

# Minnesota Triad



**4<sup>th</sup> Quarter 2019  
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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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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**

### **Thanks to Isanti County for hosting a great 2019 Conference!**

The Conference Review will be  
e-mailed out and will be available on  
the website.

### **2020 MN Triad Conference**

October 6-7, 2010

Willmar MN

Hosted by: Kandiyohi County

### **2021 MN Triad Conference**

Hosted by Goodhue County

### **2022 MN Triad Conferences**

Hosted by Aitkin, Carlton,  
Cass & Itasca Counties

## **Did You Know?**

Fire kills more Americans each  
year than all natural disasters  
combined.

And they are totally preventable!  
Check those smoke detectors!

## **Featured Members**



### **Maynard & Betty Nelson Cass County**

Name: Maynard (89) and Betty (89)  
Nelson. Maynard is a month and 3  
days older than Betty.

Address: Backus MN

Family: Married for 70 years in August  
2019! Three kids – Craig, Lynn and  
Miles. Three granddaughters and 5  
great-grandkids.

Hobbies: Staying alive and upright!  
Used to be fishing and outdoor  
activities, hunting.

Education: High School Education...  
and a lot of life experience!

History: Betty and Maynard met when  
working at a movie theater – Maynard  
was an usher and Betty was a popcorn  
and candy girl. Maynard then got a  
job at a Car Dealer and then he went  
to work at Midway National Bank in St  
Paul. Maynard was in the National  
Guard for 4 years at Camp Ripley and  
Army. They moved to Alabama where  
Maynard was stationed before going to  
Korea. Came home well and alive and  
ready to go to work again. They  
moved to Wisconsin, where Maynard  
repaired tractors. He then finished 35  
years in banking at Western State  
Bank in St Paul.

After the movie theater, Betty worked  
in a Dime Store, making donuts and  
working at the hot dog counter and in  
the restaurant where all the Street  
Cops came in, so she knew all of the  
downtown cops. Betty then worked for  
the Waldorf Paper Company in the

payroll department. In the early 1960s, they started coming up to Cass County with family – fishing and camping - and decided they wanted to be up in this area. In 1968, they bought land in Cass County on a lake. They then bought where they are now with some acreage. They opened a video rental store in 1985 and sold it in 1996.

#### Favorites:

Foods – Meat (Maynard) and Fish (Betty)

Color – Red (Maynard – or as Shirley says, “Pink”) and Blue (Betty)

Music – Old Tyme

TV Show – NCIS (both) and This Old House (Betty)

Movie – Over the Rainbow w/ Judy Garland (both)

Color Matrix Color: Orange. Maynard and Betty were the only 2 orange in the Color Matrix event at Polk County. They are the “skydivers!” (Pauline's comment); “I don't like heights” (Betty's comment).

Triad: They joined Triad in early 2000s because they had been reading articles out of New York on seniors and safety issues. They stayed in Triad because they got smarter about a lot of things and really enjoy it!

Favorite part of Triad: Enjoy the camaraderie, which is a little harder with a bigger group. Cass County keeps us informed on what's happening in our area and are always willing to talk with us!

State Conferences: Really enjoyed the State Conferences with everything that was learned at them and the people! And our group looked out for each other! Enjoy the newsletters!

## It's All About Safety

### Intimidation Scams

*Aggressive and threatening phone calls by criminals are very scary for victims. I received a phone call from a friend who was panicked because of a phone call she received stating she was going to be arrested (or worse) for drug trafficking. The caller was vile and threatening and she truly thought her life was in danger.*

Some criminals use aggressive intimidation and scare tactics to

perpetrate scams. These criminals will say almost anything to try to intimidate people – including threatening arrest, lawsuits, imprisonment and physical harm. While these scams take several different forms, the goal is the same – to pressure people into providing money or personal and financial information.

Some examples include Tax Scams, Jury Duty Scams, Phony Debt Collection Scams, Utility Shut-off Scams and Imposter Scams.

Advice for Avoiding Intimidation Scams:

- Don't be intimidated into paying money you don't owe or disclosing your personal or financial information in the face of scare tactics.
- Don't be afraid to hang up if something doesn't seem right.
- Don't be rushed. The scam artists who perpetrate intimidation scams try to create a false sense of urgency to get people to act before they have time to think the situation through.
- When a caller claims to represent a specific company or agency, ask for his or her name and employee number. Then call the company or agency back using an independent and trusted source (not the numbers the scammer gives you).
- Don't send money via hard-to-track methods, such as wire transfer, overnight delivery, or reloadable cards, unless you are absolutely certain that you are sending money to a real friend or family member. Money sent by these hard-to-track methods is almost never recoverable.
- Information about people is commonly available online and elsewhere. Scam artists often use this information to legitimize their claims.

*One easy option is to not answer any phone numbers you don't recognize. Although, we realize this is not always an option.*

*Things to remember:*

- *Stay calm – know they are not really coming after you and are likely in a different country.*

- *Do not give out any information.*
- *Check it out... you can always call them back (at a number you find for them).*
- *Hanging up may be the best option!*

*These phone calls can be reported to Law Enforcement, the Attorney General's Office, the Federal Trade Commission and/or the Federal Bureau of Investigation.*

*Some info taken from MN Atty General*

## Recipe

### Slow Cooker Kielbasa with Sauerkraut and Apple

1 lb sauerkraut	1 lb kielbasa
3-4 apples, sliced	½ c brown sugar
¾ tsp salt	1/8 tsp pepper
¾ c apple juice	

Rinse sauerkraut and squeeze it dry to remove the brine. Place half the sauerkraut in the slow cooker. Cut the sausage into 2” lengths. Place the sausage pieces in the slow cooker. Continue to layer the ingredients in the slow cooker in this order: the sliced apples, brown sugar, salt and pepper. Top with remaining sauerkraut. Pour the apple juice over all. Cover and cook on low for 6-8 hours or until apples are tender. Stir before serving.

*Take from the Spruce Eats*

## MN Triad Meetings

A MN Triad Meeting was held during the 2019 Conference. Thanks to all who attended!

We would like to congratulate our new Triad Board members – Vice-President Julie Duering and Treasurer Mickey Kimmes! We would also like to thank VP John Nicholson and Treasurer Evan Verbrugge for their years of service on the Board!

The minutes from this meeting will be 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!**