

2nd Quarter 2015  
Volume 39, Issue 1

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### MN TRIAD

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

### Newsletter items:

[paulinefaheycc@gmail.com](mailto:paulinefaheycc@gmail.com)

### Website:

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

Click on "Sheriffs in the Community" and then on TRIAD. The TRIAD pages will then open up.

### TRIAD Pictures:

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

We now have a Facebook page and all the pictures from the conferences are on that site. Be sure to check us out and like us!



# Minnesota TRIAD

## TRIAD Members....

Welcome to Volume 39, Issue 1 of the MN TRIAD newsletter.

Forward any ideas, concerns, current fraud schemes, etc. to [mntriad@hotmail.com](mailto:mntriad@hotmail.com) and we can send out a "hot flash" or use in the next newsletter.



## Website

[www.mncpa.net](http://www.mncpa.net)



## MN Crime Prevention Association

Check out their website for current information regarding crime prevention tips.

## Thought of the Month:



## Featured Member - Lyle O. Usgaard, Clay County TRIAD

**Name:** Lyle O. Usgaard

**Address:** 3201 South 14th Street #201,  
Moorhead MN 56560

**Age:** 81

**Family:** Wife - Jan; 3 Children - Sheri,  
Kent, Jay; 1 Grandson, 3

Granddaughters, 1 Great Grandson

**Hobbies:** Attending auctions and garage  
sales, watching sports, coin collecting.

**Education:** Graduate of Gary MN High  
School, Some college, attending  
Interstate Business College for Account.

**History:** Born in McVile, North Dakota,  
lived around Pekin ND until 1945. Moved  
to Gary, MN. Entered military in 1952

and was discharged from the Navy in  
1959. Married in 1960 worked for United  
Electric Automotive. In 1966, started with  
the Postal Service as a Letter Carrier in  
Moorhead. Retired in 1992, after which  
worked for an Auction House and a  
Home Builder.

**Favorites:**

**Food:** Prefer simple food, like meat and  
potatoes, soup and pancake feeds.

**Color:** Blue and red.

**Music:** Prefer Country and Old Time  
Music, like Waltzes and Polkas.

**TV Shows:** Sports, especially Pro  
Football (Vikings), NCAA basketball,  
Little League baseball, Sitcoms from  
years back.

**Movie:** John Wayne Movies.

**TRIAD:** I started with TRIAD in 1999. I  
wanted to keep up with the retirement  
and senior problems, such as helping  
seniors make life a little easier, with  
financial problems, scams and educate  
them on problems pertaining to seniors.

The Director of RSVP invited me to  
attend a meeting and I enjoyed the idea  
of helping others. I like all aspects of  
TRIAD: the Senior Academies, Law Day,  
where the public is invited to visit various  
booths and interact with the Law Officers;  
the idea of keeping Seniors informed  
about different scams being used on  
Seniors; keeping seniors informed about  
hazards in the home, such as rugs, fire  
alarms, etc; help identify community  
problems and needs.

Our chapter holds a yearly Senior  
Academy, where we have speakers on  
various topics, such as scams, fraud,

different agencies tell of their programs. Also work with law enforcement to help seniors identify problems in the community, which will eventually concern them in some way.

I have never had the opportunity to attend a State Conference and have never received or seen a newsletter. *(We will work on this!!!!)*

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## 2015 MN TRIAD Conference

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Cannon Falls Area TRIAD (l-r): Rosie and Paul Schluter, Joyce and Roger Sheets, Ray and Mickey Kimmes, Carole and Loren Evenrud and Goodhue County Sheriff Deputies, Dan Breuer and Tom Wolner.

### 2015 MN TRIAD Conference September 23-25, 2015 Treasure Island Resort & Casino

located just 40 miles from the Twin Cities outside the town of Red Wing, MN.

*Some of the conference highlights:  
a dinner cruise on the Mississippi River,  
educational programs on topics like  
crime scene forensics  
and historical and scenic tours  
in surrounding areas.*

The facility includes a marina, golf course and 120-passenger cruise ship - plus live music, bowling and gaming opportunities!

*Mark your calendars now!!!*

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## Tip of the Month

The biggest wirer, Western Union, now offers these 8 simple rules to prevent fraud:

1. Never send money to people you haven't met in person.
2. Never send money to pay for taxes or fees on lottery or prize winnings.

3. Never use a test question as an additional security measure to protect your transaction.

4. Never provide your banking information to people or businesses you don't know.

5. Never send money in advance to obtain a loan or credit card.

6. Never send money for an emergency situation without verifying that it's a real emergency.

7. Never send funds from a check in your account until it officially clears, which can take weeks.

8. Never send a money transfer for online purchases.

The firm also has a good test of your fraud awareness here:

<https://www.westernunion.com/content/wucom/base/us/en/fraudawareness/fraud-quiz.html>

From [www.scambusters.org](http://www.scambusters.org)

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## TRIAD "Wow" – Crow Wing County

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Crow Wing County TRIAD Member, Burt Svedine, is a relatively new member of TRIAD, joining in 2014. Burt is also a member of the Minnesota Police Association, RSVP Volunteer and a 20 year Veteran. Burt has been very active, attending monthly meetings, TRIAD events, and the 2014 State TRIAD Conference. Burt also has a weekly morning meeting (Wednesday Morning Club) that he attends. He asked if he could share information about TRIAD to his group and was given flyers and materials to do a presentation. Burt took it upon himself to copy the Quality of Life survey in the National Association of TRIADs manual and had his audience fill out the surveys. Four out of the eleven

surveyed were interested in participating in TRIAD! That must have been some presentation!! Burt said that it was a lot of fun and he wouldn't mind given TRIAD presentations in the future! Thanks Burt for your enthusiasm in helping to spread the news about TRIAD. Burt also attended the 2014 Minnesota TRIAD Conference, he had a great time and learned some new things, renewing his love for doodling in Zentangle! Burt loves to share his framed art work with other TRIAD members!

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## Crime Prevention

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### Personal Safety

Often, when we think of "how to keep our seniors safe," we think along the lines of preventing fraud, identity theft and burglaries. Just as important is personal safety. And while this article will focus on protecting yourself from becoming the victim of a crime, personal safety also includes staying physically, mentally and emotionally healthy. We'll tackle those in future issues!

We often use the phrase, "Stay aware, stay safe." Another good way to stay safe is by being prepared physically and/or psychologically to protect yourself.

### Some ideas of how to be prepared to protect yourself:

- Think about how you usually react in a crisis. Do you freeze or fight? Think about how you could respond differently, if needed.
- Talk to others or in a group about different ways to handle confrontations.
- Remember that every situation is different and the best response depends on many different factors.
- Continue to explore your options, even while you are in a situation. If one thing isn't working, try something else.

Most crimes are crimes of opportunity. You reduce your chances of becoming a victim, if you eliminate the opportunity.

### Some ideas of how to reduce your risk of becoming a victim:

*Personal Safety....*

- Stay on well-traveled, well-lit paths. Avoid potential hiding places and use a flashlight when it's dark.
- Be aware of your surroundings. Look confident and alert. Make quick eye contact with people around you. Dress so you can easily walk or run away from an attack.
- If you are being followed by a car or person, change direction. Get to the nearest public place quickly.



### Car Safety....

- Have your key ready in your hand as you walk to your car or your door.
- When getting into your car, glance into the backseat to check for someone hiding. Lock your car door before arranging yourself or your packages.
- Park in well-lit areas.
- Keep your doors and windows locked.
- If you are being followed, don't drive home immediately. Drive to a public place - police or fire station, hospital, 24 hour restaurant.
- Don't drive, especially at night, if you have car trouble or are low on gas.



### Home safety....

- Change your locks when you change addresses. Install a deadbolt lock and high security plate.
- Don't leave keys hidden outside.
- If you think your home has been broken into, call 911 immediately from a neighbors. Don't go inside and risk confronting the burglar or destroying evidence.
- Never allow a stranger into your home - even if they claim it's an emergency. Speak to them through your locked door and offer to make a call for them.
- Always check the ID of any repair persons, etc. who want to come in your house. Have a friend or neighbor visit or on the phone when a repair person is in your home.
- Report unusual or suspicious calls or drive-bys to law enforcement.
- Always keep your door locked, draw your shades at night and leave a few interior and exterior lights on.



Use common sense and always "trust your gut." If something doesn't feel right, don't go there..... don't turn down that alley, don't let that person in your home, don't give out your personal information, don't send that money. And never hesitate to call 911 if you need help.

## MN TRIAD State Coordinating Board

Our next MN TRIAD Meeting will be held on Wednesday, March 25, 2015 at 10 AM in Goodhue County. Location for the meeting has been changed from Treasure Island Resort & Casino to

Unfortunately, we still haven't mastered videoconferencing. If you'd like to attend by phone, let Pauline know and she will make arrangements.

Some agenda items for this meeting are:

- Reviews of recent events, including the New Sheriffs' and Chief Deputy Schools and how we can help the new counties that are interested in TRIAD!
- Conference updates. We are excited to find out what Goodhue County has planned for our September conference!
- MN TRIAD File of Life - our statewide medical information program. We need to order 2,000 more packets to get the reduced price. If you would like to order more packets, please contact Kelly or Pauline.
- Brainstorming some options for MN TRIAD and our meetings - including videoconferencing, setting dates and locations.
- Collaboration opportunities with the MN Sheriffs' Association, MN Chiefs of Police Association, Attorney General's Office, AARP, etc.
- Media - Website, Facebook, Other....
- Event opportunities!
- And, as always, an opportunity to find out what's happening in other counties throughout the state and to network with our TRIAD friends!

MN TRIAD meetings are open to any law enforcement, senior providers, community groups and senior citizens interested in how to increase senior safety in our communities. We look forward to meeting some new Sheriffs and other law enforcement at this meeting. **All are welcome and encouraged to attend!!**



If you have any ideas that you would like to share with the Coordinating Board, please contact one of the officers:



**President**  
Kelly Lake  
Carlton County Sheriff  
kelly.lake@co.carlton.mn.us



**Vice-President**  
John Nicholson  
Brown Co - Springfield Chief  
police@newulmtel.net



**Secretary**  
Pauline Fahey  
Cass County SO - Admin  
pauline.fahey@co.cass.mn.us



**Treasurer**  
Anna Cass  
Itasca County SO - Admin  
anna.cass@co.itasca.mn.us



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## Newsletter Information

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Please send information on what your TRIAD group is doing, any new frauds and scams, etc. to Chuck at [mntriad@hotmail.com](mailto:mntriad@hotmail.com) or Pauline at [paulinefaheycc@gmail.com](mailto:paulinefaheycc@gmail.com).



The newsletter and facebook are a perfect venue for sharing information and ideas with other TRIAD programs. Working together keeps our groups and partnerships strong and growing!

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## Recipe

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### Crock Pot Sesame Chicken



1 1/2 lb boneless/skinless chicken breasts  
1/2 cup honey  
1/4 cup soy sauce  
2 tbsp dried onion  
2 tbsp ketchup  
1 tbsp oil  
1/2 tsp garlic powder  
2 tsp cornstarch, dissolved in 3 tbsp water  
Sesame seeds

Put chicken into crock pot. Combine honey, soy sauce, onion, ketchup, oil and garlic. Pour over chicken. Cook on low for 3-4 hours or on high 1 1/2 - 2 1/2 hours or just until chicken is cooked through. Remove chicken from crock pot, leave sauce. Dissolve 2 tsp of cornstarch in 3 tbsp of water and pour into crock pot; combine with sauce.

Replace lid and cook sauce on high for ten more minutes or until thickened. Cut chicken into bite size pieces and return to crock pot. Can leave chicken on low or serve. Sprinkle with sesame seeds and serve over rice.

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## TRIAD Members Remembered

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We have lost a few treasured TRIAD members over the last couple months -

Martha Neidecker from Brown County.

Bunny Hane and Myra Kohls from Cass County.

*We appreciate all our TRIAD family members and while it is hard to lose them, we are thankful for the time spent with them.*

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## Chuck's Words of Wisdom

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**Just a little thing about how important it is for us to keep thinking about good things...in your life....relationships...and in our groups like Triad...it all starts with what and how we think about things....so stay positive!!**

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**Keep your thoughts positive because your thoughts become YOUR WORDS.**

**Keep your words positive because your words become YOUR BEHAVIOR.**

**Keep your behaviors positive because your behaviors become YOUR HABITS.**

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**Keep your habits positive because your habits become YOUR VALUES.**

**Keep your values positive because your values become YOUR DESTINY.**

Attributed to Mahatma Gandhi

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