

Minnesota Triad



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

MN Triad Board Members

President: Kelly Lake
kelly.lake@co.carlton.mn.us

Vice-President: Julie Duehring
jatazie@gmail.com

Secretary: Pauline Fahey
pauline.fahey@outlook.com
218-536-0899

Treasurer: Mickey Kimmes
kimmeshousehold@gmail.com

Contact Information

Email:
mntriad@outlook.com

Website:
[TRIAD \(mnsheriffs.org\)](http://TRIAD(mnsheriffs.org))

Facebook
www.facebook.com/mntriad



*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
September 16-17, 2025
Timberlake Lodge
Grand Rapids MN 55744

2026 MN TRIAD Conference
Kandiyohi County

2027 MN TRIAD Conference
Grant County (tentative)

Summer Safety Reminders

- Drink lots of water BEFORE you're actually thirsty.
- Keep cool by wearing comfortable, well-fitting footwear and loose, lightweight clothing (long-sleeve shirts, long-sleeve pants and wide-brimmed hats protect from UV rays and help maintain a reasonable body temperature)
- Stay indoors during extreme heat.
- Wear sunscreen and sunglasses.
- Avoid sun exposure during peak hours.
- Know the signs of heat exhaustion and heat stroke.
- Know your medication interactions w/sun.
- Keep areas well-lit and clean.
- Keep glasses and walking aids in top shape.
- Be an early bird or night owl.
- Check in with loved ones.
- Eat some ice cream!!!

Featured Member

Itasca County TRIAD Conference

Itasca County will be hosting the 2025 MN TRIAD Conference on September 16th and 17th at Timberlake Lodge in Grand Rapids, MN. This will be a two-day conference and has been approved for 7 MN POST Credits for Law Enforcement.

Our conference will begin on Tuesday afternoon with registration starting at 4 PM. We will enjoy music by Ditty Wish, socializing and a dinner provided by Timberlake Lodge. Come prepared to share information on your TRIAD program during our Best Practices session! We will be asking for your Best Practices information prior to the conference, so we can provide a summary of the information in our conference folders. We will then have an opportunity to meet Itasca Counties K9 team of handlers.

Itasca County has a great SCAM Prevention Team and they will be sharing information on their community fraud presentation and how to start one in your community. This presentation was created on the heels of a recent scam case in Itasca County.

Lisa Lovering, Senior Financial Exploitation Investigator with the MN Dept. of Commerce, shares her knowledge on senior safety and the new MN Statue 45A. Drawing on her years of experience and expertise in law enforcement, Lisa will discuss several trending scams and recognizing red flags.

We are so excited to have Ted Schick as our Keynote Speaker! Ted grew up in Minnesota, is a retired naval officer, former high school teacher who works currently as a Corporate Trainer. Ted has a undeniable gift of public speaking and will share his humor and thoughts on our generations throughout the years.

Our TRIAD group had the opportunity to experience the Virtual Dementia Tour (VDT), which provided an eye-opening perspective and better understanding of what those dealing with dementia live with. There is a limited number of slots available, so we encourage those who have not had an opportunity to previously go through this Tour to sign up at registration. The 10-minute slots will be available on Wednesday throughout the day. We will have a VDT Debriefing in the afternoon.

Don't be afraid to ask questions during conference! Doing so will win you a chance to "pull the lever" on our very own slot machine. Get three of a kind and win a prize!

Our conference will wrap-up with our MN TRIAD Meeting, final door prizes and new friendships forged.

Our TRIAD group has been fundraising hard and we have been able to cover a lot of the conference, including the great food, with donations! A special **THANK YOU** to our TRIAD members and those who have donated!!

Itasca County TRIAD

It's All About Safety

Safe driving requires strength and flexibility!

Can you turn your head far enough to look over your left and right shoulders? Neck muscles and joints need to be strong and flexible enough to allow you to look over either shoulder in order to check the blind spots along the sides of your vehicle. Even adjusting your mirrors to their optimal position still leaves a small area that another vehicle, motorcycle, bicyclists, or pedestrian can simply "disappear".

How are your shoulders and upper arms strength? Do you have the strength to turn the wheel and endurance to keep your arms held up and out while hanging on to the steering wheel? Are your arms and shoulders flexible enough to turn the wheel through a full turn? And are your hands strong enough to grasp the wheel firmly to steer?

Are your hips, knees, ankles, and feet strong enough and flexible enough to jam on the brake and keep the brake applied? How easy is it to move your foot from gas to brake firmly, or brake to gas quickly and then push down on the gas?

All these actions are an important part of safe driving, but many of us lose that muscular strength (and sometimes sensation in our feet, so don't know if our foot is on the gas or the brake). This can lead to unsafe driving and even crashes when we are not able to stop emergently, or accelerate adequately (like when we are merging).

Something each of us can do to improve our flexibility and strength is to exercise our driving muscles. A study by the Hartford Foundation found that seniors, age 50 and older doing "driving muscle exercises" for 15-30 minutes each day improved their strength, range of motion, flexibility, and coordination. ¹ Those studied also felt the exercises made them a stronger driver. Here is a link to a PDF of these exercises:

https://ewcstatic.thehartford.com/thehartford/the_hartford/files/CMMME/exercise-for-mature-drivers.pdf

If you prefer to watch videos – Google: "Hartford Driving Exercises" and several of the exercises are demonstrated.

In addition to increasing your driving safety, these exercises make it easier to get in and out of your vehicle. They also increase your balance, making it less likely for you to have a fall. Obviously, check in with your health care provider to determine if there is a reason to not do any of these exercises and if doing any of them causes you pain, dizziness, or shortness of breath, stop and check with your health care provider to determine if you should continue, or try other methods to increase your driving safety.

Thanks for taking the time and effort to be a safer driver – The Minnesota Emergency Nurses Association (MN ENA).

PS – a reminder that MN ENA can send/or zoom a retired emergency room nurse who can present on aspects of senior driving safety – just contact us via driveroriented@gmail.com

<https://www.thehartford.com/resources/mature-market-excellence/exercise-for-mature-drivers>

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

Recipe



Lunch Lady Brownies



**Submitted by Mickey Kimmes – Thank You!

Miscellaneous

Pause. Reflect. Protect.

Keep these simple steps in mind – and share them with family and friends – to fight back against today's sophisticated fraud criminals.

Have you heard of the tech support scam? What about the toll read scam? The grandparent scam? Do you know what the red flags are for each of these scams? Let's face it: Keeping up with the latest scams and all the red flags that warn use of each one is exhausting. Scams are constantly evolving and each comes with its own set of red flags to remember. But there are a few general warning signs that apply to a wide range of scams. There are also key ways to respond when you spot those warning signs.

An AARP project sought to create a campaign similar to something we learned in grade school: Stop, Drop and Roll, as an element of the fraud prevent ecosystem. While fraud attempts are a little more complicated than the "Stop, drop and roll" fire trigger, AARP arrived at three elements common to most scams: unexpected contact, a surge of emotion and a sense of urgency. Once we teach people that

these three elements are triggers, we can teach a safe response to them. That's response is called the "active pause." This is no ordinary pause. Rather, it is an intentional act to step back and reflect on what you might know about the situation with which you are confronted.

Know the triggers, know the safe response: **Pause. Reflect. Protect.**

For full article, see AARP Scams & Fraud:

<https://www.aarp.org/money/scams-fraud/pause-reflect-protect/>

***I encourage you to read the full article, as this is just a brief summary. An awesome article and concept... as always, kudos to AARP for always looking for new ways to protect us!!*

MN TRIAD Meeting

Our spring MN TRIAD Meeting was hosted by Itasca County TRIAD on Tuesday, April 8, 2025 in Grand Rapids. There was a great turnout and we appreciated the update on the conference from Itasca County...great speakers and events planned! Kelly provided an overview of the File of Life statewide efforts. All agreed we should pursue this goal again and a new subcommittee will be formed. Our next meeting will be during September's conference.

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.

Non-Chemical Weed Spray

Submitted by Mickey Kimmes

"Sharing for fellow TRIAD members who do flowers and gardening and would like a non-chemical weed spray"

Gardening Tips And Tricks · Follow
2d · 📷

My homemade weed and grass killer mix worked better than expected. 1 box of Morton canning salt dissolved in 1 gallon of warm water. 1 gallon of white vinegar and slowly mix in 1 cup of Dawn liquid dish soap. Much cheaper than chemicals. Note: salt will not dissolve in vinegar.
See more: <https://mideas.co/PpcNt>

