

A Message from the Executive Director

April came in bringing spring and relief from our unusually long harsh winter. Sadly it went out with a blast of tragedy that will be forever etched in our minds along with May and August of 2012 and August 2005. As I write to you this month many of you are trying to rest up after an extended assignment manning emergency shelters while also preparing to operate a DSNAP Program in 12 counties across the state.

I know that all of you are aware of the stories of both tragedy and bravery. The young collegiate swimmer from Tupelo, the young veterans who gave up their lives shielding their loved ones from the wrath of the storm. And how can we ever forget "Miss Ruth" from Louisville? She was a day care center operator who had been serving children through our certificate program for years. She courageously gave up her life to save a four-year-old girl who attended her center.

While these stories are heartbreaking, they clearly demonstrate the spirit and determination of the people of Mississippi! We continue to pick ourselves up time after time, tragedy after tragedy. Times like these bring out the best of us. We, here at MDHS, do our best work in these times of peril. We are also some of the most generous when it comes to opening our own hearts and wallets to the victims. Please support the Red Cross as they lead our effort to provide front line services to the victims of the storms.

We are still awaiting final policy from the State Personnel Board outlining how the limited pay raises

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Spring Storm Kills 14 and Causes Major Destruction



Photo from Winston County by Paul Nelson.

Many of us remember exactly where we were when Hurricane Katrina hit the Mississippi Gulf Coast. It is a time that stood still for the whole nation and goes down as the worst natural disaster to strike our soil.

But in April, a series of tornadoes and severe weather dealt another major blow to Mississippi. Killing 14 Mississippians, including Ruth Bennett, a day care owner in Louisville who lost her life trying to protect a child, the storm injured hundreds and caused damage to more than 2,200 homes, businesses and infrastructure. Seven counties across the state were immediately declared federal disaster areas with another five later added.

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Distributed by the
Mississippi Department of
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that were appropriated will be implemented. Once this information is received, I will prepare a video address to all employees outlining this policy and how salaries for promotions and other personnel policies will be implemented for State Fiscal Year 2015. I will also discuss other issues that the agency is facing going forward into the new year, as well as outline the renovation project that will be implemented here at the state office in the very near future.

As you have noticed we are including tips in the BEACON each month from Active Health Management to encourage each of you to be concerned with your personal health. Tips are provided to assist you in your endeavor to develop a healthier lifestyle. You are the agency's greatest asset. No organization can succeed without good people. Governor Bryant once asked me "Rickey, How do you do it?" I told him that I don't deserve credit for anything other than assembling a great team. We have missionaries in the field and their skill, care and compassion is what makes this agency successful in its mission! I have said it many times before, "If this work is not a calling for you then you are in the wrong place."

I have thoroughly enjoyed the County Corner page in the BEACON each month outlining the history and some neat facts about each county. Soon we will have featured all 82 counties so from that point forward we will begin to feature people. It will nice for you to put faces with names and see who is actually behind the initials on all of those memos, emails and policy bulletins that you receive. MDHS has always had a family atmosphere that we may have gotten away from over time. I think that it will be good for all of us to get reacquainted. Mark Smith and I, as well as your Deputy Administrators, plan to spend much more time visiting offices this summer. This is how we say and touch and remain motivated—by witnessing up close the great things that you do for our citizens each and every day!

Richard A. Berry
Executive Director



MDHS Shannon Lott, American Red Cross Mike Jordan and MDHS Paul Nelson onsite in Louisville to help coordinate disaster relief.

The Mississippi Department of Human Services staff are no stranger to being on the front lines and behind the scenes during disasters. Many employees across the state worked in shelters, processed Replacement and prepared to rollout the Disaster Supplemental Nutrition Assistance Program benefits for those affected by the storm. Shannon Lott said, "Without a doubt, the joy of being able to give back and assist our citizens in times of need is our greatest calling."

Others worked to ensure the elderly and vulnerable adult population, and children in state custody were safe following the storm.

The storm had its beginnings in the Midwest, and before hitting Mississippi, it destroyed parts of Arkansas, killing at least 15 people, and after it sucker-punched Mississippi, continued on its path across the southeast and up the eastern coast.

As the rebuilding continues, our thoughts and prayers go out to the families across the U.S. affected by this massive storm.

Those impacted by the storm can register online for FEMA disaster assistance at DisasterAssistance.gov or call 800-621-3362.

THE BEACON

For information or to submit articles for the Beacon:

Email: mdhs.communications@mdhs.ms.gov

Mail: MDHS, Office of Communications

PO Box 352, Jackson, MS 39205-0352



Working for us Behind the Scenes at MDHS

In April, CIO Mark Allen presented Hosea James, lead project manager for the Switch Project, a certificate of appreciation for the management and implementation of the statewide switch deployment. Approximately 182 switches in 120 locations were installed by he and his team over a five week period rather than the five months originally planned for the project. Switches are the "box" that all the network cables plug into. The upgraded hardware has stacking capability to allow simplified management, redundancy, and provides high bandwidth throughout the office, as well as, advanced monitoring and Voice over IP (VoIP) capabilities. Congratulations to Hosea and his the team for their hard work and dedication in accomplishing this task to make our systems run faster and more reliably.



Jones County Mayors Recognize Child Abuse Prevention Month



Ellisville Mayor Tim Waldrup, front and Laurel Mayor Johnny Magee signed proclamations to raise awareness about child abuse prevention.

Region 7 East Fills Needs at Our Daily Bread



MDHS staff are always reaching out to their local communities and doing whatever they can to help. Recently during a regional staff meeting in Jackson County, staff donated items for **Our Daily Bread** in Pascagoula. Staff did a food drive and delivered canned and other needed items to the facility. Great job Region 7-E!



Jones County DFCS celebrated Child Abuse Prevention Month with a balloon release. From left, front row: Resource Specialist Georgia McCullum; Eligibility Specialist Adrienne King; SW Diane Landon; SW Latosha Atkins; Ellisville Mayor Waldrup; Laurel Mayor Johnny Magee; Jones County Sheriff Alex Hodge; LSW Lori Bielefeld; Bookkeeper Gill Jones; Jones County Sheriff Department, Public Relations Wanda Benson; Ellisville Fire Chief Ronnie McGillberry; Ellisville Chief of Police Bruce Russell; Ellisville Investigator Christy Carona; SW Ella Jordan; Laurel Police Department, Assistant Police Chief Billy Chandler.

Anderson Highlighted for Achievements



Someone passed along a copy of the Provine student paper that featured the son of our own Ronza Anderson, Division of Community Services. Ronza Jr. was featured as an "Amazing Teen 2014." The paper noted Ronza served as a legislative page, plays football, is student body president at Provine High School, and is active in Mu Alpha Beta, National Beta Club and the Mayor's Youth Council. Congratulations on this honor. I know your family is very proud of all you have accomplished.

Opportunities for Fitness and Fun

- Shape up at the Capitol, May 13.
- The Mississippi Department of Mental Health is sponsoring the 3rd Annual Wellness Run, Walk or Roll event to be held Thursday, May 15 at 4 p.m. at the Mississippi State Capitol. Preregistration deadline is May 5. For more information, email Thad Williams at: thad.williams@dmh.state.ms.us or call 601-209-7122.
- Governor Phil Bryant is sponsoring the 3rd Annual 5k Run For Health June 21 beginning at 8 a.m. For more information, go to: [Governor's 5k](#).

Duke of Edinburgh Award Presented to Former OYDC Students

Two former Oakley Youth Development Center students were presented the prestigious Duke of Edinburgh Award by DofE President Emeritus Sam Haskell, Governor Phil Bryant and Mississippi Department of Human Services Executive Director Richard Berry. An additional five young men earned the award but were unable to attend the ceremony.

To earn a DofE Award, participants choose specific activities such as: Community Service, Special Skills, Physical Recreation and Adventurous Journey, and with the help of an activity coach, dedicate themselves to achieving program success. The Bronze, Silver, and Gold Awards each require a successive degree of effort and determination over varying time periods.

In December 2012, Mississippi became the first state in the country to offer the program to young offenders and honored its first OYDC student with a DofE Award in October 2013.

"The DofE Award allows young people from all backgrounds to be connected in a way that no other international youth program can offer," said Sam Haskell, Board President Emeritus of the USA Award. "Our program at Oakley is making a difference and we are very thankful to Governor Bryant and Mr. Berry for their support."

"This is a proud day for our state," Governor Phil Bryant said. "Our goal is to build on Oakley's success with the Duke of Edinburgh Award program through expanding outreach to more at-risk youth, and to share these best practices with other states across the country."

The mission of DofE is "to encourage all youth ages 14-24 to be the change they want to see in the world by inspiring them to grow and achieve." Program success is seen through:

- Increasing motivation which improves school attendance.
- Developing life skills and honoring personal achievement in non-academic settings.
- Building credible resumes in hopes of school acceptance and gaining employment.
- Encouraging young people to make positive life choices by reducing their vulnerability to drugs, crime, anti-social behavior, HIV/AIDS, and obesity.
- Instilling confidence and self-worth within every participant through fostering positive self-esteem in a fun, non-threatening atmosphere.
- Introducing youth to the world around them by making participants aware of their individual contributions and by showing how their efforts benefit others.

The DofE Award is one of the British Royal Family's principal charities for youth and is available to youth ages 14 to 25. More than 8 million youth from more than 140 countries have earned their own Bronze, Silver and Gold Awards.

For more information, go to: www.dofeusa.org.

Easter Egg Hunt at the State Capitol



Wilson Berry, grandson of MDHS Executive Director Rickey Berry, enjoyed an Easter Egg Hunt on the grounds of the State Capitol. The event is hosted annually by Lt. Governor Tate Reeves and Speaker of the House Philip Gunn.

MDHS Investigators SNAP Welfare Fraud

Mississippians support helping struggling families put food on the table, but they also want to know their taxpayer dollars are spent wisely. The Mississippi Department of Human Services, Fraud Unit investigates those enrolled in Supplemental Nutrition Assistance Program (SNAP) to ensure the integrity of the nation's first line of defense against hunger.

State investigators from the Fraud Unit, and local law enforcement from both Wayne and Jones counties, served warrants on four individuals accused of SNAP fraud. Two individuals were served in Wayne County, while the others were served warrants in Jones County.

SNAP and TANF fraud are usually the result of a client withholding income or household information that could deem them ineligible to receive benefits. Disqualification periods for SNAP fraud can range from 12 months for the first violation to permanent disqualification. Ineligibility is determined by state and federal mandates and can be ordered by the courts as part of sentencing.

MDHS Director of Fraud Investigations Kenneth Palmer said, "SNAP is designed to help low-income people make food purchases for their families. SNAP fraud, however, hurts everyone. Local stores where purchases would have been made suffer a loss of revenue and, of course, the family suffers because they are disqualified from a program which would have allowed for appropriate food purchases."

Small "mom and pop" grocers are usually the type of stores targeted by those trying to defraud a system in place to help those who are at risk of food insecurity, such as the elderly and children. Local residents can help spot fraud in their grocery stores.

If you suspect a store owner, clerk or client is misusing SNAP benefits, call the Fraud hotline at 1-800-299-6905. SNAP fraud is a crime.

Coahoma County Hosts Case Manager Training



In Coahoma County, training was held for case managers. Training is an integral part of Field Operations in both economic assistance and child support programs. The training in Coahoma was one of four simultaneous training sessions held the week of April 4. Training was additionally held in Lincoln, Lee, Hinds and Harrison counties with approximately 90 case managers and case manager supervisors trained. The metro area staff received training as part of the "Train the Trainer" week. Our case managers and other field staff proudly represent the "Face of MDHS" to communities across the state. We applaud your efforts to keep ahead of the curve on the many guidelines, regulations and rules for the federal programs administered by the agency.

Team Player of the Year Named for Hinds County DFCS

Leatrice Bibbs was named Team Player of the Year for Hinds County Family and Children's Services, Unit VI. Leatrice has been with the agency for more than three years and specializes in conducting and completing special investigations for Hinds County. She is a strong, dependable employee who goes above and beyond the call of duty, and is truly a team player who doesn't mind helping anyone in need. Congratulations, Leatrice, for this recognition.



Practice Model Worker for the Month



From left, Stacey Robb, Region 2-W PM Coach Regina Hardiman and Angelia Shoemaker.

Region 2 East has dedicated staff who have worked with a Practice Model frame of mind long before the "Six Components of the Practice Model" made its way to the Mississippi Delta.

Effective social work at the DFCS Tallahatchie County office has continuously been an example for other areas of the state to follow. Tallahatchie County consists of two dedicated social workers who have diligently counseled families over the years to help them repair broken relationships and gain self-sufficiency.

Stacey Robb (at left) has worked with the agency for more than 17 years. She works to quickly and efficiently link her families with appropriate services so the agency can relinquish familial involvement. Stacey said, "If you don't immediately start moving forward and identify appropriate services for families, they can become disconnected and displaced." She has demonstrated through the Practice Model that involving all family members in case planning decisions helps to effectively solve issues as they arise.

Angelia Shoemaker (at right) has worked with the agency for more than 15 years. She is an advocate and supporter of youth in care, and works to preserve and maintain their connections with their families. Angelia has recently worked with a young person that was to be reunified with her family. Angelia, along with Youth Court, were able to assess the family on an ongoing basis to determine when the family and youth were appropriately ready for reunification.

Angelia said, "Although the plan to reunify may not have worked at the beginning in this case, it was important to maintain those relationships throughout the process. Had we not done so, the outcome for this family could have been much different."

Stacey and Angelia both noted that the Practice Model approach provides effective tools to preserve families who come into MDHS custody.

County Corner - Stone and Sunflower Counties

This month we take a look at Stone and Sunflower counties.

Stone County

Stone County was formed from the northern portion of Harrison County June 5, 1916. The county was named for **John M. Stone**, who served as Governor of Mississippi from 1876 to 1882 and again from 1890 to 1896. As of the 2010 census, the population was 17,786.

In 1918, the Stone County Courthouse was completed at a cost of \$29,515.18, and after several renovations, is still in use.

Wiggins, the county seat for Stone County, had a population of 4,390 at the 2010 census.

In the early 1900s, Wiggins prospered along with the booming timber industry. Wiggins was once headquarters of the **Finkbine Lumber Company**. Wiggins was incorporated in March 1904 as part of Harrison County.

Also known for its pickle production, Wiggins boasted of being home to the world's largest pickle processing facility, Rainbow Foods, Inc. However, the 1980s were hard on manufacturing and the pickle processing facility eventually closed.

In the 1980s, city and county business leaders saw a need to develop a sense of community and tourism. An annual **Pine Hill Day** was begun, which later became the Pine Hill Festival. This fun event is held in the early spring and takes place at the foot of historic Pine Hill in Wiggins' Blaylock Park.

During Pine Hill Day, area residents offer items for sale such as arts and crafts, a farmers markets and local cuisine. The event also includes live music, entertainment, competitive foot races, antique car displays, commercial food vendors and games. In 2014, an estimated 15,000 people attended the two-day festival.

Today, Wiggins is one of the fastest growing communities in Mississippi. Residents enjoy a high quality of life and are less than an hour from Hattiesburg and the Mississippi Gulf Coast.

Notable residents

Chris Boykin, CEO of Big Black, Inc.

Anthony Herrera, actor, soap opera star.

Fred Lewis, former **Cincinnati Reds** outfielder.

Stevon Moore, retired NFL Cleveland Browns and Baltimore Ravens.

Taylor Spreitler, actress.

Emilie Blackmore Stapp, author and philanthropist.

Dirk Dedeaux, former member of the Mississippi Legislature.

Sunflower County

Nestled between the mighty **Mississippi River** and the hills of ancient Indian civilizations is the "great fertile crescent" known as the **Mississippi Delta**. Centered in the lush green plains of cotton, soybeans, corn, rice and catfish ponds is the county known as "The Best of the Delta," **Sunflower County**.

Sunflower County is the longest county in Mississippi at approximately 56 miles in length. In 1850 the population of Sunflower County was 1,102, which grew to a peak of 66,364 in 1930. As of 2010 the population had declined to 29,450.

Its largest city and county seat is **Indianola**. The population was 12,450 at the 2010 census.

The first center of government for Sunflower County was the town of Clayton. The county seat was later moved to the town of McNutt (located in present-day Leflore County). Then, March 15, 1871, a large area of Sunflower County was annexed to form Leflore County. Since McNutt was located in the new county, Sunflower County moved their county seat to the town of Johnsonville. In 1882, the very mobile county seat for Sunflower County, was once again moved to the town of Eureka, which later changed its name to Indianola. Apparently the center of government for Sunflower County became comfortable in Indianola since it has remained there to this day.

In the early and mid-20th century a number of Blues musicians originated from the area, including **B.B. King**, who worked in the local cotton industry in Indianola in the 1940s before pursuing a professional musical career.

The **Indianola Historic District** was added to the National Register of Historic Places in 2009. Also on the National Register for Sunflower County are **Dockery Farms**, **Heathman Plantation Commissary**, the **Ruleville Depot** and **Woodburn Bridge**.

Notable people

Phil Bryant, 64th Governor of Mississippi.

Mary Alice, actress.

Coolidge Ball, first African-American athlete at Ole Miss.

Craig Claiborne, New York Times culinary writer.

William Harold Cox, U.S. district court judge.

Bill L. Harbert, businessman.

Howard McCalebb, sculptor.

Brew Moore, jazz musician.

Micheal Spurlock, Detroit Lions wide receiver.

A. Maceo Walker, pioneering African-American businessman.

Steve Yarbrough, writer.

Harold Dorman, rock and roll singer and songwriter.

Archie Manning, former NFL quarterback.

Billy Stacy, football player.

Johnny Russell, country musician.

Lester Brinkley, American football player.

Jimmy Rogers, Blues singer and musician.

Horace Stansel, civil engineer.

Next month we look at Tallahatchie and Tate counties. Until then, take some time and enjoy a day trip through scenic, historic Mississippi.

T.E.A.C.H. is Here to Help with Early Childhood Education Scholarships



Mississippi is now part of national initiative and recently participated in pinning a quilt square on the national quilt for T.E.A.C.H. Photo with Joyce Greer, T.E.A.C.H. Early Childhood® MISSISSIPPI program coordinator.

Are you looking for scholarship assistance so you can go to college and earn credits toward a degree in early childhood education?

"Teacher Education And Compensation Helps" (T.E.A.C.H.) Early Childhood® MISSISSIPPI is an educational scholarship opportunity for early childhood providers in licensed centers and family or group child care homes.

T.E.A.C.H. Early Childhood® MISSISSIPPI is built on four components:

- **Scholarship:** Partial support for tuition, books, travel and paid release time.
- **Education:** Requirement to complete a specified number of credit hours per contract.
- **Compensation:** Required bonus or raise upon completion of required credit hours.
- **Commitment:** Requirement to remain in sponsoring early care and education setting for a minimum of one year after completion of the contract year. A bonus or raise will be given during the commitment year.

T.E.A.C.H. Early Childhood® is available in 23 states across the country, including Mississippi and the District of Columbia. Click here for additional information on **T.E.A.C.H. Early Childhood®**.

May is Older Americans Month



We all owe a great deal to the generations before us for their values and contributions of. Many of us were fortunate enough to grow up knowing our grandparents or even great-grandparents. Next month we celebrate our older residents in Mississippi. For information about this observance, go to: **Older Americans Month 2014.**

Barnes-Dillon Chosen as 2014 Light of Hope Case Worker of the Year

Congratulations to Latasha Barnes-Dillon on being honored as CASA's Hancock County Case Worker of the Year for her diligent efforts for children on the coast. The presentation was made at the "The Light of Hope Event," April 15 on the steps of City Hall in Bay St. Louis.

From the CASA website, "Court Appointed Special Advocates for Children (CASA) volunteers are appointed by local judges to watch over and advocate for abused and neglected children, to make sure they don't get lost in the overburdened legal and social service system or languish in inappropriate group or foster homes. Volunteers stay with each case until it is closed and the child is placed in a safe permanent home."

"Each year, nationwide, more than 600,000 children experience foster care. In 1977, a Seattle juvenile court judge concerned about making drastic decisions with insufficient information conceived the idea of citizen volunteers speaking up for the best interests of abused and neglected children in the courtroom. From that first program has grown a network of more than 933 CASA and guardian ad litem programs that are recruiting, training and supporting volunteers in 49 states and the District of Columbia."

"The primary source of national CASA's funding is the federal government, through the Office of Juvenile Justice and Delinquency Prevention (OJJDP). Additional support comes from Jewelers for Children, individuals and other private donations."

MDHS staff work with local judges and CASA volunteers to ensure children are safely and quickly placed. For more information on how you can volunteer with CASA, go to: **CASAforchildren.org.**

5 Star Status Achieved for Two Mississippi Preschools

Recently, it was announced that two centers in McComb, Kennedy Elementary Family Nurturing Center and Kennedy Early Childhood Center achieved **Star Step 5 of the Mississippi Child Care Quality Step System!** Ms. Travonda Morris and Ms. Melanie Montalvo are to be commended as this great achievement will enable their centers to receive a 25 percent ongoing quality bonus beginning May 2, 2014. Congratulations!



Retirements



Debra Hemby (left), retired with 30 years of service along with Dalannis Bishop (right) who retired with 24 years of service. The entire Lowndes County family celebrated their retirements and combined 54 years of service to the agency. Both are pictured here with Region 4 North Field Operations Director Ross Crawford.



Everleean Ellis retired April 15 from the Division of Family & Children's Services after 12 years of service. Everleean was a Homemaker in Quitman County and participated in Independent Living retreats and conferences. She was a dedicated worker, a valuable asset to the agency and will be greatly missed in Region 2 East. Above from left: Region 2-E Director Judy McClain, Everleean and Region 2-E ASWS Sandra Bennett.

Administrative Assistant Day Celebrations



Jackson County celebrated Administrative Assistant Day with fun, food and balloons.



In Grenada County, DFCS staff honored Virginia Bowden for Admin Day with a luncheon and gifts. From left: Sherrie Hallmon, Lekeshia Pearson, Bowden, Carol Johnson and Theresa. Back row from left: Mattie Smith, Alice Robinson and Latricia Suggs.



Marion County Field Operations honored Child Support and Economic Assistance clerical staff with a picnic, April 23. Staff enjoyed grilled hamburgers, hotdogs, sausage dogs, chili and potato salad. There was even a cake decorated as a picnic basket complete with icing ants! From left, Jackie Andrews, Shannon Fillingame, Greg Taylor, Marjorie Tagert, Rena Toney, Jackie Morgan and Georgia Fisher.

Choose a Healthy You for 2014

News and Tips from ActiveHealth

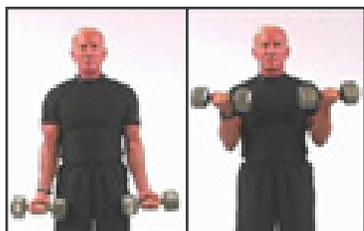


DID YOU KNOW...

Stretching is important to keeping your body fit? Take a minute at your breaks to stretch. It will improve your overall fitness and mental clarity. Go to myactivehealth.com/mississippi for more information about ways to improve your health for a healthy you in 2014.

Get Fit! Biceps Curl

This month we focus on our arms. When your upper arm wags and waves, it's time to tone up! This exercise strengthens the biceps muscle which is located in the front of the upper part of the arm.



Description: Stand with feet hip width apart, stomach tight, and knees slightly bent. The dumbbells should be at the front of your legs with your palms facing up (left).

Curl the dumbbells up toward the shoulders (right). Lower the arms back to the starting position in a controlled manner. Keep your elbows stabilized during the entire motion. Breathe out on the motion up. Breathe in on the motion down.

Perform 10-12 repetitions and rest 30 seconds. Repeat this sequence up to 2 more times.

Good for you Recipe

Baby Spinach with Golden Raisins and Pine Nuts

Ingredients:

- 4 Tbsp pine nuts
- 2 bags (10 oz each) leaf spinach, rinsed
- 2/3 c. golden seedless raisins
- 1/8 tsp ground nutmeg
- 1/8 tsp salt

Cook Time: 10 mins

Yield: 4 servings

Serving Size:
1 cup

Instructions:

In a medium nonstick pan over high heat, cook and stir the pine nuts until they begin to brown lightly and smell nutty. Do not burn. Set the pine nuts aside in another dish. Return the pan to the burner over medium-high heat. Add 1/4 cup water. As it begins to boil, add a small handful of the spinach. Cook and stir just until it begins to wilt. Then push it to the side of the pan, and add another 1/4 cup water and handful of spinach. Continue until all the spinach has been cooked, adding the raisins with the last handful of spinach. Sprinkle with nutmeg and salt. Cook and stir until all the spinach is wilted and the raisins are warm. Remove from heat. Press out any excess water. Place one cup of spinach and raisins in a serving bowl. Top with pine nuts.

Calories 76, carbs 13g, fiber 3g, total fat 3g, saturated fat 0g, cholesterol 0mg, protein 3g, sodium 130mg, potassium 510mg

- May 13: Tobacco Free
- June 10: Pumping Up Your Metabolism
- July 8: Turn the Pressure Down-Blood Pressure
- Aug. 12: Know Your Numbers
- Sept. 9: ABC's of Diabetes
- Oct. 14: Sweet Slumber
- Nov. 11: Healthy Holidays
- Dec. 9: Calm Waters-Relieve Stress

***We recommend prior consent from your physician before starting any exercise program.**

Monthly Wellness webinars are available to help you stay informed about health issues.

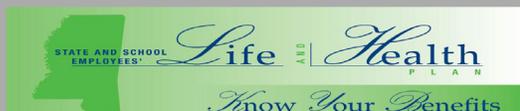
Click here to access a webinar.

Meeting Password: wellness

Call-in Information: 1-866-469-3239

Access Code: 652 167 619

Webinar times: 9:30 a.m., 1:30 p.m. and 5:30 p.m. CST



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Scan the QR code into your mobile device to get a healthy start.