

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:	Phone#:
Name:	Phone#:
Address:	Phone#:

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

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

Valley Triad

Partnering Seniors and Law Enforcement

Contact Valley Triad by calling **701.241.5800** 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 contacting

Cass County Sheriff's Office

211 9th Street South

Fargo, ND 58103

701.241.5800