

Minnesota Triad



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“Seniors, Law Enforcement and
Community Groups working together
for Senior Safety...
throughout the State!”

MN Triad Board Members

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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.*



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!*

*****Email has changed!!**

Upcoming Events

MN Triad Meeting

Thursday, May 11, 2023
10 AM

Carlton County Sheriff's Office
317 Walnut Ave
Carlton MN

If you are interested in
learning more about TRIAD
and how to start a program,
this is a perfect opportunity
for you to meet and talk with
those with lots of
TRIAD Experience!

We will also be making plans
for our 2023 In-Person
Conference!

We hope you can join us!!

2023 MN Triad Conference

Thursday, September 14, 2023
Black Bear Casino & Conference Center
1785 Highway 210, Carlton MN

****Note: Details to follow
There is a block of rooms for both
September 13th and 14th**

Watch For Details!!

Did You Know?

**Avocados are a fruit, not a
vegetable.**

**People are more creative
in the shower.**

Featured Member

**Would you be our
Featured Member?**

**Do you know of someone
(Senior, Law Enforcement
or Senior Provider)
who could be our
Featured Member?**

Email mntriad@outlook.com
for the questions!
(or call 218-536-0899 to be interviewed)

It's All About Safety

SCAM ALERT!

*(Thank you Bemidji PD
for the original Facebook post)*

SCAM ALERT!!

There has been a recent uptick in Social
Media scam posts in our area. Many of
them have heart-wrenching stories of
lost or abandoned children, injured or
found animals, and we have even
observed posts about catalytic converter
thefts.

Once shared, these posts/scammers
have now enlisted you in doing their
bidding, by spreading the message all
over Facebook. The scam post later gets
edited to include phishing links or bogus
schemes designed to scam more
victims.

Please do some research before sharing
any post. If the person posting has an
account that was just recently created,
has no friends or followers, posts only
about a city, but no specific location, or
turns off comments it is mostly likely
always a scam.

Please get official information from your
Bemidji Police Department and Beltrami
County Sheriff's Office department

Facebook pages! Know that if the public's assistance is needed, we will reach out with our own official statement or post.



The above Facebook post is such a good reminder to be aware of the tricks that scammers use.

Scammers use fun ways - nametests, quizzes, by asking you a question which you just answer in the comments, so what could it hurt? A lot.... for one, you may have just given them a clue to your passwords or your personal information. One question I just saw asked what your birthday month is known for.... which gives them your birth month. Maybe a couple months later, there may be a question asking about your golden birthday. Then a couple months later, there may be a question about happenings the year you were born. Scammers have all the time in the world to gather and organize information they get from Facebook users (just one possible site) and it only takes one victim to make their time worthwhile.

They also use ways that touch your heart - hurt or missing children or pets, someone who is hospitalized or terminally ill, milestone events for people who are alone. And, as you read above, they later manipulate the posts you share.

Next time you are tempted to respond on social media, try another option - check directly with involved agency or person (if you know them) to see if it's true, reach out to someone in person (just to say hi, to check on them or to have a long overdue conversation with a friend), say a silent prayer (the focus of which is totally up to you), or maybe by writing an old-fashioned letter or sending a card to a friend or maybe local nursing home residents. They would love to hear from you!

While social media may be a good way to stay connected with friends, it is good to remember that there are always people who aren't your friends (ie. scammers) watching what you're posting, sharing and/or commenting on. **And a good reminder to check your settings to see who you are sharing information with. I ended up having some "friends" that I had never heard of while friends I wanted to share with were missing. The internet does some strange things....

As always, stay aware and stay safe!

Recipe

Lemon Meringue Pie

1 baked 9" pie crust ½ c sugar
1 sm box lemon pie filling ¼ c water
1 tbsp real lemon 3 egg yolks

Put all ingredients in medium pan. Cook on medium heat, stirring constantly until a full boil. Stir a few times and set aside to cool 5 minutes. Pour into 9" baked pie crust when mixture is cooled. Set aside and make meringue.

Meringue Recipe:

In mixing bowl, beat until stiff:
3 egg whites ¼ tsp cream of tartar

Then add in 1/3 c sugar.

Spread meringue over pie and bake at 350 degrees for 10-15 minutes or until lightly golden color.

Thanks, Mickey!!

MN TRIAD Meetings

Our next MN TRIAD Meeting will be on Thursday, May 11th at 10:00 AM at the Carlton County Sheriff's Office, 317 Walnut Ave, Carlton MN.

Did you read that we will be having our (first in a few years) In-Person MN TRIAD Conference this fall – HOORAY!! It's been awhile and, judging by the response we've had to this news, people are very ready for it!

One of the main purposes of this meeting is to make plans for this fall's conference. We have some preliminary ideas, but are looking to finalize some plans at this meeting. The MN TRIAD Board Members (and helpers) will be organizing this event and we will be asking for assistance of our MN TRIAD groups, including donations of door prizes and bag items. Special thanks to MN TRIAD President Sheriff Kelly Lake for holding this event in her county!

We do need a host for the 2024 MN TRIAD Conference! If you may have an interest in hosting this event, please contact one of the

MN TRIAD Board members. As you may know from previous years, there is funding available from AARP for hosting the conference, MN TRIAD is able to provide assistance (as requested) and all TRIAD programs are good about assisting with door prizes, bag items, etc.

A TRIAD Survey form is being sent out by the MN Sheriffs' Association to all Sheriffs and the survey results will be combined and shared at this meeting.

We would also encourage anyone interested in starting a TRIAD program to attend this meeting!

We hope you are able to attend this meeting! **Please confirm to mntriad@outlook.com.** We look forward to seeing you soon!!

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.



Latest Scams to be Aware of in 2023

From Experian.com

1. Student Loan Forgiveness
2. Phone Scams
3. Zelle Scams
4. Cryptocurrency Scams
5. Romance Scams
6. Online Purchase Scams
7. Employment Scams

Tips to Avoid Scams

1. Be skeptical when someone contacts you.
2. Enable multifactor authentication
3. Research companies.
4. Be careful with your phone.
5. Don't refund or forward overpayments.
6. Look for suspicious payment requirements.

And above all....

Stay Aware, Stay Safe!