# Minnesota **Triad**



1<sup>st</sup> Quarter 2021 Volume 62, Issue 1

"Seniors, Law Enforcement and Community Groups working together for Senior Safety.... throughout the State!"

## **MN Triad Board Members**

President: Kelly Lake kelly.lake@co.carlton.mn.us

Vice-President: Julie Duehring jatazie@gmail.com

Secretary: Pauline Fahey paulinefaheycc@gmail.com 218-536-0899

Treasurer: Mickey Kimmes kimmeshousehold@gmail.com

### **Contact Information**

#### Email:

triadmn@gmail.com

## Website:

MN Sheriffs' Association

Click on "Sheriff's in the Community" and then on Triad.

Facebook www.facebook.com/mntriad

A great place to share senior safety information from throughout the state.



## WELCOME ....

to the MN Triad Newsletter that is <u>by</u> Triad members <u>for</u> Triad members and anyone interested in senior safety issues.

### We want to hear from you!

Please forward any ideas, concerns, current fraud schemes, along with what you are doing in your Triad programs (including pictures) to us so we can share throughout the state.

We like to "meet" Triad members throughout the state in our

Featured Members column. We also like so share recipes from Triad members throughout the state.

Any information you would like to share can be sent to <a href="mailto:paulinefaheycc@gmail.com">paulinefaheycc@gmail.com</a>.

Thank you for making this newsletter the best that it can be!

# **MN Triad Conferences**

**2021 MN Triad Conference** Hosted by Goodhue County

2022 MN Triad Conferences
Hosted by Aitkin, Carlton,
Cass & Itasca Counties

# **Did You Know?**

No number before 1,000 contains the letter A.



# **Featured Members**

It's a New Year and a new plan for Featured Members. As you may recall, we put out an e-mail asking for your thoughts on the newsletter, including the Featured Members.

Thank you to those that responded to our request. It appears that the newsletter is appreciated. However, we need your help to keep it going. As you know, this newsletter is "by Triad Members for Triad Members."

Therefore, we ask that you submit responses to the interview questions for Triad Members, including yourself. We will then use them for the newsletter. If you need a copy of the interview questions, please e-mail triadmn@gmail.com.

If no Featured Member interviews are received, we will just note "none received."

We appreciate the positive comments in regards to the newsletter. However, we truly need everyone's help in providing information for the newsletter. We do not have a "paid staff"... we have "volunteers" with full-time jobs ... and we are asking you to be "quarterly contributors." Just think, if everyone would contribute one item for the newsletter each quarter, our newsletter would be bursting with a variety of Triad and safety information!

What items could be contributed?

- Featured Members (interview questions)
- Did You Know (interesting facts)
- It's All About Safety (frauds, scams, safety, etc)
- Recipes
- Happenings in your Triad program... including pictures
- Upcoming Triad Events
- Triad Member information
- Other??

Sharing a good reminder that could be applied to the newsletter:

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

# It's All About Safety

## **Safety Information in Pictures**

Below are some pictures and a word (or words) which relates to the picture. Can you solve them? Think Wheel of Fortune!











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u g r

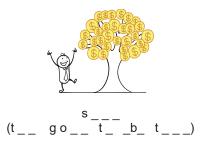






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When you think of safety, what comes to your mind? Personal safety? Scam letters saving you are heir to a million dollars? (You aren't) Online safety? Home safety? Not texting and driving? Walking in the dark alone? (Don't do that) A phone call saying your credit card has been compromised? (Don't give them your right number when they get it wrong) Making your house look lived in when you're gone? Maybe you're thinking of the Triad projects and programs that keep you safe!

A friend recently mentioned how the smallest change can make the biggest difference. So... what does this mean? It could mean... that you turn your phone off, so you're not tempted to look at it when you're driving. That you walk with a friend...once it's light outside. That you don't answer any phone calls with unfamiliar numbers. If it's legitimate, they'll leave a message and you can call them back. That you have the Post Office hold your mail when you're on vacation. That you lock your doors once you get in your car. That you keep your doors locked at home. That you fill out your File of Life packet...and keep that sand shaker with you...and your cell phone always charged!

What small change can you implement today to make your world safer?

# Recipe

#### Wafflemaker Hash Browns

- 1 30-oz frozen shredded hash browns, thawed 4 tbsp butter, melted
- 1 tsp salt
- ½ tsp black pepper
- 3/4 c. shredded cheddar cheese
- 3/4 c. chopped ham

Preheat waffle iron and coat both sides with oil. Squeeze out any excess moisture from the hash browns and put in a bowl. Pour the melted butter over the hash browns, sprinkle with the salt and pepper and stir. Scoop a heaping ½ cup of the hash browns into each waffle section, then top with the generous 2 tbsp cheddar cheese followed by a sprinkling of chopped ham. Top the cheese and ham in each section with another Please submit your information for the 1/4 cup of hash browns. Close the waffle iron and cook for 15 minutes on the regular setting. Repeat with the remaining ingredients.

From Food Network

# **MN Triad Meetings**

Our MN Triad Meetings are on hold for now. However, our Board Members are in contact with each other to discuss MN Triad, as needed.

If you have any questions, items that should be addressed or that you'd like to share with our Triad members throughout the state, please contact our MN Triad Board Members or send an e-mail message to triadmn@gmail.com.

All are welcome and encouraged to attend these State Triad meetings!

## Triad Happenings (aka Mini Best Practices)

While there may not be a lot happening with your Triad program in these "COVID Times," we would still like to share information from your programs. This could include current happenings, normal happenings or the beginning of an idea for your Triad.

Think of it as a Mini Best Practices... where you can share information from your program and get ideas from other people/programs.

We look forward to hearing from you!

# **Action Plan!**

As you may have figured out by now, the focus of this newsletter is about implementing a plan to sustain our newsletter with vital information regarding Triad throughout Minnesota (and sometimes beyond!)

And this plan is dependent on ALL OF YOU! Sharing this reminder again....

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