The Hattiesburg AmeriCorps members focused on activities related to reducing stress and saving the environment by reducing pollution through recycling and planting trees and plants. According to the American Psychological Association, long-term stress can cause physical and emotional problems that can become long-term. Reducing stress in your everyday life through sleep, exercise and other forms of stress relieving techniques is vital for maintaining your overall health, as it can improve your mood, boost immune function, promote longevity, and allow you to be more productive.

The classroom trainings included discussions on how to reduce and prevent pollution. One simple way to reduce pollution is through recycling. The environment can have various impacts on an individual’s health. Recycling saves energy and money, helps sustain the environment for the future and reduces wastes (2016, Environmental Protection Agency). The participants were able to participate in the school wide recycling program as well as in their communities.

For additional information and resources, visit apa.org and epa.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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Annual TRIAD AmeriCorps Sponsored Disability Awareness Day

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

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World Oral Health Day
Read Across America Day of Service
From the small town of Tchula, MS 19 year old Ayana Love has exemplified maturity, drive and willingness to serve others. As a freshman at The University of Southern Mississippi where she majors in Forensic Science with an emphasis in Chemistry and Biochemistry and a minor in Criminal Justice, she is very active in many organizations. She is a first year minimum-time TRIAD AmeriCorps member, but began serving in her member of the Afro-American Student Organization, the AASO gospel choir, I.D.E.A.L Women and the Queens Uplifted organization. Since she has been a member of the TRIAD AmeriCorps program, the program has connected her with some amazing people. It has also helped her develop socially as a person. TRIAD AmeriCorps program challenges her with daily responsibilities, time management and learning work place and disability etiquette. “It means a lot to me that I get to be in the AmeriCorps atmosphere. I’ve learned a lot working with the other AmeriCorps members” stated Ayana.

When she first joined the TRIAD AmeriCorps, Ayana displayed willingness to learn but was very shy. The program has helped her develop an upbeat personality that draws people to her. She currently she develops and leads health and wellness trainings at the k-12 schools as well and engage AmeriCorps members in professional development activities. With a 3.8 GPA, Ayanna was recently named as one of the 2017 Outstanding Freshman award 17 for her academic achievement. After graduation, Ayana plans to pursue a career in forensic science and continue to reach out and uplift minority women and . She plans to attend graduate school either at Southern Miss or the University of Alabama at Birmingham.