

File of Life

A File of Life is a magnetic card holder that should be placed on your refrigerator. Emergency responders know to look for this holder. It contains information such as:

- Your name and address
- Doctor and phone number
- Emergency contacts
- Medical conditions
- Medications and allergies

Benefits to Police Officers

- Faster help in emergencies
- Maximum use of officer's time

Benefits to Emergency Rescue Teams

- Instantly know medical history of the patient
- Corrective treatment can begin immediately

Benefits to Hospital Emergency Staff

- On arrival, data is immediately available to the medical staff
- No wasted time getting information from a confused patient

Benefits to Each Individual

- Peace of mind knowing they will have prompt and quality care
- Easy access to potentially life-saving information
- Assurance that proper persons will be notified quickly
- Renewed sense of community spirit

** It is recommended to write in pencil so that it can be easily updated if necessary.

FILE OF LIFE	
Name:	Address:
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

FILE OF LIFE	
Name:	Address:
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

FILE OF LIFE	
Name:	Address:
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EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

Valley Triad

Partnering Seniors and Law Enforcement

Contact Valley Triad by calling **218.299.5514** for questions or if you are interested in:

- Senior Safety Seminars
- File of Life refrigerator magnet
- Attending a Valley Triad meeting or becoming a member
- Additional information

Valley Triad meets on the last Tuesday of every month at 9:30 am at the Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560 to develop projects and educational programs for Cass and Clay county seniors.

Partnering Seniors and Law Enforcement



A partnership that addresses crime and safety concerns of local seniors.

What is Valley Triad?

Valley Triad is seniors, service agencies and law enforcement working together to:

- Encourage cooperation between law enforcement and senior citizens.
- Maintain a broad dialog on safety and security concerns.
- Work to reduce criminal victimization of senior citizens.
- Be a link with senior members of the community.

Valley Triad is a non-profit, 501(c)(3) organization.

Goals

Reduce criminal victimization of senior citizens.

Provide crime prevention information to help change behaviors and reduce the fears of crime.

Provide reassurance programs.

Educate law enforcement and the community in dealing more effectively with seniors and their concerns.

Concerns

Safety and security are the main concerns of Valley Triad. Below are a few examples discussed during meetings and programs. We encourage individuals to attend meetings and bring ideas or concerns to the group for discussion.

- Fraud and scam awareness
- Emergency preparedness plans
- Personal safety tips
- Elder abuse, prevention, recognition, and reporting

Programs

Valley Triad sponsors and hosts many Senior Safety Seminars, which include topics such as:

- Frauds and scams
- Financial exploitation
- Avoiding identity theft
- How to file a complaint or alert law enforcement
- Personal safety

If you, or your group, are interested in having a Senior Safety Seminar please contact Valley Triad by calling 218.299.5514.