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<https://ndcpd.org/smp/>

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# Volunteer NEWS

## Volunteering with SMP



Medicare fraud steals billions of dollars from U.S. taxpayers every year. Here's what **YOU** can do as a Senior Medicare Patrol volunteer:

- Put your experience and skills to work
- Learn how to spot Medicare scams and errors
- Educate and empower consumers

Help SMP fight fraud in your community. Call (800) 233-1737 to learn more about becoming a SMP volunteer.

## Scams ♦ Shams ♦ Shenanigans

### Obituary Scams

It's natural to want to celebrate a loved one's life by sharing their story in an obituary. But as you mourn their death, take care with what you share, because scammers are also paying attention. What you don't want to share in an obituary:

- Exact birthday
- Mother's maiden name
- Address
- Education
- Ex-spouses
- Children
- Jobs or careers

Watch for the November SMP Scam of the Month to see more information on Obituary Scams.

## 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](http://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:** Fraudsters like change. During open enrollment when millions of Americans can change their healthcare plans for the next year, con artists come out in force to take advantage of Medicare beneficiaries.

## Baked Rigatoni

Serves: 6-8

### Ingredients:

#### Topping:

1 C. ricotta cheese  
1/2 C. chopped fresh basil  
1/2 tsp. kosher salt  
Mix well and set aside.

#### Pasta:

1/4 tsp. kosher salt + more for pasta water  
1 # rigatoni pasta  
1 T. olive oil  
1 # Italian sausage  
1 head of broccoli, chopped, small florets  
1 clove garlic, chopped  
25 oz. marinara sauce  
1 C. parmesan cheese  
1 1/2 C. shredded mozzarella cheese

Source: Adapted from FoodNetwork.com  
Giada De Laurentiis.



### Directions:

1. Preheat oven to 400°
2. Bring large pot of water to boil, season with salt. Cook rigatoni for 5 minutes. Drain, reserve 1/2 C. of pasta water.
3. Heat large oven-proof skillet, add olive oil and sausage. Cook, breaking apart the meat until browned, about 7 minutes. Add the broccoli and garlic, cook for 3 minutes to marry flavors. Stir in marinara sauce and 1/4 tsp. salt. Add the pasta to the pan, sprinkle with 1/2 C. Parmesan cheese, toss to coat. Add the reserved pasta water to thin the sauce slightly.
4. Dollop the ricotta cheese mixture evenly over top of pasta. Nestle the ricotta into the pasta, covering with some of the pasta. Sprinkle with mozzarella and remaining 1/2 C. of Parmesan cheese.
5. Bake until golden brown and bubbly, about 20 min.
6. Allow to set 5 minutes before serving.

Th **VOLUNTEER** S of SMP



# SMP Volunteers

*Volunteers help make the world a better place!*

Some ways to engage in meaningful social activities are to 1) volunteer or mentor in your community; 2) visit your local senior or community center; 3) seek out leadership roles in a civic organization; and 4) accomplish the other activities by volunteering with SMP. Serve your community and learn about Medicare by volunteering for the North Dakota Senior Medicare Patrol. For older adults, the positive effects of volunteering is evidenced in their social, mental, and physical well-being.

To all of our SMP volunteers, keep up the good work! There are many seniors who desperately need the information we share with them. With help from our volunteers, ND SMP will continue to educate communities on the latest scams, how to lookout for new scams, and continue the work to keep our communities scam free.

Source: SMP Resource Center.