

Free summer telehealth program available for public school students

Special to Pelahatchie News

This summer, Mississippi's public school students can have free video visits with a medical provider through the Mississippi School-based Telehealth program.

The program includes telehealth services for both minor medical care as well as behavioral health care. Care options cover a range of ailments for students, from sore throats and headaches to anxiety and depression.

When a student needs minor medical or non-crisis behavioral health care this summer, the parent/guardian may call 601-815-2020 to schedule a visit with a University of Mississippi Medical Center (UMMC) provider. The parent/guardian will use a computer, tablet or smartphone to let the student and provider see each other, talk and share information.

The provider will recommend treatment or make a referral during the video visit. Each video visit will require the consent of a parent or guardian and will include the parent/guardian, the student and the UMMC provider. The program is available to Mississippi public school students this summer through a grant from the Mississippi Department of Education.

Minor medical care will be available seven days a week from 6 a.m. to 6 p.m., and behavioral health will be available Monday through Friday from 8 a.m. to 6 p.m.

Medical professionals say that telehealth is a good choice for treating minor medical issues, including asthma and allergies, skin irritations, colds and flu, head lice, sore throat, pinkeye, headaches, rashes and fever.

Behavioral health care will be provided by experienced specialists in non-crisis situations for anxiety, depression, behavioral difficulties, coping skills, trouble expressing feelings and more. However, if a child is at risk of harming themselves or others, 911 or 988 for the National Suicide and Crisis Hotline should be called immediately.

Any Mississippi public school student can participate in the program this summer at no cost, and insurance is not a requirement for being seen through the program. Any costs for prescriptions and follow-up visits with primary care physicians or specialists, however, will be the responsibility of the parent or guardian.

The program is available to all children in Mississippi, but families outside the Mississippi public school system may be charged for the telehealth visit. For more information, visit www.umm.edu/Healthcare/Telehealth/Schools/Home.html.



UMMCTM Health Care

To schedule a free summer telehealth visit for a public school student, call
601-815-2020.

Minor Medical Care

6 a.m. to 6 p.m.
7 days a week

Non-Crisis Behavioral Health Care

8 a.m. to 6 p.m.
Monday – Friday

Crisis Behavioral Health Care

Call 911 or 988
24 hours a day, 7 days a week





P.O. Box 771
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Volume 12 Issue 6
Circulation - 3,600

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Pelahatchie News is published on the first
Tuesday of every month in Pelahatchie, MS.

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What vegetables to plant in Mississippi home gardens



Special to Pelahatchie News

By Doug Carter, Rankin
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What should be planted in a home garden? While Mississippi's climate is not suitable for all fruits and vegetables, one can easily grow a tremendous assortment.

Gardeners can enjoy produce from their own garden. Sometimes only minutes elapse between harvest, preparation and consumption. Even if you do not consume the food on the day of the harvest, it typically lasts longer in storage than store-bought items. Additionally, diversified gardeners have more available to them and are not limited to what is in stock at the store.

Once a person decides what to plant, they should consider how much to plant. The decision is based on the number of days required for a plant to reach maturity. It also depends on how much of each vegetable a family can eat and the amount of garden space available. Some vegetables take a lot of garden space and a long time before being harvested. Others are planted and harvested in a short time, producing abundantly with a small space.

Most melons, pumpkins, vining types



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of squash and sweet potatoes take several months to mature and take up a large amount of garden space. Most okra, tomatoes, peppers, eggplant and pole beans also grow for several months in a garden, but they typically can be harvested continuously. Sweet corn takes a considerable amount of space, but many home gardeners feel the pros outweigh the cons.

For gardeners with limited space, consider planting smaller vegetables: bush, snap and lima beans; leafy green vegetables like spinach, mustard, collards, and turnips; green onions, tomatoes, sweet peppers and eggplant. As space permits,

add broccoli, cabbage, hot peppers, okra, summer squash, southern peas and pole beans.

Vegetables grown for their fruits or seeds, such as sweet corn, tomatoes, squash, cucumbers, eggplant, peppers, beans and peas, should be planted in the sunniest spots. Vegetables grown for their leaves or roots, such as beets, cabbage, lettuce, mustard, spinach and turnips, can grow in partial shade, though they perform better in direct sunlight.

Source: "Mississippi Vegetable Gardener's Guide," Mississippi State University, Extension Service, Publication, 3616