Cheryl Grubbs  
Kathy King

**Simpson County**  
Georgia Smith  
Donna Benson Craft

**City of Jackson**  
Dr. Vernon Archer  
Rosalind Yarber  
Homer Borden  
Dr. Justin Turner  
Nancy Sylvester  
Von Anderson  
Cynthia Davis



*Committee Officers left to right: Kathy King, Secretary; James Lott, Chairperson; Dr. Yvonne Brooks, Vice Chairperson.*

## CMPDD Board of Directors Tour Nissan Plant

The CMPDD Board of Directors held their regular scheduled, quarterly meeting in March at the Nissan North American Assembly Plant in Canton, MS. Since it opened its doors in 2003, the Nissan Plant has become a force for economic development, creating thousands of well-paying jobs and inspiring other auto companies and suppliers to set up operations in the state.

Nissan offered a meeting room for their use and the Board conducted their official business prior to taking an hour tour of the assembly facility. In addition to seeing how Nissan products are constructed, they also gained valuable insight into the employee benefits offered by this international company to its 6,000 Mississippi employees. The plant in Canton offers employees medical, banking, daycare, and postal services, as well as a cafeteria offering everything from breakfast sandwiches to full evening meals. Nissan is also reaching out to Mississippi schools to ensure that classes are offered that would ensure that students are trained to work in the various aspects of car manufacturing, including computer programming. To-



morrow's graduates in this region, will not have to seek jobs out of state if they are qualified for the high paying jobs being offered at Nissan.

Mike Monk, CMPDD's Chief Executive Officer, planned the informational meeting in an effort to broaden the Board's understanding of the tremendous impact that an economic driver such as Nissan, has on our regional economy, as well as our State and our children's future.

## Hazard Mitigation Planning Update

Over the last few months, CMPDD has prepared Hazard Mitigation Plans for the municipalities of Brandon, Florence, Pelahatchie, and Ridgeland. Mitigation planning is intended to assist communities in determining their risks to natural disasters and developing an action plan to address the known risks by lessening the impact of natural disasters when they do to place. Like any other part of the country, communities in Central Mississippi are vulnerable to many different types of natural hazards. Each hazard can have uniquely different human, economic, and environmental consequences.

The Disaster Mitigation Act of 2000 requires local communities to maintain an approved Hazard Mitigation Plan in order to maintain grant eligibility for certain pre- and post-disaster grant programs. Furthermore, plan are required to be reviewed and updated every five-years to account for any changes that might have occurred that could increase or decrease a communities risk to a particular hazard.

In the coming months, draft Hazard Mitigation Plans will be produced for municipalities of Clinton, Flora, Hazlehurst, Jackson, Richland, Satartia, Vicksburg, and Yazoo City, and the Counties of Madison, Rankin, and Yazoo. Once complete, each plan will be submitted to the Mississippi Emergency Management Agency (MEMA) and the Federal Emergency Management Agency (FEMA) for review and approval prior to local adoption procedures. The comprehensive planning process utilized in this project involves six (6) basic steps:

- 1. Organizing the Planning Process/Building the Planning Team**
  - Engaging local leadership
  - Establishing a Mitigation Council
  - Developing and implementing an outreach strategy
  - Developing a project timeline

- 2. Conducting a Community Assessment**
  - Reviewing existing plans and policies
  - Developing community profiles
  - Identifying critical facilities
  - Identifying local capabilities
  - Identifying participation in the National Flood Insurance Program
- 3. Conducting a Risk/Vulnerability Assessment**
  - Identifying hazards
  - Developing hazard profiles
  - Identifying community assets
  - Analyzing risks to determine individual vulnerabilities
  - Summarizing overall vulnerabilities
- 4. Developing Goals and Objectives**
  - Developing long-term outcomes through goal statements
  - Developing specific objectives for each long-term goal
- 5. Developing a Mitigation Strategy**
  - Documenting progress implementing previous actions
  - Identifying an action plan specific to each community for the next 5-years
- 6. Plan Review, Approval, and Adoption**
  - Draft plan review
  - Plan amendments if needed
  - Plan adoption

For more information concerning the mitigation planning process underway in Central Mississippi or to find out how you can be involved in the process contact Lesley Callender at 601-981-1511 or visit the District's mitigation website page <http://www.cmpdd.org/mitigation-planning/>.



# 2016 Annual MAPDD Conference

## Registration Form

May 3-6, 2016

Name \_\_\_\_\_  
(Mr. Mrs. Ms. Dr.) Last Name First Name MI

Badge Name \_\_\_\_\_

Title \_\_\_\_\_

Organization \_\_\_\_\_

Street or Box Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail \_\_\_\_\_

Please check appropriate fee option(s):

- Registration (Before 4/15/16)  \$275  
Late Registration (After 4/15/16)  \$325  
Spouse Registration\*  \$100

\*Registered Spouse's Name \_\_\_\_\_

Continuing Education Credits will be offered to Social Workers.

Please check box to sign up for CE hours.

MML will offer Certified Municipal Official Credits.

Please check box if you plan to participate.



The MAPDD/Valley Golf Tournament, held on May 3, 2016 is a special event offered to all conference registrants compliments of Valley Services. You must register before April 15, 2016. Please check the box to sign up.

Golf Tournament (Average Score \_\_\_\_\_)

The B.Y.O. Brush Studio will be offering painting parties for conference participants on May 3, 2016. For anyone ready to get creative, come join us! No artistic ability or experience required! All you need is an open mind. The Brush Studio will walk you through the steps to creating your very own masterpiece. Please check the box for the time you wish to participate:  11:00 a.m.  1:00 p.m.  3:00 p.m.



To register, fax this completed Registration Form to MAPDD at 601-981-1515

or mail it to MAPDD, P.O. Box 4935, Jackson, MS, 39296.

Full Conference Registration Fee includes registration and admission to all Conference Activities.

# CMDC BULLETIN

Ms. Wanda Cowart, President of the Central Mississippi Development Company, Inc. (CMDC), announced the approval of two (2) new loans during the second quarter of Fiscal Year 2016. The first loan was for Agricola Hardware & Building Supply Co. for \$640,000 of a \$1,600,000 project under the United States Small Business Administration's (SBA's) 504 Loan Program. The proceeds of this loan will partially finance the construction of a new hardware and building supply store in Agricola, Mississippi and will create approximately four (4) new jobs in the private sector.

The second loan was for Darwin Entities, Inc. for \$50,850 of a \$279,960 project under the Mississippi Minority Business Loan Program (MBELP). The proceeds of this loan will partially finance the renovation of a building for a new sports pub in Flowood, Mississippi, which will create approximately five (5) new jobs in the private sector.

CMDC is a commercial lender certified by the U. S. Small Business Administration and works with local banks and other financial institutions in providing debt capital for small businesses. CMDC provides fixed rate, low interest, long term financing for small businesses that saves them thousands of dollars in debt service on fixed assets. This type financing removes the problem of variable rate financing on long term assets. Many economic forecasters are certain that interest rates will rise. These predictable interest rate increases will not negatively impact the cash flow of those businesses that have fixed rate, low interest loans through the U. S. Small Business Administration's 504 Loan Program.

Ms. Wanda Cowart announced that the current interest rates on business loans from the CMDC remain very low. The interest rates are as follow:

<u>TERM (YEARS)</u>	<u>INTEREST RATE</u>
10 (March 2016)	4.31%
20 (March 2016)	4.54%

CMDC also serves as the Loan Review Board for the Central Mississippi Planning and Development District's (CMPDD's) managed Minority Business Enterprise Loan Program (MBELP). The interest rate on loans made to minority business owners through this program is 3.00% per annum for a term up to 15 years depending on the use of the loan proceeds.

CMDC specializes in structuring loans for minority owned businesses (MBE/WBE) and other small businesses. Other commercial loan programs operated by the District include the Economic Development Administration's Revolving Loan Program (RLF) and the Rural Development Administration's Rural Business Enterprise Loan Program. Small business owners, bankers, commercial loan officers, real estate developers, contractors, and others interested in locking up extremely low fixed interest rates on business loans are encouraged to call Larry Anderson or Dwayne Perkins at 601-981-1625.

## Madison County Traffic Count Data Being Collected

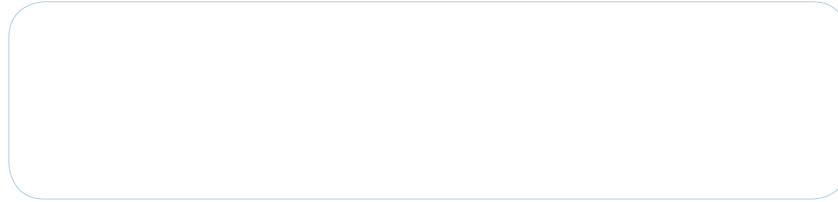
The Jackson Metropolitan Planning Organization (MPO) works cooperatively with the Mississippi Department of Transportation (MDOT) to collect traffic count data for all state and non-state maintained roadways that are part of the functional class system in the Jackson Urbanized Area (JUA). The collected traffic count data is used by the MPO in the development of a number of transportation planning activities including the Long Range Transportation Plan (LRTP), Congestion Management Process (CMP) and Pavement Management System.

Traffic count data for the JUA is

collected on a three (3) year cyclical basis in Hinds, Madison, and Rankin Counties. Every third year the data collection process occurs in one of the aforementioned counties. Due to each county only being counted every third year, estimates are developed for the interim years in which traffic count data is not collected for a particular traffic segment in the corresponding county. In 2016, the MPO has been collecting traffic count data for Madison County.

Once all data has been collected for Madison County, it will be sent to MDOT where traffic adjustment factors will be applied to the raw data to develop an Annual Average Daily

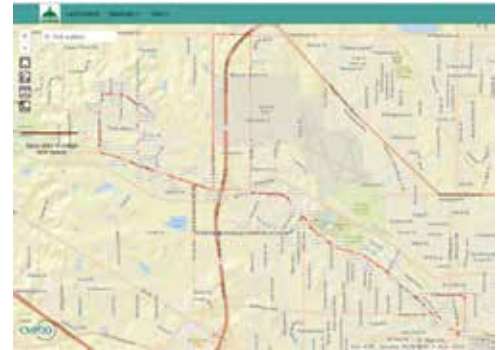
Traffic (AADT) count. The traffic adjustment factors used by MDOT take into consideration high and low seasonal and daily traffic patterns to arrive at a more representative "annual" traffic count for the selected roadway segment. Once MDOT has completed its analysis and provided the updated AADT data to the MPO, the information will be made available through the MPO's traffic count viewer at <http://gis.cmpdd.org/TC2015/>. For additional information concerning traffic count data or to request a traffic count study be conducted, please contact Scott Burge at 601-981-1511 or by email at [sburge@cmpdd.org](mailto:sburge@cmpdd.org).



**If the name and address of the recipient needs to be updated, please contact our office at 601-981-1511.**

## District Adds Transit Viewer to Website

The District recently launched its latest transportation viewer, the transit viewer. The transit viewer was designed to assist users of the JATRAM transit system with their daily commutes by providing them with a web-based system, that is smart-phone compatible, to easily locate each transit route and stop location on the JATRAM transit network. District staff worked with the City of Jackson to identify each transit route on the JATRAM transit network and each stop along each route. The interactive viewer makes it possible for any user to turn on or off each or all routes or stop locations on the JATRAM transit network. Each stop location on the viewer is identified by a small stop sign. By clicking on an individual stop sign the user can see the scheduled time for each stop that takes place at that respective stop location and can also pull up a printable version of the entire route schedule, with all stop locations, for each respective route.



The transit viewer can be accessed through the District's website at <http://gis.cmpdd.org/transportation/jatram/#>. If you have any questions concerning the transit viewer please contact Scott Burge at 601-981-1511 or by email at [sburge@cmpdd.org](mailto:sburge@cmpdd.org).

## Fear of Falling: Matter of Balance Program

CMPDD's Certified Coaches, Makleisha Hite and Hattie Boone, recently began instruction of the "Fear of Falling: Matter of Balance Program" at the Tougaloo Community Center. A Matter of Balance is a fall prevention course developed at Boston University in 1995. This program was later recognized in 2006 by the American Society on Aging for their Innovation and Quality in Healthcare and Aging. This course is designed to teach practical strategies to manage the risks of falling in the home while teaching proper exercise techniques to increase strength, flexibility and balance.

On February 23, 2016, ten (10) participants at the Tougaloo Community Center were selected for the eight (8) week course which meets every Tuesday at 10:00 a.m. During this time participants are engaged in dialogue and activities to promote personal confidence in their daily lives. Additional courses will be conducted throughout the year in and around the Jackson area and are open to any person concerned about falls or who have restricted activities due to fall concerns. For more information or to schedule a training class, please contact the District at 601-981-1516.

### CMPDD BOARD OF DIRECTORS

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