

Minnesota Triad



4th Quarter 2023
Volume 73, Issue 1

“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 mntriad@outlook.com.

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

Upcoming Events

2024 MN TRIAD Conference

When?

Where?

Who will host?



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Did You Know?

10 Fun Facts About Aging

1. Age is just a number.
2. Your brain is getting sharper.
3. You're more resilient than you think.
4. You're less likely to indulge in risky behavior.
5. Your become more financially stable.
6. Your taste buds change.
7. Your may have more health problems.
8. You have more time for hobbies and interests.
9. You may need less sleep.
10. You're wiser.

Featured Member

2023 MN TRIAD Conference

The 2023 MN TRIAD Conference was held on Wednesday, September 13, 2023 at Black Bear Casino & Resort in Carlton, Minnesota. The conference was sponsored by MN TRIAD and there were 40 attendees from 10 different Minnesota counties, along with great presenters and vendors! The conference started with registration and vendors at 8 AM. This provided an opportunity for everyone to get to know each other and have a chance to check out the vendors before our first speaker.

Our MN TRIAD President, Carlton County Sheriff Kelly Lake, welcomed everyone to the conference with a morning ice-breaker and then introduced our first speaker, who is well-known to many of us – Jay Haapala from AARP. Jay's presentation focused on the Fraud Watch Network and he shared some good reminders and some information new to many of us on frauds and scams. They get 500-1000 reports of fraud per month. The busiest week of the year (*Thanksgiving*) and the reason why (*family members going home and finding out parents have been scammed*) surprised many of us. Katie Foy from the Cloquet Area Fire District shared information on Fire and Home Safety. All enjoyed Katie's fun presentation on a very serious subject. We found out why “muscle memory is our friend.” (*in an emergency, muscle memory will remember, even if you don't*)

After a great lunch and vendor time, we started the afternoon with Best Practices, the most important part of our MN TRIAD Conferences. Some great information was shared that was especially helpful to those new to TRIAD. Our next presentation was “On the Road to Safer Senior Driving” by Joanie Somes. Excellent presentation including some vital information on what we can do to counteract the normal changes that occur as we age and what “freezing” is.

We then switched gears and drew for door prizes before our next presentation. Thank you to our TRIAD members and vendors for all the beautiful door prizes.... we had “exactly enough.” Marlyn Halvorson, Emergency Management Director with the Carlton

County Sheriff's Office led a fun and interactive session with some simple and easy ways to increase your safety. We especially enjoyed "Use Whatever You Can as a Weapon" and his reminder that "If you're living in fear, you're not living." Our last presentation offered fun for all with Deputy Nils Hansen and K9 Charlie (and the "suspect"). The bite demonstration and information shared was eye-opening for many of us, especially the dog's "view" of bites!

We concluded this year's conference with our MN TRIAD Meeting. Welcome back to our Vice-President Julie Duehring! It was a great meeting with everyone agreeing it was an excellent conference. While there were many familiar faces at the conference, there were also many who were attending a conference for the very first time. It was so great to meet these new "family" members and everyone's belief in and enthusiasm for TRIAD is very much appreciated! Best of all, we have some counties possibly interested in hosting future conferences.

Our first in-person conference since 2019 was an overwhelming success and we thank everyone who was part of it – YOU are the reason why it was so great!

It's All About Safety

Is It Really You?

Right before the conference, all of us involved in planning the conference were emailing and texting A LOT! Then an email came from our President to our Secretary that said she needed help taking care of a payment as our Treasurer wasn't available. Hmm... on the surface, it could be believable. However, the text went on to say the vendor wanted the money sent via Zelle, Venmo or Paypal. Again, kinda believable, as those are payment options. However, they wanted the Secretary to pay it directly and get reimbursed after providing the vendor's details. Hmm... now those orange flags are really turning into red flags.

How many of you have gotten a text or email similar to that? It's signed by someone you know, but different from your normal communications.

In these instances, the same rules apply to stay safe – always, always, always check it out!

Recipe

Chocolate Chip Muffins

8 tbsp butter, softened	2 large eggs
½ cup milk	2 c flour
¾ c sugar	2 tsp b. powder
½ c chocolate chips	

Mix and bake in greased muffin tins at 400 degrees for 13 minutes.

Thanks, Mickey!!!

MN TRIAD Meetings

Our last meeting was held on Wednesday, September 13, 2023 following the 2023 MN TRIAD Conference.

Most of the meeting focused on a review of the conference and conference details for those considering hosting a conference in the future. There was a lot of good discussion and we will send out evaluations and best practices from this conference, along with the "How to Host a State TRIAD Conference" to all, along with the presentation powerpoints.

We talked about our webpage, which is on the MN Sheriffs' Association website. It does need updating, if anyone has an interest in working on that project. We are always looking for information for the MN TRIAD Facebook Page and the Newsletter – especially now that we know Todd County shares it with 750 residents!

Julie Duehring has agreed to resume the Vice-President position and we are glad to have her back on the Board! We appreciate the commitment that Julie, and all our board members have to TRIAD and our seniors!

Several groups expressed a need to order more File of Life packets and some new counties may also be interested in ordering them.

We will look at having our next meeting at the location of the next conference.

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 mntriad@outlook.com.

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



"That Feel Good Stuff"

I was told by a former co-worker that I always like "That Feel Good Stuff" ... or like she explained it, "always nice" ... "always liking to include everyone" ... "making sure everyone feels heard and included" And she's right, I do. And that's what I think of when I think about the 2023 MN TRIAD Conference... and TRIAD in general.

One of the things most mentioned on the evaluation forms and during the conference was how nice (warm, kind and friendly) everyone was. I think that is what makes TRIAD so special - the people who care about each other and about looking out for our seniors and law enforcement. Every TRIAD Meeting (all over the state) and Conference I've been to has had a similar "vibe." I've heard several comments over the years from people new to TRIAD and new to the conference about how they "felt comfortable right from the start."

We always say that TRIAD only works well when the people involved (Law Enforcement especially) truly care about TRIAD and our seniors – not just having it as another job duty. This is so true...and (I think) one of the main reasons our meetings and conferences have that previously mentioned "vibe."

Pauline Fabey

Do you have TRIAD thoughts you'd like to share? We'd love to hear from you! If you have thoughts to share, please send them to mntriad@outlook.com and we will include them in future newsletters.



Which Conference Presentation does this remind you of?