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Volunteer NEWS

Volunteering with SMP



Benefits of volunteering:

- Learn about Medicare.
- Stay healthy and active.
- Make new friends with shared interests.
- Be a champion of a worthwhile cause.
- Advocate to protect your savings, assets and legacy.

Serve your community and learn about Medicare by volunteering. Contact ND SMP at (800) 233-1737 to learn more about becoming a SMP volunteer.

Scams ♦ Shams ♦ Shenanigans

The goal of fraudsters is simple: to obtain your personal information. The more you are informed about current scams the more likely you will not fall victim to them.

- Survey Vaccine Scams
You have gotten your vaccine. You then get an email asking you to complete a health survey. This is a scam!
- Vaccine Trial Scams
There are numerous research trials in the race to develop additional COVID-19 vaccines and treatment. Don't fall victim to this scam.
- Vaccine-for-sale Scams
Scammers set up fake websites offering vaccine kits, some even imitating legitimate pharmaceutical manufacturers. Don't fall for it, you can't buy a vaccine.

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 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: Medicare spends approx. \$7.1 billion on durable medical equipment annually.

The best defense against fraud is to understand the DME benefit and watch MSNs for fraud.

Chewy Peanut Butter Oatmeal Cookie

Makes 18 cookies

Ingredients:

- 1/2 C. butter, softened
- 1/2 C. butter-flavored Crisco
- 1 C. dark or light brown sugar
- 3/4 C. white sugar
- 1 C. peanut butter (creamy or chunky)
- 2 eggs
- 1 tsp. vanilla
- 1 1/2 C. flour (spooned & leveled)
- 2 tsp. baking soda
- 1 tsp. salt
- 1 C. quick oats
- 1/2 C. old fashioned oats

Source: adapted from Allrecipes.com



Directions:

1. In a bowl, beat butter and Crisco for 2-min. Add brown sugar, white sugar, and peanut butter. Mix until combined.
2. Add eggs and vanilla. Mix well.
3. Add flour, but don't mix it in. Spoon in baking soda and salt, then gently mix batter.
4. Add the quick oats and old fashioned oats. Stir until incorporated, but don't overmix.
5. Cover bowl and chill for 1-3 hours.
6. Preheat oven to 350°. Line baking sheets with silicone baking mats or parchment.
7. Use a 1/4 C. to measure dough, placing 6 cookies on each sheet.
8. Bake for 9-10 min, edges should be firm.
9. Cool 5 min. before moving to cooling rack.

Th  S of SMP



SMP Volunteers

Helping You Helps Me!

For older adults, the positive effects of volunteering is evidenced in their social, mental, and physical well-being. According to a recent AARP Foundation survey of 281 volunteers completing the study, those who volunteered had larger social networks and reported stronger concern for the next generation. Overtime, volunteers reported lower depression symptoms, higher engagement in activities with others, and a stronger desire to contribute to the development of others.

Numerous studies show there is a relationship between volunteering and better health and wellness outcomes, including a study conducted by John Hopkins University. Volunteering as an older adult provides role enrichment, self-efficacy, creativity and imagination, compassion for others, and better brain health.

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.

Source: AARP Foundation.