

2nd Quarter 2019
Volume 55, Issue 1

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By Chuck Nettetad

And always a few extras!!

Contact Information:

MN Triad

mntriad@hotmail.com

Pauline Fahey, Secretary
218-536-0899

Website:

[MN Sheriffs' Association](http://www.mnsheriffs.org)

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 55, 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

www.google.com

Google

The internet can be scary sometimes
with fake websites and pop-ups. It
can also be a great resource.

As you will see from this month's
Crime Prevention and Tip of the
Month articles, they are from awhile
ago, but still applicable to today...
and I found them by searching the
internet.

Whether you're searching for how to
get a stain out, the words to a song
or trying to plan a vacation, the
internet can help you out. And if
you're searching for how to keep
your home safe while you are on
that vacation, the internet has alot of
information from reputable
resources.

*Note: As always, if a website name
looks questionable or doesn't seem
right when you click on it, you may
want to stay away. (One clue may
be misspelled words)*

Thought of the Month:



Think Spring!

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.

Some 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 have room available for more vendors and sponsors 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 Triad**



Fun for Seniors

Featured Member

Thomas Wolner Goodhue County



Name: Thomas Wolner
Address: Red Wing, MN
Age: 53
Family: Married 22 years, 15 year old son, no pets
Hobbies: Skiing, Scuba Diving, family trips
Education: AAS (Associated of Applied Science)

History: I entered Law Enforcement when I was 35 years old. Prior to that I was an Airborne Combat Engineer in the Army for 3 years (1984-1987). After the Army, I worked in a Factory just over 8 years and was a union steward. While working, I went to Community College and worked on my AAS in the evenings. After graduation, I wanted a change and worked as a Realtor for 4 years and as an insurance agent for about 4 years. Not being happy in an office, I started a cleaning company and cleaned commercial offices and buildings for a couple years. Not liking the actual work, I again focused on getting back into Law Enforcement. It was a highly competitive market in the mid to late 90's. I volunteered as a Police Reserve in the Twin Cities and worked part-time as a State Fair Police Officer before being hired for my first full-time job. After 3 years, I was hired by my current county and enjoy being a Deputy, Field Training Officer, Triad member, Dive Team member and Dive Master.

Favorite Food: Thai

Favorite Color: Brown (HA HA HA)
Favorite Music: Surprisingly an old school rocker, rap rock genre and hard rock with a touch of blues to round it out.
How long in Triad? 12+ years

Why involved with Triad? Liaison for Goodhue County and a great way to get out of the squad and talk to people.

How did you get involved with Triad? A different Deputy started the program and stepped down. I joined it 12 years ago and am still having fun with it!

Favorite project/part of Triad: Believe it or not, the best part was hosting the 2015 Conference. I learned a lot working with a team in setting up a conference. But in reality, the best part is being a part of a group that people can approach me knowing I am willing to listen or talk as needed.

Thoughts on State Conferences and newsletter: These are important parts of the overall program to let others know what's going on around the state!

Crime Prevention

Spring Crime Prevention Tips

Spring is coming (we hope!) and summer is fast approaching. With the warmer weather, we all enjoy having the windows open and being outdoors a little more. These tips from Sanger Police Department are timely for people everywhere and worth sharing:

- Keep your doors locked at all times. If you are working in the backyard, keep your front door and garage doors closed and locked, and your back doors locked if you are in the front yard. Even if you are gone for only a few minutes.
- Always remember to close and lock all windows before you leave your house or go to sleep.
- Remember to put all ladders, tools, yard equipment, bicycles, or other

items away when they are not in use.

- Install motion activated lights in the front and back yards, so if someone were to approach your home the lights will automatically come on and illuminate the area.

- If you go on vacation, put some lights on timers so they will turn off and on by themselves to give the appearance that someone is home.

- Be sure to roll up your car windows, take all valuables out of the vehicle and lock your doors every time you exit the vehicle, even if it is in your own driveway.

- NEVER leave your children or pets unattended in your vehicle.

- Be aware of home improvement scams. If you did not solicit the salesman who shows up at your door unannounced, do not do business with them. If a utility worker comes to your house, ask them for identification. If you still have concerns, don't be afraid to call the company for verification.

*Shared from nextdoor.com –
Community Service Officer Kim Jones from
Sanger Police Department – 22 Apr 15*

Tip of the Month

5 Spring Cleaning Safety Tips for Senior Citizens

By Elizabeth Bemis, 05-08-13

Does your kitchen look like a display ad for gadgets and counter-top appliances? Does all of the excess furniture lying around your living space look like it should be in a yard sale? If you answered “yes” or even a reluctant “no”, then it's time to freshen up your home. Spring is the season of renewal, so get caught up in the fever and throw out the junk and re-organize your space! For senior citizens and their caregivers, these five spring cleaning tips are for safety first.

1. Check the Medicine Cabinet

Are medications labeled and stored in their proper containers? Do you have old prescription drugs mixed in with the

new? These common practices in homes pose potentially dangerous health hazards. Whereas some medications still retain their potency after expiration dates, many do not and should be disposed of. Old liquid antibiotics, drugs comprised of organic ingredients and those requiring refrigeration should be safely discarded.

Be sure to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is an airtight plastic container on a shelf in your closet.

2. Clean Up Clutter

Trips and falls are likely to happen when you accumulate too much “stuff”. Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. And either tape carpet edges or throw rugs to the floor or get rid of them entirely.

In the kitchen, remove infrequently used appliances off the counter, organize cabinets, create front row spaces for frequently use items, and clear out the refrigerator and pantry of stale food.

3. Have an Emergency Plan in Place

In case of an emergency such as a fall, an attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly.

If you reside in an assisted living community, be sure you understand how the emergency response system works. Just like when you were living in a neighborhood, look out for others and know who to go to for help.

4. Never Try to Move Heavy Objects or Furniture on Your Own

For seniors with reduced strength or mobility challenges, doing household chores may seem like a monumental task. Never try to move furniture or heavy objects on your own. Don't stand on a chair or ladder to clean hard to reach spots or change light bulbs. Use cordless cleaning tools and

lightweight equipment which are easier to use. Try the newer, more efficient technology tools on the market designed to make modern household cleaning a breeze.

5. Monitor Your Smoke Alarm System, Fire Extinguisher and Emergency Kit

Periodically check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional.

Every home should have at least two handheld fire extinguishers (one in the kitchen for sure). Check the expiration date and remind yourself to monitor the device every once in a while.

Emergency kits should be assessed often and restocked in the Spring and Winter. General contents may include: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone number of family or friends to contact list in an emergency.

Key Takeaways:

- Get rid of expired, unused medication. Store medicines in a cool, dry, dark place.
- Maintain a clear walkway for seniors to navigate.
- Know who to call in an emergency and have your phone programmed accordingly.
- Use cordless cleaning tools and lightweight equipment for household chores.
- Periodically check your smoke detector, fire extinguishers and Emergency Kits.

Shared from www.umh.org

MN TRIAD Coordinating Board



Recipe

Blueberry-Banana Bread

The next MN Triad meeting will be held on Wednesday, May 8th at 11 AM at the Isanti County Sheriff's Office, 2440 S Main Street, Cambridge, MN.

The MN Triad meetings are a good opportunity to show our support for the hosting county. They are also a time of sharing what is going on in our programs, asking questions of other programs and a good way for new Triad counties to connect with established programs. And, as always, it's great to have an opportunity to spend some time with our Triad friends throughout the state.

If you have any items you would like to see on the agenda, please send them to MN Triad Secretary Pauline Fahey at paulinefaheycc@gmail.com.

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 Triad 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

Heat oven to 350 F. In a large bowl, combine:
2 ½ c flour 1 c sugar
2 tsp b. powder ½ tsp b. soda
½ tsp salt

In a bowl, combine:
1 ½ c. mashed ripe bananas
¼ c buttermilk 2 tbsp lemon juice
2 tbsp oil 2 large egg whites
1 large egg 1 tsp grated lemon

Stir into flour mixtures, then stir in 1 cup blueberries.

Pour batter into a 9x5x3-inch loaf pan coated with cooking spray; bake 1 hour. Cool in pan on wire rack 15 minutes, invert and cool 10 minutes.

In a bowl, combine:
½ c p. sugar 2 tsp lemon juice
½ tsp grated lemon zest

Spread over top of loaf and cool completely.

Original Author Unknown, but made by my Mom, Cora Holzinger, for years....yum!

In February, Kelly and Pauline Fahey (MN Triad Secretary and Cass Co Admin) met with the new Chief Deputies.

Both presentations were well-received and several counties have expressed interest in starting (or re-starting) Triad programs in their counties.

If you have counties near you that are not involved in Triad, maybe invite some of their seniors and Law Enforcement to your Triad events. *What better way for someone to learn about Triad than to experience it!*

If you are a county that does not have Triad, maybe reach out to your nearest Triad County and/or attend one of their meetings. The MN Triad Officers and contact persons are always willing to help out, but sometimes having a connection close to home that you know and already work with is a huge advantage.

As always, we appreciate the Minnesota Sheriffs' Association and their support of Triad!

Other

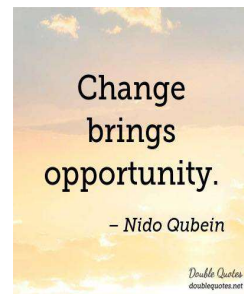


In January and February, the Minnesota Sheriffs' Association held trainings for the new Sheriffs and new Chief Deputies in Chaska. Once again, Triad had an opportunity to share information on what Triad is all about!

Our MN Triad President and Carlton County Sheriff Kelly Lake met with the new Sheriffs on the coldest day of the winter in January. (-40 and a reluctant truck kept Pauline in Cass County)

Changes....

by Pauline Fahey



In the last newsletter, Chuck Nettetstad let us know that he is "retiring" from his Monday Morning Emails and Triad. This is a huge change, especially for me!

Chuck had been involved with Triad forever ... and he never missed a conference in all the years since it began in Minnesota. Chuck was also on the National Triad Board for

years. Chuck was my mentor and he taught me so much about Triad and what is most important - and that is the people. "Our Triad Family."



Everyone who has been involved with Triad for any length of time knows that Triad is not just another meeting...or just another organization. Triad is a family. Triad is comprised of people who truly care about other people. They believe in and share the common goal of keeping our seniors safe.

We always talk about that Triad has to be supported by the Sheriff and that you need Law Enforcement staff that wants to be involved with it. It doesn't work if it's assigned to someone who just looks at it as "just another job duty." Hence, how we have a caring Triad family!

While I could ramble about this all day ... my point is that we will all miss Chuck and we sincerely thank him for all that he has done for Triad over the years!

"Change is Opportunity"

As many of you know, Chuck started the newsletter originally and we have collaborated on it since then. With Chuck's retirement, it's a good time to re-evaluate our newsletter and make sure we are on track. After all, this newsletter is for all of you.

Therefore, will you take a moment to let us know the following:

- Do you read the newsletter?
- Do you find it worthwhile? Relevant?
- What do you like best about the newsletter? Why?
- What do you like least about the newsletter? Why?
- Do you like the Featured Members column?
- Ideas for choosing Featured Members?
- Ideas for the Crime Prevention column?
- Ideas for the Tip of the Month column?
- Ideas for other columns?
- Would you be willing to submit articles for the newsletter?
- Other ideas?
- See the next page for a review cheat sheet!

We appreciate your help in making this newsletter the best that it can be!

See the
next page

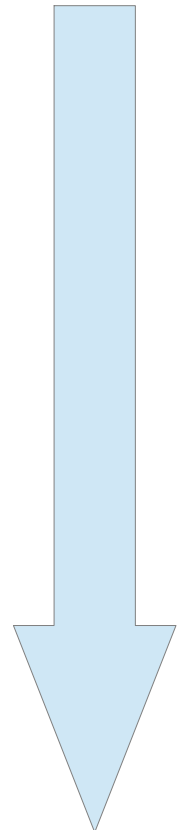
for a

Review

and

Idea

Form



Review of and Ideas for the Triad Newsletter

I read it Yes No

Comment: _____

Worthwhile? Yes No

Comment _____

Relevant? Yes No

Comment _____

Best Liked _____

Why? _____

Least Liked _____

Why? _____

Do you like the Featured Members column?

Yes No

Why? _____

Ideas for choosing Featured Members _____

Other questions for Featured Members? _____

Crime Prevention Ideas _____

Tip of the Month Ideas _____

Ideas for other columns or for the newsletter in general _____

Would you be willing to submit articles for the newsletter?

Yes No

Which column (or new column)?

Other ideas? _____

We realize there's not a lot of room to write here and the more information you can share with us, the better, so feel free to use the blank area to the right and/or add pages and mail to:

Pauline Fahey
MN Triad Secretary
1760 Shamrock Trail NE
Longville MN 56655

or respond by e-mail to
paulinefaheycc@gmail.com

or call - 218-536-0899

More Ideas

Thank you for your
time and ideas!