

Minnesota Triad



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“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
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*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 triadm@gmail.com.

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

MN Triad Conferences

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

2023 MN Triad Conference
Hosted by Goodhue County



Did You Know?

**Polar bears are not white, they
have black skin and two layers
of translucent, hollow fur.
However, they appear white
because their fur reflects the
white sunlight. This is why they
may appear grey when it is
cloudy and have a red tint at
sunset.**

Featured Members

*Many of you know
Tom Wolner from Goodhue County.
He has been an integral part
of Triad for many years... and hopefully,
will continue to be for years to come!*



Picture from 2015 Triad Conference in Goodhue County!
(others pictured: Char Lusher (Mankato), Esther Prah, Opal
Dewanz, Rita Anderson (Brown County))

Life on the road

By Leon Hanson in Today Magazine
leonphm@live.com

It's 10-7 for Goodhue County Sheriff's Deputy Tommy Wolner

Tom “Tommy” Wolner took a diverse
path before finding the right career. A 1984
graduate of Forest Lake high school, Wolner
first spent three years in the United States
Army, working with explosives as a combat
engineer. After military service, he worked odd
jobs before receiving an Associate of Applied
Science degree in law enforcement at North
Hennepin Community College.

“At the time I graduated, many
agencies were not hiring, which led me back to
the private sector. I sold insurance and real
estate for a few years,” Tommy explained.
During this period, Tommy married his
sweetheart, Chantelle. “From 1993 to 1997, I
worked part-time with the Columbia Heights
police reserve. In 2001, Art Blakey activated
my license with the Minnesota State Fair Police,
where I worked for a year.”

Tommy also opened a commercial
cleaning business. “The downside? I worked
for literally two years straight without a single
day off.” As luck would have it, that is when
Wolner obtained his first full-time policing role
with the Arlington, Minnesota police department.
“I worked there for three years before I applied
with the Goodhue County Sheriff’s Department.
Thankfully, I got the position.”

Tommy has been a patrol deputy,
primarily working night shifts for most of his
career. “About fourteen years ago, I started
TRIAD, a program designed to keep our senior
citizens informed on crime prevention and
related issues. I worked closely with Rosie
Schluter during that time.”

Tommy has particularly enjoyed
community outreach. “I made it a priority to get
out of the squad car and become acquainted
with people in the area. I developed some
great relationships by doing so. In our smaller
towns, there is no better way to get to know
members of the community than by visiting the
local coffee clutch in the morning,” Wolner said.

Approximately eight years ago, the
Goodhue County Sheriff’s Department began
ramping up its dive rescue team. Among other
responsibilities, members of the department
search for stolen property, weapons,

automobiles and, of course, drowning victims. "I've been a part of that program for a long time. As a unit, we are highly trained to dive in all conditions-through the ice in winter, deep diving and salvage recovery. At the age of fifty-six, I retired as the oldest diver of the team."

Spending his professional life on patrol, Tommy has seen a lot of good and an equal amount of bad. "Any cop will tell you, while on random patrol, you have to deal with boredom, and at a moment's notice, panedemonium. Of course, that is immediately followed by an hour and a half of paperwork.

"Seeing people at their worst comes with the job. We witness an incredible amount of violence. We might show up at a domestic incident, and both parties turn on us as soon as we arrive. I realize it's nothing personal, just part of the sad cycle of abuse."

One story stands out. "One of the saddest memories I have, and it will stick with me for the rest of my life, came during another domestic situation. We were looking for the husband, who we were told was armed. Witnesses said they saw him going into a business. Other responding officers and I went in with guns drawn, but did not locate him. A relative of the wife was a key witness. By the time we got to trial, the victim refused to testify, which is common. My testimony was disallowed, and the man went free."

That incident came back to haunt Tommy a year and a half later. "The star witness and interpreter in the previous case and ten-year-old son were murdered in Byron, that, too, the result of a domestic assault. The boy tried to protect his mother, but they both lost their lives. I will never wash that case out of my mind. I remember her name to this day."

The good far outweighs the bad, according to Wolner. "All cops will tell you the same thing. Many situations present themselves and make the job gratifying. One woman had become a serious drug abuser. She desperately wanted to get clean yet could not shake her demons. Several years after my first run-in, I saw her in one of the towns we served. She made a point to give me a big hug and thanked me for believing in her. She had been clean for more than two years."

Tommy recently retired from the sheriff's department in December of 2021. He gave a heartfelt response when asked to reflect on his lengthy career. "I think I can speak for all of my brothers and sisters in blue. This is not a job or career; law enforcement is a calling. Our sole intent is to do the right thing and serve the community. Some things change; others do not. There are always ebbs and flows. However, I think people seem more agitated because of the current political climate. They want to get in your face, confront you, yell at you. That makes our job difficult. Most people, however, are appreciative of law enforcement, but that does not make the headlines.

"Honestly, I have loved absolutely every single minute of my career. I will miss the people in the towns I served. In addition, there is comradery in law enforcement. The people I've worked with are the greatest in the world. I'm going to miss working with the folks in the other police departments, EMS, first responders and fire departments."

Similar to what other officers experience, Tommy Wolner has memories of his own personal experiences, good more than

bad. After touching the lives of so many people, there is little question he will be missed by those he served.

*Thank you, Tom, for making a difference!
And thank you, Rosie,
for sharing some of Tom's Story!*

It's All About Safety

Spring Safety Tips

Some info taken from medicalguardian.com

Spring is here! Hopefully!!! With sunny weather and warmer temperatures, it's a perfect time to open up some windows and get some fresh air! It's also a great time to do some cleaning (ie. Decluttering, disposing, etc!).

Here are some spring cleaning ideas and tips:

- Check the fridge and medicine cabinet for expired (no longer used) items and throw them out!
- Make sure there are fresh batteries in all your smoke and carbon monoxide detectors and that that they work!
- Prep for an emergency (fire escape plan, Go Bag, update your File of Life packet)
- Clear out clutter, especially items that could be a hazard when walking.
- Add safety supports (non-slip mats, bathroom bars)
- Check your stairs for safety (attach non-slip treads to each step and add sturdy handrails)
- Replace any unsteady furniture and arrange layout so that you can move easily and safely around your home.
- Make sure carpets/rugs are security attached to the floor.
- Improve lighting with brighter bulbs and nightlights.
- Make it fun by enlisting the help of your children, grandchildren or friends. Maybe you can share some treasures with them!!

As you can see, spring cleaning isn't just about cleaning! Follow these tips to keep your home both clean and safe!

Recipe

Air Fryer Steak Bites

Cut 2 lbs steak into 1 1/2" by 1" bites.

Whisk together: 2 tbsp oil
1 1/2 tsp pepper
1 1/2 tsp salt
1 1/2 tsp soy sauce

Add steak to bowl and toss together with sauce until coated. Preheat air fryer - 400 degrees. Cook in air fryer for approximately 12 minutes, checking occasionally.

**Can add onions, mushrooms, garlic, other seasonings....

Submitted by Pauline Fahey

MN Triad Meetings

Our in-person MN Triad Meetings are on hold for now; however, we do meet by Zoom. Let us know if you'd like to join in!

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.

Extra...

Care Provided for Seniors Should Be Person-Centered

In looking for a focus for the newsletter, I found this article at aginginplace.org, and while it focuses on providing care for seniors, I think there are some good reminders for us at any age. So, in paraphrasing the article, I'm going to exchange "senior citizen" for "person" because it applies to us all at any age!

Every person in every community is human and that is exactly how they should be treated. We all have the same rights and are entitled to the same freedoms. We all want to feel valued and worthy of respect - not because of who we are, but because WE ARE.

We need to focus on being people-centered, not self-centered. As we age, we realize how little control we have in life. There's a saying "We can't control what happens, we can only control our reaction to it." How true is that !! Have you found the things which used to be so easy for you and take just a few minutes are now more challenging?

It is the little things we do OR don't do that make the biggest difference. Your show of interest, care, concern and respect can make all the difference in the world to a person. It's easy to lose trust in people, so keep your promises and be on time!

You are never too old to make a new friend! We all want people in our lives who we can trust, who we can talk to, who share our interests and "have our back." And we all want to be heard, to be listened to - be able to share our stories, share what we've learned - and hear and learn from others. We all want to enjoy our lives, no matter what our age or circumstances.

*Life truly is a journey
we are all on together....*