



April 2021



**RACIAL/ETHNIC
EQUITY
INITIATIVE**

InterCommunity Health Care

A Message from Kim Beauregard, President & CEO

InterCommunity's REEI committee has completed the first assessment phase of our important work. Building off of the feedback we received from employee surveys, the REEI task forces developed an extensive inventory of recommended actions and changes.

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COVID-19 UPDATES

COVID-19 testing is happening this month at various locations in Hartford and West Hartford from 10 am - 4 pm.

[APRIL TESTING SCHEDULE](#)

Questions about the COVID vaccine?
Learn about the myths and facts!

[READ MORE](#)



You can get your COVID-19 vaccine at InterCommunity!

InterCommunity Health Care is offering **COVID-19 vaccinations** in our East Hartford and South Windsor offices to:

- People 45 years of age and over
- Educators and child care providers
- Residents and staff of residential treatment facilities, shelters and halfway homes



Making an appointment is easy:

Call 860-569-5900 today!

Representatives are standing by to get you scheduled quickly.

Alcohol and Stress: A Vicious Circle?



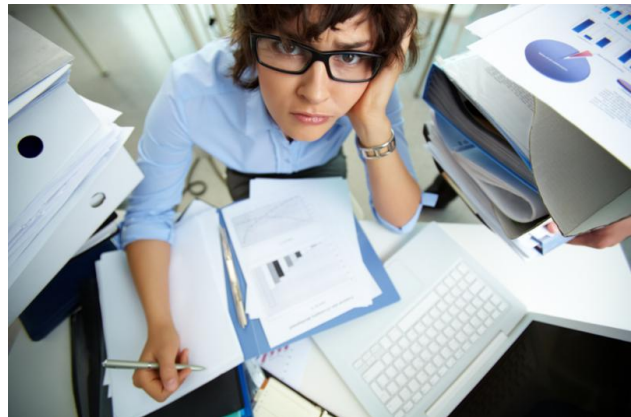
April is [Alcohol Awareness Month](#), a campaign to raise awareness and reduce the stigma associated with alcohol addiction. It's also [Stress Awareness Month](#), a timely reminder of how stress relates to alcohol use.

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Coping with Stress

The pandemic has increased stress levels for adults and children. While a certain level of stress is healthy and even motivating, too much stress can cause problems and affect our health, productivity, and relationships.

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Managing Anxiety about the COVID Vaccine

Anxiety can stem from fears about the vaccine's safety, getting a shot, or not knowing or not having control over when it will be available. Here are some ways to manage vaccine anxiety.

[READ MORE](#)



Let your family and friends know
they can get all the health care
they need at InterCommunity!

InterCommunity Health Care
Call us at 860-569-5900
Intercommunityct.org

