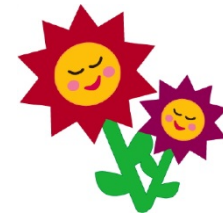


Three Links Times



May 2019



Creating Peace Of Mind For Those We Serve
Community | Accountability | Respect | Empathy

Three Links Apartments and Park Ridge
Apartments are part of the Three Links Community

DATES TO REMEMBER:

Mondays – 10:15 AM Exercise (TLA)

6:00 PM Bingo (PR)

6:30 PM Bingo (TLA)

Tuesday - 9:30 AM Grocery Bus

10:00 AM Sewing, Crafting (TLA)

6:00 PM Yahtzee (TLA)

Wednesdays – 10:15 AM Exercise (TLA)

2:00 PM Social Hour (TLA)

Thursdays – 10:00 AM Painting (TLA)

2:00 PM Coffee Time (PR)

6:30 PM Po-Ke-No (TLA)

Fridays – 10:15 AM Exercise (TLA)

6:00 PM Dominoes (TLA)

LIFE LONG LEARNING

May 14 – 2:00 PM Library Book Talk

May 28 – 2:00 PM Brain Fitness

SPECIAL EVENTS

May 31 – 5:00 PM TLA Pot Luck Picnic

Sponsored by Resident Council

FRIDAY OUTINGS

May 3 – 11:15 AM George's Vineyard (Bus \$2)

**May 10 – 11:15 AM Wal-Mart Faribault
(Bus \$3)**

May 17 – 11:15 AM Hy-Vee Faribault (Bus \$3)

May 24 – 11:15 AM Culvers (Bus \$2)

From Management

MEALS ANNOUNCEMENT:

Per the Three Links Billing Department, effective June 1, 2019- All guest meals must be paid by check or cash, which needs to be given directly to the kitchen staff at the time of service. Failure to pay at the time of the meal will result in no meal being given. The guest meal price is currently \$6.25. Residents will continue to be billed at \$5/meal.



GROCERY CARTS/NEWSPAPERS:

Please be courteous and return the grocery carts to the appropriate spot when finished. To clarify, the small blue cart and 2 Large carts need to be returned to the south side stairs entrance. The medium sized carts and small metal mini cart should be returned to the right of the mail boxes in the stairwell. When newspapers are brought into the building, please refrain from taking them out of their sleeve which has resident addresses on the outside.



Grocery Cart May 15 at 11:15 AM



AFTER HOURS MAINTENANCE/RESIDENT

ISSUES: Please remember that members of the Resident Council are not staff. They should not be contacted regarding tenant complaints or



maintenance issues. Per the sign posted, Dick is still available to give out quarters on weekends/after hours. Again, if you have a maintenance emergency, please call 507-664-8834. There are also maintenance request slips near the lunch sign-up sheet to be filled out for maintenance requests that are not emergencies. Other issues or complaints should be directed to Management or the Resident Service Coordinator. If after hours, a voicemail can be left and a follow up will occur accordingly. Thank you to everyone, and enjoy the beautiful spring weather.

"The longer I live, the more beautiful life becomes." -- Frank Lloyd Wright



May Is Mental Health Month

6 Habits to Improve Mental Health

Ray Kotwicki, MD, MPH, Chief Medical Officer, Skyland Trail

Exercise

Cardiovascular and strength training exercises help physical conditioning and also contribute to better mood and anxiety control.



Sleep

Adults require as close to 8 hours of sleep per night as possible. Sleeping more than 9 hours can trigger depression in certain

people, and less than 7 can contribute to mania in others. Sleep also is essential to learning.

Play

Social support is one of the best predictors of good mental health. Enjoying time with loved ones (face to face; not on your phone or the Internet) is the best medicine of all.



Eat well

Foods that sustain - rather than spike -

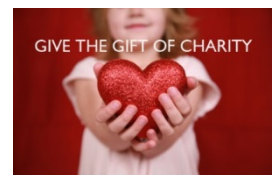


blood sugar levels keep your energy and vitality going throughout the day. Avoid "empty" calories from foods that

contain refined sugars (like soda or desserts) and choose snacks with lean proteins and healthy fats (like avocado, nuts, or fish).

Give

Looking beyond yourself and focusing on others yields the bonus of being good for the giver. Help a friend, volunteer for a worthy cause, or donate to community organizations making a difference in your community.



Manage stress

Engage in activities that help you develop



skills to tolerate stress and give you confidence to set limits. Try

meditation, or join a peer support group. Practice your skills especially in times when you need to say "no" when others want you to say "yes".

Remember that mental illnesses are medical problems that often require treatment led by a mental health professional. If you experience symptoms of a mood, thought, or anxiety disorder that significantly impact your day-to-day activities, consider making an appointment with a mental health professional for an assessment.

9 Snacks to Keep Yourself Healthy

In general, foods that are high in protein or fiber are more filling, leaving a person to feel satisfied faster.

1. Hummus and Vegetables:

This is good source of protein and fiber which helps you to feel fuller faster.

2. Celery Sticks and Nut Butter:

The celery is low calorie and mainly water which is good for hydration. The nut butter has healthful fats and protein.

3. Fruit and Nut Butter:

One medium apple provides 20% of a person's dietary fiber and 1 of the 2 recommended cups of fruit each day. The nut butter has healthful fats and protein.

4. Low-Fat Cheese:

Cheese has nutrients and the low-fat version can cut the fat. It is a good source of protein, calcium, vitamins and nutrients.

5. Nuts:

Nuts are a good source of protein and healthy fats.

6. Hard Boiled Eggs:

Eggs are a great source of protein and contain essential nutrients.

7. Greek Yogurt with Berries:

Plain Greek yogurt has a high amount of protein along with calcium and is low in fat and sugar. Fresh berries or fruit adds less sugar than the flavored kind and it is a natural sugar.

8. Edamame:

This legume is a good source of fiber and protein. It is rich in potassium, magnesium, and iron. It also can help you feel fuller longer.

9. Air-popped popcorn:

Air popped popcorn is both low-calorie and offers plenty of fiber. It is the salt, sugar, and or fat which makes it unhealthy.

Try adding these snacks into your diet.

TLA Resident Council

Pot Luck Picnic

May 31

At 5:00 PM

Community Room/Patio

Resident Council will provide burgers. Bring a dish for 8 – 10 people or pay \$5.

Next Council Meeting is May 20 at 1:30 PM.



Community Resources

Communications

Century Link: 1-800-475-7526

Spectrum Cable: 1-833-780-1880

Community Programs

Clothes Closet: 507-645-1389

Used clothes and small miscellaneous items.

Community Action Center: 507-664-3550

Food Shelf: 1651 Jefferson PKWY. M-Th-Fr-
11 AM – 5 PM, Tu – 12 PM – 7 PM,
Closed Wed.

Northfield Public Library: 507-645-6606

Senior Center: 507-664-3700

Used A Bit Shop: 507-645-1399

Government Programs

Nutrition Assistance Program: 507-664-
3550. Call for an appointment.

Post Office: 507-645-7812

Report Fraud:

Northfield Police: 507-645-4477

Attorney General Lori Swanson:
651-296-3353 or 1-800-657-3787

Rice County: 507-332-6115

General Assistance, Medical Assistance, and
Food Support

**Senior Linkage Line 800-333-2433 or
minnesota.help.info**

Your one stop shop for seniors.

Social Security Administration:
877-457-1734

Vulnerable Adult: 1-844-880-1574



Medical Services

Dental Associates of Savage:
952-440-2292

**Health Finders (Faribault): Medical, Dental,
and Vision:** 507-323-8100

Northfield Hospital: 507-646-1000
In case of an **emergency call 911**

The Hearing Aid Doctor: 800-660-9804

Miscellaneous

Larry's Handiman Service: 507-339-0368

The Junk Truck: 507-581-1634

Three Links

Apartment Manager: 664-8850

Service Coordinator: 664-8851

Three Links Care Center: 507-664-8800

**Three Links Laundry Room Machine
Maintenance Number: 1-877-264-6622**

Three Links Kitchen: 507-664-8837

Three Links Kitchen Manager:
507-664-8838

Three Links Maintenance Emergency:
507-664-8834

Transportation Services

Aging Services Transportation:

507-364-5663

**AMV (AmeriCare Mobility Van –
Preschedule your ride a Week in advance):**
800-963-7233

First Choice Shuttle: 507-645-4447

Hiawathaland Transit: 866-623-7505 or
www.threeriverscap.org

FYI: Air Conditioner Size Opening:
25 ¼ Wide; 14 5/8 Height;
16 ¼ Deep

