

**1st Quarter 2018
Volume 50, Issue 1**

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Pauline Fahey, Secretary
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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

All the pictures from the conference
are on our Facebook page. Be sure
to check us out and like us!!



Minnesota TRIAD



TRIAD Members...

Welcome to Volume 50, 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.ag.state.mn.us

MN Attorney General's Office

Click on "Senior Citizens" for
information on scams and other
senior issues. There are also
numerous publications and contact
information for other senior
resources.

Thought of the Month:

"50"

Celebrations are common when one
reaches that 50 milestone ... 50th
Birthday, 50th Anniversary.... and for
this MN TRIAD Newsletter - our 50th
publication. "Happy 50th To Us...
we couldn't have done it without all
of you - especially your support of
TRIAD and your willingness to share
information on what your groups are
doing and being included in the
newsletter.

Extra...

2018 MN TRIAD Conference

October 2-4, 2018
Arrowwood Lodge
Baxter, MN

Hosted by
Crow Wing County TRIAD



SAVE THE DATE!

Featured Member

Craig Wadzink
Cass County



Name: Craig Wadzink
Address: 2645 N. Webb Lake Dr. NW, Hackensack, MN 56452. My permanent home that we've had since 1963 on Webb Lake.
Age: 68

Family – married, kids, pets:

I have been a widower for seven years and now retired; I have one wonderful son and two amazing granddaughters who live in Maryland; and, my wonderful companion who I cherish so much - my golden lab female puppy of 6 months old named Emma Rose.

Hobbies

I love most outdoor sports; especially hunting, fishing, and hiking in the woods. I love high performance and limited-edition vehicles: i.e. Arctic Cat snow-pro snowmobile, 60th anniversary 427 Corvette and 45th anniversary Camaro SS sports cars.

In addition, I enjoy taking on remodeling projects that provide me a sense of accomplishment when completed.

Education

A 1967 graduate from Columbia Heights High School (Twin Cities), I went on to complete 2 years of undergraduate courses beginning at the University of Minnesota. My major was to be a math teacher, as I like math and very much enjoy helping and teaching individuals to become better at what they can do and achieve. I completed a number of first responder/medical emergency courses over the past 15 years. I am certified to deliver advanced, adult learning principles for skills development training and professional sales training at 3M Co.

History

I was born in 1949 in Minneapolis, MN. I am one of four boys – two older and one younger. I played football throughout my junior and senior years. Prior to getting married in 1973, my life's experiences included:

- I played in a rock 'n roll band for 5 years during and after high school – playing in a number of ballrooms throughout MN & WI;
- Deputized by my uncle (US Marshall – Robert Allie) in the late 60's to assist in escorting prisoners from the Minneapolis jail to Sandstone State prison;
- I completed entry level martial arts training on Tae Kwon Do;
- Raced snow-pros snowmobiles for Arctic Cat Racing – drag, oval and cross-country;
- Drove semi-tractor trailer rigs over-the-road to California, Texas, etc. for

1-year hauling swinging pork and produce;

- Built-up/customized corvettes for NHRA drag racing and for car shows (e.g. GSTA);

I got married in December 1973 to what would begin an amazing journey through a most unbelievable relationship – one who would become my best friend, companion, and soul mate for 37 years. I was an usher at our Catholic church for over 20 years, and an active 3rd degree member of the local chapter of the Knights of Columbus. I started work at 3M Company in October 1983 for what would become a tenure of 33 years until retirement last June 2016 – 23 years in US and global marketing, and 10 years in the training department as sales trainer for the Healthcare Division. I was promoted to one of the top 3 trainers for 3M Co. world-wide my last two years at 3M.

I have retired to my lake home on Webb Lake, outside of Hackensack, enjoying each day and sipping on coffee watching the morning traffic reports of grid-locks around the metropolitan area of the twin cities ... smiling and not missing it at all! Earlier in 2017 I looked for opportunities around the area to volunteer for. I joined the TRIAD for Cass County, the Woodtick Wheelers ATV/OHV club, and the Cass County Sheriff's Search and Rescue team. If there would be a reserve/CSO type deputy program for the Cass County Sheriff's Office, I would certainly join it!

Favorite – food, color, music, TV show, movie

I like all types of food. My most favorite would be a nice steak on the grill, baked potatoes and salad. My favorite colors are blue, pink, purple and turquoise. I love rock 'n roll music from the 60's and 70's. In my band, I played the organ, guitar and sang – in my past life! Too many TV shows to list, but I always enjoyed the Carol Burnett, Andy Griffith, and Happy Days shows. More recently, Scorpion, Hawaii Five-O and Blue Bloods are my favorite. My favorite movie of all time ... Ben Hur with Charlton Heston.

How long in TRIAD?

I've been a member of TRIAD for Cass County for almost a year, since February 2017.

Why involved with TRIAD?

It's simple. I love to help people and be there for them. Seeing the impact and results that some kindness and giving can do is amazing and so rewarding. I live the belief that "it's NOT how much a person has, but WHAT you do with what

you have that is most important and of greatest reward."

TRIAD makes a difference for our seniors, and I feel there is so much more we can be doing to spread the word and make a difference. I want to do my part to move TRIAD forward to the next level of impact/value ... both at the county and state levels!

How did you get involved with TRIAD?

I visited the Sheriff's Office for Cass County to check if they had a reserve program. While talking to Pauline Fahey, she mentioned a number of volunteering opportunities. TRIAD organization was one of them and it sounded pretty good. I attended their next meeting in February as a guest, became a member, and earlier this summer I was voted in as Vice President. I've enjoyed and appreciated the opportunity to help the community and especially help our seniors become more safe and confident in their daily lives.

Favorite project / part of TRIAD

My preferred events for TRIAD have been those that directly touch the community. We had two main events for 2017; national night out and our annual fish fry. I'd say both were my favorites. It was so rewarding to see what kindness and some fellowship can do for our community members. TRIAD is so vital to our community. I see the impact from having the full support of the Sheriff's Office, and I believe this is a main ingredient for success in driving the value and impact of the TRIAD program.

Information about your TRIAD program/projects

As I mentioned earlier, we scheduled a number of events to help spread the value story of TRIAD and the resources available to the community. We have the national night out event, the annual fish fry in late summer, and we have continued focus on our FOL (File of Life) packet program, which has received strong interest from senior provider agencies as well as other TRIAD organizations throughout Minnesota. We have the annual TRIAD State Conference where there is great best practice sharing, 101 TRIAD learning for new TRIADs, and special presentations on key topics of interest.

choose
Happy

Crime Prevention

Crime Prevention Tips for Seniors

Crime and the fear of crime create special problems for the elderly. Crime prevention is everyone's responsibility, not just a job for law enforcement. Seniors can learn how to protect themselves from crime by following these simple, commonsense suggestions. Share these tips with your neighbors and friends, to make it tough for criminals to work in your neighborhood.

AT HOME...

- Never open your door automatically.
- Lock your doors and windows.
- Vary your daily routine.
- Use "Neighborhood Watch." A concerned neighbor is often the best protection against crime.
- Don't leave notes on the door when going out.
- Leave lights on when going out at night or on a timer when away for an extended period of time.
- Notify neighbors & police when going away. Cancel mail, etc.
- Be wary of unsolicited offers to make repairs to your home.
- Keep an inventory with serial numbers and photographs of valuables.
- Don't hesitate to report crime or suspicious activities.
- Install deadbolt locks on doors.
- Keep your home well lit at night, inside and out; keep curtains closed.
- Ask for ID from delivery persons or strangers.
- Never let a stranger into your home.
- Don't hide your keys under the mat or easy place.
- If you arrive home and suspect a stranger may be inside, DON'T GO IN. Leave quietly and call 911.

WALKING...

- If attacked on the street, make as much noise as possible.
- Avoid walking alone at night. Walking with a friend is good day and night.

- Plan your route, stay alert to your surroundings, walk confidently.
- Walk in well-lighted areas.
- Have your key ready when approaching your front door.
- Only carry what you need.

WHILE SHOPPING...

- Keep purse close to you. Never leave it unattended or in cart.
- Don't carry more cash than necessary.
- Don't display large sums of cash.
- Use checks or card when possible.

IN YOUR CAR....

- Always keep your doors locked, whether you're in or out of your car.
- Keep your gas tank full and your car in good working order.
- Keep the car in gear at stop signs and traffic lights.
- Plan your route on well lit and busy streets.
- Keep your purse on the floor instead of the seat... out of sight is better yet!
- Check front and back seats before getting in your car.
- Never pick up hitchhikers.

BANKING...

- Use direct deposit, whenever possible.
- Store valuables in a Safe Deposit Box.
- Never give your money to someone who calls you out of the blue (Grandparent Scams, IRS Scams, Active Warrant Scam, etc)

Information taken from www.clarkprosecutor.org
(The Clark County Prosecuting Attorney
– Adult Protective Services)

Tip of the Month

Making the Case for TRIAD

There was an article in the May/June 2016 Sheriff & Deputy magazine by this title. The 1st paragraph of this article is as follows:

Signed in 1988 by the National Sheriffs' Association, the International Association of Police Chiefs and the American Association of Retired Persons, the Triad Cooperative Agreement was a first-of-its-kind pledge to develop educational service programs designed to keep older adults safe, secure, and unafraid of crime. Fast-forwarding 28 years, Triad has been replicated in counties, cities and towns nationwide and is highly regarded by law enforcement as an indispensable tool in the crime-prevention arsenal. Dedicated volunteers continue to ensure program cost-effectiveness and lighten the burden on overtaxed public safety agencies.

This is an excellent article and I'd like to share a few quotes that remind us of the importance of Triad. They are also good "thinking and acting" quotes!

"Change is, of course, inevitable. The Sheriff who championed his county Triad will eventually retired ... Thankfully, with forethought and careful planning, groups that wish to start or revitalize a Triad can create a resilient program that flexes as the community evolves."

"Triad works by acknowledging and investigating prevalent concerns, empowering older adults with crime-prevention tips and training and encouraging these individuals to play an active role in ensuring their personal well-being."

"Prevention is Triad's primary objective."

"Diversity is the life breath of Triad."

"The National Association of Triads Inc. (NATI) Program Manual (available online at sheriffs.org/NATImanual) provides guidance for organizing a new Triad or jump-starting a dormant program."

"Every community is unique; therefore, meeting topics (and format) will vary according to needs."

"Because every Triad is unique, no fixed template can guarantee program success."

The article also shares some common traits of long-standing active Triad, including:

- ➔ Law Enforcement attend most meetings.
- ➔ Law Enforcement guides and supports rather than runs meetings.
- ➔ Members conduct a survey of the area older adult population.
- ➔ Triad members recruit new Triad members.
- ➔ Triad leaders identify and publicize programs that assist older adults and provide outreach to vulnerable older adults living alone.
- ➔ The group sponsors crime prevention seminars and invites older adults.

"Older adults began reporting incidents more frequently, thanks to Triad educational efforts." (and Crime Rates dropped)—Oklahoma County, Oklahoma

"Law Enforcement is the core of every Triad."

"(Triad) is good, solid community-oriented policing."

"(Triad) builds the relationship between law enforcement and seniors."

"Triad can be whatever level of service you are able to provide."

"...the need for safety and security that Triad provides will endure."

Excerpts from May/June 2016 Edition of Sheriff & Deputy magazine article "Making the Case for Triad" by Janet Hawkins

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 held in April in Brainerd, hosted by Crow Wing County Triad members. We will send the next newsletter out in March to give you all time to make your plans to attend! 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



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
Evan Verbrugge
Rock County Sheriff
evan.verbrugge@co.rock.mn.us

Extra....

If you're looking for a New Year's Resolution, here's a suggestion....



...everything I can to make Triad the best it can be!

Goals to achieve this resolution:

1. Talk about Triad with everyone!

2. Invite friends, neighbors, acquaintances to Triad meetings, events and conferences.
3. Be more involved with Triad in my county/city and on a statewide (and national) level, whenever possible.
4. Volunteer for officer positions; for events; etc, etc, etc.

Recipe

Pizza Hot Dish

- 8 oz. egg noodles, cooked
- 1 lb hamburger, cooked
- 1 can cheddar cheese soup
- 2 cans (jars) pizza sauce

Mix all ingredients and place in greased baking dish. Bake at 350 for one hour. Sprinkle mozzarella cheese on top when hot dish is almost done and bake until browned.

With all our below zero temperatures, this seemed like a perfect hot dish recipe to share. - easy, warm, comfort food.... enjoy!

*Recipe from my (Step) Mom
Mary Ann Petersen
-Pauline Fahey*

Words of Wisdom by Chuck Nettetstad

The thought for the month is about friendship...and how to build a solid friendship.

A Box of Friendship

To make a box of friendship:
To ensure that it is strong,
First a layer of respect
On the bottom does belong.

Then to the sides attach,
In the corners where they meet,
Several anchors full of trust
And devoid of all deceit.

The depth of friendship can be measured

By the sides of four,
So make them all a larger cut
And the box will hold much more.

Now fill it up with courtesy,
Honor and esteem,
Understanding, sympathy,
And passion for a dream.

Add to that your honesty,
Emotions, joy and love,
And since they're so important,
Place them up above.

But leave the box wide open
So all can see inside -
To learn what makes a friendship
work
From the box you built with pride!