

What's the Scoop on Your Health?



November 2022

Welcome to the November Issue of The Scoop!



International Survivors of
Suicide Day.
November 23, 2022

Check out page 2 to learn more
information about International
Survivors of Suicide Day.

Flu season is upon us so now is the best
time to get your flu shot! Sign up for an
appointment at the Corner [here!](#)

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

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Survivors of Suicide Day

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protection Safety Month

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Month

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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.



November is...

International Survivors of Suicide Day

November 23 2022 is International Survivors of Suicide Loss Day. It is designated by the United States Congress as a day when the friends and family of those affected by suicide can join together for healing and support. This day always falls on the Saturday before American Thanksgiving.

How can we raise awareness?

Attend a Survivor's Day event

United Health Services offers Survivors Day events that allow you to find share in the messages of healing and hope. If you aren't able to go in person, you can view the program online at afsp.org

Write it out

Art is a great way to express yourself when times get difficult. Grab a journal or use your computer to write down your thoughts. By expressing yourself, you can come to understand your feelings and where they're coming from.

Attend a local grief support group

Support groups offer safe spaces for you to meet with others who have been affected by suicide. It's a place of understanding as individuals grapple with the hardships of living with it. You'll have the benefit of speaking with and hearing from professionals with the capacity to help you get through your own battle.



If you or someone you know is experiencing a mental health crisis, call or text 988 to chat with the Suicide & Crisis Lifeline. If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org

The Corner Program Updates

Got Money?

Join us on [Facebook](#) and [Youtube](#) live 11/3, 11/10 and 11/17 for a series on financial literacy hosted by the Youth Leadership Council. Click [here](#) for flyer.

Youth Coat Drive

Please consider donating new or gently used coats for youth in Ypsilanti. There is a donation box located at the front desk of Corner. You can also register to receive coats! Click [here](#) for flyer.

National Child Safety Protection Month!

Did you know November is Child Safety and Protection Month? It was created to raise awareness about the potential dangers that children face each and every day.

Household Safety:

The CDC found that children between the ages of 1 to 4 years had the highest rates of poisoning. Thousands of children are treated or hospitalized each year because of accidental poisonings within their household. Find tips [here](#).

Infant Safety:

For children less than one year of age, two-thirds of injury deaths are due to suffocation. It is so important to place your baby on their back to sleep, remembering that “back is best,” and “face up to wake up.” Do not allow infants to sleep with blankets, stuffed animals, or other items.

Outdoor Safety:

Never leave children alone outside. When appropriate, ensure that children of all ages are wearing a helmet to prevent head injury. Always use safety straps to secure children in strollers and car seats. Teach children not to play near the street and explain that children must ask for help if toys roll into the street or driveway. Check the outdoor play area routinely for safety.

Water Safety:

According to the CDC, drowning has been the leading cause of injury or death for children 1 to 4 years of age. Whenever your young child is around water, it is important to stay near your child and make sure they have a supportive life jacket.



American Diabetes Month

About American Diabetes Month

National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes. Diabetes is one of the most common diseases among American youth. More than 205,000 U.S. children and teens have a diagnosis and the number is growing. There are two types of Diabetes, Type 1 and Type 2.

Type 1 Diabetes

If you have type 1 diabetes, your pancreas doesn't make insulin or makes very little insulin. Insulin helps blood sugar enter the cells in your body for use as energy. Type 1 Diabetes usually develops in children, teens, and young adults, but it can happen at any age. Type 1 diabetes is less common than type 2—about 5-10% of people with diabetes have type 1.



Type 2 Diabetes

More than 37 million Americans have diabetes, and approximately 90-95% of them have type 2 diabetes. Type 2 diabetes most often develops in people over age 45, but more children, teens and young adults are also developing it. Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into the cells in your body for use as energy. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes and type 2 diabetes. High blood sugar is damaging to the body and can cause other serious health problems, such as heart disease, vision loss, and kidney disease.

How can I Prevent Type 2 Diabetes?

Before developing type 2 diabetes, most people have prediabetes; their blood sugar is higher than normal but not high enough yet for a diagnosis. The good news is that prediabetes can be reversed!

- Try to eat non-starchy vegetables (peppers, mushrooms, asparagus, broccoli), fruits, lean protein (fish, chicken, turkey, tofu, etc.), whole grains, healthy fats, and water and unsweetened beverages.
- Keep moving! The goal is to move your body for 30 minutes a day, 5 days a week. Start small and work your way up to it!
- Check with your physician about ways to manage your health and prevent a diabetes diagnosis.

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!!!



Reduce Your Risk

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



COVID-19 News from Corner

COVID-19 vaccines and boosters available on-site for those ages 6 months and older and the new bivalent COVID-19 booster shots that target the BA-4 and BA-5 Omicron strains. The Pfizer bivalent boosters are approved for ages 12+ and Moderna bivalent for ages 18+.

Friends and family are invited to schedule an appointment as supplies allow.

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

Covid-19 Vaccine Update

Make sure to get your Bivalent COVID-19 vaccine (either Pfizer or Moderna) to protect you against the BA-4 and BA-5 variant!

Washtenaw COVID Update

The weekly case rate and hospitalization rate of COVID-19 is trending down in Washtenaw County.