

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



Welcome to the June issue of The Scoop!

June, 2020



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

Together we have made great progress and although we still have work to do, COVID-19 cases and hospitalizations are declining!

JUNE IS MEN'S HEALTH MONTH



Encourage the men around you to get screened and stay active!



We will kick off the summer with a program focused on nutrition and physical health! Follow us on social media for more information!

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



In June we celebrate
LGBTQ Pride Month and Juneteenth!


Pride month occurs to commemorate the 1969 Stonewall Uprising.

Juneteenth is the oldest known celebration honoring the end of slavery in the United States.

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.

A cartoon illustration of a Black female nurse with curly hair, wearing blue scrubs and holding a clipboard. A thought bubble above her head contains the text 'Check out our website for the most up to date info!'.

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

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 continue to serve patients with scheduled appointments only: In order to keep our community safe, we are offering Phone and Telehealth visits.

If you are sick: please call us to speak with the nurse. We are encouraging everyone to stay home when possible as it is still safer at home. Illness can be spread even when people don't have symptoms.

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

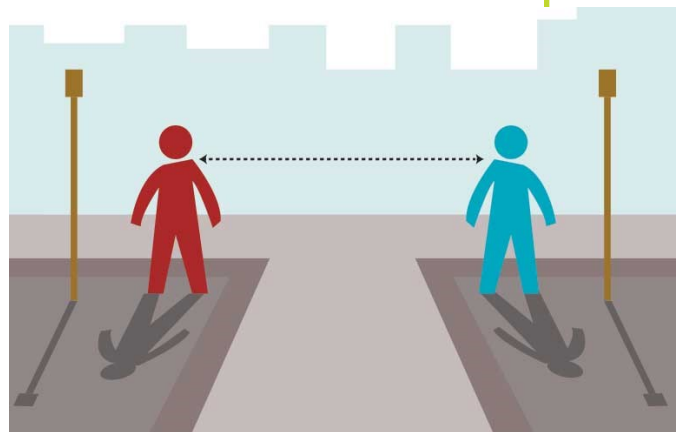


We are currently in Stage Four of the [MI Safe Start Plan](#) (click for more details).

Stage Four means the COVID-19 curve is improving and there is a clear decline in positive COVID-19 cases, hospitalizations, and deaths.

Although progress is being made, we encourage you to take healthy precautions by following the Governor's most recent order and recommendations:

- ♦ Follow social distancing—remaining at least 6 feet from people when going out.
- ♦ Wear a face covering over your nose and mouth.
- ♦ Limit indoor social gatherings to 10 people.
- ♦ Limit outdoor social gatherings to 100 people and remember to social distance!



For more information on Governor Whitmer's orders please visit: https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705---,00.html



Injustice *anywhere*
is a threat to
justice *everywhere.*

MARTIN LUTHER KING JR.

We See You, We Hear You,
We Stand With You



The Corner Health Center was founded on the principles of health equity and to fight the health disparities in Washtenaw County. The COVID-19 pandemic shone a light on the continued racial injustices and health disparities in our country, and the murders of George Floyd, Ahmaud Arbery, and so many others have finally opened the eyes of many Americans and people around the globe to the pandemic that is **racism**.

At Corner Health, we recognize that racism is a public health issue. We are not colorblind, and we believe that black lives matter. Black lives are worthy, black lives are valuable, and black lives are needed. We call for our colleagues in the medical community to acknowledge the history of medical violence perpetrated against the black and indigenous communities in this country. We call upon our colleagues and students to join us in the fight against the continued racial disparities in access to and provision of healthcare in this country. It is with open dialogue and open ears that we approach this new phase of fighting racial injustice.

- Medical Director, Patricia Wells

The Corner's White Coats for Black Lives demonstration held on Tuesday June 9th, 2020.

To watch the video clip visit us on social media—[Instagram](#) or [Facebook](#).



This June we celebrate Men's Health Month, National Fresh Fruit and Vegetables Month, Family Health and Fitness Day and more!



**JUNE IS
MEN'S HEALTH
MONTH**



Did you know that

men die at higher rates than women from 9 of the top 10 causes of death? (CDC)

The Corner is committed to providing affordable, high-quality health care to young men. We offer a lot of services to help men achieve their health goals including:

- ◆ Routine Checkups or Regular Doctor Visits
- ◆ Sport and Work Physicals
- ◆ Fitness Planning
- ◆ Care for Illness and Injury
- ◆ Free Condoms
- ◆ Shots
- ◆ STI and HIV Testing and Treatment
- ◆ Health Insurance Application Assistance
- ◆ Counseling & Psychiatric Care
- ◆ Help to Quit Smoking

June is National Fresh Fruits and Vegetables month! The challenge this month is for you to increase your daily consumption of fresh fruits and veggies! Follow Healthy for Good on social media for tips, recipes, and ideas. Get creative and increase the color!



Be on the lookout as we announce our summer nutrition program. In the meantime download the American Heart Association [Fruits and Vegetable Guide](#) to kick off healthy eating this month!

The National Recreation and Park Association (NRPA) celebrates Family Health & Fitness Day the second Saturday of June—June 13th, 2020.



Share how you and your family are staying fit while practicing safe physical distancing from other households. Take pictures or short video of your activities and send them to Outreach@cornerhealth.org Subject: Family Fit Day and we'll post them to our social media accounts #NRPAFamilyFitDay!

We continue celebrations with LGBT Pride Month, Father's Day, and Juneteenth!



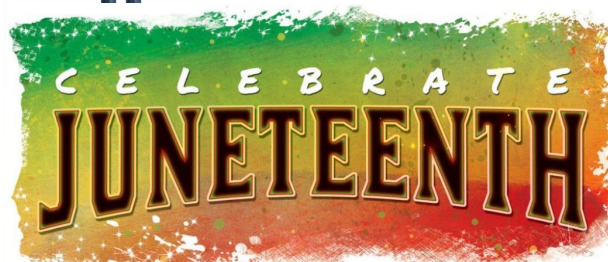
LGBTQ+ Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising. The Stonewall Uprising was a series of events between police and LGBTQ+ protesters which lasted over six days after officers from the NYPD raided Stonewall Inn—a popular gay bar during this time.

The word of the raid spread and thousands of protesters gathered at the Stonewall. They protested “Police brutality” and advertised signage making demands such as: “End Assault on Gays” and “Stop Police Harassment”. This uprising marked the beginning of a movement to outlaw discriminatory laws and practices against LGBTQ+ Americans.

The first Pride march was held in New York City on June 28th, 1970—June 2020 marks the 50th anniversary of the LGBTQ+ Pride traditions. Find recorded celebrations and information of upcoming Pride events on the [Ypsi Pride Facebook page](#).



Happy
Father's Day



Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Despite President Lincoln's Emancipation Proclamation - which had become official January 1, 1863 it wasn't until June 19th 1865 (over two years later) that the news spread and enslaved slaves were free. Since 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond. It is a day for reflection and rejoicing—A time for assessment, self-improvement, and planning for the future.

Although we have strides to make toward equality we must acknowledge the strides made toward freedom from slavery.

**BLACK
LIVES
MATTER**



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!
- ♦ We are now recruiting for Youth Leadership Council and Theatre Troupe for the 2020-2021 school year!
- ♦ **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>
- ♦ **Register for Corner's Summer Nutrition Program**—Weekly virtual sessions, cooking classes, and Farmers Market Food Bucks for attending. All items and products for participation will be delivered to you before each class. There will be raffles for those who participate consecutively in sessions. Want more information email us at Outreach@cornerhealth.org with the subject "Summer Program." Programs are for those ages 12 - 25.
- ♦ 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. (dinner provided). 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 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.