

# Minnesota Triad



**2<sup>nd</sup> Quarter 2025  
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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](mailto:mntriad@outlook.com).

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

## Upcoming Events

**2025 MN TRIAD Conference**  
*Itasca County*  
*September 16-17, 2025*  
*Timberlake Lodge*  
*Grand Rapids MN 55744*

**2026 MN TRIAD Conference**  
*Kandiyohi County*

**2027 MN TRIAD Conference**  
*Grant County (tentative)*

## Did You Know?

**There are several benefits to all  
When Youth & Seniors connect**

- Fosters understanding between two generations.
- Provides an opportunity to share talents, resources and support – and to learn new skills from each other.
- Provides a sense of purpose and fulfillment.
- Reduces isolation and loneliness of older adults.
- Fills a void for children who do not have grandparents available to them.
- Opportunity to form meaningful relationships.
- Cognitive stimulation.... and FUN!

# Featured Member

**Cass County TRIAD**  
By Chief Deputy Eric Alger

In reference to what we have been doing with TRIAD here at Cass County, I wanted to share our experiences so far. As Pauline knows, TRIAD had come to a stop with COVID in Cass County. In 2024 Sheriff Bryan Welk made it a priority that we start these meetings again. We decided to not have the program as formal as it was before. By this I mean that we don't have board members, and we have gone to more of a "coffee with a cop" style of meeting. Here is a snapshot of what we have done since the program started again in 2024.

1. June 2024 meeting- This was the first meeting. We shared our vision of what the future of the program would look like, decided on how often we would meet (monthly), set a meeting time for future meetings, and we asked what kind of presentations the members would like to see. We updated members on the status of our office and future plans.
2. July 2024 meeting- We introduced staff from our office, reviewed recent activity in Cass County (calls for service for the month), shared how our office can be contacted, and shared how to enroll in the NIXLE program. We also brought our command trailer for a full demonstration on how that works.
3. August 2024 meeting- We started with recent activity in Cass County (calls for service for the month), and we also had a representative from the Senior Linkage Line present on what their organization can offer to people.
4. September 2024 meeting- We reviewed the recent activity in Cass County, set future meeting dates, and we had a potluck for this meeting.
5. October 2024 meeting- We reviewed the recent activity in Cass County and discussed issues with drugs in Cass County. We had one of our narcotic investigators join us and give a presentation on recent drug trends and what their role with the county is.
6. November 2024 meeting- We reviewed the recent activity in Cass County. We also had two representatives from the First National Bank of Walker join us to give a presentation on scams and recent scam trends.
7. December 2024 meeting- We reviewed the recent activity in Cass County and set the January meeting date. This meeting also consisted of a potluck with a representative from Faith in Action

joining us to give a presentation on what their organization can offer people.

8. January 2025 meeting- This meeting has not yet been held but will consist of reviewing the recent activity in Cass County. We are also going to have one of our K9 handlers attend the meeting with his partner for a presentation on our K9 program.

Along with the presentations, of course, there is always good discussion with members about all kinds of things. We have been having roughly 20-25 people show up to the meetings regularly. I anticipate with the winter meetings this number will drop some. I will admit that we have not been very good at taking photos during the meetings. I will try to get some more as time goes on. If you have any other questions please let me know.

## It's All About Safety

**Resolve to take actions that will increase (your) safety on the road!**

Minnesota crash data is showing increasing numbers of those ages 60, and above, involved in roadway crashes, as well as being injured and killed. While other's driving behaviors may be the reasons for some of these crashes, the results of aging may affect our ability to respond/react to what is happening on the road around us. Resolve to do the following to accommodate aging-related changes in order to increase your and your passenger's safety.

1. Be aware, as we age, our reaction time gets slower – allow more space between vehicles to give you more time to react, and/or take evasive action.
2. Muscles lose strength and joint flexibility as we age. Do exercises that target arm, hand, leg, ankle, and foot strength, mobility, flexibility and endurance. The following is a link is to the Hartford Foundation's exercises specific for driving.  
[https://ewcstatic.thehartford.com/thehartford/the\\_hartford/files/CMME/exercise-for-mature-drivers.pdf](https://ewcstatic.thehartford.com/thehartford/the_hartford/files/CMME/exercise-for-mature-drivers.pdf)
3. Peripheral vision and ability to see in lower light decreases as we age. Drive during the daylight hours and with your head "on the swivel" looking for other cars. Watch for vehicles approaching from the driver or passenger side. Avoid "tunnel vision" – look around, not just straight ahead.
4. Ask your medical provider, or pharmacist if any of your medications, including over the counter and supplements can affect your reaction time, alertness, and driving.
5. Alcohol and cannabis (THC and CBD) can slow your responses and impair your judgment. Don't drive impaired.
6. Safe driving is multi-tasking and requires your full attention! Don't add further tasks – also known as distractions like: eating, drinking, using a cell phone, fiddling with the radio, talking

with others as these things take your attention away from driving.

7. Be in the right frame of mind when you drive – avoid driving when angry, tired, over stimulated, overwhelmed, or not feeling well. Remember – driving requires your full attention!

8. Plan your trip to be a safe one. Consider not driving if roads conditions are poor due to weather (fog, ice, snow, rain, etc.). Avoid driving at dawn or dusk. Check ahead of time to determine if there is road construction, left turns, multiple lane intersections, or high traffic/speed areas that are high crash risks and can be avoided.

9. Consider attending a CarFit event to ensure you have the safest "fit" in your vehicle and attend a four hour senior driving update class to learn the newest rules of the road, driving safety tips, and possibly an insurance discount.

Resolving to take actions to make yourself a safer driver and able to react to other's driving is a smart way to start and continue in the New Year!

Joanie Somes RN  
Minnesota Emergency Nurses Association  
Quality, Safety, Injury Prevention Chair

## Recipe

### Disappearing Marshmallow Bars

- |                        |                   |
|------------------------|-------------------|
| 1 c butterscotch chips | 1 1/2 c flour     |
| 2 tsp baking powder,   | 2 c marshmallows  |
| 1/2 c butter           | 2/3 c brown sugar |
| 1/2 tsp salt           | 1 tsp vanilla     |
| 2 eggs                 | 2 c choc chips    |

Melt the butterscotch chips and butter in pan, cool to lukewarm. Add flour, sugar, baking powder, salt and eggs. Fold in Marshmallows and chocolate chips. Spread in 9x13 greased pan. Bake 350 for 20-25 minutes. Do not overtake. Center will appear jiffy but will firm up, after cooling.

\*\*By Phyllis Clemenson  
Goodhue Co Elec Coop  
(Thanks, Mickey!)

## Miscellaneous

### What were the Trending Scams of 2024

**Imposter Scams** – They often begin with an unsolicited call, email, text or social media message posing as someone you trust – your bank, a business you know, a friend or loved one, or even a government agency. Criminals seek to get us into a state of fear or excitement – your Social Security payments have been paused, there is a problem with your bank account, or you just won a big prize. They know that if they can get us into a heightened state of emotion, our brains go right to solving the issue at hand, casting logic aside. We can't put much trust in incoming and unsolicited communications these days – whether by phone, text, email or social media. If you are concerned there may be an issue, contact the entity at a number or site you know to be legitimate.

**Investment Fraud** – These continue to remain prevalent, often involving human trafficking to enslave frontline "workers" in these fraudulent operations. This fraud relies on initiating friendships online or through a text message that appears to be sent to you by mistake, using the interaction to gradually build a trust relationship. Then comes the pitch. They've shown you their luxurious lifestyle and offer to teach you how to invest and make a lot of money, too (whether it's cryptocurrency or some other commodity). These investments are completely fraudulent, as are the investment exchanges they convince you to access, and the victims only know this when they are unable to withdraw their investment earnings. Anytime you are interested in a new investment opportunity, investigate it first. Ask friends what they know and then read up on how to validate opportunities at the SEC's site, [www.investor.gov](http://www.investor.gov).

**Tech Support Scams** – These have been around a long time, but new twists have allowed the crime to flourish. This scam typically starts with a pop-up message and possibly a blaring sound on your computer warning there is a critical security issue and to call the provided tech support number. The "tech support" person claiming to be from Microsoft or some other big tech company, promises they can help to asking you to provide remote access to your device. Once inside, they can plant login-stealing malware designed to expose your usernames and passwords to all of your accounts, including financial ones. More complex fraud attacks begin with tech support, then evolve into bank and government impersonation schemes that end with criminals wiping out the victim's financial accounts. If you get this kind of frightening pop-up, exit out of your browser. If that doesn't work, press the power button down on your device until it shuts down. After a few minutes, turn it back on and the scary stuff should no longer appear. If you're concerned about your device, take it to a big-box store or a trusted technician to scan for malicious software.

Knowledge gives you power over scams. This information came from AARP Fraud Watch Network.

Submitted by Verna Toenyan – Thank You!

## MN TRIAD Meetings

Our spring MN TRIAD Meeting will be hosted by Itasca County TRIAD on Tuesday, April 8, 2025 at 11 AM at Mad Dog's Pizza (The Dutch Room), 702 NW 4<sup>th</sup> Street in Grand Rapids. We hope you can join us in supporting Itasca County and for a File of Life discussion.

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](mailto:mntriad@outlook.com).

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