

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



## The Corner Celebrates Women's History Month

March, 2021



The Corner Health Center  
[www.cornerhealth.org](http://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.

March is National  
Nutrition Month!  
Learn budget friendly  
tips on p. 2!



Check out tips  
for better  
sleep on p. 3!



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](http://www.cornerhealth.org) or call 734-484-3600 for an appointment.

# EAT RIGHT ON A BUDGET



Eating healthy is one of the most important things we can do to positively impact our health. We often think that eating healthy is expensive, but you can stay on a budget with a healthy meal that will also taste delicious! Here are some tips you can include next time you meal plan or grocery shop:

## BEFORE YOU GROCERY SHOP :

- **Plan your meals ahead of time**

Research affordable and healthy meals. View YouTube channels that focus on healthy and nutritious foods.

- **Create your ultimate grocery list**

Creating a grocery list will help you remember what you need for your next meal. Before you shop, make sure you look around your kitchen to see what you have.



## AT THE GROCERY STORE :

- **Stick to your shopping list**

It's easy to stray away from your grocery list when you're surrounded by junk food and sodas, but make it a rule: "If it's not on your list, then it's not going in the cart!"

- **Make healthy shopping choices**

Try frozen fruits and vegetables or canned fruits that are packed in 100% fruit juice. Read labels on canned goods, and look for "low salt", "no salt added," or "low fat", "fat-free" options.

## WHILE YOU'RE COOKING :

- **Cook larger portions**

Cook larger portions to eat multiple times a week. This can help with cost saving by reducing you ordering take out and fast food.

## REMEMBER:

- Plan on eating out at restaurants less
- Be aware that convenience costs more
- Instead of buying it, make it at home: coffee, tea, salad dressing, chips, and your own lunch
- Don't shop when you're hungry



Decorative elements include a yellow star at the top left, a green star at the top right, and a green crescent moon with three green 'z's above it on the left side.

# TIPS FOR BETTER SLEEP

## 1. Wake up at the same time every day—even on the weekends.

This helps your body naturally get into a rhythm of consistent sleep.

## 2. Prioritize your sleep.

Just like people prioritize getting exercise and eating well, getting enough sleep is equally important!

## 3. Make changes slowly.

You don't want to throw your body out of whack. Instead make small changes and over time your body will adjust.

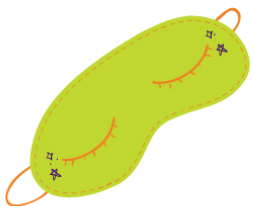


## 4. Don't go overboard with naps.

Naps are helpful to increase energy during the day but can disrupt your sleep at night. Aim to take short power naps in the early afternoon.

A yellow star is located to the left of the text.

Remember sleep is important and establishing a new sleep pattern will take time. Give yourself grace during the process!



Click the pic 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/rhVXJZuUTuhBW08r7>

Questions? Contact Brianna Minor

at [bminor@cornerhealth.org](mailto:bminor@cornerhealth.org) or 734-657-4652



Joey Albright  
Theatre Troupe Director



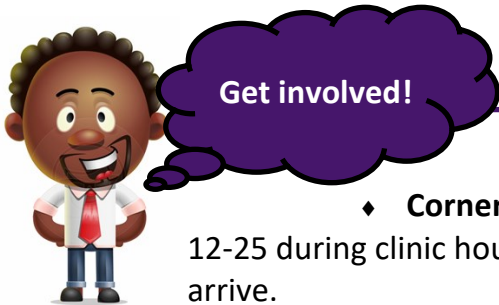
Brianna Minor  
Community Health Educator



Meeting virtual until further  
notice. Learn more on  
the next page!



## The Corner Program Updates:



Get involved!

- ♦ **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 ages 18-25. Feeling down? Anxious? Stressed? Overwhelmed? Mood Lifters might be for you! Interested? [Click here to register!](#) or text "MOOD" to 734-657-4652.
- ♦ **SMART Recovery \*Virtual\***—Recovery support group for ages 18-25; class will meet via Zoom on Tuesdays! Interested? Contact Nike Griffin by calling 734-714-2262 or email [agriffin@cornerhealth.org](mailto:agriffin@cornerhealth.org).

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. YLC 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](mailto: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, write and perform plays and/or monologues for your peers on important health topics, and earn a little cash! Troupe meets September through June Wednesdays 3:30-5:30 p.m. [Interested?](#) Fill out the form or contact Brianna Minor at [bminor@cornerhealth.org](mailto: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 a COVID-19 testing site. 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.
- **Effective 2/19/21** A parent/guardian may accompany youth to appointments under age 18 and prenatal patients may have one support person. Check out our [website](#) or call us at 734-484-3600 if you have additional questions or concerns.
- 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 a nurse.

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

Visit our  
website for our  
current hours.



### 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.



Watch the Governor's  
February 24th, 2021 COVID  
update [here](#).

### Stay Updated!

- ♦ In Washtenaw County zip codes 48197, 48198 and 48104 are being hit the hardest with COVID-19. In addition young adults 18-22 are contracting COVID-19 at very high rates. 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](#).

## National Women's History Month: "Breaking Glass Ceilings"



**Shirley Chisholm** was the first Black woman in congress (House of Representative—1968) and first woman to seek nomination for president of the United States from one of the two major parties (1972).



Original Photo: Celeste Soman

Glass Art: Simon Berger

**"The generations of women – who throughout our nation's history have paved the way for this moment... I stand on their shoulders."**

**– Kamala Harris, Vice President**

*First female and first Black and South Asian vice president.*



**Geraldine Ferraro** became the first woman of a major political party to run for vice president of the United States (1984).



**Nancy Pelosi** is the first woman Speaker of the House (2007).



### Sisters in Law

**Sandra Day O'Connor** (left) was the 1st woman appointed to the justice of the Supreme Court in 1981.

**Ruth Bader Ginsburg** (right) was the 1st Jewish woman (2nd woman) to serve on the Supreme Court.



**Rashida Tlaib** was the first Muslim woman to serve in Michigan legislature (House of Reps), the first woman of Palestinian descent in Congress and one of the first two Muslim women elected to Congress (2019).

Check out online exhibits of iconic women by the [National Women's History Museum](#)

Learn about the history of National Women's History Month [here](#).

Check out ways to discover, explore, and celebrate women making history [here](#).





## WHAT IS A DOULA?

A Doula is a trained professional who provides continuous physical, emotional, and informational support to a mother before, during, and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.

Even in the midst of a pandemic Corner Doulas find ways to support and advocate for better health outcomes of birthing people and their babies!



# #DoulasFindAWay

contact us! email us at: [cornerdoulas@gmail.com](mailto:cornerdoulas@gmail.com)

## What are the benefits of Doula Care?

**Physical support:** creates a calm environment, assists with walking or water therapy, soothing touch

**Emotional support:** provides a continuous presence, encouragement, empathy, mirroring, caring attitude

**Informational support:** suggests laboring techniques and positions, helps to find answers to medical questions

**Advocacy:** encourages mother to verbalize her preferences and supports her decisions