

March 2020



# INSIDE

## InterCommunity

OUR WORK. OUR MISSION. OUR PEOPLE.

### Updates on COVID-19

InterCommunity is closely following guidance from local and state public health officials and government agencies, including the Centers for Disease Control and Prevention (CDC) regarding the coronavirus (COVID-19). We care deeply about the safety of our clients, employees, and community, and encourage everyone to follow CDC recommendations to slow the spread of the virus. Read here for [guidelines](#) on how to protect yourself.

We have also taken steps to limit exposure by asking clients not to come in to our clinics if they have symptoms of fever, cough, and shortness of breath, or if they suspect they've come into contact with someone who may have the COVID-19 virus. We're asking those individuals to contact us by phone so we can triage them and if appropriate, give them instructions on how to get testing.

211 is now offering a hotline to help people with their questions. During this time we are also limiting guests within our health centers, and asking that if clients need someone to accompany them to the clinic, to please limit guests to one person. This person will also receive the COVID-19 screening.

People who need a copy of their medical records are asked to request their records using an [online form](#) and mail it to our corporate office at InterCommunity, Inc., 111 Founders Plaza, 18<sup>th</sup> Floor, East Hartford, CT 06108.

Check our [website](#) and [Facebook page](#) for regular updates as we go through these challenging times!

### Spotlight on InterCommunity's South Windsor Office

As an Advanced Practice Nurse (APRN) at InterCommunity's South Windsor office, located at 828 Sullivan Avenue, Kelly Pfeiffer believes in a holistic, integrative approach to health, implementing health education and primary prevention of chronic health conditions for both men and women. "We listen to what people need and partner with them. Our patients' health care priorities are our priorities too."



Ms. Pfeiffer has over 18 years of experience in healthcare, and has triple board certification as an Adult Health Nurse Practitioner (ANP-BC), Women's Health Nurse Practitioner (WHNP-BC), and Certified Addictions Nurse in Advanced Practice (CARN-AP). She graduated from Simmons College School for Health Studies in Boston with a Master's Degree in Nursing with Distinction in 2008. She is an Adjunct Faculty Member in the Graduate Nursing program at University of Saint Joseph in West Hartford, Connecticut.

With the coronavirus pandemic on everyone's minds, Ms. Pfeiffer advises following the guidelines recommended by the [Centers for Disease Control \(CDC\)](#). "People concerned about their possible exposure to COVID-19 can call their doctor to discuss their [symptoms](#) and an appropriate course of action." She

also reminds us, as March is [National Nutrition Month](#), that good nutrition plays a vital preventative role. "Food is fuel... developing healthy behaviors can reduce the risk of illness and chronic disease and also support recovery from substance use disorders."

The South Windsor office provides primary care, medication-assisted treatment (MAT), addiction recovery services, preventative women's health care, and behavioral health services.



## Young Adults and Problem Gambling

For many people, gambling is a harmless diversion and they can take it or leave it. Poker, dice, scratch cards, and sports betting are just a few of the gambling activities tried by teens. However, boys in high school have twice the rate of gambling problems as adults. Many deny or minimize the problem, but red flags for teenage gamblers include the following:

- Declining grades
- Money problems; lying and stealing from friends or family
- Spending a great deal of time on online gaming sites
- Withdrawing from social activities
- Mood changes
- Being secretive

Read here for more information on [National Problem Gambling Awareness Month](#) and [problem gambling in teens](#).