

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



What's your New Year's Resolution?



A new years resolution is when you make a commitment and goal to yourself to stop bad habits, or to start doing something good on the first day of the new year

Here are some tips when coming up with one:

- Don't give up
- Break up your dreams into small groups
- Learn from the past
- Try your best
- Commit to a goal
- Dream big!
- Be patient with yourself
- Be kind to your body



Most importantly, love yourself!

Check out page 2 to learn more about our free virtual event



December, 2020

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!



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.



Corner Health Center and Ford Motor Company Fund Present

'Tis the season.. for the blues



Join us for a **FREE** virtual interactive conversation on how our mood can change with the seasons

December 15, 2020 from 7:00- 8:00pm

This event is for youth and young adults, **ages 12-25**

Register and attend to **be entered into a drawing to win a \$25 or more gift card and other prizes!**

[Click here to register](#)

It's okay to be overwhelmed



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.
- ◆ **'Tis the Season... for the Blues *Virtual***—Free interactive conversation on how our mood can change with the seasons. For more information, please contact Contact Kamilah Davis-Wilson at kwilson@cornerhealth.org. Register here: <http://events.r20.constantcontact.com/>

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.



COVID-19 PAUSE TO SAVE LIVES

Open

- Two-household gathering (high precautions)*
- Small outdoor gatherings (25 people)
- Retail
- Preschool through 8th grade (local district choice)
- Childcare
- Manufacturing, construction, other work that is impossible to do remotely
- Public transit
- Hair salons, barber shops, other personal services
- Gyms and pools (for individual exercise)
- Restaurants and bars (outdoor dining, takeout, and delivery)
- Professional sports** (without spectators)
- Parks and outdoor recreation
- Funerals (25 people)
- Health care

*See Social Gathering Guidance.
**Includes a limited number of NCAA sports.

Not open

- High schools (in-person learning)
- Colleges and universities (in-person learning)
- Workplaces, when work can be done from home
- Restaurants and bars (indoor dining)
- Organized sports, except professional sports
- Theaters, movie theaters, stadiums, arenas
- Bowling centers, ice skating rinks, indoor water parks
- Bingo halls, casinos, arcades
- Group fitness classes

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.

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

For more information about the order, visit Michigan.gov/Coronavirus. Questions or concerns can be emailed to COVID19@michigan.gov.

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.



Wash your hands!

December 1 – 7 is National Handwashing Awareness Week

Make handwashing a healthy habit!

According to the CDC, keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice



Influenza Vaccination Week

This year, Influenza Vaccination week will occur December 6th-12th. According to the American Academy of Pediatrics, getting the flu vaccination can reduce the number of office visits, severity of illnesses, and missed school and work. Since flu activity is usually the highest between December and February, it is important to get your flu vaccine sooner than later.

Visit us at the Corner to get your Flu Shot!



Did you know that getting a flu vaccine each year is the best way to protect against serious diseases?

**VACCINATION
PROTECTS US FROM
DISEASES**



Are you looking for some yummy Winter recipes?

Ingredients

Lasagna Soup

- 1 Tablespoon olive oil
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 1 pound mild Italian sausage (casings removed)
- 32 ounce container chicken stock
- 30 ounces petite diced tomatoes with juice (two 15 ounce cans)
- 6 ounce can tomato paste
- 1 teaspoon ground oregano
- 1/2 teaspoon Italian seasoning
- 2-3 Tablespoons freshly chopped basil (more to taste)
- 8 uncooked lasagna noodles (broken into bite-sized pieces)
- 1/2 cup grated parmesan cheese
- 1 cup shredded mozzarella cheese (optional)
- kosher salt and black pepper (to taste)
- ricotta cheese (for serving)



Directions

BROWN. Heat the oil in a large pot over medium-heat. Add in the chopped onion and cook until tender, about 2-3 minutes. Then stir in garlic and cook an additional minute. Add in the sausage (break up with a wooden spoon) and cook until browned. Drain any excess grease.

BOIL. Add in chicken stock, tomatoes and tomato paste and stir to combine. Then add in Italian seasoning. Bring to a light boil, then add in the uncooked lasagna noodle pieces. Cook for 8-10 minutes, or until the noodles are tender.

SERVE. Add in the parmesan cheese, mozzarella, salt and pepper and stir to combine. Ladle lasagna soup into bowls and top with a big scoop of ricotta cheese and fresh basil

Check out these recipes:

- ♦ [Vegetable soup](#)
- ♦ [Turkey White Chili](#)
- ♦ [Vegetarian Enchilada Bake](#)
- ♦ [Pan-Roasted Chicken and Vegetables](#)
- ♦ [Chicken Jambalaya](#)
- ♦ [Makeover Beef Stroganoff](#)