

Volume 36
Spring
2021

How to contact us:

ND SMP, NDCPD
Minot State University
500 University Ave W
Minot, ND 58707
1-800-233-1737
(701) 858-3580

- Linda Madsen,
Project Director:
701-858-3424 or
linda.madsen@
minotstateu.edu
- Brenda Munson,
Coordinator of
Volunteers:
701-858-4477 or
brenda.munson@
minotstateu.edu
- Korie Huettl,
Support Staff:
701-858-3421 or
korie.huettl@
minotstateu.edu

Visit our website :
www.ndcpd.org/smp

Like us on Facebook:

[www.facebook.com/
northdakotaseniormedicarepatrol](https://www.facebook.com/northdakotaseniormedicarepatrol)



Volunteer NEWS

Volunteering with SMP



The SMP program offers volunteers an opportunity to make an important difference in their communities. SMP volunteers take pride in working to ensure that the Medicare program will be protected for future generations. When someone defrauds Medicare, it

means higher premiums and co-pays for beneficiaries. It also threatens the program's integrity that they have worked so hard to maintain. Contact ND SMP at (800) 233-1737 to learn more about becoming a SMP volunteer.

Scams♦Shams♦Shenanigans

Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

1. You can't pay to put your name on a list to get the vaccine. **That's a scam!**
2. You can't pay to get early access to the vaccine. **That's a scam!**
3. Nobody legitimate will call about the vaccine and ask for your Social Security number, Medicare number, bank account information or credit card numbers. **That's a scam!**

Ignore any vaccine offers of this nature. Contact your healthcare provider about how to schedule your COVID-19 vaccination.

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 ask your health care provider who can make a referral for a representative to contact you.

Tips to Prevent Health Care Fraud as you Cook!

Remember: Protect yourself and loved ones from Medicare fraud. Call ND SMP for assistance or visit www.stopmedicarefraud.gov

Chocolate Peanut Butter Blondies



Ingredients:

- 1 C. unsalted butter (room temp)
- 1 C. packed brown sugar
- 1/2 C. granulated sugar
- 1 C. creamy peanut butter
- 2 tsp. vanilla extract
- 2 large eggs
- 1 1/2 C. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. kosher salt
- 2 C. rolled oats
- 1 C. semisweet chocolate chips

Directions:

1. Preheat oven to 350°. Lightly spray 9-by-13 inch glass baking dish with cooking spray.
2. Combine butter, brown sugar and granulated sugar in large bowl, beat using a handheld mixer until light and fluffy.
3. Add peanut butter, vanilla and eggs. Beat until fully combined. Add flour, baking soda and salt and mix on low until fully mixed. Fold in oats and chocolate chips with a rubber spatula.
4. Spread mixture in the baking dish and bake until set, 30-35 minutes. Do not overbake. Allow to cool before cutting into squares. Yield: 24 squares

Recipe: Courtesy of Giada De Laurentiis. Giada Entertains: Episode Dog Park Picnic.



SMP Volunteers

Happy Spring!

ND SMP would like to thank you for all your support and contributions in making the North Dakota program a success. We appreciate that you put your time aside to help raise awareness about Medicare fraud and medical identity theft for at risk seniors in your communities. We are always in need of organized, hard-working volunteers. It is only with the assistance of local volunteers such as yourselves that we can meet the ongoing challenge brought on by scams and fraud.

Volunteerism is the voice of people put into action. Volunteers do not necessarily have the time; but you have the heart. **ND SMP thanks all of you who have helped make us the program we are today.**

With help from our volunteers, ND SMP will continue to educate communities on the latest scams, how to be on the lookout for new scams and work to keep our communities scam free.