

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



January, 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.



JANUARY IS  
**Birth Defect  
Prevention  
Awareness Month**



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.



Click the pic to register!



Corner Health Center and Ford Motor Company Fund Present

## YOU ARE NOT YOUR THOUGHTS



FORD MOTOR COMPANY FUND

Watch some  
videos and have  
open discussion

**Free** virtual interactive  
conversation about  
stress and anxiety

Learn some  
strategies for  
coping



**Thursday, January 28, 2021**  
**6:30 pm – 8:00 pm**

Registration will close on Wednesday, January 27 @ 12:00 midnight

All youth and young adults 12-25 will be **entered for a chance to win gift cards and other great prizes!**



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. Coming soon, stay tuned!
- ◆ **SMART Recovery \*Virtual\***—Recovery support group for ages 18-25; class will meet via Zoom. Coming soon, stay tuned!
- ◆ **You Are Not Your Thoughts \*Virtual\***—FREE interactive session, to learn how our thoughts can impact our levels of stress and anxiety. For more information, please contact Kamilah Davis-Wilson at [kwilson@cornerhealth.org](mailto:kwilson@cornerhealth.org). Register here: <http://events.r20.constantcontact.com/>

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 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](mailto: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 Wednesdays 3:30-5:30 p.m. [Interested?](#) Contact Brianna Minor at [bminor@cornerhealth.org](mailto: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](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 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.



### Stay Updated!

- ♦ Watch the Governor's December 29th, 2020 COVID update [here](#).
- ♦ In Washtenaw County 48197 & 48198 are being hit the hardest with COVID, learn more about Washtenaw County cases [here](#).
- ♦ Heard about the COVID-19 vaccine? Learn more about the vaccine and distribution in Washtenaw County [here](#).

**January 18th 2021** is the 26th anniversary of the Martin Luther King Jr. holiday. MLK Day celebrates the life and achievements of MLK and it is the only federal holiday designated as a national day of service encouraging all to volunteer to improve their communities.



**Serve** your community. Visit [nationalservice.gov](https://nationalservice.gov) to check out projects and volunteer opportunities in your community—there are over 300 opportunities in the Washtenaw County area!



**Join** EMU from January 15th-January 18th in their MLK Celebration, We the People Speak: No Justice, No Peace. Check out their [schedule of events](#) including “The Color of Drums” annual show where acting and poetry collides!

**Join** U of M in their MLK Symposium. Check out their [events page](#) for more info and to access the livestream link!

**Reflect** on how you live out your values. What are your dreams? How are you contributing to your community? What is the racial climate today and what do we do now?

“The time is always right to do what’s right.”

- Dr. Martin Luther King Jr.



## January is National Birth Defects Prevention Month

Birth defect prevention is urgent given the prevalence in our region. Region 9 (Hillsdale, Jackson, Lenawee, Livingston, Monroe, and Washtenaw counties) is 1 of 3 Michigan regions with the highest rates of birth defects. Although not all birth defects can be prevented, there are some things you can do to reduce the risk!



**Avoid harmful substances during pregnancy, such as alcohol, tobacco and other drugs.**

**Best for you. Best for baby.**

Check out these 5 tips to aid in preventing birth defects and having a healthy pregnancy—  
#Best4YouBest4Baby!



**Become up to date with all vaccines including the flu shot.**

**Best for you. Best for baby.**

Why is Folic Acid so important? Check out this CDC short [audio](#) about the research & how it prevents defects such as Spina Bifida!



Be sure to take 400 micrograms (mcg) of folic acid every day.

**Best for you. Best for baby.**

Millions of women have received the flu shot while pregnant with a good safety record. Check out the [MotherToBaby Flu Shot Fact Sheet](#)



**Before you get pregnant, try to maintain a healthy weight.**

**Best for you. Best for baby.**

Dads play an important role in a healthy pregnancy! What can you do? Check out the tips for dads [here!](#)



**Book a visit with your healthcare provider before stopping or starting any medication.**

**Best for you. Best for baby.**





## Slow-Cooker Garlic-Parmesan Chicken

### Ingredients

- 3 tbsp. extra-virgin olive oil, divided
- 2 lb. bone-in, skin-on chicken thighs
- Kosher salt
- Freshly ground black pepper
- 1 lb. baby red potatoes, quartered
- 2 tbsp. butter, softened
- 5 cloves garlic, chopped
- 2 tbsp. fresh thyme
- Freshly chopped parsley
- 2 tbsp. freshly grated Parmesan, plus more for serving

### Directions

1. In a large skillet over medium-high heat, heat 1 tablespoon oil. Add chicken, season with salt and pepper, and sear until golden, 3 minutes per side.
2. Meanwhile, in a large slow cooker, toss potatoes with remaining 2 tablespoons oil, butter, garlic, thyme, parsley, and Parmesan and season generously with salt and pepper. Add chicken and cook on high for 4 hours or low for 8 hours, until potatoes are tender and chicken is fully cooked.
3. Garnish with Parmesan before serving.



**Check Out these Slow Cookin' Recipes!**

- |   |  |
|---|--|
| ♦ <a href="#">Slow Cooker Turkey Chili</a>      | ♦ <a href="#">Slow Cooker Caramel Toffee Bread Pudding</a> |
| ♦ <a href="#">Slow Cooker Salmon</a>            | ♦ <a href="#">Slow Cooker Cinnamon Apples</a>              |
| ♦ <a href="#">Crock Pot Stuffed Peppers</a>     | ♦ <a href="#">Slow Cooker Peach Cobbler</a>                |
| ♦ <a href="#">Slow Cooker Eggplant Parmesan</a> | ♦ <a href="#">Slow Cooker S'mores Dip</a>                  |