

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

**the corner**  
HEALTH CENTER



February, 2022

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

## Features & Highlights!

**P. 2—** Black History Month

**P. 3—** National Teen Dating Violence Awareness Month

**P. 4—** Corner Updates

**P. 5—** National Canned Food Month

**P. 6 —** COVID-19 news



Follow us!



Learn about Teen Dating Violence on page 3.



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.

## Black History Month

The Corner Health Center  
*Presents*

### The History of African Americans in Health Care *1660 to 1990*



In celebration of Black History Month, Bob Smith, the Corner's grants consultant, prepared a historical presentation to highlight contributions made by African American medical pioneers.

View the historical presentation [here!](#)

Corner's Executive Director, Versell Smith, was interviewed by WEMU 89.1 in celebration of Black

History Month. Listen [here!](#)

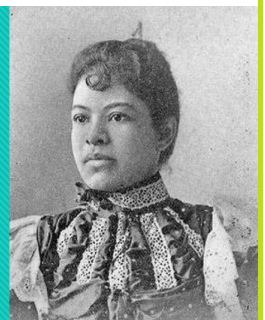
**Black History Month** celebrates the courage, fortitude, and excellence of African American trailblazers. The medical pioneers highlighted in the historical presentation broke barriers, shattered stereotypes, and went on to conduct research, discover treatments, and provide leadership that improved the health of millions!

Check out our [social media](#) pages to view the highlights of African American medical pioneers.

### African American Trailblazer Highlight:

Dr. Ida Gray was the very first African-American woman dentist in the United States, and graduated from the University of Michigan College of Dentistry in 1890. Dr. Gray was orphaned as a teenager when her mother died. She persevered and worked as a seamstress, dressmaker, and later in a dental office while she completed high school. After earning a DDS from the University of Michigan, she opened her own practice in Ohio, MI. Dr. Gray emphasized strength, resilience, and a flourishing passion for dentistry.

Dr. Ida Gray becomes the first African American woman to earn a dental degree after graduating from the University of Michigan School of Dentistry and the first to own a dental practice.



1890-Ann Arbor, Michigan

## National Teen Dating Violence Awareness Month

This February is **National Teen Dating Violence Awareness Month**. Teen dating violence is defined as physical, emotional or sexual abuse, stalking and/or harassing in a past or present romantic or consensual relationship in any person aged 12-18. Teen dating violence is common and happens to 1 in 3 teens. This can happen to anyone regardless of race, gender, or sexuality.

Relationship violence can happen in many different forms but what are some signs of relationship abuse?

- Excessive jealousy or insecurity
- Invasions of privacy
- Controlling tendencies
- Explosive temper
- Taunting or bullying



Everyone deserves to be respected and loved in a healthy way in relationships! Being in a healthy relationship means you are both:

- Communicating
- Making mutual choices
- Respectful
- Honest
- Trusting



If you think you are experiencing relationship abuse or have experienced physical harm by a partner, take action by reaching out to someone you trust or the Corner Health Center.



### 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!
- ♦ **Express Yourself // Protect Yourself** — Join the Corner Health Center in collaboration with the University Musical Society monthly for workshops for Washtenaw County Youth. Workshops start March 13th at 1pm. Click the link to register! [Express Yourself // Protect Yourself Registration](#) . For any questions please contact: [jalbright@cornerhealth.org](mailto:jalbright@cornerhealth.org)
- ♦ **SMART Recovery** — Recovery support group for ages 18-25; meet via Zoom every Tuesday from 6-7pm. Interested? Contact Jennifer MacLeod via email at [macleodj@hvpa.com](mailto:macleodj@hvpa.com) or call 734-484-3600 for more information!

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 Mondays, 5:00-6:00 p.m. Have fun, help your community, and earn a little cash! Interested? Fill out the [form](#) or contact [outreach@cornerhealth.org](mailto: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@cornerhealth.org](mailto:outreach@cornerhealth.org).



**National Canned Food Month**

# Vegetable Chili



## Ingredients:

- 1 can of corn
- 2 small cans (15 ounces each) diced tomatoes
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 butternut squash, copped
- 1 medium red onion, copped
- 4 cloves garlic, pressed or minced

## Directions:

1. Use a vegetable peeler to peel the skin of squash.
2. Cut the squash into small cubes. Click [here](#) to learn how to cut a butternut squash.
3. Cut onion and dice garlic.
4. Add canned corn, diced tomatoes (do not drain the liquid), and black beans to large cooking pan.
5. Add chopped squash, onion, and garlic to pan.
6. Stir to combine and cook, stirring occasionally, maintain a gentle simmer for about 30 minutes.
7. Enjoy during the chilly, February days!

**The Corner Food Pantry has a wide selection of canned food, produce, and hygiene supplies.**

**The Corner Food Pantry** is free and 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. Visit us today!

## 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.

### 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 invited to schedule as supplies allow. Call 734-484-3600 to schedule your appointment today!*

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

#### \*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.**

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



#### Stay Updated!

In Washtenaw County over 62.7% of all residents 12-64 years old are fully vaccinated and 56.1% of those ages 5-11 years old have received at least one dose! Learn more [here](#).