



Students helping to create healthier communities

Welcome to **News & Views**, the Youth Health Service Corps (YHSC) quarterly newsletter keeping you connected and up-to-date with the YHSC health careers recruitment program.

## YHSC Honors Memory of Martin Luther King

On January 17th, YHSC members from across the nation participated in events to honor Dr. Martin Luther King, Jr.

**Northern New Hampshire AHEC** YHSC members from Littleton and Bethlehem High Schools organized meals for a local homeless shelter. YHSC members created a healthy bean burrito dinner including fresh fruit salad and yogurt parfaits for shelter residents. YHSC members also learned about homelessness in their community and the impact homelessness has on health status.

**Mid Rio Grande AHEC** YHSC members volunteered at Lake Casa Blanca State Park filling over 30 trash bags with litter including plastic bottles, aluminum cans, rubber tires, clothing, and dishes. After picking up litter students were treated to a lunch of hamburgers and hotdogs sponsored by Falcon Bank and Laredo Medical Center. Jesus Lara, a United South High School student said, "I look forward to doing this project every year because it allows me to give back to the community."

**Milwaukee AHEC** YHSC members spent the day creating MLK themed center pieces and placemat for the Ronald McDonald house in their community.

**Connecticut AHEC** YHSC members celebrated the memory of MLK with a morning of singing and dancing and an afternoon of service at local agencies including homeless shelters, soup kitchens and elementary schools. Newly elected Governor Malloy met with the YHSC members and congratulated them on their commitment to keeping Dr. King's message alive.

*"Everybody can be great because anybody can serve."* MLK

Northwestern CT AHEC  
March 2011

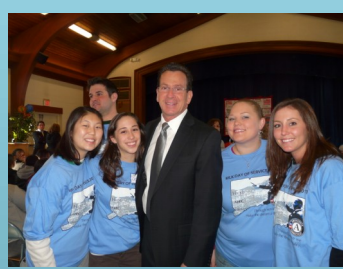
### Highlights

- YHSC Members Participate in MLK Day Celebrations
- Trainings by Webinar
- YHSC & AmeriCorps in Action
- Global Youth Service Day
- Database Bytes

### MLK Day Gallery



Northern New Hampshire AHEC YHSC member making nutritious meals



CT AHEC AmeriCorps members with Governor Malloy



Milwaukee AHEC gets creative

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**NWAHEC is moving!**

**Please note our new address**

**Northwestern CT AHEC**  
**83 Prospect Street**  
**Waterbury CT 06702**

**(203) 758-1110**



**Find out how to start a YHSC program at your AHEC at [www.nwctahec.org](http://www.nwctahec.org)**

## YHSC & AmeriCorps in Action

### Cardboard Camp-out Homeless Public Awareness Campaign

AmeriCorps members serving at Eastern CT AHEC, Julia Monturo, Julianne O'Hara and Lena Sanchez, are leading YHSC members through a service learning project focusing on the issue of homelessness in the local community. Under AmeriCorps member supervision YHSC members are implementing an action plan to help solve homelessness in their community.

Students held a "Cardboard Campout" in front of the local "no freeze" shelter. Students made shelters out of cardboard boxes colorfully painted with facts regarding individuals, families and veterans who face homelessness. Students distributed informational postcards to people passing by and spent the night in their cardboard shelters to raise public awareness about homelessness.

Leigh Duffy, shelter director, was grateful to have students draw attention to the importance of the shelter. The \$80 students raised will be used to buy laundry tokens for shelter residents.

While reflecting on the experience, a YHSC member said, "I appreciate the experience because it was so cold and windy and it made me really happy that I have a home."

### Webinar Training

YHSC Program Coordinator training is now offered through a webinar format. The webinar covers teaching the YHSC curriculum, implementing service learning projects, program evaluation and student tracking.

Please contact Tricia at [pharrity@nwctahec.org](mailto:pharrity@nwctahec.org) if you would like to schedule a YHSC Program Coordinator training.



Julianne O'Hara, AmeriCorps member, and Deguene Dion, YHSC member from Windham High School



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Database Bytes

## Global Youth Service Day April 15-17, 2011

Get ready to participate in the largest service event in the world!

Check out the "Documents" section on the [AHEC-NATION DATABASE](http://www.nwctahec.org) often. Guides on using the database and defining menus/tabs have been posted. If you feel a specific area or process should be covered, please send us an email with the request. We also encourage all feedback, comments, suggestions, etc. Many great features of our database have come into fruition because of feedback from administrators and members.

An email was sent out on 2/28/2011 with the subject "Update AHEC-NATION DB member accounts." The steps described in the email will help clear out members no longer active in the database. This helps us maintain an accurate record and helps expedite reports. Please let us know if you did not receive this email.

Check out the AHEC-NATION FaceBook page (<http://tinyurl.com/67jp685>) Sign-Up Today!

Global Youth Service Day is an annual campaign that celebrates and mobilizes the millions of youth who improve their communities each day of the year through service and service-learning. Established in 1988, Global Youth Service Day is the largest service event in the world, and the only day of service dedicated to children and youth. GYSD is celebrated each year in over 100 countries.

On GYSD, millions of youth around the world work together with schools, youth organizations, nonprofits, community and faith-based organizations, volunteer and national service programs, government agencies, faith communities, and other individuals to address the world's most critical issues.

GYSD is the perfect opportunity to recognize and celebrate the great work YHSC members do in their communities all year long. AHECs can invite legislators to volunteer alongside YHSC members or have YHSC members create posters that demonstrate projects they are completing in the community to display at the mayor's office or local library.

There are many ways to participate in GYSD. Go to [www.gysd.org](http://www.gysd.org) for more ideas.

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