

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



February, 2021



2021



"THE REVOLUTION HAS ALWAYS BEEN IN THE
HANDS OF THE YOUNG."

-HUEY NEWTON

Self Love 101
on page 6!

Learn
Love
Languages
on page 7!

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.



Follow us on Social Media
to celebrate Black History
with the Corner this
month, trivia, Black history
facts, giveaways, etc!



Follow us!



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.

Click the pics to
register!

The Corner Health Theatre Troupe

No previous experience necessary. Anyone 12-25 years old can join

- Gain acting skills from a professional director and actor
- Write and perform plays and monologues that inform your peers about important health topics
- Learn personal skills that will help you in school and work
- Earn volunteer hours for graduation
- Make friends, have fun, and earn a little money!

Meetings weekly for two hours

Interested? Complete the interest form online:

<https://forms.gle/rhVXJZuUTuhBWo8r7>

Questions? Contact Brianna Minor
at bminor@cornerhealth.org or 734-657-4652



Joey Albright
Theatre Troupe Director



Brianna Minor
Community Health Educator

Learn more
on the next
page!

Mood Lifters

Our Strategy. Your Strength.

Are you feeling down? Anxious? Stressed? Overwhelmed?

Many people feel this way for a variety of reasons, especially during the COVID-19 pandemic. These feelings are magnified when you add financial struggles, relationship conflicts, poor health, traumatic experiences, job difficulties, caregiving responsibilities, loneliness or other challenges. If this describes you, **Mood Lifters** might be for you!

The Corner Health Center presents Mood Lifters, a mental wellness program that improves overall well-being and helps people live the lives they've always wanted.



Get involved!

The Corner Program Updates:

- ♦ **Corner Food Pantry** is available to patients and community members ages 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 that works to improve mood over the course of 15 sessions. Open to all Corner patients ages 18-25. Feeling down? Anxious? Stressed? Overwhelmed? Mood Lifters might be for you! Interested? [Click here to register!](#)
- ♦ **SMART Recovery *Virtual***—Recovery support group for ages 18-25; class will meet via Zoom. Coming soon, stay tuned!

Will meet virtually
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 year-round on 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! Become a Peer Educator and 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 Wednesdays 3:30-5:30 p.m. [Interested?](#) Fill out the form or contact Brianna Minor at bminor@cornerhealth.org.



Reduce your risk.

keep 6 ft distance + cover your face + wash your hands



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. *Please wear your mask properly for your safety and the safety of our staff.*

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
hours & 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.



Stay Updated!

- ♦ In Washtenaw County zip codes 48197 & 48198 are being hit the hardest with COVID, learn more about Washtenaw County cases [here](#).
- ♦ Have you heard about the COVID-19 vaccine? Learn more about the vaccine and distribution in Washtenaw County [here](#).

Watch the Governor's January 25th,
2021 COVID update [here](#).

BLACK HISTORY IS AMERICAN HISTORY




We live in a society that has deliberately left the achievements and contributions of African Americans out of the narrative. American historian Carter G. Woodson established Black History Week in 1926. The week was expanded into Black History Month in 1976. **Black History Month** celebrates the contributions African Americans have made to this country. While this celebration is intentional and important, it is equally important to understand, Black history is made every day!

Check out ways to celebrate Black History Month below and make sure to follow us on [social media](#) to celebrate Black History with the Corner this month—trivia, Black history facts, giveaways, etc!

10 Ways to Support, Discover, and Explore:

- ◆ [Support a Black owned business](#)
- ◆ Visit [African American Cultural and Historical Museum of Washtenaw County](#)
- ◆ Visit [The Charles H. Wright Museum of African American History](#)
- ◆ Trace your family history
- ◆ Attend a local or national program or event (we'll share on social media)
- ◆ Read books, plays, or poems by Black writers
- ◆ Call out racism & prejudice in your community
- ◆ Engage in health conversations about African American history & culture
- ◆ Learn about unsung heroes of Black history
- ◆ Share & teach what you've learned about Black History.

The quote is centered on a background that is divided into three horizontal bands of color: red at the top, black in the middle, and green at the bottom. The text is in a white, serif font.

"ALMOST ALWAYS,
THE CREATIVE
DEDICATED MINORITY
HAS MADE THE WORLD
BETTER..."

—Martin Luther King, Jr.

Self-Love 101

WHAT IF
YOU
SIMPLY
DEVOTED
THIS YEAR
TO LOVING
YOURSELF
MORE?

You live with yourself **24/7, 365** days a year. Loving yourself is key to living your best life and being present. Self-love can be seen as one of the highest forms of self-care. Self-love is giving yourself grace and being patient with yourself when you fall short; realizing you are human. It's being your biggest cheerleader and supporter and pushing yourself to do and be your best!

Self-love is appreciating your individuality that is

built from supporting your physical, mental, and spiritual growth. It means you hold your happiness and needs to a high standard and without sacrificing your happiness or comfort to please others. As well as taking care of your own needs. Self-love may look different to everyone because we all take care of ourselves in unique ways.

"To fall in love with yourself is the first secret to happiness."

-Robert Morely

"How you love yourself is how you teach others to love you."
- Rupī Kaur

Ways To Express Self-love

- ◆ Go for a walk
- ◆ Turn your phone off & sit with your thoughts
- ◆ Trust yourself
- ◆ Positive self-talk
- ◆ Be kind to yourself
- ◆ Set healthy boundaries
- ◆ Be present and mindful
- ◆ Acknowledge your feelings and emotions
- ◆ Prioritize healthy relationships

LET'S TALK ABOUT LOVE: THE FIVE LOVE LANGUAGES

Many relationships experience communication difficulties because everyone has different ways to express themselves. The **Five Love Languages** are different ways people show how they care, and knowing someone's love language can make communication easier between families, friends, and significant others.

Words of Affirmation

Spoken or written words that make people happy



Acts of Service

Doing something for your loved one that you know they would like



Quality Time

Spending meaningful time with your loved one and giving them your undivided attention



Receiving Gifts

Receiving gifts from small tokens to surprise deliveries



Physical Touch

Using intimate or non-intimate touch to show love



Are you interested to learn what your love language is? Take this [quiz](#) to find out!

Stay tuned to learn more about the Five Love Languages!

Collard Greens with Smoked Turkey

Ingredients

- 1 bunch of collard greens
- 1 tablespoon olive oil
- 1/2 onion diced
- 3 garlic cloves diced
- 3 cups chicken broth
- 1 t. red pepper flakes
- 1 fully-cooked smoked turkey leg or smoked turkey wings
- Seasoning (optional -salt, pepper, vinegar, hot sauce)

Directions

1. Wash the collards several times in cold water to remove any dirt and grit. You can also use salt to help remove the grit if needed. Rinse well & set aside
2. In a large pot, add a tablespoon of olive oil and the chopped onions & garlic. Sauté until tender.
3. Add in the chicken broth, red pepper flakes, & the turkey leg meat. Bring to a boil and then reduce heat to simmer for about 20-30 minutes.
4. Add in the collard greens. Simmer covered for about 45-60 minutes or until your desired tenderness is reached. They will wilt down as they cook.
5. When done, season to your preference.



Check Out these Soulful Recipes!

- ♦ [Southern Baked Macaroni & Cheese](#)
- ♦ [Southern Smothered Baked Turkey Wings](#)
- ♦ [Sweet Honey Corn Bread](#)
- ♦ [Creamy Vegan Pasta Salad](#)

- ♦ [Roasted Green Beans](#)
- ♦ [Sweet Potato Pie](#)
- ♦ [Southern Lemon Pound Cake](#)
- ♦ [Southern Peach Cobbler](#)