

# Minnesota Triad



4<sup>th</sup> Quarter 2021  
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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](https://www.facebook.com/mntriad)

*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 [triadmn@gmail.com](mailto:triadmn@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?

Name the actor who starred in 142  
films including The Quiet Man, The  
Shootist, The Searchers and  
Stagecoach.

*See the end of the newsletter.*

~

Today, we joined together (on Zoom) for  
this year's Triad Conference (Webinar).

Even though it wasn't in person, it  
brought back good memories (for me) of  
conferences over the years and the good  
friends made. It also reminded me of  
what Triad is all about and its value.

The connection it forms between seniors  
and law enforcement and the information  
shared that keeps our seniors (and  
everyone) safe is invaluable.... priceless.

Thank you for being part of Triad!

## Featured Members

Name: Ray and Mickey Kimmes  
Address: 33452 Hwy 56 Blvd  
Dennison MN 55018  
Age: Ray 80, Mickey 78

### Family:

Ray and Mickey will be married 59 years  
on December 1<sup>st</sup> 2021. We were  
blessed with two children, Ray Jr. and  
Christine. We were then blessed again  
with a grandson and three  
granddaughters, an adopted grandson  
and two step-granddaughters and their  
families, along with three great-  
grandsons.

### Hobbies:

Ray's hobby is his woodshop. Building  
furniture for his family and grandchildren,  
and also making replica trim for  
neighbors remodeling old homes. He  
built black walnut kitchen cabinets for  
our new kitchen 3 years ago. He cut the  
trees, had them rough sawed and then  
he dried the wood for 10 years and  
made beautiful cabinets, as well as  
many pieces within our home. He also  
spends time helping neighbors with their  
concrete projects.

Mickey retired seven years ago as a  
Business Administrator of a local church.  
Just previously from Retiring, I  
purchased an embroidery quilting  
machine. That tells you I enjoy sewing  
and quilting and getting my newly  
remodeled sewing room organized. All  
compliments of Ray.

We both enjoy reading, all kinds of  
music and antiques. Taking short 3-4  
day trips. And when again possible,  
flying to Washington to visit my brother  
and his family.

### Education:

Ray graduated from Cannon Falls High  
School in 1958. He worked in the  
cement business for 36 years. He  
attended a Technical school two  
evenings a week for two years to obtain  
a certificate for bricklaying. He was a  
foreman for several large companies in  
the Metro area, retiring from Northland  
Cement in April 2004.

Mickey graduated from Randolph High  
School, Randolph MN in 1961. She  
worked the first 17 years in the business  
world working on accounts payable  
machines and then attending the  
Minnesota School of Business for  
operating a key-punch machine. Then

technology kicked in and the computer system was born. My next 33 years, I worked for my church and retired as the Business Administrator. I attended Community classes off and on through these years to keep up with the changing updates to Microsoft.

#### Favorites:

Food: We like grilled food, a good steak, and Rays home cooking

Color: Blue for Ray and myself and I also like shades of mauve and fall colors.

Music: Ray likes country music and old-tyme. I like variety of most music.

TV show: Ray – Wrestling and RFDTV. I like HGTV shows, some good movies or sequels on Netflix.

#### How long in TRIAD?

Ray joined the Goodhue County Cannon Falls Triad 17 years ago and is the treasurer for them. I'm a silent member and do the monthly and yearly financial reports. We both attend the yearly State Triad Conference. At the 2019 State Conference, I was nominated for the position of Treasurer.

We both believe it is very good to have Triad in as many counties as possible throughout all the states involved with Triad. Triad information is not only for the senior citizens in the area, but all household members. It makes one aware of the many scams and how AARP is involved with their programs. Other benefits: Knowing your local and county law enforcements. And above all, what is happening and being aware of all going on in your area. And getting to know great people from other Triads.

## It's All About Safety

### 2021 MN Triad Virtual Conference with AARP

We started with a welcome and introductions given by Jay Haapala from AARP (and our host!), Triad Board members and all attendees.

Jay's presentation on Current Trends in Consumer Fraud was great, as always! He talked about how it is a perfect storm for scams (with COVID) these days. The best thing we can do is be educated and support each other. He stated the AARP Call Center takes over 1500 scam reports each week.

The Current Scams that Jay talked about were:

- Vaccines
- Online retail
- I Need Your Help....
- Work from home
- Romance scams (connecting playing games)
- Social Security imposters
- Unemployment
- Travel
- Car warranty
- Cute rowdy puppies.

Reminder to monitor your accounts, check your credit reports and "stay within the banking system."

Next, Dementia Friends (Minnesota) Ann LeBrun & Linda Wenzel shared an informational presentation on dementia.

Linda and Ann explained what dementia is and the types of dementia. They also talked about the 10 early signs and symptoms vs normal aging. Ann and Linda provided many real-life stories that "spoke" to us.

We participated in an exercise where we wrote instructions for explaining a simple task - brushing teeth - to someone with dementia. It was a great example of how many steps there are in even the most simple of tasks and the challenge of explaining that process to someone who has lost the complex, critical thinking part of their brain. Think of all the things we do on a daily basis..and we just take for granted knowing how to do those things. Understand the frustrations that come with not remembering how to do those simple things. The goal would be to keep those with dementia as independent as possible. In showing how to do simple tasks, the more detail, the better.

Question: Would asking questions be helpful? No, better to guide them....

Ann and Linda shared tips for communicating with a person with dementia. It may take them longer to understand and respond. We had a 20 second period of silence, which is what you may have to use with them. Feels like a long amount of time and maybe uncomfortable, but very helpful for the person with dementia.

Linda and Ann also shared some helpful conversation tips. Remember the 20 seconds! Turn your understanding into action and remember that no action is too big or too small.

Questions:

Is there a relationship between dementia and hearing loss? Linda explained how losing those senses can affect us. Caregiver tips include online caregiver support groups, in-person support groups and caregiver respite.

It was a great Webinar and so awesome to see everyone! Thanks to all who were able to attend! And a special thank you to Jay and AARP for once again co-hosting this Zoom event with us!

## Recipe

### Cucumber Salsa

- 2 Small cucumbers, seeded & finely chopped
- ½ c chopped green onion
- ½ chopped fresh cilantro
- ¼ c lime juice
- ¼ c sugar
- ½ tsp salt
- ¼ c chopped roasted peanuts
- 1/8 tsp cayenne pepper

Mix the above ingredients together. Store in an air tight container, in the refrigerator. Serve with Wheat Thin crackers or tortilla chips.

## MN Triad Meetings

Our MN Triad Meetings are on hold for now. However, our Board Members are in contact with each other to discuss MN Triad, as needed.

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.**



*Trivia answer: John Wayne*