

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

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Worried about going back to school? Learn tips to cope on page 4!



September 2021

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

Features & Highlights!

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Learn more about **Sexual Health** on page 2!



JOIN THE CORNER HEALTH CENTER ON OCTOBER 22, 2021



Join us on Oct. 22, 2021 from 6-8PM for our Annual Cheers for Children ~ **Oktoberfest** at the **Historic Firehouse Museum** located at 110 Cross Street in Ypsilanti, MI. [Click here to learn more and to purchase tickets!](#)



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.

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

SEXUAL HEALTH AWARENESS MONTH

Being sexually healthy means...

Understanding that sexuality is a natural part of life and involves more than sexual behavior.

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you plan for a family or prevent an unintended pregnancy.

Take charge and talk to your Corner healthcare provider about your sexual health! Taking charge 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

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

The Corner Program Updates:



Get involved!

♦ **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!

♦ **Breastfeeding Club**—A support group for mothers currently breastfeeding including pumping, expecting mothers interested in breastfeeding and/or pumping, and mothers with breastfeeding experience interested in providing support and encouragement.

[Learn more and register here!](#)

- ♦ **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. Stay tuned for the next group!
- ♦ **SMART Recovery** —Recovery support group for ages 18-25; class will meet via Zoom. Interested? Contact Jennifer MacLeod via email at jmacleod@cornerhealth.org or call 734-484-3600 for more

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? Fill out the [form](#) or contact Kamillah Davis-Wilson at kwilson@cornerhealth.org.
- ♦ **Recruiting for the Fall! 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 Outreach at Outreach@cornerhealth.org.



What's 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 Outreach@cornerhealth.org.

September is National Suicide Prevention Month

September is National Suicide Prevention Month, September 10th is World Suicide Prevention Day, and September 5th—September 11th 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!



Reduce your risk.

keep 6 ft distance + cover your face + wash your hands



COVID—19 News from the Corner

****Corner now has COVID-19 vaccine available on-site for patients aged 12 years and older. Friends and family invited to schedule as supplies allow. Call 734-484-3600 to schedule your appointment today! Please contact the clinic nurse, Allie, at 734-714-2257 with any questions.***

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.



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

COVID-19 Vaccine Tip

Q: Should I wear a mask at school even though it is not required?

A: In light of the Delta variant AND since everyone at school is not vaccinated to provide yourself and others with the best form of protection it is a good idea to wear a mask even though they may not be required. Of course if it becomes required again, you should definitely wear a mask.



Test sites in the community can be found [here](#).

Although mask mandates have been lifted, it is important to note that some businesses still have discretion to require you to mask up, so keep them handy!

Stay Updated!

In Washtenaw County over 60% of all residents 12-64 years old are fully vaccinated and over 66% have gotten at least one dose! Learn more about Washtenaw County cases [here](#).