

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



Welcome to the September issue of The Scoop!

September, 2020



Learn more about
Sexual Health on
page 3!

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

September is National
Hispanic Heritage Month!
Learn more on page 5!

**HISPANIC
HERITAGE
MONTH**



Follow us on [social media](#) for health information, events, Corner updates, and community resources.



Worried about going
back to school? Learn
tips to cope on page 6!



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.



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

On August 20th, 2020 Washtenaw County Health Department issued a public health emergency order to limit the size of social gatherings or events within the City of Ann Arbor and the City of Ypsilanti. No more than 25 people may gather at outdoor events.

Studies have shown that wearing a mask saves lives! Since July an order requiring all Michiganders to wear a mask in indoor public spaces and crowded outdoor spaces has been in place. The order requires businesses 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 visit: <https://www.michigan.gov/coronavirus/>

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](#).

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, 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.



Don't put your health on hold!

Call the Corner today to schedule your appointment
734-484-3600

In-person and telehealth appointments are available

Medical Services

Including:

- Physicals, vaccinations, and integrated medical care
- Sexual health and contraceptive services
- OB-GYN
- Maternal Infant Health (MIHP)
- LGBTQ+ and Hormone Therapy
- Help when you're sick
- Pediatrics for your children
- More!

Behavioral Health

- One-to-one therapy
- Group therapy programs, including Mood Lifters
- Psychiatry

Youth Education and Activities

- Youth Leadership Council
- Theatre Troupe Peer Education
- Healthy Youth Healthy Futures educational programs

All services designed exclusively for 12-25 years old. Call 734-484-3600 to schedule your appointment or for more information. www.cornerhealth.org

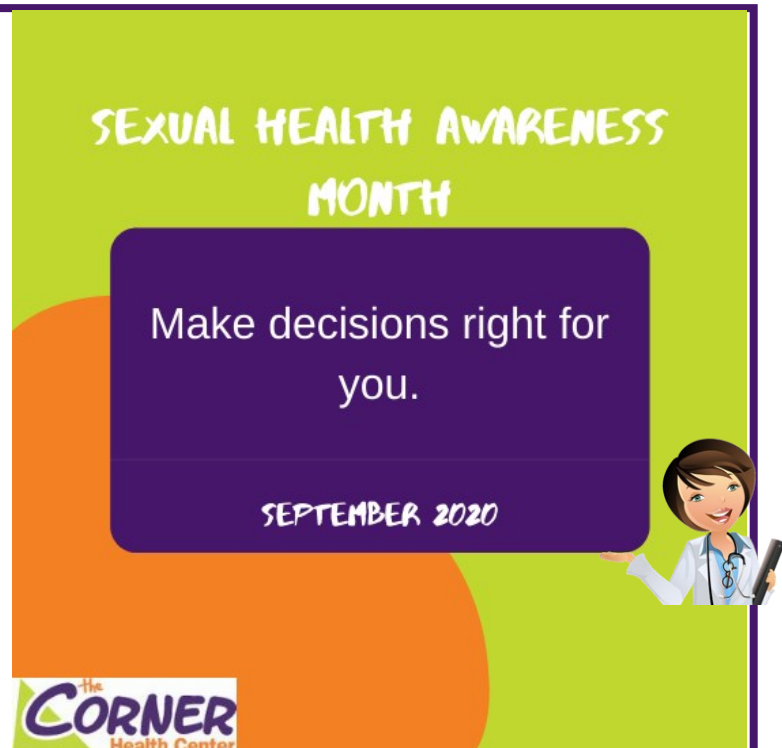
Corner Health Center • 47 N. Huron Street (near Michigan Ave.) • Ypsilanti, MI 48197

National Sexual Health Awareness Month

Let's Talk about Sex!

This September we celebrate **National Sexual Health Awareness Month**. The World Health Organization defines sexual health as a state of physical, emotional/mental, and social well-being in relation to sexuality. Sexual health requires a positive and respectful approach to sexuality and sexual relationships; the possibility of having pleasurable and safe sexual experience, free of coercion, discrimination, and violence. Sexual health awareness includes promoting overall health and well-being including:

- ◆ Family Planning
- ◆ STI/STD/HIV Testing and Treatment
- ◆ Reproductive Health
- ◆ Sexual Violence Prevention



Take charge and talk to your Corner healthcare provider about your sexual health! Taking care of your sexual health means knowing your body, understanding it, and being able to recognize when something isn't quite right. With millions of cases worldwide of sexually transmitted infections it is important to take your sexual health serious. The Corner can help you with STI/STD/HIV testing and treatment. Your provider can also help you plan for a family or prevent an unintended pregnancy.

Call us and schedule your appointment today 734-484-3600!

We Celebrate Ms. Vicki for 20 years Dedicated to the Corner!!!

This September Ms. Vicki celebrates 20 years of service at the Corner Health Center. Over time, Ms. Vicki has impacted thousands of patients and staff with her positive attitude and warmth. She welcomed patients 20 years ago into the Corner and today, welcomes many of their children. Thank you for being committed to the Corner and an all-around amazing person, Happy 20th Work Anniversary!

"I met Vicki 20 years ago and every day she has impressed me with her warmth, kindness, and her compassion. She never judges anyone and she will do anything to help. Vicki works at the front desk but to me she is the heart and soul of the Corner."

**-Kathy Bondy Fessler,
Former Medical Director
of the Corner**

Coming in for an
appointment?
Say Hi!



"Vicki is always kind and makes me feel welcome at the Corner. I was nervous once about getting shots at my appointment and Vicki was her usual calming self and she made me feel better. I love Vicki."

-Isabelle



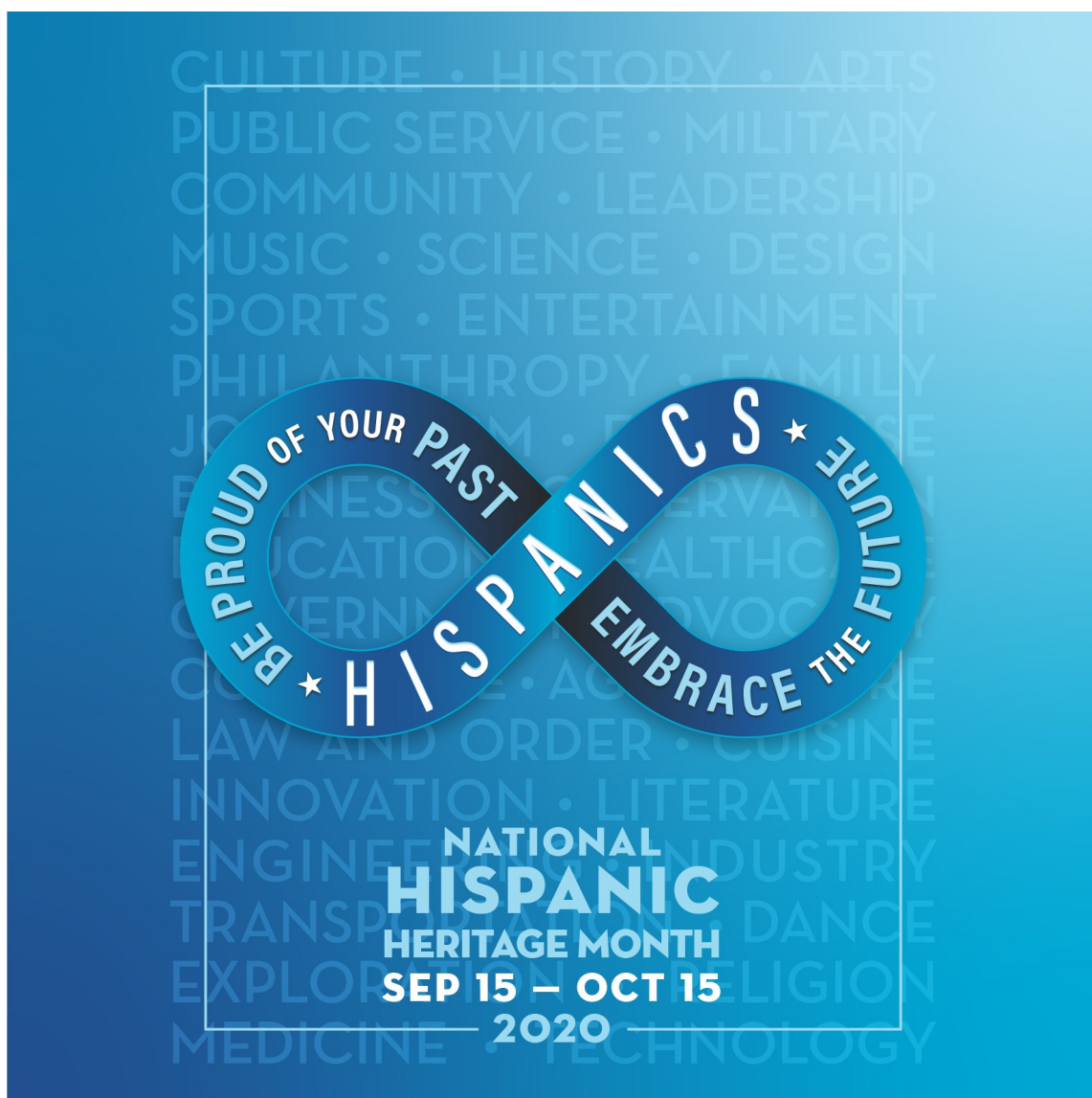
National Hispanic Heritage Month: Be Proud of Your Past, Embrace Your Future

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15 by celebrating the contributions and importance of Hispanics and Latinx to the United States and those American citizens whose ancestors came from Spain, Mexico, the Caribbean, Central America, and South America.

The Hispanic Heritage observance began in 1968 as Hispanic Heritage Week and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15.

How can you celebrate this year?

- ♦ Buy from & support Latinx-owned businesses
- ♦ Check out the annual Calle Ocho Festival virtually this year—Oct. 4th live stream
- ♦ Visit [The Hispanic Museum & Library](#) online for virtual events and exhibits
- ♦ Educate yourself about Hispanic heritage and culture by reading [books by Hispanic authors](#).



September is National Suicide Prevention Month

September is National Suicide Prevention Month, September 10th is World Suicide Prevention Day, and September 6th—September 12th is National Suicide Prevention Week. This is a time to share resources and promote suicide prevention awareness.

#BeThe1To is the [National Suicide Prevention Lifeline's](#) message for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide, #BeThe1To...

- ♦ ASK them directly
- ♦ BE THERE without judgment
- ♦ KEEP THEM SAFE from objects they can use to harm
- ♦ HELP THEM CONNECT to a support system personal or professional
- ♦ FOLLOW UP after the crisis on a regular basis

If you're struggling call 911 or the [Lifeline](#) at 1-800-273-TALK (8255)



Back to School

Many youth are struggling with the idea of returning back to school and figuring out a “new normal.” Here are some tips to help you cope and adjust:



- ♦ Take a break or schedule in breaks
- ♦ Eat well balanced meals regularly
- ♦ Set a schedule/routine—using alarms or reminders could help you stay focused
- ♦ Set a bedtime—good sleep is vital
- ♦ Remain socially connected
- ♦ Know when you need to ask for help and ask
- ♦ Try meditation apps like Calm or Headspace!

PRIDE YOGA

LOVE STRENGTH CELEBRATION

Open to everyone. This class is a judgment-free space.

Recommend having a yoga mat or soft surface for practice.

Mondays, 6:30pm with Nithya

09/14/20

09/28/20

10/12/20

10/26/20

Questions? Contact us at
734-657-4652

Register here:
<https://rb.gy/xcrn4d>

Presented By:



Need a yoga
mat?
Call us!

Register here:

[https://rb.gy/
xcrn4d](https://rb.gy/xcrn4d)

Zoom link will
be sent upon
registration!



Get involved!

The Corner Program Updates:

- ◆ **Corner Food Pantry**—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.
- ◆ **Pride Yoga *Virtual***—Join Nithya for yoga via zoom every other Monday at 6:30pm! Class open to all patients and community members 12-25. Register here: <https://rb.gy/xcrn4d>
- ◆ **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>

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.