

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 YOUR newsletter!
Current safety information,
Information from TRIAD Members
For TRIAD Members
and all 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

Featured Member

Kandiyohi County 2026 MN TRIAD Conference

The 2026 MN TRIAD Conference was hosted by Kandiyohi County on September 15-16, 2026 at the Willmar Conference Center. There were over 120 attendees and 25 vendors from over 20 counties that participated in the conference.... a new record!

The conference began on Tuesday with registration at 1 PM. Kandiyohi County Chief Deputy Kent Bauman welcomed everyone, followed by an informal MN TRIAD Meeting and Best Practices. The MN TRIAD Board shared information about TRIAD and the need for a Vice-President due to Julie's retirement from the Board. They encouraged anyone interested in being on the Board to let us know, as our officers have been on the Board for several years and new people and ideas would be welcome!! Conference (current and future) information was shared and our Best Practices session followed. Several TRIAD groups shared information about their programs and various scams that people have encountered. Christina Cauble was our first presenter and she shared information on Dementia and hearing loss, physical therapy and geriatric care. We learned about what a vulnerable adult is, what

abuse is, laughing with vs laughing about, signs of abuse and who are mandated reporters. Most important.... report abuse as soon as you can! After a break or supper and a tour of the Kandiyohi County Law Enforcement Center, the evening ended with BINGO fun and prizes!

Wednesday began with the American Legion Color Guard and the Pledge of Allegiance. Chief Deputy Kent welcomed everyone to our main conference day and encouraged everyone to visit our many vendors! Allison Parker from Club Bethesda started us out with a light workout, talked about how important it is to keep moving, how easy it is to move during normal activities and easy "Music Chair Workouts." Supportive Decision Making & Guardianship by Katie Hestness explained to us what supportive decision making is and how we do it all the time without knowing it. She shared a lot of good information on guardianship and options for caregiving support. Next was Doug Johnson, who is a Deputy Fire Marshall. He talked about Fire Safety for older adults with some surprising statistics! He also shared some good information on different expiration dates for combo smoke alarms (10 yrs)/carbon monoxide (7 yrs) detectors.... replace at 7 years! And the #1 cause of fires – unattended cooking! We also saw the difference in natural (17 min) and synthetic (3 min) home furnishings and how they burn. *Best advice: Get out! And stay out!*

Lynn Travaglio from Jennie-O shared that Hormel owns Jennie-O and showed the number of food products they make, including some surprising ones – Skippy, Corn Nuts, Spam. Willmar is their home base. Kandiyohi County Sheriff's Office Chaplain Tony Freeburg spoke about their chaplaincy program and gave our meal blessing. We enjoyed a wonderful lunch of turkey gravy, roasted potatoes, green beans and a cheesecake bar! After lunch, Robyn Birkeland spoke about Risk and Protective Factors for Alzheimers. She provided information on the different kinds of dementia and a description of each and how Alzheimers is the most common form. We learned about the Rat Study (enriched vs unenriched), the U.S. Pointer Study, SMART goals, dual-tasking, the human brain & exercise and how it's important to do what's meaningful to you! *It's never too late to start... immediate results!* Kristie Barron, who many may remember from our Spring MN TRIAD Meeting spoke more in-depth about Human Response Readiness: Dementia, Caregivers and Families. Kristie spoke from her personal experience with humor and "realness." One fun fact – workers spend 2 hours per day on drama. She spoke on how a lack of connections impacts us, how we are feeling people who think once in awhile (i.e. we feel first, we think second), the importance of tactical breathing (4,4,4,4), Caregiver vs Care Partner, how you can be right or you can have peace, and how expectations are resentments waiting to happen. *Worth noting: Where you start dictates where you end."*

Upcoming Conferences And Meetings

**2027
MN TRIAD
Conference**
*Hosted By
Grant County
Dates TBD*

Location TBD

**2028
MN TRIAD
Conference**
*Hosted By
_____ County*

Dates/Location TBD

Quick Safety Tip ...and the why!

Never leave your cooking unattended!

For those who
attended our conference,
they saw films of
how fast a fire can
occur and spread.

Some additional tips:

Don't leave any
paperwork, paper
towels, kitchen towels,
etc. by the stove.

Make sure the
Stovetop is clean.

Never use water
On a grease fire.

Things can
happen fast...
Stay in the kitchen!

Kent shared that we had a volunteer for our MN TRIAD Board Vice President position – Sheriff Jenn Vipond from Grant County! We welcome Jenn to the Board and thank you for her commitment to TRIAD and our seniors! We thank Julie Duehring, our retiring Vice President for her commitment to TRIAD over the years and all her years on our Board! The conference concluded with Kent from Kandiyohi passing the banner to next year's conference hosts, Jenn from Grant County and Diane from Pope County!

Throughout the conference, door prize drawings were held and there were lots of opportunities to visit vendors and connect with others committed to senior safety from around the states. A huge THANK YOU to all that provided door prizes and donations, to all our vendors and attendees, and especially to our hosting county for making this a great conference and learning opportunity!

It's All About Safety

Best Practices

As many TRIAD members will tell you, Best Practices is one of the most important parts of our yearly conferences. Best Practices is where TRIAD members share what their TRIAD programs are doing in their communities. It's a great opportunity to get new ideas, learn from each other, connect with and get to know each other.

We talked about how TRIAD is not a cookie cutter program... it can be whatever works for your area. Some groups are very organized with officers and an agenda; other are more of a "coffee with a cop." Some groups move around to different locations; others have a main location to meet. Some groups have speakers at each meeting and some combine their meeting with another senior meeting. Some have different events and programs they do; some just get together to share what's going on in their area and share information on any scams and frauds to watch out for. The uniqueness of each program is also what makes each conference special!

A lot of good ideas were shared at this year's Best Practices, including an FBI presentation and the Ready Set Go program! Thanks to all our TRIAD programs for what they do to keep our seniors safe in their communities!!

MN TRIAD Meeting

We had an informal meeting at our 2026 MN TRIAD Conference in Willmar on Tuesday, September 15, 2026. VP Julie and Secretary Pauline led the meeting as President Kelly was unable to be there. Treasurer Mickey gave the financial report. They thanked Kandiyohi for all their work on the conference and Kent spoke about their conference planning – the only real challenge they had was that they had no idea how to

advertise to get the word out. They had a lot of good sponsors and excellent partners!

Sheriff Jenn Vipond from Grant County spoke about their upcoming conference. Dates have not been set yet, but it will be around the same time. Grant and Pope Counties will be co-hosting and the conference will be held in Glenwood. We'll get out the date to everyone as soon as it's set.

We talked about what TRIAD is, the importance of the partnership between seniors, law enforcement and community groups. We talked about our Facebook page and the Newsletter and how people could sign up to receive it.

Our MN TRIAD Vice President Julie Duehring is retiring from her position. We thank her for her many years of service on the Board and her commitment to TRIAD. There were forms in everyone's folder and we asked that anyone interest in a position on our Board in any of the positions submit the form to us during the conference. We only had one person express interest – Jenn Vipond – and we gladly elected her to the Vice President position. Thank you, Jenn, for joining our Board and for your commitment to TRIAD!

Best Practices followed our meeting and representatives from our various TRIAD programs shared information on what their groups are doing.

After conference notes:

****Congratulations to Grant County Sheriff Jenn Vipond in her new position as MN TRIAD Vice-President!**

****We need conference hosts for 2028! Please let us know if you would like to host a conference in your county!!**

****Thank you to all who signed up to receive the newsletter and requested information on TRIAD! Definitely a sign of a successful event!!**

****Thank you to the vendors who attend our conferences! We received many good compliments from our vendors and interest in attending future conferences.... and we appreciate the vendors who already attend year after year!**

Our Spring TRIAD Meeting will be hosted by Grant County, our 2027 Conference hosts! Watch for details....

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.

Recipe

Scones

2 c. flour	¼ c. sugar
1 tbs b. powder	½ c. butter

Preheat oven to 400. Mix together all ingredients and pat into a round shape on cookie sheet. Cut into wedges and sprinkle with sugar. Bake for 12-15 minutes.

Submitted by Pauline Fahey