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:

Introduction to health is about choosing a healthy lifestyle and making healthier choices that reflect personal goals and preferences. This may include both incorporating physical activities and making healthy eating choices.

- What does health mean to you?
  - physical education
  - recreation activities
  - mental health
  - emotional well-being

- My Plate
  - Fruits may be fresh, canned, frozen or dried, or 100% juices.
  - Vegetables include dark green, red, orange, beans and peas.
  - Grains are whole grains such as whole wheat and cornmeal, bulgur, oatmeal and brown rice.
  - Protein can be a variety of meat, poultry, seafood, beans and peas, eggs, soy foods like tofu, nuts and seeds.

For additional information, www.choosemyplate.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.
Reducing Germs by Using Healthy Hygiene Habits

The Gulf Park TRIAD AmeriCorps members reviewed training topics related to germs and hygiene with Bayou View Middle School, Central Middle School, and Keesler Youth Center. The discussion topics reviewed included the following:

**Bathing is good.**
Make sure you cleanse yourself thoroughly with a good, refreshing shower gel or soap. A good shower is necessary to remove dirt and odor from your body, and bathing also helps you to revitalize. Make your shower time a pamper time by cleaning each part of your body thoroughly.

**Cut your nails regularly.**
Long nails will not only make performing your daily tasks difficult, but it can also act as a host for infections and germs. When you touch several things, there is a huge chances of the germs getting stuck into your nails. These germs can pass to your mouth when you nibble your food.

**Clean your hands.**
Washing your hands often will help protect you from germs.

**Many students asked the BIG Question**

**When should I wash my hands?**
Different situations where people can pick up "germs" include:
- When hands are visibly soiled;
- After using the washroom (includes changing diapers);
- After blowing your nose or after sneezing in your hands;
- Before and after eating, handling food, drinking or smoking;
- After touching raw meat, poultry or fish;
- After handling garbage;
- After visiting or caring for sick people; and
- After handling pets, animals or animal waste.
National Disability Mentoring Day

TRIAD AmeriCorps members assisted the Institute for Disability Studies (IDS) of USM with hosting the Disability Mentoring Day (DMD) on campus. The DMD promotes “career development for students and job-seekers with disabilities through hands-on career exploration and ongoing mentoring relationships” (AAPD, 2016). The keynote speaker for the event was Andre Imparato, the executive director for the Association of University Centers on Disabilities (AUCD). As part of the AUCD, IDS promotes and supports efforts to advance policies and practices that improve the health, education, social and economic well-being of all people with developmental and other disabilities, their families and their communities (AUCD, 2011).

Some of the event activities included discussion disability youth programs AmeriCorps and Project SEARCH, meet and greet with Seymour and USM football players with cheerleaders, and a tour of on-campus businesses and HealthMatters outdoor recreational activities.

For additional information visit, www.aapd.com/disability-mentoring-day and www.aucd.org
Make a Difference Day Service Projects

Make a Difference Day began in 1992 and is one of the largest annual national service days. Volunteers come together to make a difference in their communities to improve the lives of others. The TRIAD AmeriCorps members made a difference in the community through several week-long service activities.

TRIAD AmeriCorps Hattiesburg Campus
October 17: Fieldhouse homeless shelter: organized items for distribution for homeless individuals
October 18: Wrote letters to the military
October 18: Alden Pointe Nursing Home: group recreational activity with senior citizens
October 19: Disability Mentor Day at USM

TRIAD AmeriCorps Gulf Park Campus
October 21: City of Biloxi Senior Halloween Bash: played various games, judged costumes, and served lunch to senior citizens
October 22: City of Biloxi Breast Cancer Walk: distributed information on healthy living

For additional information and resources visit, www.makeadifferenceday.com
Jennifer Scroggins is currently serving her second term with the TRIAD AmeriCorps program on the Southern Miss Gulf Park campus. She is one of the most dedicated, organized and passionate individuals to serve with the TRIAD AmeriCorps program. Through her military experience and working with individuals with disabilities, she has created an environment of “getting things done” for the community. Her leadership skills helped to develop an effective team to not only accomplish program objectives, but to increase volunteer recruitment efforts, development of sustainable community partnerships, and the creation of health education activities.

**Jennifer’s Story**

AmeriCorps has helped me to step out of my comfort zone, become a more effective communicator, and continue building strong leadership skills. In the past year, AmeriCorps has helped build my personal skills through self-evaluation to find my passion and my voice. Growing up, my grandparents always told me if I wanted something out of life that I would have to work for it. My mother became very ill when I was in middle school, and I had to grow up a lot faster than I anticipated. My mother always encouraged me to help others and that we all need one another no matter who we are as a person. I always knew that whatever I chose in life, it would be related to helping others because it was always something I loved to do. I joined the military because I wanted to serve my country and give back to others. After 10 years of service in the Airforce and Army, I had no idea what I wanted to do next. Joining the TRIAD AmeriCorps helped me gain a better understanding of who I was and how I could use my skills to help others. I learned how to work with others who shared the same views as me, as-well-as those who had different views. The best part of TRIAD AmeriCorps was working in an all-inclusive program, which is something that I have become even more passionate about it. I learned how important it is to become a self-advocate, as well as advocate for others. The Army instilled in me selfless service and the AmeriCorps helped me to put it into action.

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

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