

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



Welcome to the November issue of The Scoop!

November, 2020



International Survivors of Suicide Loss Day



November 21, 2020



We are here for YOUTH.



Check out page 4 to learn more about
International Survivors of Suicide Loss
Day and the National Day of Giving!

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 Let's Talk About It; 1.800.273.8255

We invite **you** to join us for a virtual conversation about **suicide prevention** with your friends, parents and community



Tuesday, November 17, 2020 7:00pm – 8:15 pm

Register by: November 16th @ 6:00pm

Ages 12-25, plus parents/guardians are welcome to this **FREE** event. Registration is required.

Questions? Outreach@cornerhealth.org

Click here to
register

All youth 12-25 will
receive free Bluetooth
headphones plus other
gifts and drawings



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

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>

For tips regarding **COVID-19 Guidance for Holiday Travel and Gatherings**, please visit:

<https://www.michigan.gov/documents/>



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 Child Safety Protection Awareness Month

This month is dedicated to raise awareness on the potential dangers that children face **every** day.



Child Safety Protection Month

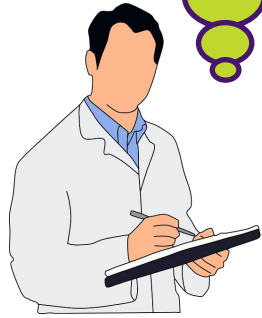
Household safety: According to All 4 Kids, the CDC found that children between the ages of 1 to 4 years had the highest rates of poisoning. Thousands of children are treated or hospitalized each year because of accidental poisonings within their household

Infant Safety: 2/3 of injury deaths are due to suffocation for children that are less than a year old. Remember sayings such as “back is best” or “face up to wake up” to remind yourself that it is important to place your baby on their back when putting them to sleep.




Outdoor Safety: children should never be left alone outside. Helmets and padding should be worn when riding any type of ride-on toy to prevent a head injury. Teach your child to not play near the street. Check the outdoor play area often for trash or any sharp objects.

Water Safety: for children aged 1 to 4 years, the leading cause of injury or death is drowning. Always stay near your child while near or in the water. Make sure they are wearing a supportive life jacket.

A cartoon illustration of a male doctor with dark hair, wearing a white lab coat over a blue shirt. He is holding a clipboard and a pen. Above him is a large green thought bubble containing text.

Each year in the United States, an average of 12,175 children aged 0 to 19 years die from an unintentional injury that can often be preventable

A 3D white figure stands next to a large yellow question mark. To the right of the figure are several orange circles of different sizes, some of which are connected to a large orange thought bubble containing text.

Did you know that there are about 9.2 million children each year that had an initial emergency department visit for an unintentional injury?

International Survivors of Suicide Loss Day

On **November 21st**, individuals from all around the world will participate in international Survivors of Suicide Loss Day by sharing stories of healing in memory of their loved ones.

Did you know that for every suicide death, at least six people are significantly affected?



This is a day where survivors of suicide loss can come together to find **understanding, hope, and find connection** through the group's shared experience

Find events near you: <https://isosld.afsp.org/>

Sources: <https://afsp.org>



Suicide is a **significant** public health issue. Reach out and seek help: whether it was recently or many years ago that you or someone you know has lost someone to suicide, listen to stories from survivors of suicide loss by visiting the Each Mind Matters Stories Page: www.eachmindmatters.org

National Day of Giving

The National Day of Giving will be occurring this year on **December 1st, 2020**. This is a global generosity movement that has inspired millions of people to celebrate, give, and collaborate generosity, and give back to their communities and others around the world.



GivingTuesday was created so that there was a **day that encouraged people to do good**. It is not just about giving money. Here are some ways that you can give back to your community:

- ♦ Give your time and voice
- ♦ Give talent and kindness
- ♦ Give goods and donate
- ♦ Give together and share why you give back



Interested in giving back to your community? Visit: GivingTuesday.org for more information

To help support the Corner's Outreach and Education, click [here](#)

Sources: <https://www.givingtuesday.org/about>

Corner Store and Food Pantry



Have you heard of the Corner Store and Food Pantry?

Just underneath the clinic you will find the Corner Store and Food Pantry. While the store can't have visitors right now, the services are still available! We serve our patients and our community members ages 12-25 with any of their needs. There is a Food Order form available for you to fill out and pick out anything that is available .

Along with our food provided by *Food Gatherers* we have a variety of hygiene items like **toiletries** and **paper products**. We have many available items for your little ones as well, such as **diapers, wipes, and formula!**

Get in touch with a staff member to receive a Food Pantry order form on your visit or call us at 734-484-3600.



Food Pantry is Open!

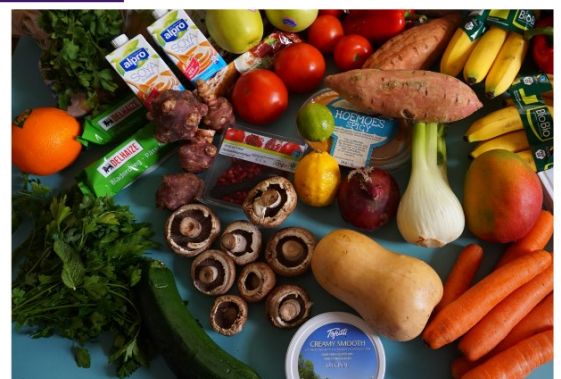


Call 734-484-3600 or come to The Corner today!



Products Available:

Fresh Produce
Dairy
Bread
Meat
Toiletries
Formula
Diapers



November is National American Diabetes Month!

November is American Diabetes Month. According to the National Institute of Diabetes and Digestive and Kidney Diseases, this year is focused on taking care of youth who have diabetes.

Did you know that diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old?

TAKING CARE OF YOUTH WHO HAVE DIABETES



Tips for youth to consider when thinking of a self-care plan:

- ♦ Manage blood glucose levels
- ♦ Encourage healthy habits
- ♦ Stay prepared for emergencies
- ♦ Monitor for diabetes complications
- ♦ Seek mental health support



There are two types of Diabetes:
Type 1 and Type 2.

Type 1 Diabetes can occur in any age group, race, shape and size. The body does not produce insulin when an individual has type 1 diabetes. It is important to remember that Type 1 diabetes is a condition that can be managed. Through living a healthy lifestyle filled with a well diet and exercise, it is possible to have a normal life and do everything that you want to do.



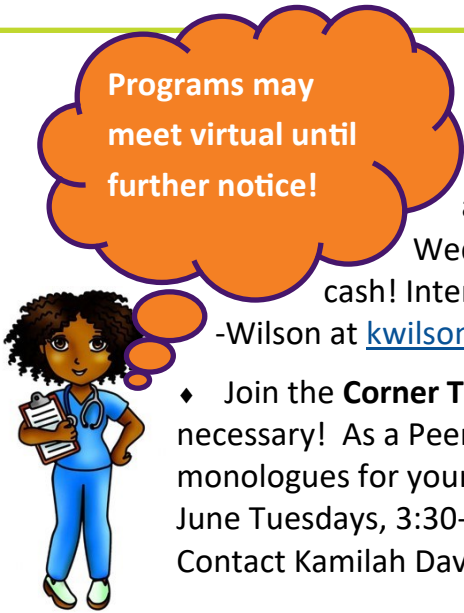
Type 2 Diabetes is the most common form. In type 2 diabetes, your body does not properly use insulin. There are many resources, tools, and people that will support you if you have type 2. A healthy diet and exercise is extremely important when managing type 2 diabetes.

A cartoon illustration of a man with dark skin, curly hair, wearing a white shirt and red tie. He is smiling and has a purple speech bubble coming from him that says "Get involved!".

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 Cari Radinski at cradinski@cornerhealth.org
- ♦ **Let's Talk About It *Virtual*** — An interactive conversation and panel discussion on **suicide prevention** for teens, parents, and community members **Tuesday, November 17, 2020 7:00pm – 8:15 pm**. Contact Kamilah Davis-Wilson at kwilson@cornerhealth.org.

A cartoon illustration of a woman with dark skin, curly hair, wearing a blue lab coat and holding a clipboard. She has an orange speech bubble coming from her that says "Programs may meet virtual until further notice!".

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? Fill out the [online interest form](#). Questions? 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? Fill out the [online interest form](#). Questions? Contact Kamilah Davis-Wilson at kwilson@cornerhealth.org.