

Minnesota Triad



**4th Quarter 2020
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“Seniors, Law Enforcement and
Community Groups working together
for Senior Safety...
throughout the State!”

MN Triad Board Members

President: Kelly Lake
kelly.lake@co.carlton.mn.us

Vice-President: Julie Duehring
jatazie@gmail.com

Secretary: Pauline Fahey
paulinefaheycc@gmail.com
218-536-0899

Treasurer: Mickey Kimmes
kimmeshousehold@gmail.com

Contact Information

Email:
triadmn@gmail.com

Website:
MN Sheriffs' Association

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 from
around 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 paulinefaheycc@gmail.com.

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

MN Triad Conferences

2021 MN Triad Conference
Hosted by Goodhue County

2022 MN Triad Conferences
Hosted by Aitkin, Carlton,
Cass & Itasca Counties

Did You Know?



Stop signs used to be yellow.

Mini Triad Conference Webinar

On Thursday, September 24, 2020 at 10 AM,
we held our first ever MN Triad Mini
Conference Webinar with AARP.

We had 51 people sign up and it turned out
great! We did find out that we had too much
information from our 4 speakers to fit into an
hour. We would appreciate your feedback on
if you'd like fewer speakers or a longer
webinar....and any other comments and/or
suggestions you may have.

We would especially like to thank Jay
Haapala and AARP for making this
webinar possible. We truly could not have
done this without them!

Just a brief summary of the webinar for
those of you who missed it!

Goodhue County Sheriff Marty Kelly
started off the webinar talking about Home
and Personal Safety. Some of the topics
covered under Home Safety were phones,
falls in the home, bathroom safety and
lighting in your home. For personal safety,
Marty talked about staying safe when you
leave your home, in your vehicle, general
personal safety tips and scams. Marty
talked about having a phone that doesn't
confuse you and how you should be
familiar with your phone, so it's easy to use
during stressful times. Very good advice!!
It was an excellent presentation with some
really good information.

“Driving, Aging, Road Safety – Making It
Happen” was presented by Joan Somes.
Joan talked about physical and cognitive
changes that occur as the result of aging
and also shared a screening tool and
resources that can help identify indicators
that unsafe driving may be related to
physical/cognitive changes. One point
made was that you need to have strength
and flexibility of your neck arms and legs
when driving.... hmmm, exercise is good in
so many ways! Excellent presentation!!

Scott Kudelka, Minneopa Area Naturalist
gave a presentation on Minnesota State
Parks. Scott gave an excellent overview of
our Minnesota State Parks with a special
focus on Minneopa State Park. Great
presentation and information!

Jay Haapala with AARP finished up our
Webinar with the AARP Home Fit Guide.
Unfortunately, we were running out of time,
so Jay only got to talk for a few minutes.
However, the information can be found at
www.aarp.org/homefit. A couple topics
that Jay didn't get to cover include the
optimal distance for watching your big,
new TV and how you can do the dishes
sitting down.

If you are interested in seeing the
powerpoints, please contact
triadmn@gmail.com and request a copy of
the Webinar e-mail. There's also an
opportunity for a goody bag, which
includes a copy of “Scam Me If You Can”
by Frank Abagnate.

Featured Members

Will continue next quarter!

It's All About Safety

Safety During COVID Times

In trying to figure out a safety subject for this quarter's newsletter, I was reviewing the subjects for the last 3 years of newsletters and found that while they all have a similar theme (safety!), there is a good variety of subjects. As this newsletter is BY all of us FOR all of us, we like to hear what subjects are important to you. Please e-mail your suggestions for safety subjects, Featured Triad Members, recipes, etc. to triadmn@gmail.com and we will include them in upcoming newsletters.

Do you remember the days of meeting a group of your friends for coffee at the local restaurant, hugging hello and not wearing a mask? How your days were busy with various commitments and meetings, including your local Triad meeting? Trying to decide what to bring for a potluck? Planning for a fundraising event? Looking forward to the MN Triad State Conference?

Yes, this is the time of year we would be finalizing plans for the conference and looking forward to seeing our familiar Triad friends and making new ones! While we can't meet in person this year, we had our first ever MN Triad Mini Conference Webinar on Thursday, September 24. We really appreciate all the work that Jay Haapala from AARP and our MN Triad Board Members put into planning this and hope you enjoyed it. We also would appreciate your feed back, so we know if this is something we should continue into the future!

Back to talking about the "Good Old Days!" Sometimes it sure seems like things will never get back to "normal" and some version of what we are experiencing now may very well be our new "normal." There is no doubt that we are adjusting and that there are good things that have emerged during COVID. We have learned to appreciate time spent at home and with family. We have learned to slow down and figure out what is truly important in life. We have realized how busy we were ... and were we really enjoying everything that was keeping us so busy?

When you see Safety During COVID Times, you probably think of wearing masks, handwashing and social distancing. But what about the times your glasses fog up because you are wearing a mask and you can't see where you're stepping? What about the social isolation that is occurring because no one wants to get or spread COVID? And are you

missing seeing smiles? I am! When I became a Eucharistic Minister, the Priest made a comment that I will always remember – "make eye contact and smile, as you may be the only contact this person has with anyone all week – make it a good one." I think those facial expressions connect all of us – friends, acquaintances and strangers! So smile and let it spread to your eyes....and you can still say "Hi!"

So how do you stay safe during these COVID times? **Take care of you....**

- Still go to your medical appointments (Doctor, Dentist, Eye Doctor)
- Stay in contact with people (Family, Friends, Neighbors) – by phone, by mail, by email, with a mask and 6 feet apart.... Any way you can!
- Stay involved in social activities as much as possible. Outdoor events, with proper social distancing, online. This includes volunteer opportunities, like Triad!!!
- Keep aware of your surroundings always – even when dealing with mask issues like foggy glasses, putting your mask on or taking it off, etc.
- Stay vigilant online. With COVID, many people are spending more time online... and perhaps getting more pop-ups and scam e-mails. Always, always take time to check things out before clicking on anything!
- Continue to check your bank and credit card statements for any unauthorized transaction, especially a small one... scammers may be "testing" your account.
- Exercise your body and your mind. Chair exercises, practice what you learned in Bone Builders or Matter of Balance. Do word finds, crosswords, sudokus, puzzles....whatever challenges you!
- Do at least one thing every day that's just for you... something that makes you happy!
- Check on your family, friends and neighbors, especially those that are elderly and/or live alone. That 5 minute phone call may brighten both your days...and may save a life!

Remember to appreciate the boring, day-to-day "status quo" as well as what each new day brings. There is always something to appreciate in every day. Sometimes we have to look harder for what it is, but we can always find something, even if it's that we made it through another day!

Recipe

Eggs Benedict Tray Bake

8 large eggs
3 green onions, chpd
1 tsp salt
2 c canadian bacon or ham, diced
6 english muffins, diced
1 packet hollandaise sauce

2 c milk
1 tsp onion pwdr
½ tsp paprika

Spray 9x13 baking dish with cooking spray. Whisk eggs, milk, onions, onion powder and salt together in a large bowl. Layer half the bacon (or ham) in the prepared baking dish. Spread english muffins over bacon and top with remaining bacon. Pour egg mixture over casserole. Cover baking dish with plastic wrap and refrigerate overnight. Preheat oven to 375 degrees. Sprinkle casserole with paprika and cover with aluminum foil. Bake until eggs are nearly set, about 30 minutes; remove foil. Continue baking until eggs are completely set, about 15 more minutes. Making hollandaise sauce according to directions and drizzle over hot casserole to serve.

Submitted

MN Triad Meetings

Our MN Triad Meetings are on hold for now. However, we encourage you to contact any of our Board Members or send a message by e-mail to triadmn@gmail.com, if you have any questions, items that should be addressed or anything you'd like to share with Triad throughout the state.

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

National Triad

Have you ever wondered what states have Triad? Well, here they are:

Alabama	Arizona	Arkansas
Colorado	Connecticut	Delaware
Dist of Columbia	Florida	Georgia
Idaho	Illinois	Indiana
Iowa	Kentucky	Louisiana
Maine	Maryland	Michigan
Massachusetts	Minnesota	Nevada
Mississippi	Nebraska	N.Dakota
New Jersey	New York	Ohio
N. Carolina	Oklahoma	S. Dakota
Pennsylvania	Tennessee	Texas
Virginia	Wisconsin	

The ones in bold have a Statewide Triad.

Check these out if you have a chance. Always fun to see what other Triad programs are like...and what they are doing. May get some ideas for your Triad program!