The Hattiesburg AmeriCorps members focused on activities related to environmental health. According to the National Library of Medicine (2013), “Environmental health addresses all the physical, chemical and biological factors external to a person, and all the related factors impacting behaviors.” The classroom trainings included discussions on how the environment impacts an individual’s health. This includes the physical and community systems and the environment, such as homes, schools, offices, roads and land and air pollution. Another important factor is the social environment that impacts lifestyle influence “like diet and exercise, socioeconomic status, and other societal influences that may affect health.”

For additional information and resources, visit kidsenvirohealth.nlm.nih.gov.

For additional information on the national AmeriCorps program, visit www.nationalservice.gov.

For additional information on the Institute for Disability Studies at The University of Southern Mississippi, visit www.usm.edu/disability-studies.
Gulf Park Campus HealthMatters Training

The TRIAD AmeriCorps members on the Gulf Park campus focused on activities that allowed students to work on building quality of life. As part of the activities, the students worked on team-building exercises to help build mental, emotional and social functioning. The social interactions focused on building healthy relationships and building and maintaining quality of life outside of school hours. The goal of the activities is to build a supportive environment to live a full, satisfying and productive life.

The other activities involved improving hand-eye coordination. These abilities are important in skill-related fitness and even in specific types of jobs. Improving hand-eye coordination assists with health- and skill-related physical fitness components that contribute to total quality of life. The physical fitness aspects of life helps the individuals enjoy their leisure time and be healthy.

For additional information and resources, visit healthypeople.gov and www.mhhe.com/hper/physed/clw/01corb.pdf.

If you need additional information on the AmeriCorps Gulf Park campus activities, email devin.bellman@usm.edu, Daphne.N.Jackson@usm.edu or richardkautz6702@gmail.com.

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MLK Day of Service

The Martin Luther King Jr. Day of Service is a way to transform his life and teachings into community service to help empower and strengthen local communities. The TRIAD AmeriCorps members partnered with the City of Biloxi Senior Citizens Center to provide information on available resources, prepare and serve lunch, and to health and wellness resources.

If you have information or news you would like to include in the next newsletter, email information to jin.mcclendon@usm.edu by March 10.

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TRIAD AmeriCorps Members Assisting with Hattiesburg’s Disaster Relief