

3rd Quarter 2019
Volume 56, Issue 1

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Recipe

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Treasurer: Evan Verbrugge
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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 56, Issue 1 of the MN Triad Newsletter.

Forward any ideas, concerns, current fraud schemes, etc. to mntriad@hotmail.com so we can share throughout the state!

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!!

Triad Around the State

At the last MN Triad meeting, it was decided that we would ask each Triad group to designate someone to be a "Media Contact."

This person would keep us updated on what your Triad program is doing (ie. Events, Projects, Programs, Involvement in Community) or Special Notes (Celebrations, Milestones, etc). Information/articles and pictures would then be shared on Facebook, on the website and/or in the newsletter.

Please have your Media Contact send their contact information and your program information to paulinefaheycc@gmail.com.

Did You Know?

Tonka Trucks were developed and are continued to be manufactured in Minnetonka.

2019 MN Triad Conference

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

Hosted by: Isanti County

Conference Highlights

Keynote Speaker Don Shelby
"Growing Younger"

AARP – Jay Haapala

MN State Fire Marshall
"Fire and Fall Prevention"

Brian Marquardt
Statewide Gang & Drug Coordinator

John Elder, Mpls PD
Behind the Scenes of the Crime
Scene

Shelly Carlson
MN Elder Justice Center

Scott Berry
Wills, Probate, Power of Attorney

Diane Leonard
Deaf and Hard of Hearing

NOTE

We are looking for more vendors and sponsors from throughout the state for the 2019 Triad Conference.

If you know of a person or organization who would be interested in sharing information with and/or helping to sponsor a safety event for our seniors, please contact lisa.lovering@co.isanti.mn.us.

And....

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

Hosted by: Kandiyohi County

Featured Member



Dan Guida Aitkin County Sheriff

Name: Dan Guida
Address : Aitkin County Sheriff's Office
Age: 47
Family: Married, kids (4), pets (2 labs)
Hobbies: Outdoors related hobbies
Education: Criminal Justice/Biology
History : 24 years with Aitkin County
Favorite: Food (Bear Meat); Color (Green); Music (Country); TV show (Don't watch TV-Last of the Dogmen)
How long in TRIAD? Just started
Why involved with TRIAD? Position of Sheriff
How did you get involved with TRIAD?
Introduced by staff
Favorite project / part of TRIAD: Protecting community and summer BBQ
Information about your TRIAD program/projects: TRIAD group has booth at community fairs, They have 3 programs per year, this year being Funeral Planning - questions and concerns, Hospice Misconceptions and Benefits and Fire safety in your home.
Thoughts on State Conferences and newsletter: Being new with the TRIAD group, I have not attended a state conference as of yet, but do look forward to doing so.
The newsletter is a fantastic source of information and a great tool.

It's All About Safety

Identity Theft Do's and Don'ts

Identity Theft occurs when someone obtains someone else's personal information.

Here are some simple steps you can take to help keep fraudsters who want to poach your identity at bay:

Warning Signs:

- Bank and/or credit card statements list purchases you don't remember making.
- You get a bill for financial activity you don't recognize or medical services you didn't receive.
- Your credit report lists liabilities you don't recognize.
- You are contacted by a debt collector about a debt you don't owe.
- You have trouble filing your taxes because the IRS says they already have a return from you.
- You receive a notice from a bank or company you do business with that it has suffered a data breach.

Do's

- Use security software on your devices and keep it updated!
- Set up online access to your bank and credit card accounts and check them regularly for any suspicious activity.
- Switch to paperless billing and financial statements.
- Check your credit reports.
- File your tax return as early as possible.
- Shred documents containing personal or financial data before you throw them out.
- Use a PIN or passcode for unlocking laptops, tables and smartphones.

Don'ts

- Don't use the same password for multiple accounts.

- Don't carry your Social Security card with you.
- Don't give out your Social Security number or other personal information over the phones unless you are certain who is asking for it and why.
- Don't check email, use social media or do online shopping or banking on public Wi-Fi networks.
- Don't leave personal information in your car.

Info taken from AARP website

MN Triad Meetings

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!!**

The next meeting will be held during the 2019 MN Triad Conference in St Cloud.

Minutes are available on the MN Triad website.

Recipe

Aunt Sally's Cookies

1 c sugar	2 c shortening
2 egg yolks	1 c molasses
5 ½ c flour	2 tsp cream of tartar
4 tsp b.soda	1 tbsp cinnamon
2 tsp salt	1 tbsp ginger
1 c sour milk	1 ½ c white sugar
½ c water	½ tsp wh.vinegar
2 egg whites	18 lg marshmallows
1 tsp vanilla	1 ½ c p. sugar

In a large bowl, cream together 1 c white sugar and shortening until smooth. Stir in the egg yolks and molasses. Combine the flour, cream of tartar, baking soda, salt, cinnamon and ginger; stir into the molasses mixture alternately with the sour milk. Cover and chill for 30 minutes.

Preheat oven to 350 degrees F. Roll the dough out to 1/8 inch thickness. Cut into rectangular shapes (I like to use a Spam can). Place cookies 1 inch apart onto an ungreased baking sheet.

Bake for 8 to 10 minutes in the preheated oven, until lightly browned. Cool on wire racks.

For frosting, combine 1 1/2 c sugar, vinegar, water and marshmallows. Mix well and place over a pot of simmering water. when the marshmallows have melted, stir in the egg whites. Remove from heat and beat with an electric mixer for 7 minutes. Stir in the vanilla and powdered sugar until well blended. Frost cooled cookies.

From allrecipes.com