

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

the corner
HEALTH CENTER



Give Your Community A Boost! | April 2022



April 2022

The Corner Health Center

www.cornerhealth.org

47 N. Huron Street

Stop by the Corner Food Pantry this month!

See page 4.

Join the Corner Health Center in collaboration with the University Musical Society on **April 10th at 1:00pm** for Acting Improvisation and Storytelling.

Learn more on page 3!

Scan the QR code to register:



April is National Stress Awareness Month!
Check out page 4 for tips to overcome stress.



Features & Highlights!

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Click here to follow



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.

This April we celebrate **National Minority Health Month!**

The Office of Minority Health announces this year's theme as

“Give Your Community a Boost!”



National Minority Health Month is a way to bring awareness to the importance of improving the health of racial and ethnic minorities, as well as reducing health disparities. This year's theme “Give Your Community a Boost” is centered around the importance of the COVID-19 vaccination, including boosters as a way to end the pandemic, which has negatively affected communities of color. This theme supports the recommendations made by the CDC to prevent COVID transmission. Racism and discrimination can contribute to the mistrust of the healthcare system among racial and ethnic minority groups. Bringing awareness to these topics can help individuals feel safe, seen, and heard.

You can participate in this year's theme of “Give Your Community a Boost” by getting your COVID-19 vaccination or booster vaccination! Help debunk misinformation while also protecting yourself, your family, and friends.

Check out the [Minority Health Month](#) website for more information!

Use **#BoostYourCommunity** on social media to show how you got involved in your community!

Stay tuned on the Corner's media pages as we recognize
National Minority Health Month!



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!

♦ **Express Yourself // Protect Yourself** — Join the Corner Health Center in collaboration with the University Musical Society monthly for workshops for Washtenaw County Youth. The next workshop is scheduled for April 10th at 1:00pm. Click the link to register! [Express Yourself/Protect Yourself Registration](#)

♦ For questions, please contact: jalbright@cornerhealth.org

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 Thursdays 5:30-6:30 p.m. Have fun, help your community, and earn a little cash! Interested? Fill out the [form](#) or contact outreach@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 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.

Stress Awareness Month

April is Stress Awareness Month! National Stress Awareness Month has been celebrated every April since 1992. Stress is defined as a “physical, mental, or emotional strain.” This year addresses the importance of learning to cope with our stress and finding healthy ways to improve our health and well-being. Every individual experiences stress in a variety of different ways. Each individual reacts to stressful situations through many different methods. We encourage you to find methods that are individualized and work to benefit YOUR well-being. Here are some tips to overcome stress:



- ◆ Get plenty of rest
- ◆ Consume nutritious meals
- ◆ Stay active/exercise
- ◆ Meditate and stretch
- ◆ Provide yourself time to unwind with activities you enjoy
- ◆ Reach out to a friend, family member, or professional. YOU are not alone!

World Health Day

This month we celebrate **National World Health Day on April 7th!**

This day is celebrated each year and brings awareness to specific health topics of concern while commemorating the anniversary of the World Health Organization (WHO).

This year's World Health Day theme presented by the WHO is “our planet, our health.” This topic brings global attention to actions needed to keep humans and our planet healthy. The WHO chose this theme to highlight the concern of the current pandemic, polluted planet, and the increasing rates of disease. The goal is to create societies focused upon wellness and well-being. We want to help contribute to creating a world that is happy and health.



Schedule Your Appointment



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.
- 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.

*** Same day or urgent appointments can be arranged for established patients.**



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 those ages 5 years and older. Friends and family are invited to schedule an appointment as supplies allow.*

Call 734-484-3600 to schedule your appointment today!

Visit our
website for our
current hours.

COVID-19 Vaccine Tip

Q: Can I take Ibuprofen or Acetaminophen when I get the vaccine?

A: The [guidelines](#) for the vaccine state that antipyretic or analgesic medications (e.g., acetaminophen, non-steroidal anti-inflammatory drugs like ibuprofen) may be taken **after** the vaccine for any discomfort. **However, taking these medications before being vaccinated for the purpose of preventing post-vaccination symptoms is not recommended.**

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



Stay Updated!

In Washtenaw County over of all 69.6% residents 12-64 years old are fully vaccinated and 57.9% of those ages 5-11 years old have received at least one dose! Learn more [here](#).

