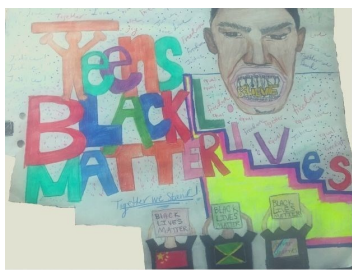


What's **The Scoop** on Your Health?



Welcome to the July issue of The Scoop!

July, 2020



**TEENS
BELIEVE
BLACK LIVES
MATTER**

Check out page 4 for
additional details and
registration information!

Meet our virtual Outreach and Education summer intern,
Jamie Villalobos!

Jamie is studying Human Health, with a pre-med track and Spanish. In addition, she will serve as a peer health partner teaching health education to incoming freshman at her college.

Jamie is a native of Washtenaw County and has worked with nonprofit organizations, like Neutral Zone in the past. She is a fluent Spanish speaker and desires to connect, educate, and advocate for those of the Hispanic and African American populations, through her work.


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



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. She is standing and looking towards the text.

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 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.

A cartoon illustration of a Black man wearing a white lab coat, a red tie, and a blue surgical mask. He is standing and looking towards the text.

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

Since July 1st every region in Michigan has seen an uptick in new cases.

Studies have shown that wearing a mask can save lives and significantly lower an individual's chance of spreading COVID-19.

On **July 17th** Governor Whitmer issued an executive order 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>



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 names of the medical assistants.

(Left to right)

Tina, LaTania, and
Dominique

Meet the Medical Assistants at The Corner



Medical Assistants provide clinical and administrative support for physicians and other medical professionals by running the front office, drawing blood, administering vaccinations, taking patients' vital signs and more.

World Hepatitis Day is July 28, 2020. Hepatitis is a disease that causes the inflammation of the liver. The most common forms of hepatitis are hepatitis A, B, and C. The World Health Organization estimated that about 257 million people were infected with hepatitis B worldwide in 2015 (cdc.gov). In the US, more than half of persons living with hepatitis do not know that they have the virus.

Preventable measures:

- Regular handwashing and hygiene.
- Getting the Hepatitis A & B vaccine.
- Peel and wash foods, fruits, and vegetables.

A safe and accessible vaccine for Hepatitis is available, ask your doctor if you are vaccinated against this disease. Learn more about Hepatitis transmission and symptoms on the [CDC website](https://www.cdc.gov/hepatitis/).

Please do not hesitate to **contact The Corner at 734-484-3600** and schedule an appointment.

Sources: www.cdc.gov and www.hhs.gov

Written By: Jamie Villalobos





[Click Here](#) to Register!



TEENS BELIEVE BLACK LIVES MATTER

Register
ASAP!

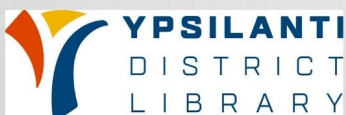
JOIN US FOR A SOCIAL JUSTICE
AWARENESS EVENT TO DISCUSS HOW
YOUR VOICE CAN POSITIVELY IMPACT
THE BLACK LIVES MATTER MOVEMENT!

Wednesday
July 29th
5:00pm

Register at this LINK!

Participate
to enter
raffle!

Brought to you by:



Teen participants will be
entered to win in a gift
card raffle for
participation in this event!

The Corner honors all parents this National Parents Day!



National Parents Day is celebrated the fourth Sunday in July to honor outstanding parents, celebrate the teamwork in raising children, and support the role of parental guidance in building a strong, stable society. Visit: www.parentsday.com/ for more information!

At the Corner we know our parent patients make an effort to be informed and make decisions they believe are in their children's best interest.

Since the COVID-19 pandemic, we've been asked many questions, we want to remind you:



- The hospital is still the safest place to give birth
- Keep your prenatal and postpartum appointments
- Schedule your well baby appointments and yearly physicals
- Consider birth control options for family planning—remember you are in charge of when you start or expand your family!

Call The Corner at 734-484-3600 to schedule your appointments today!

July is Minority Mental Health Month!

A photograph showing two hands shaking on a wooden table. One hand is wearing a black watch and a green sleeve. The other hand is wearing a dark sleeve. The background is blurred.

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

July is Minority Mental Health Month. Mental health is a health issue that is not commonly talked about in minority communities and a topic often stigmatized. According to the Health and Human Services Office of Minority Health, African Americans are 20% more likely to experience serious mental health problems than the general population and 63% of African Americans believe that depression is a personal weakness.

One reason for this discrepancy is misunderstandings and lack of information about mental health. Minorities may be reluctant to discuss mental health issues and seek treatment because of the shame and stigma

associated with such conditions and the inability to recognize the signs and symptoms of mental health conditions. Another barrier may be cost of mental health services and the lack of health insurance.

Together we can create more campaigns encouraging others to speak up about mental health. Talking about mental health signs, struggles, and making sure no one feels alone are personal actions that we can take to normalize and de-stigmatize seeking help for mental health needs.

The Corner is proud to be able to offer a variety of mental health services including help with: counseling & psychiatry, stress management, sadness or depression, anxiety, bullying support, eating disorder support, and LGBTQ+ support. **Call The Corner at 734-484-3600 to schedule your appointments today!**

Sources: www.hhs.gov, www.mhanational.org, and www.nami.org

Written By: Jamie Villalobos





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.
- ◆ **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>
- ◆ 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.