

June 2020

**INSIDE**

# InterCommunity

A LOOK INSIDE  
THE WORK WE DO  
& THE INSPIRING PEOPLE  
WHO MAKE IT HAPPEN



**InterCommunity  
Health Care**

*Health Care for the Whole Person*



We at InterCommunity Health Care are committed to be vocal and active in challenging all forms of prejudice and injustice in our community and the world. We believe that our community will become stronger when we are empowered to share and to call out injustice when it occurs. To this end, we will begin taking steps to explore and address issues of inequality both internally with our staff and externally with our clients. Our goal is to be a more effective supporter of equality and build on our agency's history, which has always worked to abolish stigma and discrimination and act in service to the disenfranchised.

## Coronavirus Testing at InterCommunity

**Walk-up testing at both locations**

**Tests are self-administered nasal swabs**

**No doctor's order or**

## Adults and children can get tested for coronavirus at InterCommunity

### Hartford:

Monday through Friday, 1:00 pm - 3:00 pm  
16 Coventry Street

### East Hartford:

Wednesdays & Fridays, 9:00 am - 3:00 pm  
281 Main Street



Help us stop the spread of coronavirus.

Get tested today.

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

appointments required

Bring photo identification and insurance card

Insured and uninsured accepted

InterCommunity will call you with results

## SPOTLIGHT ON OUR STAFF: Recovery House

Hector Mercado has been with InterCommunity Health Care for more than 9 years. He is a Lead Residential Support Specialist at Recovery House in Hartford, which offers mental health and addiction recovery services.

What has life been like working during the pandemic? For one thing, as an essential employee, Hector has been coming in to work every day, although the environment has changed due to COVID-19.

“We take extra safety precautions. We take staff and clients’ temperatures daily and we all wear face masks,” Hector explained. “Initially clients didn’t like wearing the masks, but now we’re all used to it.” Safety restrictions also mean that clients don’t leave unless they’re going to work. “But we keep people busy and we try to get outside for exercise.”

Hector noted that the months of social distancing and shelter-in-place can be very stressful for people struggling with addiction. Just this past April, he saved a client’s life. The client had overdosed and would have died had Hector not acted quickly, using Narcan to revive him before emergency help arrived. “We take things day by day,” Hector said. “We do our best to help people recover.”



## As the Community Reopens...

The state is re-opening from the coronavirus pandemic, but many uncertainties remain. It’s normal to experience some worry or anxiety as you start to resume normal activities, and it’s just as important as it was during sheltering-at-home to take care of your

## A Dose of Self-Care Can Help You Through These Difficult Times

- Greet the day with a visit outdoors or take a walk.
- Play with your pet or teach them a new trick.
- Identify something each day that made you smile.



mental and physical health.

Follow CDC and state guidelines, do what is comfortable for you, and weigh the benefits and risks of your activities for yourself and your family. If you or your loved ones are having trouble coping, consider seeking help from a mental health professional.

