

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



May, 2021

Corner Health Center and Ford Motor Company Fund Present

## #WISHYOUKNEW HOW TO HAVE DIFFICULT CONVERSATIONS



FORD MOTOR COMPANY FUND



Need to have a difficult conversation with your parent or a trusted adult?  
Come to this **FREE** virtual interactive conversation about difficult conversations,  
how to have them, and how they impact you!

**Wednesday, May 19th, 2021 @ 7:00 pm – 8:30 pm**

Icebreaker begins at 7:00 pm, program starts promptly at 7:15 pm

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

Register by May 17th, 2021

Click to  
Register!



The Corner Health Center  
[www.cornerhealth.org](http://www.cornerhealth.org)  
47 N. Huron Street  
Ypsilanti, MI 48197  
734-484-3600

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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.



## Cinco de Mayo From a Puebla Native

By Abigail Gonzalez

My Mom is from Puebla, Mexico and while living there, she experienced Cinco de Mayo celebrations first hand. I asked her about her experience at the event and got a better understanding of what the locals from Puebla do to celebrate this day. First, let's go over a brief overview of Cinco de Mayo. This day celebrates the time in history when the Mexican army, which was known to be inexperienced, underfunded, and lacked resources, defeated the large and vastly supplied French army in a Battle at Puebla. With that let's go into the interview.

**Me:** How do you recall Cinco de Mayo being celebrated?

**Mom:** During the day everyone went to the town center and participated or watched the parade and dancers.

**Me:** Did you ever participate in a parade?

**Mom:** Yes, our school would make us walk with the parade and we would be wearing our uniforms; some kids would be holding flags. It was hot sometimes but we got to be near the floats.

**Me:** Were there additional activities?

**Mom:** Yes, there was a stage where couples could dance and where a dance studio would have their dancers dance Folklorico. (A traditional dance where women wear large skirts and men wear mariachi looking suits). There was also a fair in the afternoon and at night where you could go on rides and eat festival food. My family couldn't afford the rides but it was nice to hang out with my siblings and see the lights from the fair.

**Me:** Did you ever eat any festival food?

**Mom:** Not from the street vendors but my mom always made Mole Poblano. It's a dish that originated in Puebla and it's very popular that contains a special sauce made of chiles, plantains, and chocolate over chicken.



**Me:** Sounds yummy! Is there anything else you would like to share?

**Mom:** No, I think that's about it.

**Me:** Okay thank you!

## KEEP YOUR PRESSURE LOW, SO YOUR BLOOD CAN FLOW

This month, we are raising awareness for high blood pressure. There is an estimated 1.3 million youth between the ages of 12 to 19 who have high blood pressure. Risks of heart diseases that start in childhood can carry into adulthood. Understand what high blood pressure is and learn the facts and consequences of high blood pressure!

### WHAT IS HIGH BLOOD PRESSURE?

High blood pressure, also known as hypertension, is when the force of your blood is pushing against the walls of your blood vessels too high.

AND THIS CAN LEAD TO...

### THE CONSEQUENCES OF HIGH BLOOD PRESSURE

High blood pressure is a risk factor for serious conditions, such as heart disease and stroke. Leaving high blood pressure uncontrolled can lead to other complications and cause damage to your body such as your arteries, heart, brain, kidneys, and eyes. It can also lead to sexual dysfunction.

### UNDERSTAND WHAT YOUR BLOOD PRESSURE NUMBERS MEAN

A blood pressure machine will show you two numbers: systolic (upper number) and diastolic (lower number). A systolic of less than 120 and diastolic of less than 80 is normal blood pressure. High blood pressure shows a systolic of higher than 130 or higher and a diastolic of 80 or higher.



### PREVENTING HIGH BLOOD PRESSURE

To lower the risk of high blood pressure, it is important to maintain a healthy weight, eat nutritious food, and get regular physical activity!



Sources: [American Heart Association](#) [Centers of Disease Control and Prevention](#) [Mayo Clinic](#) By: Bianca Villegas



**Bike crashes have continued  
to rise since 2019...**



## May is National Bike Safety Month

Keep safe and have fun  
with these tips!



### Be aware of your surroundings

- Be alert when riding
- This means no headphones or other distractions



### Add reflective gear to your bike

- Reflective gear makes you more noticeable to others
- Use bike lights especially when riding at night



### Always wear a helmet

- Wearing a helmet reduces the risk of a head injury by 85%
- Make sure its snug & buckled



### Wear bright clothes

- When riding you need to be seen by others
- Wear bright clothes to catch others attention



### Ride on the right

- Follow the flow of traffic and ride on the right side of the road
- Do not ride against traffic



### The Corner Program Updates:

- ♦ **The Corner Food Pantry** is available to patients and community members ages 12-25 during clinic hours. One family at a time may shop the store and a mask is required!
  - ♦ **\*Mood Lifters** —A mental wellness program that works to improve mood over the course of 15 sessions. For young adults ages 18-25. Currently running on Thursdays 6:30 pm—7:30 pm; March 25th, 2021—July 1st, 2021. Stay tuned for the next group!
  - ♦ **\*Yoga** — This class is open to everyone and it is a judgment-free space. The class combines physical yoga poses with breathing to find balance in both the body and mind. Meet via Zoom every other Monday, 6:30—7:30 pm. [Register here!](#)
  - ♦ **\*SMART Recovery** —Recovery support group for ages 18-25; class will meet via Zoom. Interested? Contact Nike Griffin by calling 734-714-2262 or email [agriffin@cornerhealth.org](mailto:agriffin@cornerhealth.org).
  - ♦ **\*#WishYouKnew How to Have Difficult Conversations**— Join us May 19th at 7pm for an event about difficult conversations with a parent or trusted adult, how to have them, and how they impact youth! [Register here!](#)
- \*All programs 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. YLC meets year-round on Wednesdays, 6:00-7:00 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! Become a Peer Educator and have fun while gaining acting skills, write and perform plays and/or monologues for your peers on important health topics, and earn a little cash! Troupe meets September through June Wednesdays 3:30-5:30 p.m. Interested? Fill out the [form](#) or contact Brianna Minor at [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 a COVID-19 testing site. However, test sites in the community can be found [here](#).

We are open and serving patients with scheduled appointments only. If you are a patient with a scheduled appointment:

- Please call before your appointment to confirm if your visit is onsite or a telehealth visit.
- **Effective 2/19/21** A parent/guardian may accompany youth to appointments under age 18 and prenatal patients may have one support person. Check out our [website](#) or call us at 734-484-3600 if you have additional questions or concerns.
- Masks are required for the duration of your appointment. If you do not have a mask, we will provide you with one. *Please wear your mask properly for your safety and the safety of our staff.*

Visit our  
website for our  
current hours.



*We have a limited supply of COVID-19 vaccines. Patients will be offered the vaccine at appointments while supplies last. As always, we are interested in your thoughts and feelings.*

*By filling out **this short survey** you will be assisting the clinic in making sure your questions and concerns are addressed so that you feel prepared and informed when it is your turn to get vaccinated.*

#### 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.

If you are sick, please call us to speak with a nurse.

**FOR YOUR HEALTH AND SAFETY, DO NOT COME IN WITHOUT CALLING FIRST.**



Watch the Governor's  
April 14, 2021 COVID  
update [here](#).

#### Stay Updated!

In Washtenaw County zip codes 48197, 48198 and 48104 continue to have the highest numbers of confirmed cases. In addition young adults 18-24 are contracting COVID-19 at very high rates. Learn more about Washtenaw County cases [here](#).