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

TRIAD Pictures:

www.facebook.com/mntriad



Minnesota TRIAD



TRIAD Members...

Welcome to Volume 52, Issue 1 of the MN TRIAD Newsletter.

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

We like to hear what you are doing in your TRIAD programs, including pictures! Our Featured Member column gives us an opportunity to "meet" our TRIAD members and groups from throughout the state. We like to share recipes from throughout the state, also. If you have any of these items you would like to share in the newsletter, please forward them to paulinefaheycc@gmail.com.

This newsletter is by TRIAD members for TRIAD members and anyone interested in senior safety issues. Thank you for making this newsletter the best that it can be!!

Website of the Month

www.alicetraining.com

Check out this website for a preview of the Active Shooter session that will be part of this year's MN Triad Conference.

Thought of the Month:

Take a moment and savor a favorite memory....and Smile!

Extra....

2018 MN TRIAD Conference



October 2-3, 2018
Arrowwood Lodge
Baxter, MN

Hosted by
Crow Wing County TRIAD

Conference Highlights - Planning continues in regards to the 2018 MN State Triad Conference. Dates for this year's conference are October 2-3, 2018. The venue will be the Arrowwood Lodge in Baxter. The schedule will be finalized in the next month or so. We have a broad range of topics all geared toward our aging population and we are 90% complete at this time with the majority of our speakers already secured.

Some of the highlights include -

- A traditional Meet and Greet where all represented Triad groups can share what they have been doing and where they are heading moving forward. (Best Practices)
- Triad 101 led by Ed Hutchison (National Triad Director).
- MN is getting older - A look at our changing demographics led by Kathy Gilbride of the MN Council on Aging.
- What is an Ombudsman? (and why should I care) by Dan Tupy.
- Interactive session of Tai Chi for Arthritis.

- What seniors should do if they find themselves in an **Active Shooter** situation.
- Representatives from our MN State Patrol will be here also to discuss **What our State Patrol Wants You To Remember On the Drive Home.**

SAVE THE DATE!

Featured Member

Crow Wing County



Name: Mary Kalinoski
Address: Baxter, Minnesota
Age: 68 on June 6th

Family: I have lived in the Brainerd Lakes area for nearly 40 years. I am currently not married but I have two grown children who grew up in Brainerd. Brian is a Human Resource Director for Polaris. He has lived around the world doing HR work but now is back in the Metro. Sarah lives with her husband and my two grandchildren in Missouri. After living in Missouri for several years where her husband's family is, Minnesota is too cold for them to move back here. It is even too cold for them in Minnesota during the summer months compared to Missouri. I see the grandchildren several times a year, depending on when travel plans can be made. I have to be content with lots of phone calls and photographs.

Hobbies: My favorite hobby is reading and there are never enough hours in a day to read as much as I would like. I live in a townhouse so my flowers are limited to patio and potted plants. I love all colors and kinds of flowers. I am a backyard birder and feed the birds all year. That also means I feed the deer,

squirrels and wild turkeys. I just love to see the birds and hear their songs. I have a special bond with the Blue Bird, monitoring nest boxes for many years. I have a pair nesting outside the patio door now and have been a member of The Blue Bird Recovery Program of Minnesota for about 35 years. I also enjoy doing anything that involves meeting new people and making new friends and connections. Ask me to volunteer for a new opportunity and I will probably find the time.

Education: I am still licensed as a Registered Nurse in Minnesota although I have been officially retired for two years. I have been a hospital nurse in many departments and a clinic nurse since moving to Brainerd. I had a great deal of satisfaction as a triage nurse and helping patients in as many ways as I could. Retiring opened up daytime hours for volunteer work so now I am busier than when I was working and do not spend much time at home. Besides Triad, I am active at All Saints Catholic Church being a Befriender, money counter, council secretary and Eucharist Minister. I volunteer at Ruby's Pantry. I am a member and secretary of the Lakes Area Law Enforcement Association and the vice-president of the Lakes Area Singles. Being president and secretary of the townhouse association I live in also keeps me going to meetings. Turns out I am a pretty good waitress, helping serve food for the Fraternal Order of the Eagles on Bingo night and at the county fair.

Favorite: I have no favorite food but love to eat and bake. It seems most of my out of the house activities involve eating, that cuts down on having to buy a lot of groceries and figuring out what to make for dinner. I take ballroom and Latin dance lessons several times a week. Dancing is great exercise and I have an entire family of friends at the studio. We occasionally put on a dance show at nursing homes and for certain community events. It is fun to dress up for the kind of dance being done. You will often find me dancing at the local Eagle's Club with friends on Friday nights. I dance to any kind of music. NCIS is still my favorite television show.

Your color matrix color: Not a clue. Love red and bright, bold colors.

How long in TRIAD? I have been a Crow Wing County Triad member for almost two years. A friend asked me to join and I was hooked right away. The

leadership in our group is awesome; professional, knowledgeable, organized and involved. I appreciate the workshops and information sessions we present for seniors, because I am a senior too. Learning to be safe through Triad events like "Winter Safe Driving" and scam prevention is helpful and important. I find information from and about law enforcement issues interesting. I get a sense of comfort knowing all the ways law enforcement works, on so many levels, to keep the community safe. Law enforcement deserves our appreciation, cooperation and support at all times. It is satisfying to be a part of senior safety and know that we can make a difference. The challenge is to stay current and find new areas of need for educating seniors.

My plan is to remain active in Triad and help in any way I can. I attended the state conference last year in Alexandria. I came away with a lot of useful information about scams and legal issues and I passed what I learned on to family and friends. I have had a small part in planning the 2018 state conference in Baxter. I encourage you to attend. The committee has planned a variety of speakers to give you diverse and useful information. One of the highlights of the conference will be a detailed session on "Active Shooter" that you won't want to miss. So, come on up to the "Beautiful Brainerd Lakes Area". Meet new people, including me, reconnect with old friends and learn how to be a safer senior.

Crime Prevention

What's New in Scams?

Here's the current round-up of nine scams in the news... Although these scams are occurring in specific places, each of them can happen anywhere (so you aren't safe just because you don't live in Sioux Falls, SD, or New Zealand, etc.) And, just because a scam is on Craigs List, doesn't mean it can't — or won't — happen on other sites.

1. Say No to *72

The scam: A terrible phone call to a Sioux Falls, SD, man tells him of a death in the family, asks him to call another number for details and to begin his cell

phone call with the code *72. What this actually does is transfer all calls sent to the cell phone to the number the caller has given — the scammer's own number.

The scammer then gives your number to his buddies anywhere in the world and they can phone him via your cell, with you picking up the charges — and knowing nothing about it — until you get your bill.

The solution: Don't use the *72 or any other forwarding code to forward calls to a number you don't know or recognize. You can enter *73 to clear call forwarding. (We're not sure if *72 and *73 are the forwarding codes for all cell phones. Check your cell phone manual or talk to your carrier.)

2. The Not Guilty Juror

The scam: A new statewide warning in Utah this month of a familiar trick where individuals get calls telling them they failed to turn up for jury duty and asking for personal details so the court can cancel an arrest warrant. Meanwhile, in Winston County, MS, scammers claim they are calling from the courts merely to confirm personal details for possible future jury duty.

The solution: Don't give personal details like credit card or Social Security numbers — courts never seek them over the phone. If in doubt, contact the court directly. And report the incident to the police.

3. Don't Pay The Hitman

The scam: A rash of death-threat emails has victims in Grand Forks, ND, trembling in their shoes. The messages warn of a \$650,000 contract killing — and you're the target. Unless you pay the hitman \$15,000. They say you're being watched (so you can't contact the police) and give you 24 hours to make contact.

The solution: Let's be serious. Are you really worth \$650,000 dead? And if you are, why would the hitman take \$15,000 instead of collecting his fee? Tell the police.

4. Pure Water Pressure

The scam: In Garland, TX, a couple of swindlers posing as water company officials invite themselves into private homes to check out the water supply and fixtures. They tell victims they need to buy water purifiers, which the scammers, of course, just happen to

have in stock, and then press for an instant purchase.

The solution: Water company officials carry photo ID — check it out carefully — and use only official vehicles. If in doubt, phone the water company. And don't let people pressure you into making purchases with high pressure sales tactics.

5. Hooked By the Text Phishers

The scam: Instead of sending you a phishing email, scammers send you a cell phone text message, supposedly from your bank, asking you to visit a website whose address looks genuine. It isn't, and once keyed in, takes you to a bogus site that asks for personal details so the bank can "unlock" or "verify" your account. Currently making the rounds in Columbia, MO.

Solution: As with phishing emails, never follow a link, even one you have to manually key in, that you don't know for sure. And never provide confidential information unless you know the site is secure — with an "s" in the "https" part of the address line and/or a padlock icon in the message area of your browser.

6. Cashing In On Tragedy

The scam: A sad story and a timely warning from the ever-popular classified ad site Craigslist. A guy raising money for a terminally ill parent tries to sell furniture and gets a reply offering to buy. The "buyer" later says she's sent a check but it was for too much money — so would the seller mind cashing it and sending back the difference? A wicked variation on the overpayment scam. Solution: Never accept a check for more than the asking price and then give a refund. The original check usually bounces and you end up holding the bag.

7. Getting Tourists in a Flap

The scam: Traders in London offer "rare" parrots for sale to tourists and locals, charging up to 170 British pounds (\$350 USD) a time and often claiming the "parrots" can talk.

The birds are also advertised for sale in newspapers. They are actually parakeets that live wild in the English capital's city parks.

Apart from the sheer cruelty of capturing them, they're worth next to nothing — there's an estimated 65,000 of them! They can't talk either and, sadly, most of them die a short while after being caged.

The solution: Never accept people's claims about items they're selling without proof. And always beware of scammers in tourist locations — they know all the tricks in the book.

8. Scam and Scam Again

The scam: New Zealand victims of an earlier scam in which they were sold virtually worthless stocks get a phone call from someone saying they have a potential buyer or offering to swap them for more valuable stocks. Inevitably, the caller then asks for an advance commission, transaction or other registration fee.

A variation is that the caller claims to be an attorney who knows your case and wants to help you recover your money — again for an upfront fee.

The solution: Never buy shares over the phone (or promoted in emails) from someone you don't know. If you already have, don't believe anyone who says they can get your money back — unless it's (really) the police! And, beware of "hot" stock tips.

9. Busted!

John Heath, 81, recently got 28 years in jail for a scam that netted an estimated \$190 million. Heath was one of a trio who ran a Ponzi investment scheme — a pyramid system where newly invested cash goes to pay off longer-standing investors, keeping them sweet, while a chunk drops into the scammers' pockets.

California prosecutors said the scheme covered about half of the US and caught about 1,800 victims. Some money has been returned but only about 22 cents on the dollar.

Also Look Out For These Scams...

Scammers claiming they need your details for a new Medicare card... bogus shipping companies you're asked to pay before shipping an item previously ordered by a con artist... phony talent agencies who tell you you're heading for stardom, offer to put up \$1,000 of their own money and ask for \$500 of your cash to invest in your future... and a bogus cop who phones to say you've been photographed breaking the speed limit and asks you to forward a \$150 fine.

Remember, be suspicious, be cautious and be safe.

Tip of the Month

Medicare Card Switch Gives Scammers a New Hook

Medicare cards are undergoing a big change to make them more secure. But in the meantime, scammers are (of course!) taking advantage of confusion around the launch.

How the Scam Works:

You receive a call from a person claiming to work with Medicare. They are allegedly calling about the new Medicare cards, which will be mailed this spring. The cards will be more secure because they use a "Medicare Beneficiary Identifier" instead of a Social Security number.

The scammer claims that there's a problem with your card. The con artist may say your new card was lost or someone tried to use your ID number. To resolve the situations, the scammer just needs your Social Security number.

In another version, the scammer claims you must pay money to receive your new Medicare card. They may ask you for payment information, so they can "complete the process" for you. They may even ask you to mail them your old card.

How to Avoid Medicare Scams

***Know how the Medicare card switch works.** Understand that Medicare isn't calling consumers about the card switch. Also, the new Medicare cards are being provided free of charge.

***Never provide personal information to a stranger.** Don't share personal details with anyone who calls you unsolicited. Do not confirm or give our your full name, address, Social Security number or any other personal information.

**BBB Scam Alert – 03-09-18

COMING IN 2018!

New Medicare cards with new numbers.

Are you ready?

#NewCardNewNumber

[LEARN MORE](#)

MN TRIAD Coordinating Board



MN TRIAD Officers (L-R) Treasurer Evan Verbrugge, V-President John Nicholson, Secretary Pauline Fahey, President Kelly Lake.

A MN Triad meeting was held on Thursday, March 22nd at 1 PM at the Crow Wing County Land Department Meeting Room in Brainerd. Thanks to Crow Wing County Triad for hosting the meeting!

We had 16 in attendance from 9 different counties. We talked about the MN Triad website and Facebook page. We will be working on improving both in the future.

Crow Wing County Triad gave an update on their conference that will be held on October 2-3, 2018 at Arrowwood in Baxter. The biggest change is that it will be a 2-day conference, starting earlier on the first day. The first day will include sessions specific to Triad and the second day will be geared for seniors in general. Everyone is welcome and encouraged to attend both days. These changes may make it easier and more affordable for counties to host the conference in the future. Thanks to Crow Wing County for their innovative thinking and planning!

There was much discussion on the File of Life medical information program. We have several new counties interested in ordering and using the packets. We talked about one of the best features of the File of Life packet being that your information is in the plastic case, which means not everyone (friends, relatives, service people) can see your information (medications, personal information) when it's on your fridge. **Note: We placed an order for over 6,000 packets in May.

We had a roundtable discussion with what Triads are doing in the various counties. This included discussion on projects and programs, funding and how to get the word out about Triad. We talked about the importance of the Triad Survey when starting a new Triad program and also periodically after you have an established program, as people and priorities change.

It was a great meeting with a couple new counties represented. We are excited to see that Triad is growing throughout Minnesota!

The MN Triad meetings are a good opportunity to show support to the county that is hosting the conference, to talk about successes and challenges in our programs and to work together and support Triad at the state level.

MN Triad meetings are open to any law enforcement, senior providers, community groups and senior citizens interested in increasing senior safety in our communities. **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:



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Fun & Learning For Seniors!

Extra...

A Wolf Pack on the move...



The first 3 are the old or sick, they give the pace to the entire pack. If it was the other way around, they would be left behind, losing contact with the pack. In case of an ambush, they would be sacrificed; Then come 5 strong ones, the front line; In the center is the rest of the pack members; Then the 5 strongest following. Last is alone, the Alpha. He controls everything from the rear. In that position, he can see everything, decide the direction. He sees all of the pack.

The pack moves according to the elders' pace and helps each other, watches each other.

I am left speechless by nature. I knew that wolves are different, but didn't realize how much we could learn from them.

Who ever knew wolves put the ELDERS of the pack FIRST. People on this planet should take note – Elders are to be seen up front, setting the pace and direction while enjoying the protection of the rest ... and not invisible from the back of the line.

Unknown author

Submitted by an Isanti County Triad Member
Thanks for sharing these "Words of Wisdom"

Recipe

Tomato Soup Cake

4 tbsp unsalted butter, softened
1 cup granulated sugar
1 large egg, well beaten
1 can (10 ¾ oz) condensed tomato soup
1 tsp baking soda
1 ½ cups all purpose flour
½ tsp baking powder
1 tsp ground cloves
1 tsp cinnamon
½ cup raisins, optional but highly recommended

Preheat oven to 350 degrees.
Combine all ingredients except raisins and beat on high until well mixed and creamy.
Fold in raisins.
Put mix into 9x13 greased pan, leveling off as much as possible.
Bake for 30-35 minutes. Cake is done when toothpick insert into center comes out clean.
Cool on wire rack and ice as desired.
Great with or without frosting!

Recipe from

Tina Elder, Crow Wing County Triad

Words of Wisdom by Chuck Nettetstad

Since you are involved in Triad helping to make the world a better place for seniors you are special...so that is what the thought is about this month.

You Are Special

Your presence is a present to the world

You're unique and one of a kind
Your life can be what you want it to be

Take the days just one at a time

Count your blessings, not your troubles

You'll make it through whatever comes along

Within you are so many answers
Understand, have courage, be strong

Don't put limits on yourself

So many dreams are waiting to be realized

Decisions are too important to leave to chance

Reach for your peak, your goal, your prize

Nothing wastes more energy than worrying

The longer one carries a problem, the heavier it gets

Don't take things too seriously

Live a life of serenity, not a life of regrets

Remember that a little love goes a long way

Remember that a lot... goes forever

Remember that friendship is a wise investment

Life's treasures are people... together

Realize that it's never too late

Do ordinary things in an extraordinary way

Have health and hope and happiness

Take time to wish upon a star

And don't ever forget...

Even for a day...

How very special you are.