

Minnesota Triad



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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:
mntriad@hotmail.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
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
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!