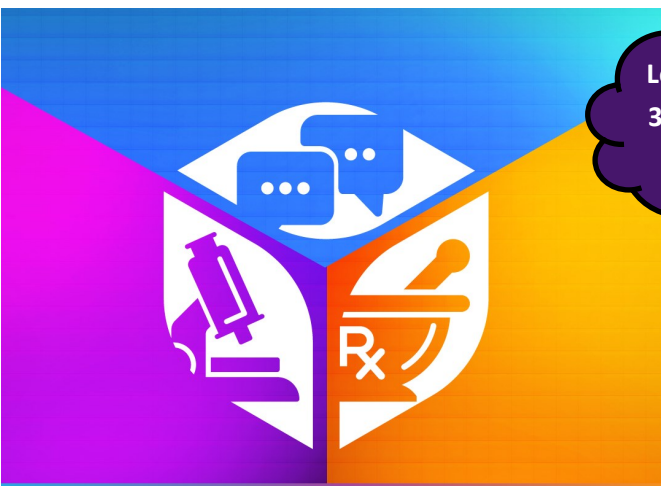


What's **The Scoop** on Your Health?



April, 2021



Learn about the
3 T's of STDs on
page 4!



The Corner Health Center
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.

talk | test | treat

Stress monster got
your leg? Check out
page 8!



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.

Corner Health Center and Ford Motor Company Fund Present



STAND UP AND SPEAK OUT AGAINST TRAUMA



FORD MOTOR COMPANY FUND



Join us for a **FREE** virtual conversation about trauma,
steps you can take to heal, and self-care.

April 14th, 2021 @ 7:00 pm – 8:30 pm

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

Register by April 12th @ Midnight.

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

**Click to
Register!**



The World Health Organization declared smallpox eradicated in 1980 after the success of the smallpox vaccine.

DON'T WAIT, VACCINATE:

The Importance of Vaccines and Getting Vaccinated

The conversation around vaccination is ramping up and it is important for everyone to know that vaccines are essential for our general health, to protect ourselves, and the people that we care about. Vaccines are powerful preventative measures as they stimulate our immune system by producing antibodies which help protect us and develop immunity against the disease.

Five reasons why vaccines are important and why you should get vaccinated:

Vaccine-preventable diseases have not gone away

There are still many vaccine-preventable diseases in this world. Global travel and growing populations make it easier for these diseases to spread. Getting vaccines help to reduce the spread and can lead to eradication of diseases over time.

Vaccines help to keep you healthy

Vaccines are important to our overall health just as healthy diet and exercise. Not getting vaccinated can leave you vulnerable to vaccine-preventable diseases such as shingles, flu, pneumococcal disease, HPV, and hepatitis B.

Vaccines are safe and will not cause the diseases they are designed to prevent

Developing vaccines is carefully monitored and goes through a strict approval process to make sure that it is safe for the public. Vaccines have weakened or killed viruses making it hard to get the disease from vaccines. There will be side effects, but they are less severe than the actual disease.

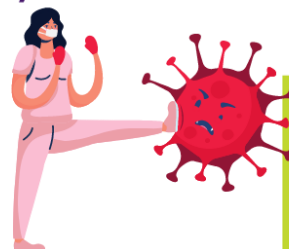
Vaccine-preventable diseases can strike anyone

Vaccine-preventable diseases can target anyone, but Infants and older adults are at an increased risk for serious infections and complications. That's why it's important to get vaccinated to protect those at risk around you.

Vaccine-preventable diseases are expensive and can affect your life

Vaccine-preventable diseases cost \$10 billion per year. Your work and school life can be affected, costing you time from a week up to a month off of work and/or school.

If you have any questions, talk to a healthcare professional about recommended vaccines for you and your family.



There hasn't been a case of Polio in the United States in over 30 years.

STD Awareness Month !

What are STDs?

STDs are infections that are spread from one person to another, usually during vaginal, anal, and oral sex.

Can you keep STD's from happening?

Yes! Female and male condoms are available to protect you from STDs or you can choose to be abstinent.

What happens if I get an STD or think I've been exposed to one?

Try the 3 T's—Talk. Test. Treat.



Talk: Talk openly with partner(s) and healthcare providers about sex and STDs.

Test: Get tested. Because many STDs have no symptoms, getting tested is the only way to know for sure if you have an infection.

Treat: If you test positive for an STD, work with your health care provider to get the correct treatment. Some STDs can be

cured with the right medication. Those that aren't curable can be treated. Let others know who you have had sex with or choose another way to tell them privately (i.e. use an anonymous text site or ask your health care provider for help telling them).



Between the ages of 12 and 25? Call the Corner TODAY to schedule your appointment and take control of your health!



Making and Maintaining **Connections** During a Pandemic

Just over a year ago we were told there would be a two-week break from in person school and activities. That “break” has turned into the new normal! During the pandemic it’s been difficult to hang out with friends, meet new people, or do much socializing. A healthy social life is essential for overall wellness. Supportive connections help us celebrate wins and be a shoulder to lean on when times get tough.



Friends impact your health in many ways:

- ⇒ Help to cope with life stressors
- ⇒ Increase sense of belonging
- ⇒ Boost happiness

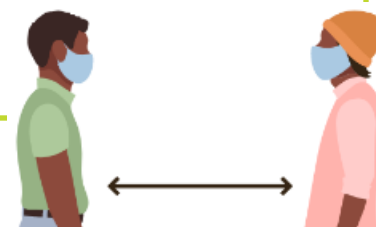


Some ways to make new friends:

- ⇒ Online community building in virtual groups.
- ⇒ Connect with others on different interests.
- ⇒ Volunteer your time or talents virtually to local organizations and groups.
- ⇒ Attend virtual events such as Stand Up and Speak Out Against Trauma—April 14th.
- ⇒ Check out webinars, classes, and fun activities that organizations and groups host such as bi-weekly virtual yoga night with the Corner.

Although times have changed, the impact social supports have on our health are too important not to maintain connections and make new connections:

- ⇒ Reconnect with old friends. Technology and social media may make it easier to build the connections you once shared.
- ⇒ Think of your coworkers or classmates and evaluate if you have things in common to build a friendship.
- ⇒ Schedule virtual movie or game nights.
- ⇒ Observe social distancing and safety protocols like wearing a mask if you see each other in person.



When making and maintaining friends think about what you really want out of a friendship.

For example, if you value shared hobbies then try joining an online group already involved in activities you enjoy. Take this time to get to know yourself a little better, if you’ve always wanted to join book club this is your chance to finally do it! Keep in touch with your friends and set out time to connect with them. This pandemic is tough but together we are stronger!



Click to register!

The Corner Health Theatre Troupe

No previous experience necessary. Anyone 12-25 years old can join

- Gain acting skills from a professional director and actor
 - Write and perform plays and monologues that inform your peers about important health topics
- Learn personal skills that will help you in school and work
- Earn volunteer hours for graduation
- Make friends, have fun, and earn a little money!



Meetings weekly for two hours

Interested? Complete the interest form online:

<https://forms.gle/rhVXJZuUTuhBW08r7>

Questions? Contact Brianna Minor

at bminor@cornerhealth.org or 734-657-4652



Joey Albright
Theatre Troupe Director



Brianna Minor
Community Health Educator



Meeting virtual until further
notice. Learn more on
the next page!



The Corner Program Updates:

- ◆ **Corner Food Pantry** is available to patients and community members ages 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 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 *Virtual*** - 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 *Virtual***—Recovery support group for ages 18-25; class will meet via Zoom on Tuesdays! Interested? Contact Nike Griffin by calling 734-714-2262 or email agriffin@cornerhealth.org.
 - ◆ **Stand Up and Speak Out Against Trauma *Virtual*** - Join us April 14th at 7pm! Come to this FREE session, to learn about trauma, steps to take towards healing, and self-care! [Register here!](#)
-
- ◆ 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, 6:00-8:00 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! 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.



Stress Awareness Month

What is Stress? Any response or change to challenges or demands, internal or external, positive or negative, to which a person must adapt. Anything that causes physical and/or mental wear and tear on the body and mind.

Stress triggers a surge of a hormone called adrenaline that temporarily affects the nervous system. As a result, when you're nervous or stressed you might feel your heartbeat or breathing get faster, your palms get sweaty, or your knees get shaky.

We all have stress in our lives! Remember to be kind to yourself!



How does stress effect you? Stress can effect your whole being from body, mind, to behavior— check out these examples:

Body—Headaches, Back/Chest Pains, Heart Disease, High Blood Pressure, Sleep problems

Mental— Anxiety, Irritability, Depression, Anger, Lack of Humor, Forgetfulness, Lack of Focus, Sadness

Behavior— Overeating, Undereating, Social Withdrawal, Crying Spells, Relationship Conflicts

COVID-19 Friendly Stress Management Ideas

- ◆ Take a walk
- ◆ Read a book or Write in a journal
- ◆ Cook a new meal
- ◆ Deep breathing
- ◆ Virtual yoga at the Corner (next page)
- ◆ Schedule a telehealth visit

Social Interactive Alternatives

- ◆ Call a friend/family member
- ◆ Schedule one-on-one or group video calls
- ◆ Have a Netflix Party with friends/family
- ◆ Do online workouts on video chat with a friend
- ◆ Group messaging with friends/family
- ◆ Play mobile or online games with friends/family



Presented By:



LOVE STRENGTH CELEBRATION

Class is open to everyone.

This class is a **judgment-free** space.

Join Us!

6:30-7:30pm Via Zoom

Every Other Monday

Starting Monday March 22nd, 2021

This yoga class combines physical yoga poses (asana) with breathing (pranayama) to find balance in both the body and mind.

We will create space to be in the present moment, and over time will develop strength and flexibility.

Yoga



Click to Register!



Reduce your risk.

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

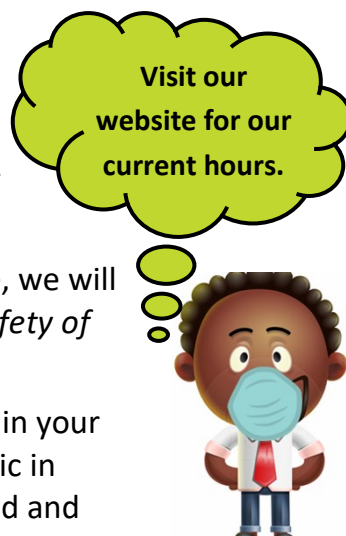


COVID—19 News from the Corner

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, for patients with scheduled appointments:

- 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 one, we will provide you with one. *Please wear your mask properly for your safety and the safety of our staff.*
- We are hoping to offer the COVID-19 vaccine soon! 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
March 3rd, 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](#).