

**4th Quarter 2018
Volume 53, Issue 1**

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[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 53, 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

[https://www.sheriffs.org/programs
/national-triad](https://www.sheriffs.org/programs/national-triad)

National Triad

Unfortunately, Ed Hutchison, the
National Director of Triad, was
unable to be at our MN Triad
Conference at the last minute.
However, it still seems like a perfect
time to feature the National Triad
website in our newsletter.

Check out this website to find out
how to Start a Triad, how to Locate a
Triad, along with Resources and

Links. You can also access the
NATI Manual, which is a great
resource for all Triad programs –
whether a brand new program or
one that has been established for
years.

A great website, lots of great
resourcesan invaluable initiative
that promotes older adult safety!

Thought of the Month:

“

THE DEFINITION OF INSANITY
IS DOING THE SAME THING
OVER AND OVER,
BUT EXPECTING
DIFFERENT RESULTS

ALBERT EINSTEIN

”

*Not the normal type quote for our
Thought of the Month, but one that
may be helpful in keeping the
"life" in your
Triad Program!*

Extra....

2018 MN TRIAD Conference

October 2-3, 2018
Arrowwood Lodge
Baxter, MN

Hosted by
Crow Wing County TRIAD



Almost 100 people attended the
2018 MN TRIAD Conference that

was hosted by Crow Wing County Triad on October 2-3, 2018 at Arrowwood Lodge in Baxter MN.

As usual, several attendees were there well before registration time to greet old friends and looking forward to meeting new ones. After registration time, the conference officially started with Triad 101. Unfortunately, National Triad Director Ed Hutchison was unable to join us at the last minute, so a few of our mentors led this important session. MN Triad President Kelly Lake, MN Triad Secretary Pauline Fahey and Crow Wing County Triad Liaison Tina Elder did a great job with Ed's Triad 101 presentation. Having three people lead the session had the added benefit of different insights and experiences. This was a great way to start the conference and everyone appreciated what was shared!

Kathy Gilbride from Central MN Council on Aging (CMCOA) gave a presentation on "Building Communities for a Lifetime." Kathy provided information on "The Aging Network" and their mission. She talked about current trends and demographic shifts, including that by 2030, one out of every 5 people in the US will be 65 or older. Kathy shared a wealth of information on concerns of and resources for seniors. Kathy talked about the Golden Girl Concept, that Minnesota is 3rd in volunteerism – YEAH! - and that Home is wherever you feel comfortable. She also gave a shout out to Triad for the great job we're doing in keeping our seniors safe!

After an excellent dinner with choices of walleye, steak or pasta, Tina Elder led the group in Best Practices, the foundation of the Triad Conferences. Best Practices is an opportunity for all the Triad groups to share information about what their Triad groups are doing. Members from Aitkin, Carver, Cass, Crow Wing, Goodhue (Cannon Falls), Isanti, Itasca, Kandiyohi, Pope and Valley Triad shared information. Lots of familiar and new information was

shared. Carver County shared that they now have a New and Improved Version 2.0 Triad and this is a direct result of information he learned at Best Practices and Triad 101 last year!!

The evening ended with the MN Triad Meeting. There was a good turnout at this meeting and a lot of good discussion about the conferences, the File of Life packets and ways we can assist all the Triad groups by sharing information. *Note: Isanti County has offered to host the conference in 2019 and Kandiyohi in 2020. Goodhue County is looking to host the conference in 2021. Thanks to all these counties for volunteering to be our hosts. As usual, we will be asking other Triad counties to assist with door prizes, etc.... part of what brings us together as a state for "OUR" conference!*

Attorney Ray Charpentier gave a presentation on Wills, Trusts and Power of Attorney. Ray shared a lot of good information and answered a lot of questions. Ray shared that "Life is what happens when we make other plans" and the importance of planning for what ifs. Dan Tupy, Regional Ombudsman presented "What is an Ombudsman?" We learned about their mission to enhance the quality of life and quality of services for long-term care consumers through advocacy, education and empowerment. Dan shared that there are opportunities for Certified Ombudsman Volunteers. Dan said, "Like the cops, imagine life without them." Loree Besser followed with "Things to Know About Assisted Living.

Loree started out saying that Assisted Living is a lifestyle. Loree shared a lot of good information and advice and gave everyone a lot to think about!

Two Consumer Representatives from the MN Attorney General's Office gave a great presentation on how to Be Aware of the Cons and Scams that are Everywhere. Their motto in the office - "When in doubt, don't give it out!" They shared a lot

of good fraud and scam information and reminders, including how to spot a scam: Some red flags: Offers that come out of the blue; if you have to send money to get money; you need to act quickly; if it's "too good to be true." They reminded everyone that it's OK to say NO. Lots of good information, questions and discussion. Sharon Notch from uCare gave a brief and useful talk on Medicare Cost Plans. She reminded everyone to be careful, as there are fraudulent ones out there, too. She encouraged people to contact the Senior Linkage Line for assistance. Sharon shared some really good advice and resources to use!

After all that learning, everyone was ready a great lunch that included Portabello Mushroom or Pulled Pork Sandwiches. After lunch, we took a group picture. The banner was then passed from Crow Wing County to Isanti County. A heartfelt thank you to Isanti County for offering to host the 2019 Conference and to Kandiyohi County for the 2020 Conference. This was followed by "Let's Get Moving," led by Michael Steichen and his Assistant "Vanna." Everyone had a lot of fun learning exercises to wake up with, to stretch and strengthen... and to help people move through everyday tasks.

The last session of the conference was "Active Shooter – What to do if it Happens to You." This was presented by Captain Scott Goddard with the Crow Wing County Sheriff's Office. Scott started the presentation with "The person most responsible for your safety is YOU." And he asked everyone, "What tools do you have in your toolbox?" Scott shared a powerful powerpoint and information on ALICE (Alert Lockdown Inform Counter Evacuate) and the OODA LOOP! This was an excellent presentation on taking a proactive response in an active threats situation. Scott encouraged "what if" thinking and reminded everyone to take your safety seriously.

The conference ended with door prize drawings – thank you to Goodhue and Brown Counties for donating some of the door prizes! The conference had exceptional speakers that we all learned from and provided an excellent opportunity for learning from each other. The conference had attendees from 16 different counties and we were fortunate to have tables with information from uCare, Better Business Bureau, MN Dept of Health Adult Protection, Attorney General's Office and MN Triad. We would like to thank Crow Wing County for all they did to make this an exceptional conference. We would especially like to thank all our attendees - for without you we would not have Triad or the Triad Conferences.

TRIAD is seniors, law enforcement and senior providers working together to enhance senior safety. For more information on TRIAD or to find a TRIAD program, you can contact Pauline Fahey, MN TRIAD Secretary at 218-536-0899, paulinefaheycc@gmail.com or your local law enforcement.

Crime Prevention

Is it “Really” You?

As I was typing the Tip of the Month on “Smishing,” it was reminding me more and more of all the e-mails that I've been getting lately at work.

I get a lot of e-mails at work...from many different people....from many different organizations. Lately, I (and many others I know) have been getting e-mails from people they usually get e-mails from, but they look a little “off.” Off how, you ask.... well, let me list the ways:

- The e-mail itself. The writing style may be different. The payment they say you are expecting may have you asking, “What payment?” The information they're referring to as you scratching your head.
- Then you look at the e-mail address of the person that

sent it. Hmm...you hover over it, but it doesn't come up. (Definite red flag) If it does let you see it, compare it carefully to the person's REAL e-mail address. It may just have an extra letter or two in it. It may look totally different.

- Scammers often try to make it at least similar to the real one.
- There is often a link in the e-mail that you are asked to click on – to open an invoice (that you are often not expecting), to confirm receipts, etc, etc, etc.

As always, when in doubt, check it out! Call the sender and check if they sent you the e-mail in question (be specific). If you are being asked to click on a link, always.... ALWAYS... make sure it's legitimate. Most often, invoices, documents, etc are sent as a .pdf, not a link.

By Pauline Fahey

Tip of the Month

“Smishing”

The Michigan Department of Attorney General issued a Consumer Alert on TEST MESSAGE SCAMS: SMISHING and I'd like to share some information from that Alert.

Smishing is when scammers send text messages pretending to be from trusted sources. The goal is to get targets to respond with personal information like passwords and credit card details or to click on links that install malware. It is just like phishing that uses e-mails; instead smishing uses texts.

Smartphone users are 3 times more likely to fall for fake text messages than computer users are to fall for fake email messages. More than 20 billion text messages are sent every day in the U.S. And a growing number are from thieves trying to scam you. They can send millions of smishing texts at the same time.

A common smishing tactic is to send a text warning about a fake problem with one of your accounts and ask for your information. Some scammeras will

pitch offers too good to be true or even promise free gift cards or trips. **DO NOT RESPOND!** You may get malware or become an identity theft victim.

Signs of a text scam:

- A text message that looks like it's from your bank or about a problem with your account. A phone number is listed for you to call IMMEDIATELY.
- A text message from an unknown sender that asks you to call a number or click on a link or respond with personal information.
- A text message with a UNBELIEVABLY good offer.
- A text message that says, “click here” “enter 'x'” or reply “stop” to opt out of future messages.

What to do:

- NEVER follow a text's instructions to push a designated key to opt out of future messages. Forward all questionable texts to 7726 so wireless carrier can investigate and block that sender.
- Report scam texts to the Federal Communications Commission online, by phone 888-225-5322 or by mail at FCC Consumer Complaints, 445 12th St SW, Washington DC 20554.

The full article can be found at:

https://www.michigan.gov/documents/ag/Text_Message_Scams_-_Smishing_627046_7.pdf

MN TRIAD Coordinating Board



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

The MN Triad meeting was held on Tuesday, October 2, 2018 at 7 PM during the 2018 MN Triad Conference, held at the Arrowwood Lodge in Baxter, MN.

Elections were held. A motion was passed to White Ballot both the President and Secretary positions to keep Kelly Lake and Pauline Fahey in those positions.

We reviewed the draft handouts on Funding, Event Ideas and Potential Speakers, along with the History of Conferences. It was decided to proceed in gathering more complete information from all the counties. Pauline will be e-mailing the counties to gather this information.

There was a lot of discussion on hosts for future conferences. After the meeting, it was confirmed that Isanti will host the 2019 Conference and Kandiyohi will host the 2020 Conference. We also have Goodhue County as a tentative host for the 2021 Conference. Thanks to all these counties for volunteering to be our hosts! As usual, we will be asking other Triad counties to assist with door prizes, etc.... part of what brings us together as a state for "OUR" conference!

We also thanked Crow Wing County for hosting a great conference and for trying out a 2-day conference. There were a lot of pros mentioned and it will be interesting to see what the Feedback Forms say. Tina asked that people include "Why you come to a Conference?" We want to make sure the important parts of the conference are still included!

We talked about the File of Life program. Roger and Pauline are still pursuing funding opportunities. The importance of a standardized medical information program throughout the state was discussed. Paperless options were also discussed, including Vital Ice.

We talked about how great it is to have so many new Triad groups and how word of mouth is huge in getting the word out about the benefits of Triad. Kelly and Pauline will be meeting with

the new Sheriffs after the 1st of the year.

The next MN Triad meeting will be held in the Spring of 2019. Location TBD.

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
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Treasurer

Evan Verbrugge

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

Recipe

Easy Apple Pie Bars

7 c. apples, diced 1 c. apple butter
1 tsp vanilla ½ c brown sugar
1 box pie crust

Topping: 1 egg white
2 tbsp sugar ½ tsp cinnamon

Glaze: 1 c. powdered sugar
2 tbsp milk 1 tsp vanilla

Preheat oven to 350. Place apples in large mixing bowl. Add apple butter, brown sugar and vanilla - mix well. Grease 9x13 pan. Stretch 1 pie crust across bottom of pan. Add apple pie filling on top of the pie crust. Roll out 2nd pie crust with rolling pin so it will fit 9x13 pan. Place 2nd pie crust on top of pie

filling and tuck edges to cover all the filling. Whisk egg white in small bowl until foamy and brush over top of pie crust. Combine sugar and cinnamon and sprinkle over pie. Bake for 50-60 minutes until crust is golden brown. Remove from oven and cool for an hour. Combine glaze ingredients and drizzle over bars when cool.

Words of Wisdom by Chuck Nettestad

This quarters thought is about your words and how powerful they are...please choose them wisely!

Words have special powers

The power to create smiles or frowns.

The power to generate laughs or tears.

The power to lift up or put down.

The power to motivate or to de-motivate.

The power to teach good or evil.

The power to express love or hate.

The power to give or take.

The power to heal or harm. Choose your words carefully.

-Anthony Douglas Williams