

Minnesota Triad



**3rd Quarter 2026
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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 YOUR newsletter!
Current safety information,
Information from TRIAD Members
For TRIAD Members
and all 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

Featured Member

Kandiyohi County MN TRIAD Conference

It's almost August and the MN TRIAD Conference is right around the corner (ie. the next month)! Have you registered? Have you made your motel reservation? Have you shared conference information in your TRIAD programs and in your communities.

Remember, the conferences are open to anyone, whether or not they are a senior, involved with seniors, involved with TRIAD or have ever even heard of TRIAD.

The conferences provide an opportunity to meet people from through the state (and sometimes out of state), to hear from excellent presenters, to learn ways to keep yourself (family, friends and those in your communities) safe, to learn more about TRIAD and to share information about what TRIAD programs are doing across the state... and they are FUN!! One other benefit is that TRIAD is like an extended family...an organization where people feel welcome and comfortable right from the start...and the conferences provide an opportunity to connect with the friends you've made over the years. We look forward to seeing you there!

It's All About Safety

Common Scams That Target Seniors

Scams targeting older adults are common in

today's world. Many scammers think of seniors as prime targets because of their retirement savings or because they may live alone. Many outdated and downright inaccurate stereotypes about older adults make them popular targets.

Luckily, there are plenty of ways to stay ahead of the fraudsters and avoid getting scammed. An excellent article by **SENIORLIVING.ORG TEAM (November 11, 2025)** shared some good information that we will summarize here. See the full article at [Scams Targeting Seniors and the Elderly in 2026](#).

Some common fraud tactics that con artists use to get seniors to fall for their schemes include:

- being friendly, approachable and sympathetic so that the victim feels like the scammer is on his/her side.
- Instilling fear or giving a sense of urgency so people don't have much time to think or act rationally.
- Appearing to be helpful to gain someone's trust and make that person feel inclined to return a favor later on.
- Playing on your emotions to skew proper judgment.
- Pretending to be associated with a credible company, government agency or charity to fake legitimacy.
- Being ambiguous about the subject or changing it throughout the conversation to distract the victim.

Some popular scams targeting seniors include:

- Health Insurance Scams** (Scammers may claim to be a Medicare representative and tell a senior that they need a new Medicare Card, which would need them to provide their Social Security Number; or that they need new supplemental policies; or need personal information to bill Medicare)
- Telemarketing Swindles** (Scammers may hook seniors by pretending to offer free trials, extended warranties, can't miss investment opportunities, free or cheap travel, incredible prizes or advance loans... or they may represent themselves as an IRS Agent, Investor, bank official or family members).
- The Pigeon Drop** (this is when a scammer offers a larger sum of money to the victim in exchange for a smaller sum of money).
- Fake Accident Scenario** (Scammers will claim that a family member or friend has been injured or is in trouble).
- Charity Scams** (scammers pretend to be representing a charity to get financial or personal information).
- Internet Fraud** (pop-ups, fake websites, etc).
- Tech or Computer Support Scams** (scammers post as tech support personnel and try to get permission to link to the senior's computer to lock it up until a fee is paid).
- Lottery and Fake Prize Scams** (In short, if you didn't buy a ticket or enter a contest, you didn't win a prize... and you should never have to pay money to get money).

This is just a sample of some of the scams out there, but some of the things they have in common are that they misrepresent who they are (are not truthful), they are looking to get money and/or information from you and they prey on your "Minnesota niceness."

If you did not initiate the interaction, if you feel the least bit suspicious of an email, phone call, personal visit or anything else, **CHECK IT OUT BEFORE** you agree to anything, give any information out, click on anything on the internet or let anyone in your home.

Upcoming Conferences And Meetings

**2026
MN TRIAD
Conference**
*Hosted By
Kandiyohi County*
September 15-16

*Willmar Conference
Center*
Best Western
240 23rd Street SE
Willmar MN 56201
320-444-9480

**2027
MN TRIAD
Conference**
*Hosted By
Grant County*

Dates/Location TBD

**Quick
Safety Tip**
...
and the why!

"Minnesota Niceness"

Minnesota's "Minnesota Nice" is a cultural stereotype describing residents as unusually courteous, reserved and mild-mannered compared to people from other states. It's often linked to polite friendliness, emotional restraint, a tendency toward understatement and an aversion to open confrontation.

*So... keep that
Minnesota Nice,
just don't let scammers
take advantage of it!!*

MN TRIAD Meeting



Our Spring MN TRIAD Meeting was held on Tuesday, April 21, 2026 from 10:00 – 11:30 AM as part of Kandiyohi County TRIAD's regular meeting.

We had the opportunity to meet one of our presenters for September's conference – Krisie Barron. She gave us a preview of "Dealing with Dementia" and we had the opportunity to let her know what we'd like covered at the conference. Some very powerful tools and different (better) ways to look at things – ex. Caregiver vs care partner; tango vs tangle; and the most powerful tool "I'm sorry."

Chief Deputy Kent Bauman gave us a preview of the conference, which will include an interactive Fraud and Scam Panel, Dementia presentation and TRIAD Bingo! They are still confirming other presenters and there were a lot of good suggestions during the meeting. There will be vendor and sponsorship opportunities available. The conference will be held at the Willmar Conference Center (Best Western).

MN TRIAD President/Sheriff Kelly Lake introduced the MN TRIAD Board and gave an overview of MN TRIAD and what's happening in the state. We were contacted with a record retention question for TRIAD documents. It was agreed that TRIAD programs should talk with their Law Enforcement partners and follow their guidelines (most likely the record retention schedule they follow). If there is anyone interested in an officer position on the MN TRIAD Board, please submit your name and the position you are interested in. We will hold an election in September if there are others interested in being on the Board. Kelly thanked everyone one for coming, and for their support of TRIAD... with a special thank you to the Board! TRIAD keeps getting stronger and it is because of all of YOU! Many thanks to Kandiyohi County for a great meeting...got to meet a lot of new TRIAD people! We are looking forward to seeing you all in September!!

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.**

Recipe

Million Dollar Biscuits



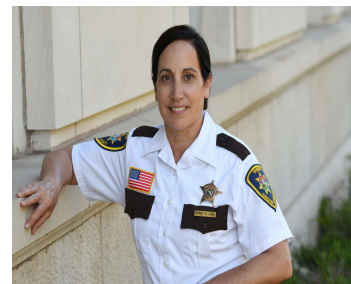
4 ½ c. Bisquick mix
1 c. sour cream
½ tsp. Salt

1 c. lemon lime soda
6-8 tbsp. Butter, melted

Preheat oven to 425. Stir together Bisquick, soda, sour cream and salt; okay if dough is sticky. Pour melted butter into baking dish, rotating the dish slightly so butter spread across the bottom of the dish. Take small scoopfuls of dough and drop them into buttered baking dish and place dish in oven. Bake for 11-13 minutes until biscuits are golden brown. Remove baking dish from oven and let cool for 10-15 minutes or until biscuits have absorbed melted butter. Serve warm and enjoy!

Submitted by Mickey Kimmes
Thank you!

Congratulations Carlton County Sheriff / MN TRIAD President Kelly Lake



As most of you know, Sheriff Kelly Lake has announced that she will be retiring at the end of her current term, during the first week of January 2027.

Kelly and her Carlton County TRIAD group hosted their first conference in 2011 and she has been our MN TRIAD President for over 13 years. Kelly's unwavering support of TRIAD and its members has been so appreciated – from her involvement in all our meetings and conferences to how she supports the seniors in her home county.

When Kelly was the MSA President, she presented to me the 2015 President's Award for my commitment to TRIAD. I am still humbled that she nominated me for that award. This is just one small example of how much TRIAD means to Kelly and how she cares for and supports others. Kelly has been a mentor and friend to me since I first met her and I, like many of us, look forward to many more years of friendship and TRIAD collaboration with her!! ... and yes, we will keep having her share her adventure from the first conference she hosted!

Pauline



Carlton County Sheriff's Office

Sheriff Kelly A. Lake

Chief Deputy Dan Danielson

(218) 384-3236

FOR IMMEDIATE RELEASE

April 8, 2026

From: Sheriff Kelly Lake

It is with conflicting emotions that I am officially announcing my intent to retire at the end of this current term as your Sheriff in January of 2027. I have been honored to serve this county as your Sheriff for the last 20 years. I am grateful for the trust you placed in me and for the opportunity to serve with the Carlton County Sheriff's Office for 37 years.

My heart is filled with gratitude for the people I have been blessed to work with and for those I have met along this journey. The support I have received over the years in both my personal and professional capacity has been overwhelming and deeply appreciated. I've been fortunate to build partnerships with so many amazing people in public safety, emergency services, and beyond.

To the men and women of the Sheriff's Office currently serving and retired, it's been a privilege to work alongside you and witness your commitment to public safety. Thank you for your dedication, professionalism, and desire to serve our communities.

I wish to say thank you to my family for their love and unwavering support. I know this career would not have been possible without them.

I look forward to serving the remainder of this term with the same dedication that I started my career with in 1989.

Sincerely,

Your Sheriff---Kelly Lake