

# LINK center

Helping people connect with resources

*A partnership between Growing Up Healthy and the City of Northfield*

## **What's in this Issue?**

**Over the Counter  
Cough Medicine Abuse**

**Rice County Chemical  
and Mental Health  
Directory**

**Multicultural Cooking  
Club**

**Mobile Home Furnace  
Repair**

**Northfield Job Club**

**Northfield Public  
Library**



## **Over the Counter Cough Medicine Abuse (Skittling/Tussing)**

### **Abuse of cough and cold medicines can cause a multitude of problems:**

Hallucinations, loss of motor control, out-of-body sensations, confusion, dizziness, paranoia, vomiting, abdominal pain, irregular heartbeat, high blood pressure, headache, loss of consciousness, seizures, brain damage, and even death.

### **Prevention**

- Be aware of the potential for misuse and watch for signs of misuse.
- Discuss the dangers of cough medicine misuse with youth.
- Keep track of prescription and OTC medicines in your home, and take action if you find any missing.
- If you suspect that your child is using and needs professional help, talk to your child's doctor, teacher or school counselor.
- Dispose of old or unneeded medicines at the Take It to The Box disposal site at the Northfield Police Station. Disposal is free and the box is open 24 hours a day, 7 days a week in the lobby of the Police Station.

### **Helpful Resources:**

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

[www.ricecountychc.com](http://www.ricecountychc.com).

| Monday  | Tuesday   | Wednesday                                     | Thursday  | Friday |
|---|---|---|---|--------|
| *SMRLS hours are TBA.<br>Please call the LINK Center to make an appointment |   |   | 1<br>Open 9am-1pm and 3-7PM<br><b>Community Services</b> 9-10AM<br><b>City Council Member, Rhonda Pownell</b> 3-7PM | 2      |
| 5<br>Open 9AM-12PM  | 6<br>Open 9AM-12PM and 3-6PM<br><b>HOPE Center</b> 9AM-12PM | 7<br>Open 3-6PM                               | 8<br>Open 9am-1pm and 3-7PM<br><b>Immigrant Law Center of Minnesota</b> 9am-12pm<br><b>TORCH</b> 5:30-7PM           | 9      |
| 12<br>Open 9AM-12PM   | 13<br>Open 9AM-12PM and 3-6PM                               | 14<br>Open 3-6PM<br><b>Project ABLE</b> 3-4PM | 15<br>Open 9am-1PM and 3-7PM<br><b>Community Services</b> 9-10AM  | 16     |
| 19<br>Open 9AM-12PM   | 20<br>Open 9AM-12PM and 3-6PM                               | 21<br>Open 3-6PM                              | 22<br>Open 9am-1pm and 3-7PM  | 23     |
| 26<br>Open 9AM-12PM   | 27<br>Open 9AM-12PM and 3-6PM                               | 28<br>Open 3-6PM                              | 29<br>Open 9am-1PM and 3-7PM  | 30     |

## Rice County Chemical and Mental Health Directory has been updated!

Visit [www.northfieldhci.org](http://www.northfieldhci.org) and click on resources to find:

- Mental Health Services
- Information and resources related to prevention, intervention, and treatment for drug and alcohol abuse
- A directory of parent education resources



## Multicultural Cooking Club

Please join us at the Multicultural Cooking Club, **Friday December 16<sup>th</sup>** from **11AM-1PM!** We will be making ribs, green spaghetti, and flan.

If you plan to attend, please **R.S.V.P** by **December 14<sup>th</sup>** to:

Sara Doyle: (847) 217-8517



## NEED FURNACE REPAIR ON A MOBILE HOME?

CALL THE LINK CENTER (507)664-3500 WE CAN CONNECT YOU TO HVAC (Heating, Ventilation, and Air Conditioning) CONTRACTORS WHO WORK ON MOBILE HOMES!



## Northfield Job Club

The Northfield Job Club meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the Month in the first floor meeting room at the Northfield Public Library from 1:30-2:30 PM. No need to sign up, just show up!

Contact Information:

**Faribault Workforce Center**

201 Lyndale Avenue South,

Suite S-1 Faribault

MN 55021

**(507) 333-2047**

**Toll Free: (888) 438-5627**



Northfield Healthy Community Initiative

1651 Jefferson Parkway

Northfield, MN 55057

(507) 664-3500

*Special December Events at the  
Northfield Public Library!*

**Reindeer Games:** Open game time in the library's meeting room 10AM-1PM Tuesday December 27<sup>th</sup>-Friday December 30<sup>th</sup>. Wii, board games and more!

**Snowflakes, Santa and Stories:** Saturday, December 10<sup>th</sup> at 11am, Special story time with St. Olaf Theatre Students



**It's not too late to register your  
child for the after school PLUS  
program or the Middle School  
Youth Center!**

Both programs are free and provide after school activities, homework help and snacks to Northfield students. Contact Community Services for more information (507) 664-3649.

**Northfield**  
*Public Schools I.S.D. 659* MINNESOTA