

Three Links Times



April 2020

and an approximate time of call back.



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

From Management

Hygiene and Social Distancing:

Please Wash your hands when entering the building and use the hand sanitizer outside my office or near the dining room.

Please remember to **stay 6 feet away from each other**. For everyone's safety, we are asking all of our residents to practice this in the common areas of the building. This includes limiting elevator usage to 1 or 2 people at a time.

Please respect each other during this time. See the enclosed informative page regarding hygiene and social distancing due to COVID-19. Together we can help keep everyone safe and healthy.

Possible off-site work for Jessica and Judy:

As things may change in our community and our own lives, there is a possibility Judy and/or Jessica could end up working from home part or full time. We will be forwarding our office phones to our personal cell phones if this is the case and will post information on our doors.

When working remotely and we return phone calls, it will come up on your phone as NO CALLER ID. If we do not reach you, we will leave a voicemail



Recycling:

Please remember that you **CANNOT PUT PLASTIC BAGS IN THE RECYCLING BINS** as they get tangled in the motors of the recycling equipment. You must use paper bags. Thursday's housekeeping will continue to pick up recycling, which may be placed in a box or in a paper bag. **NO PLASTIC BAGS.**



Shopping carts:

Be courteous and return shopping carts to stairwell, and wash your hands/sanitize often before/after use!



Building cleaning increases: We have asked our housekeeping/caretaker to do more wipe downs of surfaces, including doors, railings, elevator, and common room areas

Toilet Paper and flushing: Please remember that only toilet paper should be flushed down the toilets.

Flushable wipes, paper towels, napkins, etc. should not be flushed down the toilet. They do create plumbing issues in the units.

NOTE: If you are nearly out of toilet paper and are having issues finding toilet paper to purchase, please call Judy at 507-664-8851 for assistance finding some.



COVID-19

Know How it Spreads:

- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (**within about 6 feet**)
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



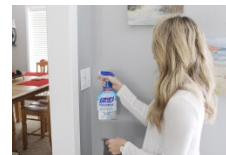
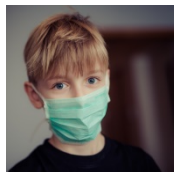
Take Steps to Protect Yourself:

- Clean your hands often.
 - **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - **Use a hand sanitizer that contains at least 60 % alcohol if soap and water are not available.** Cover all surfaces of your hands and rub them together until they feel dry.
 - **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- Avoid close contact with people who are sick.
 - **Put distance between yourself and other people.**



Take Steps to Protect Others:

- **Stay home if you are sick**, except to get medical care.
- **Cover coughs and sneezes.**
 - **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
 - **Throw used tissues in the trash.**
 - **Immediately wash or sanitize your hands for 20 seconds.**
- **Wear a facemask if you are sick.**
 - **If you are sick:** You should wear a facemask when you are around other people.
 - **If you are NOT sick:** You do not need to wear a facemask. Facemasks may be in short supply and they should be saved for caregivers.
- **Clean and disinfect.**
 - **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, phones, etc.
 - **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
 - **To disinfect:** Most common EPA-registered household disinfectants will work.



Community Resources

Communications

Century Link: 1-800-475-7526

Spectrum Cable: 1-833-780-1880

Community Programs

Caring Hearts In Action: 651-463-3582

Free clothing, pantry, dishes, pans, etc.
315 4th St., Farmington, MN

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 Keith Ellison:

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

