



InterCommunity Health Care Supports Black Communities

Update from InterCommunity Health Care's Racial/Ethnic Equality Committee (REEC):

Message from Kim Beauregard, President and CEO

"InterCommunity Health Care has made a profound commitment to continue to strengthen diversity and inclusion in our organization by focusing on racial/ethnic equity as the cornerstone of all of our work.

To begin this initiative, our first steps have been to select a multi-racial, multi-cultural external consulting group, Rosario & Associates, to work with us on a comprehensive organizational development and assessment process, and we designated an all-volunteer Racial/Ethnic Equality Committee to support and guide us in this process. We will continue to keep you all updated on our challenges and progress. I thank all of the committee members for being brave to take on this complex work and to ensure that InterCommunity is always doing its part to be an anti-racist organization."



**InterCommunity
Health Care**

COVID-19 Update

InterCommunity is no longer conducting coronavirus testing at its community health centers in Hartford, East Hartford, and South Windsor, but will instead offer testing at various locations in Hartford, East Hartford, and Manchester. A calendar of testing events is below...there are 5 dates in November.

InterCommunity Health Care Coronavirus Testing Schedule



InterCommunity Health Care is working to keep you and your family safe and healthy! We provide coronavirus testing at several convenient locations in the Greater Hartford area (see below for dates and times).

- Walk up testing for adults & children
- No appointment needed
- Bring ID and insurance card (uninsured also accepted)
- InterCommunity will call you with test results

Every Wednesday through the end of October 9:00am - 1:00pm
Farmer's Market located on Coventry Street, Hartford

Monday, October 5 10:00am - 4:00pm
Milner Middle School, 150 Tower Ave, Hartford

Saturday, October 10 8:00am - 2:00pm
Zion Church, 680 Blue Hills Ave, Hartford

Monday, October 12 10:00am - 4:00pm
Montessori Magnet School at Annie Fisher
280 Plainfield St, Hartford

Tuesday, October 13 10:00am - 4:00pm
Great Path Academy at
Manchester Community College, Manchester

Monday, October 19 10:00am - 4:00pm
Opportunity High School, 20-28 Sargeant St., Hartford

Tuesday, October 20 10:00am - 4:00pm
Pathways Academy of Technology and Design
2 Pent Rd, East Hartford

Thursday, October 22 9:00am - 3:00pm
Veterans Terrace, 102 Columbus St, East Hartford

Friday, October 23 9:00am - 3:00pm
Hockanum Park & Shea Gardens
75 Hamilton Rd, East Hartford

Monday, October 26 10:00am - 4:00pm
University High School of Science and Engineering
351 Mark Twain Dr, Hartford

Tuesday, October 27 10:00am - 4:00pm
Magnet School of Performing Arts (*Testing for children, grades PK - 8*)
65 Van Block Ave, Hartford

Thursday, October 29 9:00am - 3:00pm
Meadow Hill, 101 Connecticut Blvd, East Hartford

Friday, October 30 9:00am - 2:00pm
Raymond Miller Gardens, 452 Main St, East Hartford

Thursday, November 5 9:00am - 1:00pm
The Highlands, 1403 Main St, East Hartford

Friday, November 6 9:00am - 1:00pm
Heritage Gardens, 163 School St, East Hartford

Thursday, November 12 9:00am - 2:00pm
Elms Village, 11-59 Elms Village Dr, East Hartford

Friday, November 13 9:00am - 12:00pm
Hutt Heights, 64-76 Cannon Rd, East Hartford

Thursday, November 19 9:00am - 1:00pm
Rochambeau, 68 Silver Lane, East Hartford

Get tested at one of these events and help us stop the spread of coronavirus!

Please wear a face mask or bandanna and observe social distancing of 6 feet while waiting to be tested.



**InterCommunity
Health Care**
Health Care for the Whole Person

www.intercommunityct.org
860-569-5900

Nosotros hablamos español.



#WeWontStopCaring



Preventing Lung Disease

November is [Lung Cancer Awareness Month](#), an annual campaign to raise awareness about lung cancer and lung health. Lung cancer is a leading cause of cancer death in men and women, with tobacco smoking the most important risk factor. Other [risk factors](#) are second-hand smoke, a family history, HIV infection, and environmental factors such as exposure to radiation, radon, asbestos, and other toxic chemicals.

See your healthcare provider if you experience any of these early warning signs of lung disease. [Early detection](#) can save lives.

- Coughing that gets worse or doesn't go away.
- Chest pain.
- Shortness of breath.
- Wheezing.

**LUNG CANCER KILLS
422 PEOPLE EVERY DAY.**

Get SavedByTheScan.org



AMERICAN
LUNG
ASSOCIATION

- Coughing up blood.
- Feeling very tired all the time.
- Weight loss with no known cause.



Set the Date to Quit for Good

Thursday, November 19, 2020, is the [Great American Smokeout](#), sponsored by the American Cancer Society. If you're a smoker and want to quit, planning and setting a date to quit is the first step toward better health. While it's not easy to quit, and smokers may relapse many times before they finally quit for good, success is possible.

If you plan to quit on the Great American Smokeout, now is the time to explore the different resources that can increase your chances of success. Here are some starting points:

- Talk to your doctor or other healthcare professional about medication that will ease the craving for nicotine, such as nicotine patches, gum, or other options.
- Tell your family and friends about your plan to quit and ask for their support.
- Plan in advance the alternatives you'll choose when you feel the urge to smoke. Some people will exercise, drink water, distract themselves with an activity, call a friend, etc.
- Plan to remove all smoking materials from your home, car, and workplace, including ash trays, lighters, and matches. Clean and refresh the areas you formerly smoked to remove the odor of smoking.

Be Prepared for Challenges

The urge to smoke can be triggered by many things: certain times of day, different emotional states, people, and places. Quitting will mean managing not only the temporary physical withdrawal symptoms from nicotine, but identifying and managing emotional triggers to smoke.

There are many [resources](#) available for people who want to quit, such as individual or group counseling, smoking cessation hotlines and quit coaches, online and in-person support groups, and even smartphone apps.

If you, or someone you know, is interested in [addiction recovery services](#), [primary care](#), or [mental health care](#) for children or adults, contact InterCommunity. To receive services at any of our Hartford, East Hartford, or South Windsor locations, **please call us at 860-569-5900.**

