



# Triad NEWSLETTER

COMMUNITY INFORMATION ON  
SAFETY AND CRIME PREVENTION



Volume 1: Issue 2

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**July 28: "Active Attacker Preparedness  
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lyn Longley and retired Deputy Cindy  
Holmes, Dane County Sheriff's Office**

**See Triads of Dane County on YouTube:**  
<https://bit.ly/TriadsYouTube>



### Welcome to the second Triad Newsletter!

Inside you will find articles written by and for Dane County area seniors. We hope you will find them interesting! Plans are to create a newsletter each quarter.

Please join us! We need volunteers to write articles, research topics, create artwork and cartoons, and do photography. If you would like to contribute, contact Triad Coordinator Mike Thomsen at [mthomsen@rsvpdane.org](mailto:mthomsen@rsvpdane.org).

Our next publication date will be early fall... September. We hope you find the information valuable.

**ENJOY!**

Ellen Nelson, Editor

# Practice Mindfulness to Help Prevent a Fall

by Ashley Hillman, Safe Communities Falls Prevention Program Manager

***If warmer weather compels you to stop and smell the roses***, this small act of mindfulness is a practice that could save your life.

**Falls are the #1 cause of injury** or death among older adults in the state of Wisconsin. Some people argue that falls are inevitable as a person ages. Falls are actually **NOT** a normal part of aging and can be prevented.

In addition to medication management, regular eye exams, home safety assessments and modifications, and strength/balance exercises, mindfulness can be a very effective strategy to help prevent falls.

**While walking outside**, if you are aware of changes in sidewalks, curbs, and approaching traffic, you might prevent a trip or fall. It is also important to be mindful of how you are walking; avoid shuffling your feet so you don't trip on your own feet or on uneven sidewalks.

**In your home**, instead of rushing to answer a telephone call, take a moment to allow your body to adjust from a seated to standing position. Avoid clutter and upturned rugs in your home to avoid injury from

tripping or falling.

**At night if you wake up to use the restroom**, it's important to take an extra moment to turn a light on (if you don't have a nightlight) and to ensure bed-sheets aren't hanging from the bed onto the floor or that other clutter isn't blocking your path. Taking that brief moment of mindfulness to quickly assess your environment, and where your body is within it, is very important.

**For those individuals with pets**, it's also a good idea to be aware of where your pet is at any point in time since they can quickly get under your feet.

So as the weather warms this spring and into the summer, take that moment *to stop and smell the roses* in more than the literal aspect. Be aware of your environment and slow down a bit. It might just prevent a fall and possibly even save your life.

For more information about falls prevention strategies or local balance-enhancing classes, please contact Ashley Hillman, Safe Communities Falls Prevention Program Manager, at 608-235-1957 or visit [www.safercommunity.net](http://www.safercommunity.net).

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## Summer Driving Techniques

Neil D. McCallum, AARP Driver Safety State Coordinator - Volunteer

With a year's worth of frustration of not being able to be on the road, the summer of 2021 is shaping up to be one with a lot of driven road miles! But what skills have we lost over the past year? Confidence and loss of practice are two items that we need to focus on as we venture out.

***Here a few tips that will help us all gain back that confidence.***

1. ***Plan your route.*** With summer road construction season upon us, planning your route is critical. The "old route" to your destination may not be the fastest or safest. Check "511 Wisconsin" for the interstate sections that are undergoing construction. Sometimes, it is fun to get off the main arteries and enjoy the environment as you travel the local highways.
2. ***Remember, it is a state law that you cannot use a handheld cell phone in a construction zone.*** Slow down and pay attention. Also, move over if it is safe to do so to avoid vehicles construction/emergency vehicles with their lights flashing. If you can't move over, reduce your speed.
3. ***Before you head out, do a vehicle safety check.*** When was the last time you checked your windshield wipers? Over the winter, the rubber

could have dried out and your wipers may not clear your windshield as well as they should.

4. ***During the spring and summer, we can get heavy rain downpours.*** Again, slow down to avoid hydroplaning. Hydroplaning is when your tires are riding on a layer of water, not the road surface. It is impossible to control your direction of travel when your vehicle is hydroplaning.
5. ***Refresh your skills.*** While AARP's Smart Driver Course will not be in person till September 1, 2021, it is possible to take advantage of the Online version. With the discount code of "Drivingskills" the cost of the class is \$16.49 for AARP Members, \$20.96 for nonmembers. The class is a little over 4 hours and you can do the class at your own pace. By taking the class you may also qualify for an insurance discount. Check with your insurance provider.

Here are some other short programs offered by AARP for Free. <https://www.aarp.org/learnathome>.

**CarFit** – How can your vehicle be adjusted to "Fit" you?  
**Let's Talk about Our Loved Ones Driving** – options when we decide to give up the keys?  
**Smart Driver Tek** – New Vehicle Technology

# E-Biking for Seniors

by Jim Jenkins, Triad member



**Jim Jenkins and his E-Bike, obviously NOT ready to ride!**

**Jim! Don't forget your helmet and protective clothing, including your reflective vest!**

Two years ago I bought an e-bike and it has been a wonderful addition to my life. Weather permitting, I ride most days, and I'm able to use it to run many of my daily errands around Madison. I'd like to introduce you to e-biking and help you decide if it's a good fit for you.

I'm writing this for people like me. I'm 73, in so-so shape, with ailing joints. If you are a high-powered road biker this isn't for you. But if you are looking for a way to get back into shape but not kill yourself getting there, this is for you.

## Selecting an e-bike

**Definition:** An e-bike is a normal bicycle, to which an electric motor is attached to make pedaling easier. Electricity is supplied by a rechargeable battery. Bike dealers' claims of battery-charge life are similar to car dealers' claims of gas mileage. Under perfect conditions, if you barely use the electric assist, it is possible to get that range. My bike's advertised range is 35 miles. In real life I get about 25 miles per battery charge. More than enough for my daily rides.

**Dealers:** Scores of companies offer e-bikes now. Every major bike maker on the planet is selling them. I suggest going to a trusted local bike dealer who's been in business for a while and who knows bikes. Any of the brands they sell will be good, and the dealers will

stand by their product and make sure you get one that fits your body and needs.

**Cost:** E-bikes are expensive. Plan to pay between \$1,000.00 and "sky's the limit." The brand that I ride, Electra, a Trek brand, makes e-bikes from \$1400 - \$3700. But I estimate that I've saved several hundred dollars in auto gas, tires, batteries etc., over the two years I've owned it.

**Pedal-Assist:** My bike is pedal-assist only. That means that I must actually make the pedals turn to go anywhere. The electric motor can be shut off, but when it's on, it offers five levels of assist in addition to eight mechanical gears on the derailleur.

**Throttle-Assist:** The other kind of e-bike is called throttle-assist. When the throttle is used, a rider need not pedal at all. I don't know much about these bikes. Most of the regular bike dealers in the area sell pedal assist bikes.

**Motor Placement:** My bike has the motor in the center, between the pedals. Some e-bikes have the motor on the rear hub. I recommend a middle placement because it places the center-of-balance in the center of the bike, not at the back. These are heavy bikes and balance is important.

## Riding an e-bike

If you can ride a bike, you can ride an e-bike. Because I'm old, I picked a bike that is steady, fairly low to the ground and well-balanced. I can put my feet on the ground when I stop, and still be seated. The brand I chose has a frame geometry that lets me do that and still get full extension of my legs when pedaling.

**How e-bikes are different:** There are two big differences between e-bikes and regular bikes: they are heavier, and they can go faster. You have to get used to both, but once you do, you can ride them as safely as any bike.

**Weight:** The weight means that the bike will be a bit

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# E-Biking for Seniors (continued)

harder to maneuver at slow speeds and on foot (as in maneuvering it around the garage). My bike weighs 58 lbs.; about average for an e-bike. This is where a center motor comes into play... My bike is easier to maneuver at low speeds than if it had a motor at the rear hub. Remember: balance!

**Speed:** The speed possible on an e-bike is a joy — and a shock — the first time you ride. You're still pedaling... You're supplying power and burning calories, just like on your old bike, but wow! You're flying! You have to get used to it. You probably won't be riding any faster than the other bikers out there, but it will seem like it, because your effort will get you surprising results.

Take it low and slow at first. Take your first rides on quiet streets or in deserted parking lots. Use a less-powerful assist level until you are comfortable with the new feel.

## Safety First

Bicyclists irritate motorists and pedestrians when they ignore the rules of the road. Don't be that guy! Stop signs mean stop. Lane lines mean stay in your lane. Sidewalks are for pedestrians.

I ride mainly on quiet streets and trails. Madison and Dane County are blessed with a fantastic trail system that you can access near home to take you almost anywhere. The trails are usually picturesque and shady. Getting there is the fun part!

I always ride with my headlight and taillight on and I wear a reflective yellow vest that I got for under ten bucks at Farm and Fleet. I wear a helmet that's in good shape and fits properly. If you've crashed and hit your helmet, replace it.

On the trails, cyclists must realize that there are lots of people out there who are on foot, with dogs, kids, babies, rollerblades, skateboards, etc. We all want to enjoy the trails safely. Ride single file in your lane, at a reasonable speed, announce your passing ("Passing on the left / right!") and thank people by slowing down and saying "thanks" as you pass.

### In Case of Emergency

Keep in mind what you will do in an emergency. Accidents and illnesses happen so be prepared before and during your ride. Bring your cell phone along and some form of identification. I carry a small first aid kit in my bag just in case. It's important to know your location if you need to call for help, so be aware of the street you're on or your trail name and where you are on it... "I'm on the Cap City Trail just north of Odana Road." And if possible let someone know where you intend to ride and when you expect to return home.

My e-bike has changed my life for the better. I'm going places, seeing things and getting exercise that I thought was ten years in my past. I encourage you to try an e-bike too. If you have any comments or questions feel free to email me at [jgienkins5266@yahoo.com](mailto:jgienkins5266@yahoo.com).

## **What is Triad?**

Triad brings together older adults, law enforcement, and the community at-large to promote safety and reduce the fear of crime. Providing vital information about personal safety and crime prevention is key to our mission.

We invite you to become an active participant in Triad activities. Volunteers are a key element in our success. To get involved, email Mike Thomsen at [mthomsen@rsvpdane.org](mailto:mthomsen@rsvpdane.org) or call (608) 441-7897."

# How to Read Nutritional Supplement Labels

by Amber Bormann: Brookdale Senior Living

**Proper nutrition is a big part of a healthy lifestyle, but not all diets are created equal.** High-fat, low-sodium, vegetarian, vegan ... the choices are nearly endless, and they all have their pros and cons. It can get confusing! As you make moves to improve your nutrition, your first stop should be a medical professional who can give you advice tailored to your specific healthcare goals and needs.

Your doctor or dietitian can point you to resources that can help you make smart choices with your food. They might also recommend nutritional supplements to round out your nutritional intake. To help consumers make more informed choices, the U.S. Food and Drug Administration (FDA) has created [guidelines](#) for labelling some of the dietary supplements your doctor or dietitian might recommend.

## How are dietary supplements defined?

Dietary supplements are products intended to supplement the diet. Generally speaking, they include one or more of the following dietary ingredients:

- A vitamin
- A mineral
- An herb or other botanical
- An amino acid
- A dietary substance for use to supplement the diet by increasing the total dietary intake
- A concentrate, metabolite, constituent, extract or a combination of any ingredient mentioned above

The dietary supplement labeling guidelines are extensive, but in a nutshell, all supplements generally require five statements: the name of the dietary supplement, amount of the dietary supplement, nutrition labeling, the ingredient list, and the name of the manufacturer.

## The Supplement Name

The first requirement — a name — is pretty self-explanatory. The supplement should go by the common name of the food, or, if applicable, the supplement should be named according to federal law



or regulation. Generally speaking, the label should also say “dietary supplement,” though the word “dietary” may be deleted and replaced by another appropriately descriptive term like the type of ingredient (herbal supplement) or one of the main ingredients (bee pollen supplement).

## Quantities and Servings

Here’s another easy one: The label should have the quantity of the contents clearly labeled. It’s important to make the distinction between a quantity and a serving size. For example, a bottle of calcium supplement could have a quantity of 100 pills but 50 servings per bottle if a serving size is defined as two pills. However, when the net quantity of contents is 100 tablets and the serving size is one tablet, the “Servings Per Container” also would be 100 tablets and would not need to be listed on the label.

As you’re looking at this information, always follow the advice of your doctor or dietitian to make sure you’re taking the right serving size. Any questions? Take the bottle to your doctor, or send them a photo for clarification.

## Nutrition Labeling

The nutrition label for a dietary supplement is called a “Supplement Facts” panel. Manufacturers use this section to list the names and quantities of dietary supplement present in the product, as well as the serving size and servings per container. It looks similar to the food you buy, with a few exceptions. The biggest one? Unless the FDA has established a daily value for an ingredient, the list of ingredients won’t contain daily recommended values.

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## *(Nutritional Supplement labels continued)*

For example, a calcium supplement will have a daily value listed along with each serving size's percentage of that daily value, because the FDA has established a daily value for calcium. However, elderberry or glucosamine supplement won't have daily values listed because the FDA doesn't have a recommended daily value for elderberry or glucosamine. You'll need to consult your doctor or dietitian regarding daily values.

### **The Ingredient List**

The ingredient list will contain a list of the compounds used to make the dietary supplement. This could include substances such as binders, colors, fillers, flavors, and sweeteners. If the supplement has an ingredient like calcium carbonate that appears in the supplement facts section, it doesn't need to be listed twice. This area is also where you'll find allergy warnings.

Different manufacturers can have vastly different ingredient lists depending on how their supplements are made, so once again, ask your doctor or dietitian if there are certain formulations they recommend or specific ingredients you should avoid.

### **Manufacturer's Name**

The last requirement — the name of the manufacturer, packer or distributor — is also pretty self-explanatory. The supplement has to list where the supplement is made (for example, made in the USA or made in Canada), who's making it and the address of the manufacturer or the manufacturer's principal place of business.

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## ***Knock Knock—Who is really there?***

by Sarah Kruse, SAIL Communications Coordinator

You answer your door and there stands an official-looking person, wearing an ID badge, who tells you that the tree in your yard is dead and they'd be happy to take it down before it falls on your home and can give you a good price because they are "already working for your neighbor."

This time of year the list goes on of people who will stop to offer to reseal your driveway, provide lawn service and so much more.

How do you know who is from a legitimate business and who is a scammer?

Taking a few important steps can save you a lot of trouble.

1. Ask for recommendations from a friend or neighbor. Check with the Better Business Bureau.
2. Be sure that you receive all estimates in writing and keep a copy of everything you sign.

3. Ask for proof that the business is licensed, bonded, and has current worker's compensation and liability insurance.
4. Never pay the final bill until the work is done and you have written proof that all subcontractors and suppliers have been paid in full.

Dane County also has other resources to help you maintain your home safely. SAIL—Sharing Active Independent Lives is one such resource that provides its members with a list of pre-screened service providers that is updated routinely. Service providers include housekeeping, yard services, handymen, companions and so much more. To learn more, visit [sailtoday.org](http://sailtoday.org) or call 608-230-4321.



# What Can We Do About It?

By Mike Thomsen, Triad Coordinator

***The question on everybody's mind was, "What can we do about it?"*** House and car burglaries, and car thefts had been increasing in the neighborhood and many residents were concerned and frustrated.

***After several neighborhood meetings with city and police officials, it was clear that most of the burglaries were "crimes of opportunity."*** Some residents were leaving their houses unlocked, their valuables in plain sight, and sometimes their cars were left running, or had the keys in the ignition. The fact is, in this topsy-turvy world many of us are just too busy, too occupied, and too distracted. Developing a routine, however, can make it just a little easier to remember the all-important little big things that help keep us from being victims.

***One neighborhood association in Madison, the Orchard Ridge Neighborhood Association,*** decided that it would try to help neighbors to develop a **#9PM-Routine**. Within just a couple of days after that public meeting, several residents had gotten together and made generous donations to design and purchase an initial order of "Hey, Neighbor!" yard signs. Check it out!

News of the newly organized community effort quickly spread, and the Greentree Neighborhood Association and the Buckeye-Grove Good Neighbor Project joined the project. And the rest is history! This Spring more neighborhood associations and community groups joined the campaign. The "Hey, Neighbor!" yard signs are popping up all around Madison reminding residents to close the garage door, lock the house and car, and to turn

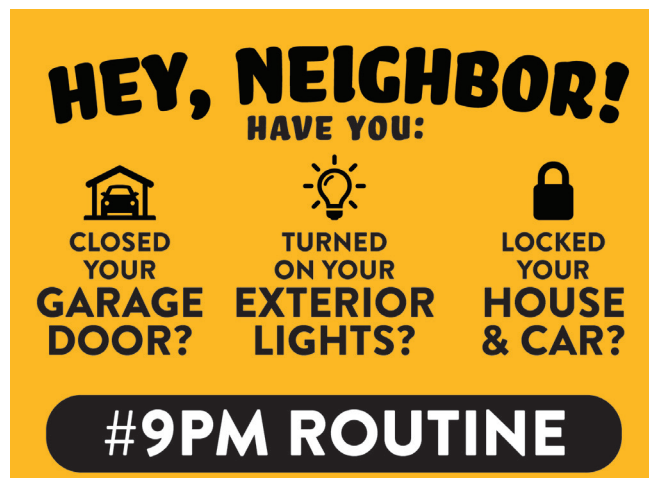
on the exterior lights to make life a little harder for the victimizers.

In the Tamarack Trails/Walnut Grove/Wexford Ridge neighborhoods, the Madison Police Department's (MPD) West District Community Policing Team has worked with residents to improve safety and frustrate thieves. MPD Police Officer Scott Beckwith recently told me that at a May 5<sup>th</sup> presentation emphasized personal safety tips, such as parking in well-lit areas, staying aware of one's surroundings, going places with friends when appropriate, and "trusting your gut."

***Property crime prevention tips were also discussed,*** including keeping the doors on your home and vehicles locked, even when you are in the house, and other #9PMRoutine tips. In addition, officers suggested examining the home from the "criminal perspective" to see if foliage or plants provide places where thieves and attackers could hide.

Officer Beckwith also mentioned that numerous resources are available at the police department, including a Good Neighbor Project kit, to help residents and neighborhoods develop their own ideas and plans to improve their safety and thwart potential criminals. Check it out at <https://www.cityofmadison.com/police/community/>.

***So, start with you own #9PMRoutine, then get together with your neighbors, talk, plan, work with your local police department, perhaps even start a Triad. Yes, we can do something!***





# Crime Trends in Madison

By Nick Cleary, Neighborhood Resource Officer  
West District, Madison Police Department

As we have broached the one year mark of our infamous Coronavirus pandemic, activity requiring Police intervention in the city of Madison has continued to grow in most areas compared to 2020. As hope emerges for a return to “normal,” unfortunately, so does criminal activity in our community. Fear not, Madisonians, for there are some good news statistics to report as well!

Madison has long been held as an upstanding, beautiful community known for its unique isthmus structure. Unfortunately, the past few years have marred this tranquil vision of Madison with seemingly increasing gun violence on a daily basis. This concerning and dangerous trend continues to elevate in 2021 with an increase of over 50% in comparison to 2020 data. Despite this stat, however, we have continued to dodge the proverbial bullet and are happy to report only one homicide thus far in 2021.

Amidst the bad news, there are also some positive thoughts sprinkled in. Robbery numbers are nearly

40% below their average for the first quarter of our average year, and burglaries have also decreased by nearly the same amount compared to last year. Sadly, however, stolen vehicles thus far this year have continued their torrid pace and are more than 30% ahead of last year’s numbers. It seems no home, shopping area, or gas station is immune from the brazen taking and driving of our beloved automobiles.

The Madison Police Department is looking forward to adapting to the new challenges that 2021 will bring us, and we are excited to continue our partnerships with organizations like Triad!

**Editor’s Note:** A big “Thank You” to the West District’s Captain Tim Patton, Police Officer Scott Beckwith, Sargent Trish Drury, and Neighborhood Resource Officer Nick Cleary for their invaluable help with the articles for this quarter’s Triad Newsletter. For more trends on Madison, visit <https://bit.ly/MPDFirstQtr>.



**The Good Neighbor Project is the Madison Police Department’s community safety program.**

When we take the time to get to know our neighbors, we feel a stronger sense of community. It’s comforting to know we have neighbors who are looking out for us and will help us. The police officers who live and work in our neighborhoods also care about our safety and well-being. When we get to know our neighborhood officers and work together with them to solve problems, we create an even larger social support network where everyone feels surrounded by people who care.

See more information at <https://www.cityofmadison.com/police/community/good-neighbor-project/>