

# What's the Scoop on Your Health?

December 2023 - Newsletter

**the corner**  
HEALTH CENTER



The mission of the Corner Health Center is to inspire 12-25-year-olds (and their children) to achieve and sustain healthy lives by providing judgement-free, affordable health and wellness care and education.

We offer physical health, behavioral health services, health education and youth development programs designed for teens, young adults and their children.

**For more information, visit [www.cornerhealth.org](http://www.cornerhealth.org) or call 734-484-3600 for an appointment.**

The Corner Health Center

[www.cornerhealth.org](http://www.cornerhealth.org)

47 N. Huron St

## Hours

Mon. 9 a.m. - 5 p.m.

Tues. 9 a.m. - 6 p.m.

Wed. 1 - 5 p.m.

Thurs. 9 a.m. - 5 p.m.

Fri. 9 a.m. - 5 p.m.

## Features & Highlights

P.2 - Cooking Competition

P.3 - Winter Programming

P.4 - Dec. Observances

P.5 - Corner News

P.6 - Medicaid Info

P.7 - Make an Impact!

P.8 - Community Board



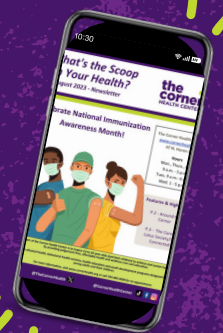
SUBSCRIBE

FOLLOW US!

@TheCornerHealth 

@CornerHealthCenter 

cornerhealth.org 





# THREE-COURSE CELEBRATORY

## COOKING COMPETITION

You're invited to join The Corner for our Three-Course Celebratory cooking competition!

**[CLICK HERE FOR TICKETS!](#)**

**WHEN?** Thursday, Feb. 29, 2024 from 6-9 p.m.

**WHERE?** Thomson Reuters | 6300 Interfirst Dr., Ann Arbor, Mich.

Join The Corner Health Center as we premiere the Three-Course Celebratory, where guests come to witness a live cooking competition; enjoy a complimentary meal; listen to good music; and experience the transformation that happens when young people (and their children) come to The Corner!

**GET  
TICKETS**





## WE WANT YOU TO HELP BE THE CHANGE

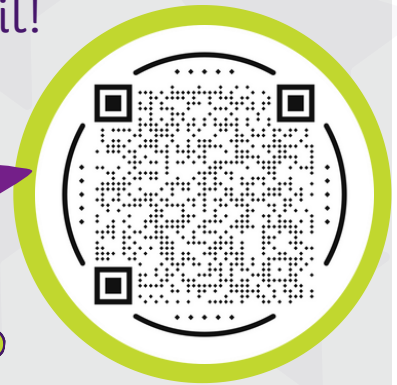
Join The Corner's Youth Leadership Council!

As a member, take part in:

- team-building exercises
- leadership development
- grant writing
- community-based research
- advocacy & program development
- and more!

**\$tipend Included!**

**SIGN UP**



## FATHERS FOR FAMILY

A program where young fathers can connect with other dads, learn more about parenting and receive the support and resources needed to be the best dads they can be. We celebrate fatherhood!





## DECEMBER IS...

### WORLD AIDS/HIV AWARENESS MONTH

December is World AIDS/HIV Awareness Month. The Corner Health Center offers HIV/STI testing to its patients, please call **734-484-3600** to schedule your appointment!

LEARN MORE:  
[CDC.GOV/HIV/BASICS](https://www.cdc.gov/hiv/basics)



HIV 101

Page 1 of 4 English Page 2 of 4 Spanish June 2022

Without treatment, HIV (human immunodeficiency virus) can make a person very sick and even cause death. Learning the basics about HIV can keep you healthy and prevent transmission.

HIV CAN BE TRANSMITTED BY	HIV IS NOT TRANSMITTED BY
 Sexual Contact	 Air or Water
 Sharing Needles to Inject Drugs	 Saliva, Sweat, Tears, or Closed-Mouth Kissing
 During Pregnancy, Birth, or Breast/Chestfeeding	 Insects or Pets
 Sharing Toilets, Food, or Drinks	

PROTECT YOURSELF FROM HIV

- Get tested at least once or more often if you have certain risk factors.
- Use condoms the right way every time you have anal or vaginal sex.
- Choose activities with little to no risk like oral sex.
- Don't inject drugs, or if you do, don't share needles, syringes, or other drug injection equipment.
- If you engage in behaviors that may increase your chances of getting HIV, ask your health care provider if pre-exposure prophylaxis (PrEP) is right for you.
- If you think you've been exposed to HIV within the last 3 days, ask a health care provider about post-exposure prophylaxis (PEP) right away. PEP can prevent HIV, but it must be started within 72 hours.
- Get tested and treated for other STDs.

KEEP YOURSELF HEALTHY AND PROTECT OTHERS IF YOU HAVE HIV

- Find HIV care and stay in HIV care.
- Take your HIV treatment as prescribed.
- Get and keep an undetectable viral load. This is the best way to stay healthy and protect others.
- If you have an undetectable viral load, you will not transmit HIV through sex.
- If your viral load is not undetectable—or does not stay undetectable—you can still protect your partners by using other HIV prevention options.
- Learn more at [www.cdc.gov/hiv/basics/livingwithhiv](https://www.cdc.gov/hiv/basics/livingwithhiv).

For more information, please visit [www.cdc.gov/hiv](https://www.cdc.gov/hiv).



CALL  
**734-484-3600**  
TO SCHEDULE  
YOUR FLU  
SHOT!

## THE FIRST WEEK IN DECEMBER IS NATIONAL INFLUENZA VACCINATION WEEK

According to the American Academy of Pediatrics, getting the flu vaccination can reduce the number of office visits, severity of illnesses, and missed school and work. Since flu activity is usually the highest between December and February, it is important to get your flu vaccine sooner than later.

For more information regarding these programs, please email [outreach@cornerhealth.org](mailto:outreach@cornerhealth.org) or subscribe to our calendar [here](#)



# Corner News

## The Corner Awarded Funding from Kiwanis International for Eye Movement Desensitization & Reprocessing (EMDR) Project

In partnership with Kiwanis International Club of Ann Arbor, The Corner Health Center has been awarded funding for an Eye Movement Desensitization and Reprocessing (EMDR) project that will help our patients who experience trauma. [LEARN MORE!](#)



## The Corner's E3 Program Named "One of the Best in Michigan" by MDHHS!

The Expanding, Enhancing Emotional Health (E3) program provides mental and behavioral health services for youth ages 10 to 21 at Belleville High School. [LEARN MORE!](#)



## [WATCH] Medical Director Pat Wells Joins Ann Arbor's 107one

The Corner Health Center's Medical Director, Pat Wells, joined Ann Arbor's 107one radio show during Food Gatherers' Rockin' for the Hungry 2023, Nov. 28.

Wells discusses the missions & values held by The Corner, our youth programming and how it is impactful, along with how patients can connect with our staff.

WATCH



## Scan to Stay Locked In on All News About The Corner!





## Schedule Your Next 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!

[Visit our website!](#)





## The Corner's Lotus Society

When you arrange a bequest through your will or estate, you create support that allows the Corner to respond to future health needs of our youth. **You will help future generations of young people grow to be healthy adults.**

For more info, contact our Development Director, Douglas Manigault III, at 734-714-2245 or [dmanigault@cornerhealth.org](mailto:dmanigault@cornerhealth.org), or **scan the QR code**



Healthy Youth Sustainer



## Become a Healthy Youth Sustainer!

This monthly giving society helps ensure that young people ages 12- to 25-years-old (and their children) have ongoing access to comprehensive, integrated health and wellness care services!

Just one cup of coffee a month can make a huge impact on someone's life...



## Donate to the Corner!

Your gift today helps young people and their children access quality, confidential, affordable, and judgment-free health care services regardless of their insurance status or ability to pay.





# COMMUNITY BOARD

## 2023 Rockin' Xmas Party

Saturday, December 2ND

6:00 pm - 8:30 pm

**LIVE**  
NIGHTCLUB | ANN ARBOR

102 S 1st St, Ann Arbor, MI 48104

Parking available in nearby surface lots & parking structures

Live Music & Dancing

Food provided

Free admission with a donation to:

**Toys for Tots & Michigan Foster Care Closet**

A new unwrapped children's toy

**Food Gatherers & Humane Society of Huron Valley**

Protein-rich dry goods such as tuna, soups, peanut butter, cereal  
Canned cat food, pet toys, used towels



## Get your free at-home COVID-19 tests!



Each home in the U.S. can order a limited number of free at-home COVID-19 tests. These tests are completely free.

Order tests at [covidtests.gov](https://covidtests.gov)  
or call 1-800-232-0233

Call 1-800-232-0233 (TTY 1-888-720-7489) to get help in English, Spanish, and more than 150 other languages (8am to midnight ET, 7 days a week)

Tests provided by the federal government

## RIVERSIDE SWINGS

FRIDAY NIGHTS

9PM-11:30PM

All ages

All skill levels

\$5 General Admission  
\$4 Students

8PM-9PM  
Free beginner lesson



SATURDAYS  
10AM - 1PM

**Parkridge Community Center**  
591 Armstrong  
Ypsilanti, MI 48197  
...We meet every Saturday



## Young Men of Purpose

A community mentorship and lifeskills program for young Black Men 11 years and older

- Careers
- Fatherhood
- Friendship
- Relationships
- School
- Manhood
- Love
- Communication
- Health
- Wellness
- Honor
- Respect
- Real-Talk



Brotherhood Circle



WE ALL WE GOT



Contact Anthony Williamson \* 734-635-5246 \* for more information



SUBSCRIBE

FOLLOW US!

@TheCornerHealth



@CornerHealthCenter



cornerhealth.org

