

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



## BREASTFEEDING CLUB

PRESENTED BY THE CORNER HEALTH CENTER



Learn  
more on  
page 3!

Learn more about  
**vaccinations** and the  
power you have to  
protect yourself on  
page 4!



**National Immunization  
Awareness Month**

#ivax2protect



August, 2021

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

### Features & Highlights!

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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.

## August is National Breastfeeding Month!

The theme for 2021 is “Every Step of the Way”.

Breastfeeding provides many benefits for both the mother and the baby and is also an efficient way of reducing waste and saving energy, but unfortunately, not everyone has equal access or opportunity to do so. In the US, one of the determinants of moms starting and continuing to breastfeed is socioeconomic status.

One of the biggest barriers against breastfeeding is lack of support whether it be in the healthcare system, at work, or at home.

You can provide support for breastfeeding mothers by:

- ◆ Focusing on women’s needs and rights before, during, and after childbirth to promote breastfeeding
- ◆ Support breastfeeding research and advocate for positive media coverage about breastfeeding
- ◆ Support and fund programs that promote breastfeeding



### SUPPORT BREASTFEEDING

and a book for older siblings in the family to learn more about breastfeeding and family life. This year, we are honored to initiate the **Breastfeeding Club**— learn more about this [new support group here!](#)

If you have any questions please do not hesitate to reach out to Corner Health Center or our lactation consultant, Lisa Herranz at [lherranz@cornerhealth.org](mailto:lherranz@cornerhealth.org).

At the Corner Health, we do our best to offer support every step of the way to our patients and mothers interested in breastfeeding. Our lactation consultant on staff is available for virtual one-on-one prenatal breastfeeding sessions and able to offer support in person after the baby is born. Prenatal patients who are interested in a breastfeeding class get a breastfeeding gift bag which includes, nipple cream samples, breast pads, breast pump sterilization bags, and breast pump cleaning wipes. Breast pump distribution is available for those in need of one. Prenatal patients are also offered literature about breastfeeding and pumping



### 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!
- ♦ **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!
- ♦ **Summer Program**— FREE program for ages 12-25 in Washtenaw County (including Belleville & Canton)! This program is focused on nutrition and physical health/activity. Join us for cooking classes, Ypsilanti Farmer's Market tokens, and physical activity park meet ups! [Learn more and register here!](#)

All programs will  
meet virtually until  
further notice!

- ♦ **SMART Recovery** —Recovery support group for ages 18-25; class will meet via Zoom. Interested? Contact Jennifer MacLeod via email at [jmacleod@cornerhealth.org](mailto:jmacleod@cornerhealth.org) or call 734-484-3600 for more information!

- ♦ 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 Kamilah Davis-Wilson at [kwilson@cornerhealth.org](mailto: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 Brianna Minor at [bminor@cornerhealth.org](mailto:bminor@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 [bminor@cornerhealth.org](mailto:bminor@cornerhealth.org).



## National Immunization Awareness Month

### August is National Immunization Awareness Month (NIAM).

Every year, August is observed to raise awareness about the importance of vaccinations and their role in preventing serious and sometimes deadly diseases. Who needs vaccines? Everyone!

#### Infants and children:

- Babies receive routine vaccinations that protect them from 14 different diseases.
- The immunization schedule is designed to help protect babies early in life, before they are exposed to serious diseases.
- Talk to your child's doctor or nurse about whether you have missed any routine vaccines.

The 2019 measles outbreaks are a key reminder of how quickly diseases can spread when children aren't vaccinated.

#### Teens and adults:

- Vaccinations can protect the person receiving the vaccine, but they also help prevent the spread of disease, especially to those that are most vulnerable, such as infants, young children, elderly, and those with chronic conditions and weakened immune systems.

Vaccines are

# safe and effective

at preventing  
serious diseases.

National Immunization  
Awareness Month



#### Pregnant people:

- The flu shot has been given to millions of pregnant people and has a very good safety record
- The flu can be very serious for pregnant women, so the flu shot is strongly recommended
- A pregnant parent can pass the whopping cough and flu shot antibodies to their baby, so the baby is protected for several months after birth.

***Vaccines are safe and effective, do your part to protect yourself and the people you love!***

Sources: [CDC](#) [Medical West Hospital](#) Written by: Isabella Bonnewit





## 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: How much does it cost to get the vaccine?**

**A:** The COVID-19 Vaccines are safe, effective, and free. You do not have to have insurance to get the vaccine and you do not have to pay for the vaccine. The Corner offers the COVID-19 vaccine to all patients ages 12 years and older as well as their friends and family as supplies allow. Other places in the community offer vaccines for free as well, [check out our website for more information.](#)



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 64% have gotten at least one dose! Learn more about Washtenaw County cases [here](#).