

# Minnesota Triad



**2<sup>nd</sup> Quarter 2021  
Volume 63, Issue 1**

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

## **MN Triad Board Members**

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## **Contact Information**

Email:  
[triadm@gmail.com](mailto:triadm@gmail.com)

Website:  
MN Sheriffs' Association

Click on “Sheriff’s in the Community”  
and then on Triad.

Facebook  
[www.facebook.com/mntriad](http://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 [paulinefaheycc@gmail.com](mailto:paulinefaheycc@gmail.com).

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

## **MN Triad Conferences**

**2021 MN Triad Virtual Conference**  
with AARP

Thursday, September 16<sup>th</sup> @ 10 AM

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

**2023 MN Triad Conference**  
Hosted by Goodhue County

## **Did You Know?**

High Heels were originally worn by men.

In the 10<sup>th</sup> century, men in Europe adopted  
heels to make it easier to ride their horses.

~

From the BBB Webinar

## **MAXIMIZE YOUR ZOOM EXPERIENCE**

[Maximize Your Zoom Experience - YouTube](#)

### **Your input needed:**

- \* Be a Featured Member! (questions will  
be included with e-mail)
- \* Topic ideas for the 2021 Webinar
- \* Host for the 2022 MN Triad Conference  
(online or in person)

## **Featured Members**

### **Darlene Bratberg Kandiyohi County Triad**

Name: Darlene Bratberg

Address: 1820 Emerald Trail SE  
Willmar MN 56201

Age: 79

Family: Married to Jon Bratberg for 46  
years; passed away from Stage 4  
Glioblastoma. Kids: 2 children, 5  
grandchildren, 3 great-grandchildren, 2  
grandsons-in-law. Pets: Love dogs and  
cats, none at present time.

Hobbies: Collecting postcards, clown  
figures, stuffed teddy bears, painting  
with acrylic and watercolor (mine at JOY  
PAINTINGS), singing, clowning (aka:  
Happy) at Nursing homes, Hospital,  
Programs.

Education: Harrison Dist. 4 Country  
School to 5<sup>th</sup> grade, graduated from  
Atwater High School - 12<sup>th</sup> grade and 1  
year at Rice Hospital LPN, Hospice  
training and volunteering (until COVID  
19)

History: Lived on a farm with mom, dad  
and one sister. Married Jon, worked at  
New London Clinic for 46 years. Rice  
Hospice Volunteer for 11 years.

Favorites: Food – All Food! Color –  
Aqua. Music – Gaithers, Oak Ridge  
Boys, Country, Rock & Roll. TV Show –  
a variety. Movie: Sister Act.

How long in Triad? 1 year.

Why involved with Triad? Saw the  
article about seniors protection with the  
Sheriff’s Office and Fire Department and  
wanted to learn more!

How did you get involved with Triad?  
Just by attending.

Favorite project/part of Triad: The first  
meeting, then COVID came. Was so  
looking forward to hosting the  
conference in October and then COVID  
stopped it.

Information about your Triad  
program/projects: Zoom Education.  
Thoughts on State Conferences and  
Newsletter: I am looking forward to local  
gatherings again, newsletters and more  
about Triad! Tell others about it!!

*Note from Pauline: Thanks to Darlene  
for contacting me about being a  
Featured Member! Was great to  
connect with Darlene and learn that she  
knows some of my family in the Willmar  
area. My family had great things to say  
about Darlene & her clowning!!!! I can’t  
wait to meet you in person, Darlene!*

# It's All About Safety

## AARP Fraud Watch Network

Triad has always had a special bond with AARP, as they were one of its founding members with the National Sheriffs' Association (NSA) and International Association of Chiefs of Police (IACP).

One of the ways AARP works to protect us from Frauds and Scams is with the Fraud Watch Network.

Scammers operate in communities large and small across our nation, and vigilance against scammers is our number one weapon. The AARP Fraud Watch Network works to protect us in the fight against fraud by providing easy to access proven tools and resources. Everything they offer is free to everyone!

What does the Fraud Watch Network provide?

- Email Scam Alerts.
- A scam-tracking map featuring warnings from law enforcement and people in various communities, so we know who to watch out for.
- A phone number to call to talk to AARP volunteers trained in how to spot and report fraud.

For more information, call the AARP Fraud Watch Network Helpline at 1-877-908-3360. You can also visit [www.AARP.org/FraudWatchNetwork](http://www.AARP.org/FraudWatchNetwork) for tips and resources that can help protect all of us!

## Unemployment Scam

While this may not be a scam directly affecting our senior population, it may be one affecting family and friends. It happened to a friend of mine at work and he found out several local people had also been affected. How did he find out? He got a letter in the mail confirming the amount that he would be getting for unemployment benefits. Our HR Department also received a letter confirming his employment. A surprise to everyone! Lucky he called and checked – first with HR and then with unemployment. He also talked with the Social Security Office and found out that he could put a lock on his account until he is actually ready to leave his employment.

In searching for more information on this online, I found this page -

[Is a scammer getting unemployment benefits in your name? | FTC Consumer Information](#)

In this article, it states that this large-scale scam erupted in the midst of the Coronavirus pandemic with imposters filing claims for unemployment benefits, using the names and personal information of people who have not filed claims. People learn about the fraud when they get a notice from their state unemployment benefits office or their employer about their supposed application for benefits.

If this happens to you, it means someone is misusing your personal information, including your Social Security number and date of birth. **Act fast!**

Here are steps you can take to protect your credit:

- Report the fraud to your employer.
- Report the fraud to your state unemployment benefits agency.
- Visit [IdentityTheft.gov](http://IdentityTheft.gov) to report the fraud to the FTC and get help with the next important recovery steps.
- Review your credit reports often.

Usually, the employment payments are deposited to accounts the imposters control. But sometimes, payments get sent to the real person's account instead. If this happens, they may pretend to be your state unemployment agency and say the money was sent by mistake. This is a money mule scam and participating in it could cause you more difficulties.

In summary, if you haven't applied for unemployment, report any unemployment benefits or benefit letters to your state unemployment agency immediately.

# Recipe

## Carmel Rolls

In evening, spray 9x13 pan with Pam. Put in 2 loaves frozen bread dough. Cover with Pam sprayed plastic wrap. In morning, poke holes all over dough with wooden spoon handle. Pour 1 cup whipping cream over and sprinkle with 1 ½ c. brown sugar. Bake at 350 for 35 minutes. Yum....

## Sauerkraut Hot Dish

Brown 1 lb hamburger with onions. Put in Pam sprayed casserole dish and add 1 can sauerkraut with juice, 1 can cream of chicken soup and a large handful of uncooked egg noodles. Mix and bake at 350 for 1 hour.

In Honor of my Mom, Cora Holzinger, who we lost on January 17, 2021, I'm sharing 2 recipes that make me think of her. She was a great cook!

Thank you...Pauline Fahey

# 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](mailto: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!

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This quarter's share comes from out of state:

## Oklahoma County Triad

Oklahoma County currently has 11 active S.A.L.T. Councils, which carry out the Triad activities throughout their county.

Some of their activities include:

- Triad/Well Preserved Senior Safety Tip of the Week. KTOK 1000 and Well Preserved with Eunice Khoury is directed to everything Senior Adults need to know. Eunice airs every event Triad has ever had and allows Triad to record prevention messages each and every week.
- Refrigerator Card Program
- Educational Seminars
- Young at Heart Senior Prom
- Grandparents Raising Grandchildren
- Elder Law Day

Some familiar Triad activities and maybe some new ideas? And the idea of having more than one S.A.L.T. Council (Group) in your county may help our larger counties and/or more populated areas.

See their website for contact information, if you'd like to find out more...

[TRIAD | Oklahoma County Sheriff, OK](#)