

*InterCommunity Health Care Supports Black Communities*

## COVID-19 Testing Locations

# Coronavirus Testing at InterCommunity



Find out if you or a member of your family have coronavirus.

Adults and children can now be tested at

**InterCommunity Health Care** offices in Hartford, East Hartford and South Windsor.

### Hartford:

Mon., Wed. & Fri.  
1:00 pm - 3:00 pm

Tues. & Thurs.  
9:00 am - 3:00 pm

16 Coventry Street

### East Hartford:

Wednesdays & Fridays

9:00 am - 3:00 pm

281 Main Street

### South Windsor:

Mondays & Wednesdays

9:00 am - 3:00 pm

828 Sullivan Ave.

- Walk up testing all locations
- No doctor's order or appointment needed
- Testing for adults and children
- Test is a self-administered nasal swab
- Bring identification and insurance card
- InterCommunity will call you with the results of your test
- Insurance and uninsured accepted

### Help us stop the spread of coronavirus. Get tested today.

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

**REMINDER:** InterCommunity Health Care's detox center in Hartford is open and accepting patients. **Call 860-569-5900, Ext. 515**

September is National Recovery Month

September is [National Recovery Month](#), an observance sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) to increase awareness and celebrate the successes of those in recovery.

Now in its 31<sup>st</sup> year, Recovery Month is a reminder for everyone that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover from mental health and substance use disorders to lead full and rewarding lives.

You can register [here](#) for a free Recovery Month Kick-off Virtual Party on **Friday, Sept 4 at 2 PM - 3 PM.**



## Achieving and Maintaining Sobriety

Addiction recovery comes with challenges and it takes time to learn new skills, such as how to cope with stressors in a healthy way. The process of recovery may include medication-assisted treatment (MAT), therapy, peer and family support, and other approaches.

SAMHSA describes four major dimensions that support an individual's recovery:

- Attention to health: making informed and healthy choices that support physical and emotional well-being
- Having a stable and safe place to live
- Having a purpose and being involved in meaningful daily activities such as working or going to school, and having the resources to participate in society
- Having supportive relationships and social networks that provide friendship, love and hope

## Chronic Diseases in the Black Community: Community Health Forum on September 2, 2020

Learn about managing high blood pressure and cholesterol on **Wednesday, September 2 at 5:30 PM** at this Zoom event, the second of a two-part series.

Sonya Harris, MSN, APRN, on the Hartford Primary Care Team is on the

panel!

To join the meeting, go to [Zoom.com](https://zoom.com) and enter:

Meeting ID: 949 8287 7015

Passcode: 887720

**HARTFORD HEALTHY FAMILY INITIATIVE**  
**Chronic Diseases in the Black Community:**  
Find out How to Manage and Prevent Diabetes, High Blood Pressure, and High Cholesterol

**COMMUNITY HEALTH FORUM**

**TWO PART SERIES**

**8/26/20**  
**DIABETES & YOUR HEALTH**

Dr. Rochelle Collins  
Community Health Worker  
www.drrochellecollins.com

Jennifer Morales  
Community Health Worker  
HEALTHY Program  
Hispano Health Council

Catalina Quesada  
Community Education Specialist  
SUCCESS HEALTH PARTNER  
UConn HEALTH  
SNAP4CT  
Get well. Spend less.

JOIN VIA ZOOM.COM AND ENTER: MEETING ID: 967 7315 6948 | PASSCODE: 285133

**9/2/20**  
**HIGH BLOOD PRESSURE AND CHOLESTEROL**

Kellie Gilbert  
Community Health Educator  
Community Health  
Network of Connecticut, Inc. RI

Sonya Harris  
APRN  
Intercommunity Health

Dr. Roy Kellerman  
Bethesda Medical Group  
Bethesda Medical Mission Inc.

JOIN VIA ZOOM.COM AND ENTER: MEETING ID: 949 8287 7015 | PASSCODE: 887720

Hosted by: Eugene Robinson  
Community Health Worker  
Hartford Healthy Family Initiative  
Contact Info: (860)757-4823  
Eugene.Robinson@hartford.gov

**AUGUST 26 & SEPTEMBER 2 2020**

**5:30 PM - 7:00 PM BOTH DAYS**

Made possible with funding from the Centers for Disease Control and Prevention.

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 first at 860-569-5900.

