

What's **The Scoop** on Your Health?



Welcome to the August issue of The Scoop!

August, 2020

Check out the
youth from our
summer program
on **page 5!**



The Corner Health Center
www.cornerhealth.org
47 N. Huron Street
Ypsilanti, MI 48197
734-484-3600

Follow us on [social media](#) for health information, events, Corner updates, and community resources.

Learn more about
vaccinations and the
power you have to
protect yourself on
page 3!

**National Immunization
Awareness Month**

#ivax2protect



The mission of the Corner Health Center is to inspire 12- to 25-year-olds (and their children) to achieve and sustain healthy lives by providing judgment-free, affordable health and wellness care and education.

We cover comprehensive health care, behavioral health services, health education and youth development programs designed exclusively for teens and young adults.

For more information, visit www.cornerhealth.org or call 734-484-3600 for an appointment.



Need a mask? Let us know (while supplies last).

On August 14th, 2020 Governor

Whitmer reported COVID cases in Michigan are at a plateau; they are not increasing at this time but they are also not decreasing as we would all hope.

Studies have shown that wearing a mask can save lives and significantly lower an individual's chance of spreading COVID-19.

Governor Whitmer issued an executive order in July [requiring all Michiganders to wear a mask in indoor public spaces and crowded outdoor spaces.](#)

The order requires any business that is open to the public to refuse entry and service to people who refuse to wear a face covering.

There are few circumstances of exception, for more information, please visit:

<https://www.michigan.gov/coronavirus/0,9753,7-406-98158-534356--,00.html>



Have you heard of contact tracing?

COVID—19 News from the Corner

The Corner is not performing testing for COVID-19. However, test sites in the community can be found [here](#).

We are open and serving patients with scheduled appointments only, for patients with scheduled appointments:

- Please call before your appointment to confirm if your visit is onsite or a telehealth visit
- You may not bring anyone with you into the building
- Masks are required for the duration of your appointment, if you do not have one, we will provide you with one.

If you are sick, please call us to speak with the nurse.

FOR YOUR HEALTH AND SAFETY, DO NOT COME IN WITHOUT CALLING FIRST.

Check out our website for the most up-to-date info!



Contact Tracing

If you have been in close contact with someone with COVID-19, someone from your local [Health Department](#) might call you to inform you that you've been exposed and ask you to stay at home and self-quarantine.

Staying at home helps keep you, your family, and your community safe. Choose to be part of the solution and help us slow the spread of COVID-19.

National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This month serves to highlight the importance of getting vaccinated. A vaccine is a way to build your body's immunity to a disease before getting sick from it. By getting vaccinated we help stop the spread of disease.

Vaccines are safe and effective- from infancy to old age. They are tested and developed for years and undergo extensive research before being distributed to the public and are monitored by the FDA.

A graphic for National Immunization Awareness Month. It features a dark blue background with a large, stylized heart shape in the center. The heart is composed of several overlapping circles in shades of blue, orange, and yellow. The text "You have the power to protect" is written in white, with "power to protect" in a larger font. Below it, "against vaccine-preventable diseases." is written in a smaller font. At the bottom, "National Immunization Awareness Month" is written in white. A small illustration of a heart with a bandage is also present.

You have the
**power to
protect**
against vaccine-preventable
diseases.

National Immunization
Awareness Month

A graphic for National Immunization Awareness Month. It features a light yellow background with a large, stylized heart shape in the center. The heart is composed of several overlapping circles in shades of blue, orange, and yellow. The text "Vaccines are safe and effective" is written in blue, with "safe and effective" in a larger font. Below it, "at preventing serious diseases." is written in a smaller font. At the bottom, "National Immunization Awareness Month" is written in blue. A small illustration of a heart with a bandage is also present.

Vaccines are
**safe and
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serious diseases.

National Immunization
Awareness Month

Each year in the US there are between 50,000-90,000 adult deaths due to preventable disease. No person should die due to preventable disease and by raising awareness and education we can do better to protect against these.

You have the power to protect yourself against preventable diseases. If you are unsure if you are up to date with vaccinations contact your healthcare provider or The Corner Health Center to schedule an appointment.





THE CORNER WILL BE WELCOMING
TWICE AS MANY BABIES DURING 2020!

Virtual Baby Shower for the Corner Health Center!

Order online or drop off donations
at the Corner, 47 N. Huron St.

AUGUST 1-31, 2020

So far in 2020, the Corner family has welcomed 31 babies! You can support our new parents by participating in our virtual baby shower. Donations can be purchased on our Amazon wish list, mailed or dropped off at the Corner anytime during our open hours.

You may also host your own baby shower with your friends, contact Ava Ohlgren at aohlgren@cornerhealth.org about hosting your own shower.

#virtualbabyshower #cornerbabies
#welcometothefamily



Lisa Herranz (above) is a Registered Nurse and Lactation Consultant at the Corner.

Corner Nurses are here for You

The nurses at the Corner are dedicated to our patients and work in many capacities as Registered Nurses, Family Nurse Practitioners, and Lactation Consultation.



In the picture to the right meet Cari (left) and Claire (right). Cari is a Registered Nurse and Care Coordinator and Claire is a Family Nurse Practitioner at the Corner.

Healthy Youth Healthy Futures

Summer Program 2020



Making Yummy Mac
'n' Cheese with
Monique, President
of Al Dente Pasta



Cooking on Zoom with Chef
Allison, learning nutrition,
and loading up on fresh
fruits and veggies!



Yoga with Brother
Noah at Riverside Park



August is National Breastfeeding Month!

The theme for 2020 is Many Voices United.

Breastfeeding provides many benefits for both the mother and the baby and is also an efficient way of reducing waste and saving energy, but unfortunately, not everyone has equal access or opportunity to do so. In the US, one of the determinants of moms starting and continuing to breastfeed is socioeconomic status.

One of the biggest barriers against breastfeeding is lack of support whether it be in the healthcare system, at work, or at home.

You can provide support for breastfeeding mothers by:

- ◆ Focusing on women's needs and rights before, during, and after childbirth to promote breastfeeding
- ◆ Support breastfeeding research and advocate for positive media coverage about breastfeeding
- ◆ Support and fund programs that promote breastfeeding



SUPPORT BREASTFEEDING

siblings in the family to learn more about breastfeeding and family life.

If you have any questions please do not hesitate to reach out to Corner Health Center or our lactation consultant, Lisa Herranz at lherranz@cornerhealth.org.

At the Corner Health, we do our best to support our patients and offer support to mothers interested in breastfeeding. Our lactation consultant on staff is available for virtual one-on-one prenatal breastfeeding sessions and able to offer support in person after the baby is born. Prenatal patients who are interested in a breastfeeding class get a breastfeeding gift bag which includes, nipple cream samples, breast pads, breast pump sterilization bags, and breast pump cleaning wipes. Breast pump distribution is available for those in need of one. Prenatal patients are also offered literature about breastfeeding and pumping and a book for older

Sources: waba.org/my/

www.usbreastfeeding.org/page/nbm2020

www.aap.org

Written By: Jamie Villalobos



Get involved!

The Corner Program Updates:

- ◆ **Corner Food Pantry** is available to patients and community members aged 12-25 during clinic hours. Give us a call and we will have your items ready for you when you arrive.
- ◆ **Mood Lifters *Virtual***—A mental wellness program for ages 18-25 that works to improve mood over the course of 15 sessions. Contact Jen MacLeod at jmacleod@cornerhealth.org.
- ◆ **SMART Recovery *Virtual***—Recovery support group for ages 18-25 class will meet via Zoom, for more information contact Jen MacLeod at jmacleod@cornerhealth.org.
- ◆ **Mom's Group *Virtual***—Connect with other moms of young children on our group video chat on Fridays at 1 pm! Led by Nicole - MIHP Social Worker. Click on the link to join from your phone or computer. No registration needed. Join when you can. <https://zoom.us/j/372013425>

Programs may
meet virtual until
further notice!



- ◆ Join the **Corner Youth Leadership Council**—For anyone 12-25 years old interested in developing leadership skills, promoting change, and raising awareness about community health and safety issues. Meets Sept– June Wednesdays, 6:00-8:00 p.m. Have fun, help your community, and earn a little cash! Interested? Contact Kamilah Davis-Wilson at kwilson@cornerhealth.org.
- ◆ Join the **Corner Theatre Troupe**—For youth in middle and high school, no experience necessary! As a Peer Educator have fun while gaining acting skills, perform plays and/or monologues for your peers on important health topics, and earn a little cash! Meets Sept–June Tuesdays, 3:30-5:30 p.m. Interested? Contact Brianna Minor at bminor@cornerhealth.org.

The Scoop! is the monthly e-newsletter for Corner patients and community youth to provide information and promote healthy habits and wellness. If you have questions or suggestions for The Scoop! please send them to bminor@cornerhealth.org.