

Minnesota Triad



**1st Quarter 2021
Volume 62, Issue 1**

“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 so
share recipes from Triad members
throughout the state.

Any information you would like to share can
be sent to paulinefaheycc@gmail.com.

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

MN Triad Conferences

2021 MN Triad Conference
Hosted by Goodhue County

2022 MN Triad Conferences
Hosted by Aitkin, Carlton,
Cass & Itasca Counties

Featured Members

It’s a New Year and a new plan for
Featured Members. As you may recall, we
put out an e-mail asking for your thoughts
on the newsletter, including the Featured
Members.

Thank you to those that responded to our
request. It appears that the newsletter is
appreciated. However, we need your help
to keep it going. As you know, this
newsletter is “by Triad Members for Triad
Members.”

Therefore, we ask that you submit
responses to the interview questions for
Triad Members, including yourself. We will
then use them for the newsletter. If you
need a copy of the interview questions,
please e-mail triadm@gmail.com.

If no Featured Member interviews are
received, we will just note “none received.”

We appreciate the positive comments in
regards to the newsletter. However, we
truly need everyone’s help in providing
information for the newsletter. We do not
have a “paid staff”... we have “volunteers”
with full-time jobs ... and we are asking
you to be “quarterly contributors.” Just
think, if everyone would contribute one
item for the newsletter each quarter, our
newsletter would be bursting with a variety
of Triad and safety information!

What items could be contributed?

- Featured Members (interview questions)
- Did You Know (interesting facts)
- It’s All About Safety (frauds, scams, safety, etc)
- Recipes
- Happenings in your Triad program... including pictures
- Upcoming Triad Events
- Triad Member information
- Other??

Sharing a good reminder that could be
applied to the newsletter:

This is a story about four people named **Everybody**,
Somebody, **Anybody** and **Nobody**.

There was an important job to be done and **Everybody**
was asked to do it. **Everybody** was sure **Somebody**
would do it. **Anybody** could have done it, but **Nobody**
did it. **Somebody** got angry about that, because it was
Everybody’s job. **Everybody** thought **Anybody** could do
it but **Nobody** realized that **Everybody** wouldn’t do it.

It ended up that **Everybody** blamed **Somebody** when
Nobody did what **Anybody** could have done.

Did You Know?

**No number before 1,000 contains
the letter A.**



It's All About Safety

Safety Information in Pictures

Below are some pictures and a word (or words) which relates to the picture. Can you solve them? Think Wheel of Fortune!



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_ _ a _ _ _ _ a k _ _



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p h _ _ h _ _ _



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s _ _ f _ _ f _ _ _ e

KEEP INFORMATION UP TO DATE	
Name: _____	Sex: _____
Address: _____	
Date of Birth: ____/____/____	
EMERGENCY CONTACTS	
Name: _____	Home Phone #: _____
Address: _____	
Relation: _____	Work Phone #: _____
Name: _____	Home Phone #: _____
Address: _____	
Relation: _____	Work Phone #: _____
MEDICAL DATA	

_ _ l _ _ o _ _ _ _ f _ _



(t _ _ g o _ _ t _ _ b _ t _ _ _)
s _ _ _ _

When you think of safety, what comes to your mind? Personal safety? Scam letters saying you are heir to a million dollars? (You aren't) Online safety? Home safety? Not texting and driving? Walking in the dark alone? (Don't do that) A phone call saying your credit card has been compromised? (Don't give them your right number when they get it wrong) Making your house look lived in when you're gone? Maybe you're thinking of the Triad projects and programs that keep you safe!

A friend recently mentioned how the smallest change can make the biggest difference. So... what does this mean? It could mean... that you turn your phone off, so you're not tempted to look at it when you're driving. That you walk with a friend...once it's light outside. That you don't answer any phone calls with unfamiliar numbers. If it's legitimate, they'll leave a message and you can call them back. That you have the Post Office hold your mail when you're on vacation. That you lock your doors once you get in your car. That you keep your doors locked at home. That you fill out your File of Life packet...and keep that sand shaker with you...and your cell phone always charged!

What small change can you implement today to make your world safer?

Recipe

Wafflemaker Hash Browns

- 1 – 30-oz frozen shredded hash browns, thawed
- 4 tbsp butter, melted
- 1 tsp salt
- ½ tsp black pepper
- ¾ c. shredded cheddar cheese
- ¾ c. chopped ham

Preheat waffle iron and coat both sides with oil. Squeeze out any excess moisture from the hash browns and put in a bowl. Pour the melted butter over the hash browns, sprinkle with the salt and pepper and stir. Scoop a heaping ½ cup of the hash browns into each waffle section, then top with the generous 2 tbsp cheddar cheese followed by a sprinkling of chopped ham. Top the cheese and ham in each section with another ¼ cup of hash browns. Close the waffle iron and cook for 15 minutes on the regular setting. Repeat with the remaining ingredients.

From Food Network

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!

Triad Happenings (aka Mini Best Practices)

While there may not be a lot happening with your Triad program in these "COVID Times," we would still like to share information from your programs. This could include current happenings, normal happenings or the beginning of an idea for your Triad.

Think of it as a Mini Best Practices... where you can share information from your program and get ideas from other people/programs.

We look forward to hearing from you!

Action Plan!

As you may have figured out by now, the focus of this newsletter is about implementing a plan to sustain our newsletter with vital information regarding Triad throughout Minnesota (and sometimes beyond!)

And this plan is dependent on ALL OF YOU! Sharing this reminder again....

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Thank you for your help in making this newsletter the best that it can be!