

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
www.facebook.com/mntriad

*A great place to share senior safety
information from throughout the
state.*

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

Be sure to check us out and Like Us!



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

2020 MN Triad Conference

October 6-7, 2020
Willmar MN

Hosted by: Kandiyohi County

2021 MN Triad Conference

Hosted by Goodhue County

2022 MN Triad Conferences

Hosted by Aitkin, Carlton,
Cass & Itasca Counties

Did You Know?

Riding a roller coaster could help
you pass a kidney stone.

In 2016, tests found there was a
64% kidney stone pass rate for
those seated in the rear.

Featured Members



Picture of Helen instructing use of
EZ Cellphones

Helen Witwicke White Bear Lake Area TRIAD

Name: Helen Witwicke
Address: 1827 4th St, White Bear Lake
MN with her 19 year old friendly cat,
names Chloe.

Helen was born in Winnipeg, Canada
on July 14, 1925. She began visiting
Minnesota at age 3, where her Mom
had family. She attended grade
school and 2 years of Business
College in Canada. She moved to
Minnesota in 1949 after her parents
retired and wanted to be near family in
White Bear Lake.

Helen worked at NW Airlines and
Burlington Northern RR as a
Secretary.

She was introduced to her husband,
Harold, by some friends, and they
married in 1951. Helen & Harold had
3 children, Bill, Mary Jane and Joe.
Harold died in 2001.

Helen was an avid golfer, gardener &
bowler until knee surgery in 1999.
These days, she enjoys playing
Dominos at the WBL Senior Center
and entertaining her many friends and
family at her home. She goes to the
YMCA twice a week, where a personal
trainer keeps her moving. Once a
year, she visits friends in Vancouver,
Canada. She has also taken bus trips
to El Paso and Branson.

Helen is the most amazing person I
know (per submitter, Julie Spreck,
WBL Triad). She joined WBL Triad 19

years ago and is Chair of the EZ Cell Phone Distribution Program. One time, about midnight, Helen was trying to learn about the new EZ Cell Phones, when a WBL officer knocked on her door; it appears she inadvertently pushed the 'send' button and the phone call was transferred to the White Bear Police Department... so she knows the phones work.

Helen's Line Dance friend, Julie Spreck, invited her to a TRIAD meeting in 2000 and Helen liked what she heard – how the area seniors volunteered with the White Bear Police Department and Ramsey County Sheriff's Office to keep our community safe. She really enjoys TRIAD activities, especially the TRIAD Senior Picnic and Christmas Luncheon, when we invite Law Enforcement friends and local dignitaries to join us for a scrumptious buffet. She volunteers for all TRIAD activities and is very knowledgeable on what is happening in the area.

Favorites:

Foods – Helen learned she was gluten intolerant in 1959, so being a Deliac, she only eats gluten free food

Color – Blue

Music – Being of Scottish descent, she especially loves Scottish Musician, Robbie Burns

TV Show – Perry Mason & mysteries

Movie – She loves them all and goes to a movie 3 or 4 times a month

Triad Newsletter: Helen enjoys reading every word of the MN TRIAD Newsletter and hearing all about what all the other TRIAD groups are doing. The Safety articles are especially interesting.

Her thoughts about being 94 years “young”... she still drives her little 1994 Buick car everywhere, has never gotten a ticket, and thinks it is GREAT she got this old... she enjoys life to the fullest every day, and is a wonderful friend to everyone. She likes to know what is happening in the WBL Community and keeps her finger on the pulse of everything that is happening around her.

Submitted by: Julie Spreck, WBL TRIAD

It's All About Safety

Who You Gonna Call? LAW ENFORCEMENT

If your car broke down along the road or you went into the ditch, who would you call first? Gold star for you if you said “Law Enforcement” or “911.”

Now, there may be some factors that come into play. What are the weather conditions? Is anyone hurt? Where you are at and what time of day.

What is the NUMBER 1 reason for you to call Law Enforcement first? They can get you the help you need faster.

When you call Law Enforcement directly,

- they have your location information;
- they can get you directly in touch with ambulance personnel;
- they immediately dispatch help to you.

AARP has some great Vehicle Breakdown Do's and Don'ts on their website, from when your vehicle trouble starts to pulling safely out of traffic and calling for help.

Here's the full article:

<https://www.aarp.org/auto/driver-safety/info-2016/tips-when-car-breaks-down.html>, which ends with this paragraph:

When you are safe, call for help.

- If you have a roadside assistance provider, give them a call.
- If you don't have a provider, call for a tow truck if you need further assistance, or call 911 if it is an emergency.
- If you don't have a cell phone, hang a white cloth or piece of paper out of your window and wait for the highway patrol.
- If you are driving alone at night, be careful about accepting help from strangers, and stay inside your car if you can. Make sure your doors are locked and your windows are up.

NUMBER 1 Travel Rule – Always carry a charged cell phone with you!

Some info taken from AARP

Recipe

Banana Bread

2 c flour 1 tsp baking soda
¼ tsp salt ½ c butter
2 eggs, beaten ¾ c brown sugar
2 1/3 c mashed overripe bananas

Preheat oven to 350 degrees F. Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake for 60-65 minutes, until a toothpick into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Taken from All Recipes

It Actually Happened

Shared from one of our Triad Counties...

We took a 9-1-1 call from a someone that saw a young adult male walk around his neighbor's home, which was a seasonal lake home. He did not believe the neighbor was at the home during this time period and thought it suspicious and called 9-1-1. We had a deputy in the area not far away, who responded quickly and interrupted a burglary in progress, ultimately arresting the young adult male for breaking into the home. Had the neighbor not paid attention or not wanted to call 9-1-1, our call likely would have come from the lake home owner who arrived days or weeks later to find his home burglarized and things missing. It could have been very difficult for law enforcement to identify the criminal at that point, and the homeowner's belongings could have been missing, never to be found again.

MN Triad Meetings

Our next MN Triad Meeting will be held in Willmar in Spring 2020. Date and Location TBD.

The minutes from our meetings are available on the MN Triad website. Meetings are held twice a year – at the fall conference and each spring.

All are welcome and encouraged to attend these State Triad meetings!