

# Minnesota Triad



**3<sup>rd</sup> Quarter 2023  
Volume 72, Issue 1**

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

## MN Triad Board Members

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Click on “Sheriff’s in the Community”  
and then on Triad.

Facebook  
[www.facebook.com/mntriad](http://www.facebook.com/mntriad)

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



## WELCOME ....

to the MN Triad Newsletter  
that is by Triad members  
for 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 to share recipes from Triad members throughout the state.

Any information you would like to share can be sent to [mntriad@outlook.com](mailto:mntriad@outlook.com).

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

## Upcoming Events

**2023 MN Triad Conference**  
Thursday, September 14, 2023  
Black Bear Casino & Conference Center  
1785 Highway 210, Carlton MN

***There is a block of rooms for both  
September 13<sup>th</sup> and 14<sup>th</sup>***

***Watch for the registration  
form, which will be emailed  
soon!!***

## Did You Know?

**The Mona Lisa has no eyebrows.**  
(conflicting stories on why,  
if you do some research!)

## Featured Member

Since there were no Featured Member submissions this quarter and the upcoming conference has me thinking about our TRIAD friends, it seemed like a good time to remember several TRIAD members who are no longer with us (†) or no longer with TRIAD due to life changes.

Do you remember what counties these TRIAD members were from?

Pat Butler †	Debi Backdahl
Chuck Nettestad	Dessa Clifton †
Cora Holzinger †	Bert Marth †
Becky Koechler	John Ostenso †
Lovey Russell †	Pat Medure
Jim Buckmiller †	Joan Johengen †
Maynard/Betty Nelson †	Leah Krenz
Shel/Marian Larsen /†	Esther Prahll †
Mary Louise Isakson †	Dave Williams
Vic Williams	Nelli Stoll †
Opal Dewanz	Barb Erdmann
Tim Motherway	Randy Fisher
Roger Boatman	Neil Hoey
Hazel Haarup †	Bob/Pat Lahti †

So many TRIAD members over the years that have become friends and we look forward to seeing you all in person once again! That's right... this September... our 1<sup>st</sup> in-person conference since 2019 and we hope you can join us!

This year's conference is being organized by MN TRIAD in Carlton County. We appreciate Sheriff Kelly Lake having this event in her county!

Registration Forms and Vendor Registration Forms will be sent out in early July. This year's conference will be a little different in that it will only be one full day; however, we will have a block of rooms for both the day before and the day after, as the conference will last until early evening. Supper will be on your own – Black Bear has several options, including an excellent buffet, restaurant and snack bar. The registration fee of \$20 will be payable when you register. Therefore, we are asking that registration forms be emailed, if possible. There is no registration fee for vendors; however, we do ask that they provide a door prize and/or bag item. We are also asking all members to contact vendors who may be interested in having a table at the conference.

Here is the tentative agenda for the September 14<sup>th</sup> conference:

8:00	Registration/Vendors
9:30	Welcome
9:45	Jay Haapala, AARP <i>A New Age of Scams</i> Cloquet Area Fire Dist. <i>Fire/Home Safety</i>
11:00	Lunch/Vendors Joanie Somes <i>Older Driving Safety</i> Age-to-Age Program <i>TBD</i>
12 Noon	Carlton Co SO K9 Team <i>K9 Charlie &amp; Deputy Nils</i>
1:15	Supper on your own/ Vendors
2:30	MN TRIAD Meeting (Best Practices and TRIAD 101)
3:45	
5:00	
6:30	

While this conference will be a little different than in the past, it will give us an opportunity to meet in person, to learn from some great presenters and explore options for future conferences!

We hope to see you there!!

## It's All About Safety

By Joanie Somes RN,  
older driver safety lady

*Note: Joanie will be one of our presenters in September!*

As we age, our bodies slow physically and mentally. Ability to see, hear, and move decreases; as does our ability to process and react to roadway information, putting us at risk when we drive a vehicle, ride a bicycle, or walk along the roadways. Despite being the most safety minded (older drivers tend to wear their seat belts, drive the speed limit, follow the speed limit, don't drive after drinking) and driving less miles, older drivers are still involved in more deadly crashes than teens. (Minnesota crash data for 2022 showed nearly one of every 3 deaths on Minnesota roadways involved an adult age 60 or older!) When involved in even a minor crash, older adults don't heal as well or as fast. Some injuries never heal, leading to a permanent life style change. So what can we do to be safe and avoid crashes and injuries?

First – remember four things that affect driving (riding/walking) safety – physical and mental condition, medications we take, and medical conditions that can affect our physical and mental conditions. Each of these things may affect our strength, flexibility, alertness, and ability to process and react to roadway situations.

Second – consider seven things you can do to decrease risks to safe driving, riding, and walking. 1.) Exercise the muscles used when driving to improve strength, flexibility, and mobility. This includes your ability to turn your head side to side, the steering muscles of your arms, and the braking/accelerating muscles of your hips, lower back, knees and ankles. 2.) Keep your brain sharp by doing mental exercises – crossword puzzles, word search, or other activities such as this. 3.) Wear your seat belt properly – snugged tightly over your hip bones and NEVER wear the chest strap under your arm. 4.) Adjust your seat, mirrors, and steering wheel so you have the best view around your vehicle. 5.) Ask yourself – “Am I in the best frame of mind to be driving right now or am I a risk to myself or others because I am mad, sad, irritated, or sleepy, etc.?” 6.) Have I been

drinking, or taken a medication – prescription, over the counter, or herbal (including CBD or THC gummies) which will slow my reaction time, make me too weak to control my vehicle, or cause me to use poor judgment? 7.) Am I driving in a risky or unknown situation? Can I plan my trip to avoid rain, fog, suck or poor road conditions or construction? Can I Google map my trip to find an alternate and safer route, including ways that avoid left turns in front of on-coming traffic (the most common reason for those over age 60 to be in a crash and double the younger population). Using these tips will help you be a safer driver.

If you are concerned about someone else's mental sharpness and cognitive ability to drive, you can go to the AAA page <https://exchange.aaa.com/wp-content/uploads/2021/03/Driver-65-Plus.pdf> to do an online assessment, or use the questions MN Law Enforcement have been using that are part of a screening tool called the “Driver Orientation Screen for Cognitive Assessment (DOSCI)”.

*Example - 1.) home address, date of birth, state and city currently in, estimated time of day without looking at watch within a couple hours, day of the week and date (month, year, day). With this screening tool, if the person is unable to answer most of these questions, they may not be safe when operating a vehicle on the roadways.*

These and more safe driving tips will be shared at the Triad conference on September 14<sup>th</sup>!

Here are some links to safe driving tips:

Exercises for driving:  
[https://s0.hfdstatic.com/sites/the\\_hartford/files/exercise-for-mature-drivers.pdf](https://s0.hfdstatic.com/sites/the_hartford/files/exercise-for-mature-drivers.pdf) Seat belt videos: <https://www.youtube.com/watch?v=6xUOWOI-k0o> and, <https://www.youtube.com/watch?v=jabw1lqg5vw> roundabouts & merging: <https://www.youtube.com/watch?v=46mOPz3rhHs> & <https://www.youtube.com/watch?v=v-OmDGydsHc>

Here is the link to an entire page of links tips:

<https://www.minnesotatzd.org/sites/minnesotatzd.org/files/2021-07/OlderDriverAdditionalVideos.pdf> found on the MN TZD website older driver page. Here is a 60 minute discussion about how aging may affect driving and reminds us we are all aging <https://www.minnesotatzd.org/events/hotdish/2022/february>



## Recipe

### No-Knead Crescent Rolls

Combine 2 packs yeast and 2 tsp sugar in ½ c warm water.

Other ingredients:

½ c boiling water	½ c margarine
½ c sugar	1 tsp salt
2 eggs	
4 c flour (minus 2 tbsp)	

In mixing bowl, pour boiling water over margarine, sugar and salt. Blend in eggs and yeast mixture. Add flour and salt. Place mixture in bowl, cover with plastic wrap and place in refrigerator overnight. Next morning, divide dough in half, place on floured board and roll into a round, cut into 12 pieces, roll up and place onto greased cookie sheet. Cover and let rise until double in size. Bake at 350 for 12-15 minutes. Repeat with other half of dough. YUM!!

*Thanks, Mickey!!!*

## MN TRIAD Meetings

Our last meeting was held on Thursday, May 11, 2023 in Carlton County. Thanks to all who could attend in person and virtually.

There was a good discussion about the MN TRIAD Conference that will be held on Thursday, September 14, 2023. There were many ideas shared and we will finalize the agenda in the next month or so.

Everyone shared the status of their TRIAD programs, along with what they are doing.

An updated contact list for MN TRIAD was distributed and discussed, as well as what information can be found on the National TRIAD website.

A reminder we are always looking for information that can be shared on Facebook or in the newsletter regarding what's happening in all the TRIAD programs.

We will look at placing a TRIAD clothing order. Pauline will send out more information. The next meeting will be at September's conference.

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 [mntriad@outlook.com](mailto:mntriad@outlook.com).

**All are welcome and encouraged to attend these State Triad meetings.**