

Minnesota Triad



**3rd Quarter 2021
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“Seniors, Law Enforcement and
Community Groups working together
for Senior Safety...
throughout the State!”

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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 triadmn@gmail.com.

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

MN Triad Conferences

2021 MN Triad Virtual Conference
with AARP
Thursday, September 16th @ 10 AM

2022 MN Triad Conference
Who would like to host? Or Virtual?

2023 MN Triad Conference
Hosted by Goodhue County

Did You Know?

What famous singer just passed away
at the age of 78?

What famous “wet” song did he sing?
How many of his songs can you name?

See the end of the newsletter.

~

Your input needed:

* Be a Featured Member! (contact
triadmn@gmail.com for questions)

* Topic ideas for the 2021 Webinar

* Host for the 2022 MN Triad Conference
(online or in person)

Featured Members

Triad Members or Learning About
People in Law Enforcement Positions
....hmmm...

It's All About Safety

Citizen Survival Awareness

By Kevin Stoffel

Many of you may remember this break-out
session from the 2014 MN Triad Conference
held at Cragun’s in Brainerd, hosted by
Aitkin, Cass and Itasca Counties. Lots of
good tips and a perfect time to share as the
weather is nicer and we’re spending more
time outside. As always, stay aware and stay
safe!

Survival Awareness (Assailant actions):

- Will establish a casual looking surveillance point.
- Will begin following you to ascertain if you would be an easy target.
- Will follow you by matching your walking speed.
- Before making contact, will look around for witnesses.
- Will look for a low visibility area to avoid unexpected witnesses.
- Immediately before the attack, will quickly enter your personal safe zone.

Developing a Prevention Mindset:

- Do not enter environments that are obviously unsafe.
- Constantly be alert for anyone who is paying a lot of attention to you or following you.
- Stay in crowds or areas that have high activity.
- Always be aware of your points of escapes and examine your clothing for escape or defense possibilities.
- Maintain a “Personal Safe Zone.”
- Have a response (verbal or physical) ready if your Personal Safe Zone is breached.
- Know your physical capabilities and limitations.
- Stand tall, look confident and project a “Don’t Mess With Me” attitude.
- Be willing to be verbally confrontational and challenging.

Home Security:

- Maintain good lighting outside, especially around entrances.
- Keep hedges and bushes trimmed and away from entrances.
- Install automatic garage door openers.
- If you see a strange individual or car when arriving home, leave immediately and call the police..
- Keep doors and windows locked with good locks!
- Install deadbolt locks and check door frame for sturdiness.
- Use a metal rod to secure sliding doors, but

- remember that glass can easily be broken.
- Consider obtaining a large dog and place a “Beware of Dog” sticker by each entrance.
 - Consider a reputable security system and place alarm stickers in windows.
 - Keep your telephone number unlisted, if possible or use only first initial to hide gender.
 - Don’t identify yourself by name to strangers calling on the phone, no matter who they say they represent. Answering the Door:
 - Before you answer the door, consider the following:
 - o Do you recognize the person?
 - o Are you expecting someone today?
 - o Does the individual fit the image of his company?
 - o Does he have valid identification?
 - o Ask for his supervisor’s phone number to verify his presence, and can he tell you the # immediately?
 - o Is this normal business hours?
 - o Does he appear to be nervous or scanning for witnesses?
 - o If these can’t be answered credibly, advise the person you are expecting company and to make another appointment.

Calling for Emergency Assistance:

- Remain calm and call law enforcement at 911.
- Begin by stating your name, address and phone number.
- State your concern.
- Stay on the line until police arrive and continue to give information.
- If emergency involves a person, try to give as many descriptors as possible.
- Advise dispatcher if you are armed and with what and follow instructions from officers when they arrive. Key Security:
 - Always have your keys ready as you approach your home or vehicle.
 - Don’t hide keys outside.
 - Never put your name or address on your key rings.

Vehicle Security:

- Keep at least half a tank of gas in your vehicle.
- Always keep emergency equipment operational and quickly obtainable.
- Keep on hand:
 - o Working flashlight and spare batteries
 - o Empty gas can
 - o Fire extinguisher
 - o Blanket to put on the ground to change tires or for warmth in case of breakdown
 - o Know how to change a tire
 - o Emergency aerosol can of “fix a flat”
 - o Jumper cables
 - o Flares
 - o Charged cell phone
- If you have to change a flat, attempt to do so in public area.
- Make sure your car is running correctly.
- Park under a well-lighted and busy location.
- Always have your keys ready.
- Always keep your doors and windows locked.
- Never roll your windows down more than 2” if you are speaking to anyone.
- In case of emergency:
 - o Never accept a ride.

- o Be extremely cautious if a ride is absolutely necessary.
- o Develop an escape route.
- o Have some type of weapon.

Security for Traveling:

- Secure your premises and arrange to have your home checked by a friend.
- Secure your valuables in a safe deposit box.
- Videotape the contents of your home for insurance purposes.
- Arrange to have the local police drive by your home.
- Have the Post Office hold your mail.
- Make sure your abs are well marked.
- Arrange air travel during business hours.
- When renting a vehicle, ask for one close to the terminal or have them escort you to your car.
- Avoid late meetings and walk with others, when possible.
- Request a hotel room on the second floor.
- Avoid taking a room over the 8th floor. (Test question: Why?)
- Do not accept a hotel room in a remote section of the hotel or if the windows/doors are not secure.
- Always use security locks and brace the door.
- Do not answer the door unless you are expecting company.
- Stay in a reputable hotel that has security.
- Use common sense when going out:
 - o Go with a friend.
 - o Never leave with a stranger (and they are still a stranger after talking to them for awhile!)
 - o Do not engage in conversation with anyone who is acting aggressively.
 - o If you are not with a friend, leave when others are walking out.

Putting this article together reminded me of the training....it was an intense training. So while this is not meant to scare anyone, it is a good reminder of how we can always be in a prepared mindset. One of our Triad members once told me about how he always envisions what he would do if a car suddenly crossed over into his lane while driving. This is good preparation, as in an emergency, your subconscious often takes over. And if your subconscious is already prepared, your odds are definitely better! Same applies here... if you are thinking about how you should walk more confidently, chances are you are walking confidently. Or maybe you automatically keep your keys in your hand when walking to your car.

As always, stay aware and stay safe!

Can You Relate?

It was 10 minutes into what should’ve been a 2-minute call to refill my prescription. As I spelled out my name (again), it was clear the clerk was getting frustrated and my bad mood was getting the best of me. When it finally came time to give my credit card number, I realized this man didn’t deserve my rage, so I switched gears and said, “I love your accent. Where are you from?” He was quiet, but I am sure I heard relief tinged with surprise. We chatted for a few extra minutes sharing some of our “histories.” After hanging up, I felt like myself again, and out of the

tantrum I almost got caught in. While the call lasted way too long, I felt like I made a connection with someone that I would see at the store later.

I challenge you to see every seemingly mundane (or frustrating) interaction as an opportunity – a chance to form a connection or strengthen a bond, to see and be seen, to share your humanity with another person and register theirs. Let these interactions take on more meaning and unleash a current of positive energy. I promise you’ll come away feeling calmer, happier and loved.

Recipe

Cranberry-Apple Chutney

John Anderson

- 1 & ¼ C Sugar (less for more tart chutney)
- ½ C Water
- 1 pkg. (12 oz) fresh or frozen Cranberries
- 2 large tart Apples (peeled/cored/chopped)
- 1 medium Onion finely chopped
- ½ C Golden Raisins
- ½ C packed Dark Brown Sugar
- ¼ C Cider Vinegar
- 1 tsp Cinnamon ¼ tsp Salt 1/8 tsp Allspice
- 1/8 tsp ground Cloves
- ½ C chopped toasted Walnuts
- Cajun or Cya Pepper
- Garlic Salt – to your liking

In a heavy sauce pan bring sugar & water to a boil. Stir in Cranberries, Apples, Onions, Raisins, Brown Sugar, and Spices, boil for a couple minutes, reduce heat to simmer for 20-30 minutes until desired thickness, string occasionally. Just before serving stir in Walnuts. Chutney can be served warm or cold. Great on poultry/ham/pork. Can do variations; I substitute mango for apples or cranberries, etc. Mango flavored chutney is very good on chicken breast. I use garlic salt, cyan pepper, and a couple dashes lemon juice for spicier chutney

MN Triad Meetings

Our MN Triad Meetings are on hold for now. However, our Board Members are in contact with each other to discuss MN Triad, as needed.

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 triadmn@gmail.com.

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

Answers

B.J. Thomas – Raindrops Keep Falling On My Head, Hooked on a Feeling and so many more.....