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Volunteer NEWS

Volunteering with SMP



SMP programs offer volunteers an opportunity to make a difference in their communities. SMP volunteers may serve Medicare beneficiaries, their families and caregivers in many ways, including assisting beneficiaries to become better health care consumers. Educating members in your community and at local senior centers helps beneficiaries identify deceptive health care practices, such as double-billing, overcharging, or providing unnecessary services. Help SMP fight fraud in your community, call 1-800-233-1737 to learn more about becoming a volunteer.

Scams ♦ Shams ♦ Shenanigans

Telefraud vs. Telehealth Is it really Telemedicine Fraud?

The largest fraud take down, resulting in \$1.1 billion in allegedly false and fraudulent claims, has been categorized as 'telemedicine fraud'. The actual fraud involved telemedicine company executives paying doctors and nurse practitioners to order unnecessary durable medical equipment (DME) and other testing without patient interaction, or based on brief telephone conversations. Although the Department of Justice (DOJ) claims that medical professionals billed Medicare for sham telemedicine consults, much of it appears unrelated to the telehealth visit itself, and more to do with the ordering of DME and unnecessary testing.

Source of Information: <https://www.justice.gov/opa/pr/national-health-care-fraud-enforcement-action-results-charges-involving-over-14-billion>

Watch for the February SMP Scam of the Month to see more information on *What's New in 2022*.

Improving Health and Wellness

NDC3 is improving health and wellness in ND communities. Through a network of local leaders, community organizations and health systems, NDC3 delivers programs to help individuals self-manage chronic health conditions, prevent falls, and foster well-being. If you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, NDC3 can support your efforts. For more information visit www.ndc3.org or visit with your health care provider who can make a referral for a representative to contact you.

Tips to Prevent Health Care Fraud as you Cook!

Fraud Fact: Don't fall victim to another Medicare Card Scam. Remember, Medicare will NEVER call you asking for your Medicare number and Medicare IS NOT issuing new plastic cards or black and white cards!

Chai-Spiced Pumpkin Loaf

Ingredients:

Loaf:

- 1 3/4 C. all-purpose flour
- 1 t. baking powder
- 1 tsp. cinnamon
- 1/2 t. baking soda
- 1/2 t. ground cardamom
- 1/2 t. ground ginger
- 1/2 t. kosher salt
- 1/4 t. ground cloves
- 1/4 t. ground nutmeg
- 1 C. pumpkin puree
- 8 T. unsalted butter, melted & cooled
- 1/2 C. brown sugar
- 1/2 C. granulated sugar
- 2 large eggs, room temp
- 1 tsp. vanilla

Source: Adapted from FoodNetwork.com
Courtesy of Kardea Brown.



Directions:

1. Preheat oven to 350°. Grease 9-by-5 loaf pan with nonstick spray. Line pan with parchment paper. Spray parchment paper.
2. Whisk together flour, baking powder, soda & spices.
3. Whisk together pumpkin, butter, brown sugar, granulated sugar, eggs and vanilla. Add dry ingredients to the bowl, stir until completely incorporated.
4. Pour batter into a loaf pan. Bake until toothpick inserted in center comes out clean, **50 minutes to 1 hour**. Let cool for 30 minutes before unmolding from pan. Allow to cool completely on wire rack. Glaze with Chai-glaze:
5. Chai Glaze:
 - 1 C. powder sugar, sifted
 - 2 T. strong steeped chai tea
 - 1 T. heavy cream
 - Pinch ground cinnamon

Whisk together, drizzle over top of loaf. ENJOY!

Th  S of SMP



SMP Volunteers

Take Time to Count Your Blessings

Now that it is 2022, take time to look back at 2021 and count your blessings, you may surprise yourself and find out that you have more to be thankful for than you thought.

I feel blessed, not only to have great family and friends, but fantastic co-workers through the SMP program, as well as a wonderful group of volunteers to help spread the Medicare fraud message. Many scams have not changed through this past year, back brace (DME) scams, genetic testing and of course, Medicare card scams, but always with a new twist.

To all the SMP volunteers, keep up the good work! There are many seniors who desperately need the information we share with them. As we move ahead into a new year, we will continue to educate the community on the latest scams, on how to lookout for new scams, and to continue to help keep our communities scam free.

Brenda Munson, ND SMP Coordinator of Volunteers

Source: SMP Resource Center.