

Aug. 2022

What's the Scoop on Your Health?



Join our Youth Leadership Council or Theatre Troupe!

Our Theatre Troupe and Youth Leadership Council are accepting new members! The Theatre Troupe puts on performances for young people to present health information in a fun way!

The Youth Leadership Council creates programs and advises the Corner about the needs of young people in our community.



Scan here for our interest form!



QPR Suicide Prevention Training

Question, Persuade, Refer

Thursday, August 4th @ 12:15pm

Brought to us by Trische Duckworth with
SOOAR



<https://us06web.zoom.us/j/82981306087?pwd=bVpSTitSbWNPYVZEQ94dVp1R2lhdz09>
Meeting ID: 829 8130 6087
Passcode: 010415

The Corner Health
Center

www.cornerhealth.org

47 N. Huron St

Hours

Monday, Thursday, Friday 9am-5pm

Tuesday 9am-6pm

Wednesday 1pm-5pm

Features & Highlights

P.2 - Breastfeeding

P.3 - Meet Aaron Neal

P.4 - National
Immunization

Awareness Month

P.5 - Clinic Updates

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.



Let's Talk About...

Breastfeeding!

August is National Breastfeeding month - a month dedicated to advocacy, protection, and promotion of breastfeeding. Some of the benefits of breastfeeding are:

- Breast milk is the best source of nutrition for most babies
- Breastfeeding can help protect babies against some short- and long-term illnesses and diseases
- Breast milk shares antibodies from the birthing person with their baby
- Breastfeeding can reduce the birthing person's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure



How to Support Someone who is Breastfeeding

If you are the partner of a pregnant person:

- Sign up for a breastfeeding class, meet with a lactation consultant with your partner or join a Facebook support group
- Bring them things that they need to breastfeed
- Learn the baby's hunger cues-not all crying indicates hunger
- Wash the pump parts
- Offer respite from caring for the baby
- Participate in the process: Stoke baby, sit with them, helping with mom's water intake, etc.

Members of the community:

- Offer company to a breastfeeding person - don't assume they want to be alone
- Offer encouragement without judgement
- Have breast respect for people in public - no crude jokes
- If you hear something disrespectful, say something

The Corner Program Updates

Meet Aaron Neal - Our Psychology Resident

Aaron (He/Him/His) is a PhD Candidate at the University of Michigan and training therapist at Corner Health Center. He is originally from the south (North Carolina and Georgia) but spent quite a bit of time in New York City. Aaron really enjoys doing therapy with children, adolescents, and young adults. He also likes using research to improve his therapy practice. The research Aaron conducted examines the ways that racism's impacts youth and young adults' mental health while also exploring how youth resist against racism.

In his spare time, he likes to cook, take care of his plants, and binge tv shows on every streaming platform! He looks forward to connecting with you at The Corner!

[Read Aaron's Thoughts on Minority Mental Health](#)



What you Need to Know about Monkeypox

Monkeypox is an infection caused by a virus that is related to, but milder than smallpox. The most common symptoms are:

- Rash - pimples or blisters that can appear all over the body (inside the mouth, hands, feet, chest, genitals or anus)
- Flu-like symptoms - fever, headache, muscle and backache, chills, and exhaustion

It spreads through direct contact with the rash, scabs, or body fluids with someone who has the virus. This includes sharing bedding, utensils, towels, or clothing with someone who has Monkeypox.

You can protect yourself by asking those around you, especially sex partners, if they have been sick or have the rash. Encourage those who are sick or have the rash to get care. If you think you have it, contact your healthcare provider for an evaluation.

National Immunization Awareness Month

National Immunization Awareness Month is an annual observance held in August to highlight the importance of vaccinations for people of all ages.

What are the types of vaccines?

There are several different vaccine types:

- Inactivated vaccines: they use a killed version of the germ that causes that disease (Hepatitis A, Flu, Polio, Rabies)
- Live-attenuated vaccines: these use a weakened form of the germ that causes the disease (measles, chickenpox, rotavirus etc)
- Messenger RNA (mRNA) vaccines: this vaccine makes proteins in order to trigger an immune response (Covid-19)
- Subunit, recombinant, polysaccharide, and conjugate vaccines: these use only specific pieces of the germ (HPV, Hepatitis b, Whooping cough, Shingles etc)
- Toxoid vaccines: this vaccine uses a toxin made by the germ that causes a disease (Tetanus, Diphtheria)
- Viral vector vaccines: these use a modified version of a different virus as a vector to deliver protection (Covid-19)



**Scan here to find your
vaccine schedule!**



FOLLOW US ON SOCIAL MEDIA!!!

Schedule your Appointment

Schedule your Appointment by calling 734-484-3600.

Same-day and walk-in appointments are available most days.

Masks are available as needed and they are required in the building.

If you need to cancel or reschedule, please call!!!

Covid-19 vaccines are scheduled online. See link below.



Reduce Your Risk

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



COVID-19 News from Corner

Corner now has COVID-19 vaccines and boosters available on-site for those ages 6 months and older. Friends and family are invited to schedule an appointment as supplies allow.

Use bit.ly/CornerHealth to schedule your appointment today!

What is the BA-5 Variant?

The BA-5 variant is the newest variant of the virus. Similar to the BA-4 variant, it is the most distant from the original 2020 virus. As a result of this, reinfections of Covid-19 are on the rise. Currently available covid-19 drugs will work against the BA-5 variant.

Washtenaw COVID Update

69.6% of Washtenaw County residents have received their first dose of the COVID-19 vaccine