

# Minnesota Triad



2<sup>nd</sup> Quarter 2020  
Volume 59, Issue 1

“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](mailto:kelly.lake@co.carlton.mn.us)

Vice-President: Julie Duehring  
[jatazie@gmail.com](mailto:jatazie@gmail.com)

Secretary: Pauline Fahey  
[paulinefaheycc@gmail.com](mailto:paulinefaheycc@gmail.com)  
218-536-0899

Treasurer: Mickey Kimmes  
[kimmeshousehold@gmail.com](mailto:kimmeshousehold@gmail.com)

## Contact Information

Email:  
[triadm@gmail.com](mailto:triadm@gmail.com)

Website:  
MN Sheriffs' Association

Click on “Sheriff’s in the Community”  
and then on Triad.

Facebook  
[www.facebook.com/mntriad](http://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  
throughout the state in our  
Featured Members column. We also  
like so share recipes from Triad  
members throughout the state.

Any information you would like to share  
can be sent to  
[paulinefaheycc@gmail.com](mailto:paulinefaheycc@gmail.com).

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

## MN Triad Conferences

### 2020 MN Triad Conference

October 6-7, 2020

Willmar MN

Hosted by: Kandiyohi County

*The conference will be held at the  
Willmar Conference Center and the Best  
Western Plus has a block of rooms  
reserved for us at a reduced rate.*

*A number of speakers and vendors have  
been confirmed for the conference. We  
look forward to seeing everyone in  
Willmar in October!*

### 2021 MN Triad Conference

Hosted by Goodhue County

### 2022 MN Triad Conferences

Hosted by Aitkin, Carlton,  
Cass & Itasca Counties

## Did You Know?

George Bernard Shaw was working on  
his last play, Why She Would Not, when  
he was 94.

Grandma Moses received her last  
commission as an artist at 99.

## Featured Members

### Deb Friedrichs Kandiyohi County TRIAD

**Name:** Deb Friedrichs

**Address:** Spicer, MN

**Age:** 63

**Family:** We have 2 sons married to  
our 2 daughters-in-law, 2 grandsons,  
and 3 great-grandchildren. Norm is our  
rescue Shih Tzu who brings laughter  
and companionship to each  
day—and keeps me walking daily  
even when I don’t want to.

**Hobbies:** Reading, biking, flower  
arranging, crafting

**Education:** Associate Science degree  
in Human Services

**History:** I grew up in rural western MN  
and moved to the Spicer area 40 years  
ago. I have always been involved in  
my community (Women of Today and  
cub scout leader) and my church.

I have spent my work career working  
with individuals with intellectual and  
physical disabilities and with the  
elderly, both in an assisted living  
setting and now as program director  
for the Atwater Area Help for Seniors  
program.

**Favorites:**

**Food:** pizza

**Color:** purple

**Music:** classic rock and roll

**TV show:** Criminal Minds

**Movie:** I Can Only Imagine

**How long in TRIAD:** 2 ½ years

**Why involved in TRIAD:** It is very  
concerning to have so many scams  
taking place all around us; I  
experience these both personally and  
professionally. TRIAD is a great way to  
spread the word, to get information out  
to people, to give us all ability to  
improve the safety of our communities.  
We need to work together to get  
positive things done!

### How did you get involved with

**TRIAD?** I saw a notice in the local  
newspaper that the group was  
starting in Willmar so I went to the first  
meeting and was very impressed with  
the information and with the focus on  
working together with law enforcement  
and the community to educate  
and improve safety for all of us.

**Favorite project / part of TRIAD:** the educational sessions—we have had a great variety of speakers on different safety topics—I have learned a lot at each one.

**Information about your TRIAD program/projects:** I am on the Advisory Board for our local TRIAD; we are holding quarterly community meetings in Willmar and we are hosting the State Conference in October of 2020.

**Thoughts on State Conferences and newsletter:** I have not been able to attend a State Conference but have heard great comments from people who have attended. I am very excited to be part of planning for our 2020 State Conference coming up in Willmar in October. The newsletter is filled with good information and I enjoy reading through it.

Just want to add—Great work by all the members of TRIAD! It is a privilege to part of this organization and I hope we can continue to increase the number of people involved across the state.

## It's All About Safety

### Not-As-Well-Known SCAMS

In searching for a subject for this quarter's newsletter, I went to [www.aarp.org](http://www.aarp.org), a trusted resource... and Triad partner! I then went searching under Scams & Fraud and there's a lot of them. I would like to share some Not-As-Well-Known scams that I found information on. The information here is brief; however, the AARP website has the detailed info. Check it out!!

Some Not-As-Well-Known Scams:

- Celebrity Imposter Scams – Is a celebrity really going to be sending you a personal message?
- Greeting Card Scams – electronic greeting cards can make your day. However, if it's signed by "a friend" instead of

a real name, beware!!

●Online Pharmacy Scams – The National Association of Boards of Pharmacy (NABP) estimates that 95% of online pharmacies do not comply with U.S. pharmacy laws or professional standards. Be careful!

●Pet Scams – A 2017 Better Business Bureau (BBB) study estimated that at least 80% of sponsored search links for pet sales may be fraudulent, advertising animals the supposed sellers don't own.

●Spear-Phishing – An e-mail that appears to be from a supervisor or colleague at work makes an unusual urgent request for money or financial information. Our MN Triad Board experienced this scam when an e-mail was received by all the other Board members from one Board member saying they were in a meeting and needing gift cards purchased immediately! Easily confirmed by checking the e-mail address, but looked legitimate at first glance!

●Pension Poaching – A financial scam targeting veterans, perpetrated by shady advisers who promise to help former service members grow their retirement funds or obtain extra benefits from the Department of Veterans Affairs (VA).

There were almost 60 scams and fraud listed under the Fraud Resource Center page of AARP. And while many have similarities, it's amazing and sad the lengths that scammers will go to. Nothing is sacred. Not funerals, not veterans, not taxes, not disasters, not pets or titles to your house. Scammers will use anything....anything....to get information and money from you. Always take the time to check it out.... nothing is that urgent!

*Some info taken from [www.aarp.org](http://www.aarp.org)*

## MN Triad Website

Check out our updated MN Triad website, which is located under Sheriffs in the Community, on the MN Sheriffs' Association website. We are always looking for your ideas on making it better!

## Recipe

### Quick Taco Bake

1 lb. Hamburger	½ c. ch. Onion
1 env. Taco Seas Mix	1-15 oz. t. sauce
1 can corn, drained	2 c. sh ched chs
2 c. Bisquick	1 c. milk
2 eggs	

Brown hamburger and onion – drain. Stir in seasoning mix (dry), tomato sauce and corn. Put in 9x13 pan. Sprinkle with shredded cheddar cheese. Mix Bisquick, milk and eggs and pour over beef mixture. Bake at 350 for 35 minutes or until golden brown. Serve with sour cream, chopped tomato and shredded lettuce, if desired.

Pauline Fahey

## Cookbook

We are just starting plans for our 3<sup>rd</sup> MN Triad Cookbook to have available at the 2021 MN Triad Conference. We are looking for someone to take the lead on this project. The lead person would organize collecting recipes, selling ads and putting together the book. We are up to almost 40 counties involved with Triad now and this is a great way to share information about these Triad programs throughout the state!

We will talk about this more at our MN Triad meeting.

Recipes are already being collected and, if you haven't turned yours in yet, you can send them to [paulinefaheycc@gmail.com](mailto:paulinefaheycc@gmail.com).

## MN Triad Meetings

Our next MN Triad Meeting will be held on Thursday, June 11, 2020 at 11 AM at the Kandiyohi County Law Enforcement Center, 2201 NE 3<sup>rd</sup> Street, Willmar.

Thank you to Kandiyohi County for hosting this meeting and the conference. We can't wait to hear what's planned!! Hope you can join us!

The minutes from our meetings are available on the MN Triad website. Meetings are held twice a year – at the fall conference and each spring.

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