

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.

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*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 triadmn@gmail.com.

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

MN Triad Conferences

2022 MN Triad Conference
Who would like to host? Or Virtual?

2023 MN Triad Conference
Hosted by Goodhue County

*Wave goodbye to the old year
and embrace the new -*



*full of hope, dreams, and good
health.
Wishing you a happy new year
full of joy!*

Did You Know?

Rudolph the Red-Nosed Reindeer
was actually created by
department store Montgomery
Ward in the late 1930s for a
holiday promotion.

Featured Members

*Many of you may remember
Kenyon Police Chief Lee Sjolander
from the 2015 MN Triad Conference
hosted by Goodhue County.*

A Cop Making a Difference in His World

By Rosie Schluter
From Today magazine

The young boy found it too hard to take care of his little brother and sister when his mother was involved in still another abusive relationship. One night, Lee Sjolander recalls: “I woke up to the all too familiar sound of my mom and her boyfriend fighting and I couldn’t take it anymore. The yelling, hitting, the breaking of items was too much, so I left. “I walked uptown to the police station and told them what happened. I wanted my brother and sister with me and I didn’t want to live like that anymore.” He found the help he needed. As an adult, Lee Sjolander has been a police officer since 1995 and became the Kenyon MN Police Chief in 2007. He retired August 1, 2021. With his background, the chief could understand and relate to many situations he would be involved in as an officer. Now, retiring after 24 years of having a job where he asked questions of the public, here is our “interrogation” of the Chief!

What is the benefit of being a “Chief”?

Sjolander explained that he always thought of himself simply as a “police officer”. He explained, “I’ve never viewed myself as anything more than Lee the police officer, so I don’t see any more real benefit to being the chief versus just being me. “I guess one of the things that the title of chief means to me is that my role as a mentor to my coworkers and the public that we serve is so important.”

What did you think being a cop would be vs the reality of being a cop in every day situations?

Sjolander: “A case isn’t ever closed, because you’ve created ‘relationships’. I thought that when the case was closed, that would be it, and you would move on to the next case. But I’ve found that long term relationships can form over almost any call for service and you can become their “go to officer” for all kinds of situations.”

What are you proud of occurring during your 26 years as “Chief”?

“Well, in my career, I’ve certainly had a lot of events that stay with me. Some are good, and some are bad. Here are some good ones. “Helping raise funds so a local person could get some tattoos removed from a dark chapter in their life.”

“Hosting the Garage of Goodness free garage sale for years. This was an amazing

partnership between us and our community. My coworkers and other volunteers worked so hard to get this event up and running and to make it run so smoothly for all the years we hosted it. This was an event where we received donations from our community and we set everything up in a garage sale style and everything was free. We had clothing, housewares, toys, etc.”

“Starting the bike exchange program we have in front of our office during the summer. This is where you can come and take a bike if you need one, or drop one off if you have an extra one to share.”

“Starting the free food pantry that is open 24/7 in the entryway of our building next to City Hall.”

“The numerous times young people came up to me and shared a hug, a story, or showed me some trinket they were proud of.”

“Starting the Vincent Fund with the Kenyon Veterinary Clinic staff to help offset expenses for the animals we impound and sometimes help find new homes.”

“The time I was asked by another agency to locate a person and take them into custody for an incident that happened in their jurisdiction. I said that that I know this person and they are currently attending a family member’s funeral. We were able to speak to this person in private and we lined up a location and time to meet them away from family after the service and meal. They met us and were transported to the other jurisdiction. The person thanked us numerous times for how we handled this situation.”

“Being invited to the White House, along with other law enforcement professionals, was an amazing experience.” Chiefs from around the nation met to brainstorm building trust in the U.S. justice system.”

What things did you have to deal with that the public would never connect to police work?

“Helping people get their court ordered community service hours completed. People will contact us about hours they need to do and we are often the go-between to get these hours done.”

“Helping people find employment and housing. Again, because we know a lot of people in our area, we can be the go-between when it comes to helping someone find a new job or a new place to live. I’ve written numerous reference letters over my career to help people get a fresh start.”

Explain why you believe: “Good things happen when police departments have an open door policy.”

“What that means to me is being accessible to the public that we serve. When we are in our office, the door is unlocked and we have a lot of people coming and going throughout the day with various questions, comments, or concerns. Our work cell phone numbers are public information and we have a lot of people approach us while we are out patrolling. “Our public has told me numerous times over the years that they find us approachable and I am a very proud of that.”

What is your advice to potential cops?

“Be kind to kids. You were young once too and helping them navigate these challenging years can have a lasting affect on them, their families and you.”

“Quality police work is more than writing citations. It’s understanding the difference between the letter of the law and the spirit of the law.”

“You invested a lot of time and money into getting this far. Continue to invest in the public that you serve and they will help you more than you’ll ever imagine.”

“When dealing with someone who is struggling with addiction, mental health, etc. remember that no one woke up one day and wanted to have these struggles. Remember that they are someone’s parent, brother, sister, cousin, coworker, neighbor, friend, etc.”

“You’re going to learn more your first two weeks in a squad car than you ever learned in college if you keep your eyes and your mind open.”

“Have hobbies that are not related to this career field and have friends that are not cops. Not that hanging with cops is bad, but having friends outside of this career field will help give you other opinions on things.”

“You are going to get a front seat view into the lives of many people. Be patient, be calm, and enjoy the view.”

“Try to get enough rest and try to eat well.”

“Always have some water and snacks in your car or patrol bag. That one call you get that should take 15 minutes and it turns into a four hour event will happen and you’ll be thankful that you have something to drink and eat close by.”

What will Lee do now?

“I plan on finding employment that will challenge me and help me go from what some call ‘retirement’, but I call ‘reinventing’ myself.

“I have loved my career in public safety, but I long to have new adventures and new challenges.”

*Thank you, Lee, for making a difference!
And thank you, Rosie,
for sharing some of Lee's Story!*

It's All About Safety

How to Spot Frauds & Scams

Six quick “red flags” that can signal a scam:

1. Promises of guaranteed riches
2. Pressure to act right now.
3. Special opportunity just for you!
4. You’ve won!
5. I’m just like you (hmmm.....)
6. I’m specially trained

Common scams change, but the “red flags” tend to still be there. Remember, if it sounds too good to be true, it probably is!

Recipe

Spiced Chai Tea

- 1 ½ C sugar
- 3 C nonfat dry powdered milk
- ¾ C French vanilla coffee creamer
- 1 C instant tea
- 1 ½ tsp ginger
- 1 ½ tsp ground cinnamon
- ½ tsp cloves
- ½ tsp cardamom
- 1 tsp allspice
- 1 tsp nutmeg
- Optional: ½ tsp white pepper

Mix everything in a food processor until powdery. Store in container. Use 1 Tbsp per cup of hot water.

Makes a great gift in small containers.

Thanks Mickey Kimmes!

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.