The Hattiesburg TRIAD AmeriCorps members reviewed training topics related to germs and hygiene with Hattiesburg High School, Petal High School and Oak Grove High School. The discussion topics reviewed included the following:

- Good protein choices
  - Meat and beans protein food group
  - Proteins build muscles.
  - Eat lean meats for healthier heart.
- Germs, EWW!!
  - Do germs make people sick?
  - Washing your hands properly before and after
- All about me and expressions all about me
  - Things I worry or dream about, are afraid of, believe in, are good at, have difficulties with, good or bad habits, and things that make me sad, laugh or angry
  - Making healthy life choices for physical and mental well-being
- Am I drinking enough water?
  - How much water should I drink?
  - What causes dehydration?
  - Should I drink bottled water or tap water?
- Exercise and me
  - Warm-up exercises, stretching exercise, aerobic or endurance exercise and cool-down exercise

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

In November and December, the TRIAD AmeriCorps members focused on activities related to
- Observing and recognizing veterans,
- Tackling homelessness and malnutrition by cooking and serving food in homeless shelters,
- Teaching youth about healthy holiday eating choices, and
- Teaching youth and senior citizens about using their creativity and reducing stress through art activities.
Meet Mr. James Shummock

Mr. Shummock is a resident of the Pillars of Biloxi Medical Residencies. He is a retired Navy veteran who took the oath to defend his country at the young age of 18. Mr. Shummock is described by those who help care for him as quiet and withdrawn. Most of the caregivers were unaware if Mr. Shummock was verbal because he always sat quietly to himself. When TRIAD AmeriCorps arrived in October, they were greeted with a very quiet Mr. Shummock, but in the past month, that has drastically changed. He is now more engaged in the health and wellness activities that are presented twice a month. Each visit, Mr. Shummock makes more progress in conversations with the members. The conversations started with one word to full sentences and even recollections of his time in service. The brief biographical information was given by Mr. James Shummock himself, and twice a month, he eagerly awaits the arrival of our Long Beach TRIAD AmeriCorps members to visit and engage him in health and wellness activities.

Our Long Beach TRIAD AmeriCorps program currently has three military veterans (Richard Kautz, Jennifer Scroggins and Daphne Jackson) serving as members, and their site supervisor Devin Bellman is also a veteran.

We appreciate your service, and we solute you!

For additional information, visit pillarsbiloxi.cesltc.com.
Newly Adopted Alden Point Assisted Living Center

The Hattiesburg AmeriCorps members adopted the assisted living center in October for Make a Difference Day. The seniors had such a great time that they asked the members to come back on a regular basis. The AmeriCorps members have formed a special bond with the seniors. Most of the seniors in this center either do not have family members or rarely have visitors. The AmeriCorps members assist with various recreational health activities and other fun activities such as bingo, movie day, board games, reading books and just having conversation.

For additional information and resources visit aldenpointe.com.
Audora is currently serving her third term with the TRIAD AmeriCorps program on the Southern Miss Hattiesburg campus. She began as student volunteer working with our youth with disabilities through her Social Work program. Through her volunteer work, she found her passion for working with individuals with disabilities while pursuing her degree. For the entire three years as an AmeriCorps member, she has gone over and beyond what was expected. Audora has developed additional programmatic health activities that have incorporated fun physical activities, which the students in the schools have been enjoying. She works well with others and has been a premier leader among leaders in this program.

**Audora’s Story**

“When I first began as a volunteer, I was very shy and would not push myself to meet other people outside of the individuals I worked with at IDS. AmeriCorps has helped me to not only to find my voice, but to engage in everyday ‘regular’ conversations with others. Being an AmeriCorps member was a great conversation starter for me. These conversations allowed me to develop relationships, recruit members for the AmeriCorps program, and build my self-confidence. I saw the world in a whole new light. I love helping others and working alongside my fellow AmeriCorps members.”

Audora is currently pursuing a bachelor’s degree in psychology and is expected to graduate in May 2017. In November, she was inducted into the National Society of Leadership and Success. The society is the nation’s largest leadership honor society, where the students are selected for membership based on their academic standing or leadership potential.

For additional information and resources, visit societyleadership.org.

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

**Program Contact Information**

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