

Minnesota Triad



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"Seniors, Law Enforcement and
Community Groups working together
for Senior Safety....
throughout the State!"

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*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 mntriad@outlook.com.

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

Upcoming Events

2025 MN TRIAD Conference
Itasca County

2026 MN TRIAD Conference
Kandiyohi County

2027 MN TRIAD Conference
Grant County (tentative)

Did You Know?

Seniors are living longer...

Due to advancements in healthcare
and technology,
people are living longer.

By the year 2040, the population
of seniors over 85 is expected to triple
from 5.7 million to 14.1 million.

....and growing faster.

According to the US Census Bureau,
older adults make up the
fastest growing age group
within the United States.

Featured Member

2024 MN TRIAD Conference

Over 80 attendees, vendors and presenters
from 13 different counties participated in our
2024 MN TRIAD Conference held on Tuesday,
September 17, 2024 at Sourcewell in Staples,
MN. By the smiles, laughter and networking
that were shared all day long, it was a great
success!

Our day started at 8 AM with registration,
impromptu guitar music and fun by Tim
Eggebraaten and Todd County Chaplain David
Greaver and morning treats from Witches Brew
–yum! Todd County Sheriff Mike Allen
welcomed everyone, Chaplain Greaver offered
an opening prayer and our day began. Sheriff
Mike and our MN TRIAD President Carlton
County Sheriff Kelly Lake shared the emcee
role as duty called for Sheriff Mike! Off-Duty
Chief Tim Eggebraaten started our day with a
great presentation on "I am, I can, I will" about
the rhythm of life and what to do when our
rhythm is "off." Tim shared a story about being
a Norma/Norman - "I want to remember the
people who have helped me!" He left us many
points to ponder, including "Life events happen
FOR us, not TO us," "Don't let your attitude be
on autopilot," and the importance of networking
– we're not meant to do life alone!"
(www.offdutychief.com)

As always, Jay Haapala from AARP was a
wealth of information about scams and how we
can protect ourselves. He shared some eye-
opening information about AI (Artificial
Intelligence) - including an actual
demonstration on our cell phones for how
scammers can take your picture and transform
it into all types of situations (including illegal
situations). You can try this for yourself at the
website – www.deepfake.civai.org. Jay said
using technology is not the problem, it's that
technology is also available to scammers. A
couple notes of interest: there was a 400%
increase in scams between 2019 and 2023 –
making COVID one of the largest causes of
security risks ever and Medicare out-of-pocket
cap will be \$2,000 for 2025. (www.aarp.org)

Lasagna, a breadstick and salad were served
for lunch by Griff's Pizza out of Long Prairie –
awesome food with awesome service! The
brownies provided by Farmer's Union (and
made by Verna) for dessert were enjoyed by
everyone! While enjoying our lunch, Jay
Haapala presented Sheriff Mike with the AARP
Community Fraud Fighter Award for his prompt
assistance in recovering money for a victim of
a scam in Todd County. Most fraud victims
have no chance of recovering their money
once it is sent. That is unless law enforcement
can act swiftly and use their authority to stop
the transfer, whether at the bank or in this case
with the USPS. *Congratulations, Sheriff
Mike...and THANK YOU!!*

Our MN TRIAD Meeting followed – thanks to
Itasca, Kandiyohi and Grant (tentative)
counties for volunteering to host the next 3

conferences! Sheriff Kelly led the Best Practices session. Thanks to all the counties for providing information ahead of time and for the "extra" information shared at the conference! Hilltop Kitchen provided delicious homemade cookies to be enjoyed during our afternoon speakers!

Jode Freyholtz-London from Wellness in the Woods shared her story and information about what Warmline is – a peer support connection that is a safe and free way for individuals to receive confidential and anonymous one-on-one peer support from trained Peers, Certified Peer Support Specialists, and Recovery Coaches. She also talked about how Peer Support is already being used in several Jails and she will be speaking with more counties in the future. (<https://mnwitw.org>)

Steve Hoover from Central MN Council on Aging wrapped up the conference with a lively session on Living with Purpose and how to flourish in the second half of your life! He gave us several "assignments" and "homework" during this session that encouraged us to set an intention each day to make a difference and that opportunities are everywhere! One of the great secrets of life – keep a child-like view of the world. He also shared a 4-step way to apologize/ask for forgiveness that made us think. (<https://cmcoa.org/healthy-aging/>)

While there were many familiar faces at the conference, there were also many who were attending a MN TRIAD Conference for the very first time. It was great to meet these new "family" members and to feel their enthusiasm for the shared goal of keeping our seniors safe! We drew for door prizes throughout the day. So many nice ones and we appreciate our vendors and TRIAD members providing these for us!

We thank everyone who was involved in making this conference a success: Sourcewell for providing our meeting space; our local support from Sheriff Mike and Verna; the door prizes and bag stuffers provided by our vendors and TRIAD members; our MN TRIAD Board for their support; AARP for our yearly conference grant and support; and especially the Blandin Boost Grant for providing a grant that enabled this educational and entertaining training! This conference was an overwhelming success and we thank everyone who was part of it – YOU are the reason it was so great!

It's All About Safety

Calling 911

While you may know that you should call 911 in an emergency, you may not be sure of when you should not call 911. Too often, requests to 911 do not involve a true emergency, which overloads the 911 system with non-emergency calls. Here are answers to some common questions:

What happens when you call 911?

Many 911 call centers follow protocols that guide callers through a sequence of questions to quickly obtain information necessary for dispatching the right responders to the right

location. Call-takers (Dispatchers) may also provide instructions about what to do until help arrives. Questions include:

- Nature of the emergency
- Your name and phone number
- Location of the emergency
- Details of the emergency

What if you accidentally dial 911?

If you or a child accidentally dial 911 by mistake when no emergency exists, **do not hang up** – that could make 911 officials think that an emergency exists and possibly send responders to your location. Instead, simply explain to the Dispatcher what happened.

Can I dial 911 from a wireless phone without a wireless calling plan?

All wireless phones, even those that are not subscribed to or supported by a specific carrier, can call 911. However, calls to 911 on phones without active service do not deliver the caller's location to the 911 call center, and the call center cannot call these phones back to find out the caller's location or the nature of the emergency. If disconnected, the 911 center has no way to call back to the caller.

Oftentimes, children are given old cell phones to play with, unaware that if the child dials 911, a live call will be connected with the local 911 call center. It is recommended that the phone's battery be removed before giving these phones to children.

How do I place a "test" call to make sure 911 works for me?

Test calls can be scheduled by contacting your local 911 call center via its non-emergency phone number. Texting to 911 may also be an option -check with your local law enforcement.

Please do not call 911 to obtain the non-emergency number.

Having someone from your Dispatch (911 Call) Center come and talk with your seniors at your TRIAD meeting is a great way to learn more!

One TRIAD project is a "My Location Card" which has a place to write your name and address, as this is information you may not know or remember during a crisis situation! (Credit to Cass County TRIAD)

Some info taken from 911.gov

Recipe

Cookie S'mores (Dip)

Graham Crackers or cookies*
4 large chocolate bars, broken up
1 package chocolate chips
1 ½ packages mini marshmallows
Cast Iron or Aluminum Pan

Break up chocolate bars and put on bottom of pan, then add chocolate chips on top of that, and finish with the mini marshmallows on top.

Put pan on grill or in a 350 degree oven. Watch close... will not take long to melt and/or brown on top (probably less than 5 minutes). BE CAREFUL: Cast Iron Pan will be very HOT!

**Other suggestions were to use a non-stick cooking sprayed pan in oven or cupcake liners (may want to use heavy duty ones) for individual servings. We found it easier to spoon the s'mores on top of the cookie, but it is actually a dip!

If making your own cookies, use a small scoop (or about half the size of a regular cookie). Following is the cookie recipe that was used in the Grill-Off.*

Soft Chocolate Chips Cookies

1 ½ c shortening	1 ½ c sugar
1 ½ c brown sugar	3 tsp vanilla
3 eggs	1 ½ tsp salt
1 ½ tsp soda	3 c flour

chocolate chips (to your liking)

Mix all ingredients and drop by scoopful on cookie sheet. Bake at 350 for about 13-15 minutes.

**This recipe won 1st place at the 2024 Fahey Family Grill-Off (Tim & Pauline Fahey)

MN TRIAD Meetings

We held a short meeting during the conference in Staples on Tuesday, September 17th – thanks to Todd County for hosting a great conference!!

A couple items of note: please submit your group activities, happenings, featured members, current scam information to Pauline. We like to share what's going on around the states – often provides ideas for other TRIAD programs. It is also a way for the TRIAD members throughout the state to stay connected to those they may only see once a year at the conference.

File of Life orders were distributed at the conference and Kelly will have the rest and will make arrangements to get the orders distributed.... at the Winter Conference, if not before.

We have conference hosts for the next 3 years – yeah! 2025 - Itasca County; 2026 - Kandiyohi County; and 2027 – Grant (tentative). Thank you all for volunteering to host and remember we are all here to help you!

Next meeting TBD by Itasca County in Spring 2025.

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 mntriad@outlook.com.

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