

2nd Quarter 2018  
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Contact Information:

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

Pauline Fahey, Secretary  
218-536-0899

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**Website:**

[MN Sheriffs' Association](#)

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)

All the pictures from the  
conferences are on our  
Facebook page.

Be sure to check us out and like us!!



# Minnesota TRIAD



## TRIAD Members...

Welcome to Volume 51, 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 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](mailto: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.justice.gov/elderjustice](http://www.justice.gov/elderjustice)

### Elder Justice Initiative

The mission of the Elder Justice  
Initiative is to support and coordinate  
the Department's enforcement and  
programmatic efforts to combat elder  
abuse, neglect and financial fraud and  
scams that target our nation's seniors.

Their website includes information on  
fighting elder abuse, promoting justice  
for older Americans and protecting  
yourself from financial scams.

## Thought of the Month:

How far you go in life depends on  
your being tender with the young,  
compassionate with the aged,  
sympathetic with the striving and  
tolerant of the weak and the strong,  
Because someday in life  
you will have been all of these.

~George Washington Carver

## Extra...

## 2018 MN TRIAD Conference

October 2-4, 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-  
4. 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

### Dolores (Dee) Gomez Beltrami County



**Name:** Dolores (Dee) Gomez

**Address:** 1805 30<sup>th</sup> St NW, Bemidji

**Age:** 91

**Hobbies:** Music

**Education:** Some college

**How long in Triad:** 2 years

**Why involved with Triad:** Good program

**How did you get involved with Triad:**

Went to a vendor show in Walker and saw Police and Sheriff's Office had a stand giving out information on the Triad program. I found out that Beltrami County did not have this program, so I finally got this into Beltrami County.

**Favorite part of Triad?** Getting other people involved.

### Information about your Triad program/projects: Handing out literature.

*Without Dee's tenacity and perseverance, Triad would likely not have come to fruition in Beltrami County. She is an advocate for the program and helps promote resiliency for her cohorts and neighbors. Dee promotes Triad at every opportunity she has. People like Dee are the reason Triad means so much to the Beltrami-Bemidji Triad Coordinators!*

*Chris Muller, Beltrami Co Sheriff's Office*

*I met Dee when we had a Triad booth at the Women's Expo in Walker. When we have people stop and show interest in Triad and we find out they are from a county that doesn't have Triad, we encourage them to talk with their County Sheriff about the Triad program. Having a senior interested and willing to be a driving force in starting a Triad program is a huge plus!! Well, Dee was definitely interested and definitely a driving force! Long story short, Dee worked with Law Enforcement in her county (Shout out to Chris Muller and Tabitha Carrigan) to get a meeting set up. She invited Shirley Dowson and I to come and talk about Triad, specifically the File of Life program. It was a great meeting and with the enthusiasm of Dee, Chris and Tabitha, Beltrami County Triad was established!*

*Pauline Fahey, Cass Co Triad/MN Triad*

## Crime Prevention

### Elderly at Risk for Financial Scams

The Sunday, February 18, 2018 issue of the Star Tribune included an article, *Elderly at Risk for Financial Scams*, that had some good information I would like to share with you.

The article talked about one reason for scams being on the rise is the aging of our population. The number of Americans 65 and older will reach more than 20% of the U.S. Population in 2030. That's up from 13% in 2012.

Senior citizens are most likely to have a 'nest egg,' to own their home and/or to have excellent credit – all of which make them attractive to con artists," cautions the FBI.

Most victims of financial exploitation are between ages 80 and 89. Victims are twice as likely to be female, as a majority of individuals in this age group are women. Victims tend to live alone and need some form of assistance managing everyday life.

Progress has been made in the financial services industry in developing procedures for spotting warning signs that a client is being manipulated or scammed. The industry is working on ways to better determine when older adults might be having trouble managing their money, a sign that they could become vulnerable to unscrupulous schemes.

Family remains the best defense for keeping crooks at bay or, for those without immediate family, discussions with trusted friends or advisers.

Some resources for ideas to discuss with an elder:

- The Department of Justice's Elder Justice website [www.justice.org/elderjustice](http://www.justice.org/elderjustice)
- MIT's AgeLab "Resources to Help Protect Older Adults from Financial Fraud and Abuse" <http://agelab.mit.edu/resources-help-protect-older-adults-financial-fraud-and-abuse>
- AARP's ElderWatch webpage <https://www.aarp.org/aarp-foundation/our-work/income/elderwatch/>

Info taken from Star Tribune article

## Tip of the Month

The AARP Magazine had a good article on "The Art of Safe Falling – Simple rules for hitting the ground as softly as possible." Some notes of interest and good advice from the article follow:

●A study in the *Journal of Allied Health* showed that more 50- to 60-year-olds fall than older folks, partly as that age group is more active and therefore, more at risk.

●And...shocking, but true.... We're all going to fall down. So avoiding a fall is job one, but knowing how to take a fall when it's inevitable is a crucial skill.

●“Be smooth, don’t panic, stay loose” is the advice of Alexa Marcigliano, who is a professional stuntwoman.

Alexa’s four-point plan for a safe crash landing:

●Step 1 – STAY BENT. Often people panic and become rigid. You’re better to get ready to fall with bent elbows and knees to soften the impact.

●Step 2 – PROTECT YOUR HEAD. If you fall forward, turn your face to the side. If you fall backward, tuck your chin to your chest, so your head doesn’t hit the ground.

●Step 3 – LAND ON THE MEAT. Better to fall on the meaty parts of your body – the muscles in your back, butt or thighs – instead of bone. If you keep your knees and elbows bent and look to land on muscle, you’ll be less likely to crack a bone.

●Step 4 – KEEP FALLING. Your instinct will be to stop your body as quick as you can, but it’s safer to keep rolling. The more you give in to the fall, the safer it will be. Spread the impact across a larger part of your body instead of all the impact in one area.

And a few “Before the Fall” tips:

●Practice mindfulness – focus on the present and be aware of your surroundings, instead of being lost in your thoughts.

●If you can’t see it, you can’t avoid tripping over it. Have your eyesight and eyeglasses prescription checked regularly.

●Boost your balance. One practice – stand with feet together and raise one foot an inch for 30 seconds. Do for 10 reps and repeat with your other foot.



## MN TRIAD Coordinating Board



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

The next MN Triad Meeting will be hosted by Crow Wing County Triad members on Thursday, March 22<sup>nd</sup> at 1 PM in Meeting Room 2 in the Land Services Building at 322 Laurel Street, Brainerd MN (behind the Courthouse).

We will be discussing the future of the medical information packets (currently File of Life). An important topic, as many counties are looking to order packets. We look forward to hearing from Crow Wing County on plans for the conference ... it’s sounding awesome!! We are also looking to confirm a host county for the 2019 conference – thank you to the counties that are considering it!

We have several new counties starting Triad programs and are excited to hear from them and let them know that we have a great Triad network throughout the state and are willing to assist new and/or current programs anytime they have questions or would like assistance!!

If there is interest, we will look at setting up ITV. If you are unable to attend the meeting, we would still like to hear what you are doing in your counties. Send updates to Pauline at [paulinefaheycc@gmail.com](mailto:paulinefaheycc@gmail.com).

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:



**President**  
Kelly Lake  
Carlton County Sheriff  
[kelly.lake@co.carlton.mn.us](mailto:kelly.lake@co.carlton.mn.us)



**Vice-President**  
John Nicholson  
Brown Co – Springfield Chief  
[police@newulmtel.net](mailto:police@newulmtel.net)



**Secretary**  
Pauline Fahey  
Cass County SO - Admin  
[pauline.fahey@co.cass.mn.us](mailto:pauline.fahey@co.cass.mn.us)



**Treasurer**  
Evan Verbrugge  
Rock County Sheriff  
[evan.verbrugge@co.rock.mn.us](mailto:evan.verbrugge@co.rock.mn.us)

## Extra....

### Active Shooter

In November, Lt. Scott Goddard of the Crow Wing County Sheriff’s Office spoke to area seniors regarding the increase in Active Shooter events across the nation and here in Minnesota. Lt. Goddard highlighted some of the lessons learned by Law Enforcement and promoted the concept of ALICE – Alert, Lockdown, Inform, Counter and Evacuate. Many officials, teachers and others have adopted the ALICE concept in their facilities. Getting word out to our seniors helps to insure they understand what their grandchildren may be taught and how they themselves should respond if ever in an active event. The brief presentation was very well received and as a result, Crow Wing County Triad will be offering it again on the agenda for the 2018 MN State Triad Conference.

**ALICE**  
TRAINING INSTITUTE

Alert  
Lockdown  
Inform  
Counter  
Evacuate

# In Memory Of

Burt Svedine passed away on Saturday, February 3<sup>rd</sup>. Burt was a long-time member of Crow Wing County Triad. He was an active participant locally and he attended several state conferences. In the 2014 conference picture below, Burt can be seen sitting in the front, just left of center wearing his blue Triad shirt (with pockets) and sitting next to Sheriff Kelly Lake, our MN Triad President. Burt was well beloved and will be missed by all. Rest in peace, Burt.



## Recipe

### Chicken Bacon Ranch Casserole

½ lb bacon, cooked & crumbled  
1 lb boneless, skinless chicken breasts,  
diced  
1 tbsp olive oil  
1 packet dry Ranch dressing mix  
8 oz pasta (shells or other)  
1 c mozzarella cheese, shredded  
½ c cheddar cheese, shredded  
1 jar Alfredo sauce (14.5 oz)  
salt/pepper to taste

Preheat oven to 375 and grease a 9x9 baking dish.

Heat a large skillet over medium heat. Cook bacon until brown and crispy, about 7 minutes. Drain fat and place bacon on a paper towel to absorb the grease.

In a gallon size Ziploc bag, add in the olive oil, diced chicken (raw at this point) and Ranch mix. Shake around in bag until chicken is evenly coated.

Add chicken to skillet and cook until no longer pink. Set aside.

In a pot of boiling water, cook pasta until al dente. Drain water and add pasta to greased baking dish.

Add cooked chicken and Alfredo sauce to the pasta. Sprinkle both cheeses, bacon and salt/pepper to the top of the Alfredo and place pan in oven. Bake

until bubbly and cheese is melted, about 15 minutes. Remove from oven & enjoy!

## Words of Wisdom by Chuck Nettetstad

Here are some facts about potatoes that may give you a new perspective!

### TATER PEOPLE

Some people never seem motivated to participate, but are just content to watch while others do the work.

They are called "Speck Taters".

Some people never do anything to help, but are gifted at finding fault with the way others do the work.

They are called "Comment Taters".

Some people are very bossy and like to tell others what to do, but don't want to soil their own hands.

They are called "Dick Taters".

Some people are always looking to cause problems by asking others to agree with them. It is too hot or too cold, too sour or too sweet.

They are called "Agie Taters".

There are those who say they will help, but somehow just never get around to actually doing the promised help.

They are called "Hezzie Taters".

Some people can put up a front and pretend to be someone they are not.

They are called "Emma Taters".

Then there are those who love others and do what they say they will. They are always prepared to stop whatever they are doing and lend a helping hand. They bring real sunshine into the lives of others.

They are called "Sweet Taters".

We should all strive to be a "Sweet Tater".