

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

**the
corner**
HEALTH CENTER



March 2022

The Corner Health Center
www.cornerhealth.org
47 N. Huron Street
Ypsilanti, MI 48197

Features & Highlights!

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World Sleep Day is March 18th.

Join the Corner and the University Musical Society on **Sunday, March 13th at 1:00 pm** for a workshop filled with expression and powerful information.

Learn more on page 3.

March is National Nutrition Month! Learn how to create a personalized Buddha Bowl.



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.

National Nutrition Month— Celebrate a World of Flavors!

This March we celebrate **National Nutrition Month**. This year's theme is 'World of Flavor's' celebrating global cultures, cuisines, and inclusivity surrounding healthful eating.

Build a Personalized Nutrient-Balanced Buddha Bowl

Buddha bowls are beyond versatile and can be created from leftovers, or whatever you have on hand in the fridge. Here is a quick rundown on how to create your very own:

Buddha Bowl Foundation (Your choice of a base):

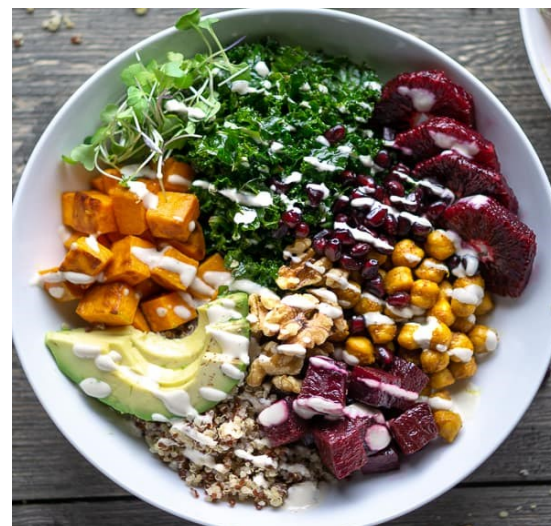
- Brown, black or white rice
- Quinoa
- Whole grain pasta/noodles
- Potatoes (sweet potato, Yukon potato, or fingerling)
- Tofu or tempeh

Veggies:

- Avocado (sliced or as guacamole)
- Kale (steamed or fresh) or any leafy green
- Red beet slices
- Broccoli, corn, carrot slices, onion, cucumber, or sautéed peppers

Add legumes:

- Lentils, black beans, or chickpeas



Check out other bowl recipe ideas:

- [Orzo Bowl with Kidney Beans and Sautéed Veggies](#)
- [Spring Roll Bowl](#)
- [BALI BOWLS WITH PEANUT TOFU](#)

Eastern Michigan University is celebrating National Nutrition Month with a 5K (3 mile) run/walk across campus OR race on your own on **March 31st at 4pm**. The event is **free** and open to the public. Registration is required.

Click to register today: <https://eaglenutritionservices.as.me/getVitamin5K2022#>

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 first workshop is scheduled for March 13th at 1pm. Click the link to register! [Express Yourself/Protect Yourself Registration](#) For any questions please contact: 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 or call 734-484-3600 for more information!

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.

Women's History Month



women's history
month



We commemorate the trail-blazing women who have paved the way for future generations, advocated for the health of our communities, and achieved equity in our workforce.

Stay tuned on our media pages during the month of March as we recognize the contributions women have made in healthcare!



World Sleep Day

World Sleep Day is Friday, March 18th

World Sleep Day was created to raise awareness regarding important issues related to sleep. The goal is to minimize the burden of sleep issues within our society. This year's World Sleep Day theme is quality sleep, sound mind, and happy world!

The World Sleep Society has provided environmental tips on methods to get a more restful night of sleep, some of those include:

- * Using your bed for sleep only, avoid doing work while in bed.
- * Find a comfortable sleep temperature.
- * Use comfortable bedding.
- * Go to sleep and wake up at the same time everyday.
- * When taking naps, make sure they are less than 45 minutes.

Check out the [World Sleep Day](https://www.worldsleepday.org/) website for more information!



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!

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 69.2% residents 12-64 years old are fully vaccinated and 57.2% of those ages 5-11 years old have received at least one dose! Learn more [here](#).

