

Minnesota Triad



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

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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 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 triadm@gmail.com.

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

MN Triad Conferences

2023 MN Triad Conference
Hosted by Goodhue County

Goodhue is busy planning for
our first in-person conference
since 2019!!

Did You Know?

**Did you know that a
blue whale's tongue can weigh
about the same as an
adult female elephant.
(6,000–8,000 pounds)**

This Year:

Break a bad habit
Learn a new skill
Do a good deed
Visit a new place
Read a difficult book
Write something
important
Try a new food
Do something good
for someone who
can not thank you
Take an important risk

Featured Member

Scam Jam

This year's Scam Jam was held on
Thursday, December 1st at the Inwood
Oaks Event Center in Oakdale. It was
hosted by AARP in partnership with
the Better Business Bureau.

MN Triad President Kelly Lake and
Secretary Pauline Fahey were there
representing MN Triad and meeting
with over 200 attendees at the event.
This was a great opportunity to reach
people who had not heard about Triad!
In particular, we met with two people
that I envision will becoming very
active in Triad – a Police Officer and
an active senior. As we all know, that's
what it takes to get a Triad program
started – interest law enforcement, an
interested senior and the
determination to keep the seniors in
their communities safe!

As always, we owe a big THANK YOU
to Jay Haapala with AARP for
including us in this event!

Changes

2023 is bringing some changes within
our Triad family:

Julie Duehring has stepped down from
our Vice-President position. We'd like
to thank Julie for serving as our MN
Triad Vice-President, especially during
the last few years that have had some
challenges.

We are looking for a new Vice-
President for MN Triad! **Please let
one of the other officers know if you
are interested in this position!** We
are looking to become more active
again and move forward with new
ideas for Triad throughout Minnesota!

Pauline Fahey is retiring from her
Cass County Sheriff's Office
Administrative Assistant position.
Pauline has been with Cass County for
24 years and was with Aitkin County
Sheriff's Office for 12 years before
that. Along with some part-time work,
Pauline will still be involved with and
committed to Triad on a state and
county level!

It's All About Safety

Safety Projects

As you are aware, each Triad program has different focuses. At our Triad Conferences, we have Best Practices, which is the "mainstay of the conference." It is a time when each program shares what they are doing to keep seniors safe in their communities. It is also a time for others to learn and get ideas for their programs without having to "re-invent the wheel."

Since it's been a few years since we've had a conference, it seemed like a good time to share some of the Best Practices ideas from the last conference (2019).

Aitkin County:

- Meet 11 months out of the year
- 3 programs a year (meeting, speakers, free lunch)
- Float in parades
- County Fair Booth
- Grants

Becker County:

- Meet at Assisted Living Centers
- Have different speakers (AARP, K9, County Attorney, Bailiff,
- Provide snacks

Beltrami County:

- Partner with Bemidji PD
- Formed 6 years ago, no organization, no budget
- File of Life
- Monthly topics
- Press Releases, social media
- Code Red for notification of members
- Music Jam

Brown County:

- Radio, community affairs
- Selling porch emergency lights
- County Fair
- National Night Out (NNO)
- Handouts, speaking programs
- Scam skits
- Garage Sales

Carver County:

- Drug Take Back Program
- Information Sharing (expos, NNO)
- File of Life
- Table at Lions Pancake Breakfast
- Challenging getting message out to srs
- Carfit

Cass County:

- Meet monthly, with officers and agenda
- File of Life

- Projects (sand shakers, cell phone holders)
- Fish Fry in fall – partner with another Sheriff's Office initiative. Great fundraiser!
- Partnering with bank in town – possible yearly event
- Citizens Police Academy at monthly meetings.
- Other speakers

Clay County:

- No fundraisers, focus on education
- Senior Safety Academy, 9 AM – 2 PM
- Quarterly presentations
- Topics – health, crime
- Monthly Breakfast Club
- Community Survey – what do seniors want to hear?
- File of Life – funeral home and pharmacy help with cost
- Emergency kit bags – bombed, didn't sell so had to give away

Goodhue County:

- LE topics – Investigation, sex trafficking, dive team
- Ad in local paper for next meeting
- Wanted posters – take a pic of speaker and Triad members for next meeting

Isanti County:

- Rural – struggle with getting people, transportation and communication
- What is Triad, Veteran's Service Officer, Food Shelf, 55 Alive, Transit
- File of Life
- Emergency Go Bags
- Senior Day

Itasca County:

- Monthly meetings with Committee on Aging, rotate around county
- Integrate seniors into DARE Fundraiser/Bake Sale
- National Child Safety Council – safety books
- Events (NNO, Pulled Pork Sandwiches at Fair, Truck Stop – snowplows, equip trucks, little kids get to see public works trucks, fork lifts, school bus
- Pie Social
- Senior Valentine Dance
- 1-3 expos a year
- Health Fair
- Back to School Backpacks

Sherburne County:

- No monthly meetings, meet 2-3 times a year
- Email organizations, 5-6 seniors, all LE Agencies
- 2 Events and May Senior Day Out (presentations all day, door prizes, food, done by 2 PM)
- Golf Tournament (3 seniors / 1 LE), 9

- holes, picnic – hot dogs and burgers
- Senior Safety Camp

As you can see....and as we always say... Triad is not a Cookie Cutter Program. Each Triad group does what is right for them!

If your program is not listed on this list (i.e. you were unable to attend the 2019 Conference), please share what your group does and we will include it in the next newsletter.

Recipe

Hungarian Mushroom Soup

- 4 tbsp unsalted butter
- 1 lb fresh mushrooms, sliced
- 2 c chopped onions
- 2 c chicken broth
- 2 tsp dried dill weed
- 1 tbsp paprika
- 1 tbsp soy sauce
- 1 c milk
- 3 tbsp flour
- 1 tsp salt
- black pepper to taste
- 2 tsp lemon juice
- ¼ c fresh parsley
- ½ c sour cream

Melt butter in a large pot over medium heat. Saute onions in the butter for 5 minutes. Add mushrooms and saute for 5 more minutes. Stir in the dill, paprika, soy sauce and broth. Reduce heat to low, cover and simmer for 15 minutes.

In a separate bowl, whisk the milk and flour together. Pour this into the soup and stir well to blend. Cover and simmer for 15 more minutes, stirring occasionally.

Finally, stir in the salt, pepper, lemon juice, parsley and sour cream. Mix together and allow to heat through over low heat, about 3-5 minutes. Do not boil. Serve immediately.

MN Triad Meetings

Next meeting date and location TBD.

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.



****At the beginning of the newsletter, there were some ideas for what to do in the New Year. While your list may be a little different, we hope that this coming year is your best one yet!*