

February 2020



INSIDE

InterCommunity

OUR WORK. OUR MISSION. OUR PEOPLE.

Spotlight on the Detoxification Center



InterCommunity Detox Center Staff

The opioid epidemic has impacted thousands of people in Connecticut and shows little sign of subsiding anytime soon. According to the [National Institute on Drug Abuse](#), in 2017 there were 955 overdose deaths in Connecticut involving opioids, twice the national rate. The greatest increase in opioid deaths involved synthetic opioids, mainly fentanyl.

Almost everyone knows someone who is impacted by this crisis, directly or indirectly. Yet only a small percentage of people suffering from addiction receive treatment. The stigma of addiction prevents many people from getting the help they need.

InterCommunity's Detoxification Center at 500 Blue Hills Avenue in Hartford is a 35-bed medically monitored detox program for adults and is open for admissions 365 days/year, 24/7. The goal is to safely detox clients from alcohol and/or drugs and to provide education and motivation for referral.

"We want everyone to know that the Detox Center offers a safe and nonjudgmental environment, and is a valuable resource that the community can and should take advantage of," stated Kimberly Beauregard, LCSW, President and CEO of InterCommunity Health Care. "In spite of this epidemic, we still have detox beds available

on a daily basis.”

To reach InterCommunity's Detox Center, call **860-569-5900 x515**



Heart Health and Aging

Aging can cause changes in the cardiovascular system, and people age 65 and older are much more likely to have a heart attack, stroke, or develop heart failure or coronary heart disease. A major cause of heart disease is the buildup of fatty deposits in the walls of arteries over many years. High blood pressure also becomes more common with age.

The good news is, leading a heart-healthy lifestyle can help older adults avoid or delay serious illness. Preventive measures include:

- **Being physically active.** Aim for at least 150 minutes of physical activity each week, such as walking, bicycling, gardening, dancing, etc. Try not to sit for long periods of time.
- **Quitting smoking.** Quitting even in later life can reduce the risk of heart disease, cancer, and stroke.
- **Maintaining a healthy weight.** Follow a [heart-healthy diet](#).
- **Drinking in moderation.** If you drink alcohol, avoid excessive or binge-drinking. Recommended guidelines are no more than 2 drinks a day for men and just one drink a day for women.
- **Managing stress.** Learn how to manage stress, relax, and cope with problems to improve physical and emotional health.

Upcoming Community Events

TUESDAY FEBRUARY 18TH

COMMUNITY SOCIAL

CITY STEAM
5:30-7:30

Finest Hours is a monthly event to bring the Greater Hartford Community together highlighting and introducing local non-profits making an impact in the community.

Network with members from local non-profits and business community while enjoying live music, food, and drinks!

TICKETS AVAILABLE ONLINE AT FINESTHOURSHARTFORD.COM



Community Renewal Team
Changing lives... Creating opportunity!

JOIN INTERCOMMUNITY HEALTH FOR

An Evening of Celebration & Healing



Kelvin Young, Sound Healer



Harold Howard, Percussionist

Join Kelvin & Harold for a conversation on Wellness within Communities of Color!

Free Refreshments | Drumming | Sound Healing

FREE ADMISSION
TUESDAY | FEBRUARY 18
6 - 8 PM
PARKER MEMORIAL CENTER
2621 MAIN ST. | HARTFORD

Flyer design by Rebecca Lemanski, MSW

InterCommunity Receives Grant from the Aetna Foundation

InterCommunity Health Care was awarded a \$200,000 grant from the Aetna Foundation to fund new projects at its Recovery House located in Hartford. The grant will support InterCommunity Health Care's whole-person healthcare model at Recovery House by improving the therapeutic experience for clients in recovery from substance use disorders and enhancing linkages to care and community support services. Funds will support renovations to Recovery House and the provision of nutrition education and support

groups, comprehensive case management, and the Commercial Kitchen.

“InterCommunity provides critical services to the Hartford community,” stated Dr. Garth Graham, Vice President, Community Health & Impact, CVS Health and President, Aetna Foundation. “We are pleased to support the work they do to ensure each client not only receives the care they need but is also connected to a network of services that are essential to long-term recovery and stability.”

“We are so thankful for this generous grant from the Aetna Foundation that helps to close service gaps and supports the implementation of InterCommunity’s new ‘I CAN Recover’ program,” stated Kimberly L. Beauregard, LCSW, President and CEO of InterCommunity Health Care. “Addressing the social determinants of health, such as food insecurity and employment opportunities, is key to improving the recovery outcomes of our clients engaged in Recovery House programs.”