

1st Quarter 2019
Volume 54, Issue 1

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Pauline Fahey, Secretary
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Website:
MN Sheriffs' Association

Click on "Sheriffs in the Community"
and then on TRIAD. The TRIAD
pages will then open up.

TRIAD Pictures:
www.facebook.com/mntriad

All the pictures from the conference
are on our Facebook page. Be sure
to check us out and like us!!



Minnesota Triad



Triad Members...

Welcome to Volume 54, Issue 1 of the
MN Triad Newsletter.

Forward any ideas, concerns, current
fraud schemes, etc. to
mntriad@hotmail.com and we can
send out a "hot flash" or use it in the
next newsletter.

We like to hear what you are doing in
your Triad programs, including
pictures! Our Featured Member
column gives us an opportunity to
"meet" our Triad members and groups
from throughout the state. We like to
share recipes from throughout the
state, also. If you have any of these
items you would like to share in the
newsletter, please forward them to
paulinefaheycc@gmail.com.

*This newsletter is by Triad members
for Triad members and anyone
interested in senior safety issues.
Thank you for making this newsletter
the best that it can be!!*

Website of the Month

<https://ncea.acl.gov>

National Center on Elder Abuse

The latest NATI Newswire had
several articles on Elder Abuse.
See our Crime Prevention section
for a summary of those articles
and what you can do to
protect your loved ones!

Thought of the Month:

Keep up the Good Fight!

Extra. . . .

2019 MN Triad Conference

September 23-25, 2019
Kelly Inn
St Cloud, MN

Hosted by
Isanti County Triad



Isanti County Triad will be hosting
the 2019 MN Triad Conference
on September 23-25, 2019
at the Kelly Inn at St Cloud, MN.

Watch for more details!!

and....

2020 MN Triad Conference
October 6-7, 2020
Willmar, MN

Hosted by
Kandiyohi County Triad

Featured Member

Carol Ann Smith
Isanti County

Carol Ann Smith
3049 – 357th Avenue NW Cambridge,
MN 55008
62
Single, wonderful auntie!! Kitty named
Bootsy

Crime Prevention

Elder Abuse

As stated above, the latest NATI Newswire had several articles on Elder Abuse. This hit close to home for me, as my mom now lives in a Care Center. And while Elder Abuse can occur anywhere, I think there are more concerns when that loved one is dependent on others for their daily care.

One of the articles, "Seniors in nursing homes are often afraid to report elder abuse," states that incidents of elder abuse in nursing homes often go unreported and seniors who do report them typically fear retaliation. It also states that about 60% of residents in long-term care centers have no relative or loved one checking on them. At the 2018 Triad Conference, one of the speakers referred to the staff shortages and low pay in care centers. This is a sad fact, considering the important job they have in caring for your loved ones.

The article, "Red flags that can signal elder fraud," talks about financial exploitation by a family member. It also lists red flags that family members and friends should watch for, including Isolation of seniors. Especially if "new friends" start showing up.

In "Vital signs of elder abuse are easy to miss, expert says," talks about some signs of elder abuse:

- Slight behavior and habitual changes including:
 - Social withdrawal]
 - Depressed mood
 - Trouble sleeping
 - Wearing the same clothes day after day

The article also states that most of the time, older adults don't even know they're being abused, as with time, they lose their judgment. It can take a toll on them and be hard for the adult to recognize what's happening. Even when they know they're being abused, they often don't come forward

Hobbies: reading, eating out with friends, going to concerts and plays, volunteering

Education: Graduated from Cambridge High School in 1974. Bachelor's degree in Nursing from the College of St. Scholastica in Duluth MN 1978, completed 65% of masters, have a national certification in Neuroscience nursing (CNRN)

Born in South Dakota, moved to Cambridge MN at age 5. Raised on a farm NW of town. Wonderful parents Marvin G. and Lucille M. Smith. One older sister, Linda. Lots of pets. Thoroughly enjoyed high school, lots of good memories. After college began nursing career at Hennepin County Medical Center in Minneapolis, MN. Focus on neurotrauma nursing, specifically traumatic brain injury. Had many positions at HCMC including staff nurse, clinical educator, clinical coordinator for Neurosurgery and the last 11 years was the Program Coordinator of the Traumatic Brain Injury Center. Retired in July 2017. Also served on many committees, worked with the MN Brain Injury Alliance and served on the MN DHS Traumatic Brain Injury Advisory Committee. Spoke professionally on neuroscience nursing. Gave over 100 presentations locally, regionally and nationally. LOVED my career! Love being an aunt to 2 nephews and 1 niece. Now enjoy a great-niece and a great-nephew. Have many friends and am very active. Favorite foods are American and Italian. Favorite color probably pink. Love county western music. Go to many concerts. Enjoy Broadway musicals. Like mysteries on TV, still watch Perry Mason! Hawaii 5-0. Also like "The Voice" singing competition and sports is always on! Love the Twins, Gophers and Vikings. Favorite movies: Rear Window, Pearl Harbor, The Fugitive, Sound of Music

I have been involved with the Isanti County Triad group since April 2018. They started in February, but by the time I read about the group I was already booked with plans. I have only missed one meeting since April and that was because I was volunteering with another organization.

I am involved with Triad because I like the mission. We learn about community resources that keep us active and independent in our own homes. We

learn about how not to be a victim of crime. Lots on information on fraud and scams. I pass on what I learn to neighbors and other community organizations. It is also nice to meet people. I lived away from Cambridge from 1974 to 2011. From 2011 to 2017 I was commuting to downtown Minneapolis, so I really have only had a chance to meet people since July of last year. I see myself as a very young senior citizen, so I have the time and energy to attend meetings and help with projects. I also feel I have skills and talents to offer Triad.

I first heard about Triad in January 2018 when there was an article in the Isanti County News about this new organization starting up with the Isanti County Sheriff's Department. I thought it sounded really interesting, especially the part about fraud and scam prevention.

My favorite part of Triad is attending the monthly meetings to learn something new and meet new people.

The Isanti County Triad program is very well run by Chief Deputy Lisa Lovering. Communication is excellent. There are speakers each month. We have learned about fraud and scam prevention, fire safety in our homes, the local food shelf, the local "Aging Services" program, elder and disability law. We also had a summer picnic to get to know each other and will have a December Holiday Pot Luck. Our first big project was assembling and distributing the MN Triad "File of Life". This project debuted at the Isanti County Fair on Senior Citizen day and we continue to distribute the packets of information. Chief Deputy Lovering notified all community ambulance, rescue squads and first responders of the program and it has already been used. In November, our second project of "Emergency Go Packs" were distributed to Triad members. We keep them in our homes or cars in case of emergency.

I attended my first state Triad conference in October 2018 in Baxter, MN. It was very organized and I enjoyed it. People were very welcoming Favorite topics were: Demographics and trends on the "Senior Tsunami", what is an Ombudsman, Wills and Trusts, and the active shooter presentation. Isanti County is looking forward to hosting the 2019 state Triad conference.

because they're either afraid or are dependent on the abuser.

It goes on to say that the best way to recognize these signs is to be persistent in being present. And also to be intentional in your involvement in their care. Don't accept "please don't come over today."

If you suspect abuse, there are several options. If someone is in immediate danger, call your local law enforcement. Adult Protective Services (Social Services) also look into reported suspicions about abuse or neglect. As we also learned from our last Triad Conference, the Long-Term Care Ombudsman is a social services program that receives and looks into reports of suspected abuse or neglect of someone living in long-term care (like a nursing home or assisted living facility).

Summarized from NATI Newswire and NCEA
by Pauline Fahey

Tip of the Month

Home Safety Tips For Seniors

Due to the growing popularity of in-home care for seniors, it's important to make sure you and your loved ones are aware of the potential dangers present in the home for seniors living alone and prepare accordingly. You can help prevent falls and accidents by making changes to unsafe areas in the home with these tips.

General Home Safety:

The following home safety tips can help keep you and your loved ones safe:

- Consider a medical alert or a buddy system.
- Keep a fire extinguishers and smoke detector on every floor.
- Never smoke when alone or in bed.
- Always get up slowly after sitting or lying down. Take your time and make sure you have your balance.
- Wear proper fitting shoes with low heels.

- Use a correctly measured walking aid.
- Remove or tack down all scatter rugs.
- Remove electrical or telephone cords from traffic areas.
- Avoid using slippery wax on floors.
- Wipe up spills promptly.
- Avoid standing on ladders or chairs.
- Have sturdy rails for all stairs inside and outside the house.
- Use only non-glare 100 watt or greater bulbs
- Make sure all staircases have good lighting with switches at top and bottom.
- Make sure all staircase steps have a non-slip surface.

Bathroom Safety:

- Leave a light on in the bathroom at night.
- Use recommended bath aids, securely installed on the walls in the bath/shower and on sides of toilet.
- Make sure bathtub has non-slip bottom.
- Keep water at less than 120 degrees F.
- Mark hot and cold faucets clearly.
- Use door locks that can be opened from both sides.
- If possible, bathe only when help is available.

Kitchen Safety:

- Keep floors clean and uncluttered.
- Illuminate work areas.
- Mark on and off positions on appliances clearly with bright colors.
- Store sharp knives in a rack.
- Use a kettle with an automatic shut off.
- Store heavier objects at waist level.
- Store hazardous items separate from food.
- Avoid wearing long, loose clothing when cooking over the stove.
- Make sure food is rotated and check expiration dates.

Drug Safety:

- Review your medications frequently with your doctor or pharmacist and when you take new medication.
- Make sure medicines are clearly labeled.
- Read medical labels in good light to ensure you have the right medicine and always take the correct dose.
- Dispose of any old or used medicines.
- Never borrow prescription drugs from others.
- Check with your doctor or pharmacist before you mix alcohol and your drugs.
- Have medication dispensed in a bubble pack or convenient dispenser.
- Check with your doctor or pharmacist before mixing non-prescription drugs and prescription drugs.

From A Place for Mom website

MN TRIAD Coordinating Board



MN TRIAD Officers (L-R) Treasurer Evan Verbrugge, V-President John Nicholson, Secretary Pauline Fahey, President Kelly Lake.

The next MN Triad meeting will be held in the spring, date and location to be determined.

We would like to take this opportunity to thank the counties that have hosted conferences in the past and especially those that are scheduled to host our conferences the next couple years. These two counties are two of our newer Triad counties and we are excited to get to know them better! Isanti County will be hosting the 2019 Conference in St Cloud on September 23-25, 2019. Kandiyohi County will be hosting the 2020 Conference in Willmar on October 6-7, 2020.

Sheriff Kelly Lake and Pauline Fahey will be providing a Triad session to the

new Sheriffs and Chief Deputies after the first of the year. This is a great opportunity to introduce why Triad is so valuable to the seniors in our communities and the unique connection it provides between law enforcement and seniors and our community groups.

Pauline Fahey, Julie Duehring and crew from Brown County joined Goodhue County – Cannon Falls Triad members at their November meeting to share information from the 2018 MN Triad Conference. It was a great time of learning and fun!



MN Triad meetings are open to any law enforcement, senior providers, community groups and senior citizens interested in increasing senior safety in our communities. **All are welcome and encouraged to attend!!**

If you have any ideas that you would like to share with the Coordinating Board, please contact one of the officers:



President
Kelly Lake
Carlton County Sheriff
kelly.lake@co.carlton.mn.us



Vice-President
John Nicholson
Brown Co – Springfield Chief
police@newulmtel.net



Secretary
Pauline Fahey
Cass County SO - Admin
pauline.fahey@co.cass.mn.us



Treasurer
Evan Verbrugge
Rock County Sheriff
evan.verbrugge@co.rock.mn.us

Recipe

Recipe for a New Year

Take 365 days, trim off all the old memories of hate and discord. Soak and wash thoroughly in plenty of love and courage. Cut these days into 12 parts, cooking only one day at a time. Be sure the fire is hot with enthusiasm and your kettle is bright with hope.

Season each kettleful with some kindness for others and add patience, for small trials that come up every day.

Add a little earnestness and willingness. Serve with smiles, praise and plenty of heartwarming joy, with your chin up.

Author unknown.

Taken from oldrecipebook.com

Words of Wisdom

by Chuck Nettetstad

MN Triad has been an organization where we have all made good friends all over our great state...that is why this little poem about friendship is timely. I have appreciated getting to know so many good people through my association with Triad.

A Box of Friendship

To make a box of friendship:
To ensure that it is strong,
First a layer of respect
On the bottom does belong.

Then to the sides attach,
In the corners where they meet,
Several anchors full of trust
And devoid of all deceit.

The depth of friendship can
be measured
By the sides of four,

So make them all a larger cut
And the box will hold much more.

Now fill it up with courtesy,
Honor and esteem,
Understanding, sympathy,
And passion for a dream.

Add to that your honesty,
Emotions, joy and love,
And since they're so important,
Place them up above.

But leave the box wide open
So all can see inside -
To learn what makes a
friendship work
From the box you built with
pride!