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Visit our website : https://ndcpd.org/smp/

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Volunteering with SMP



SMP programs rely on the service of volunteers. Some facts on why we utilize volunteers:

- 1. To establish trust with clients within their own communities.
- 2. Translating complex information into understandable language.
- 3. Volunteers have the option to focus exclusively on helping a client or issue.

Help SMP fight fraud in your community. Call 1-800-233-1737 to learn more about becoming a volunteer.

Scams > Shams > Shenanigans

How to Get Off Junk Mailing Lists

Following these steps should decrease the amount of junk mail you receive. It may not eliminate all of it but you should see an improvement.

What you can do to reduce unwanted mail:

- Contact the Direct Marketing Association:
 Online: www.DMAchoice.org or register by mail using a mail in form found online to DMA Choice, Consumer Preferences, P.O. Box 900, Cos Cob, CT 06807.
- Opt-out of Company Mailing Lists:

 Contact the customer service department of companies that send you junk mail and ask to be removed from the mailing list.
- Opt-out of Pre-approved Credit Offers: Call 888-5OPTOUT (888-567-8699) or sign up online at www.optoutprescreen.com

For more information on How to Get off Mailing Lists visit ndcpd.org/smp/

Source of Information: ND Office of Attorney General, Consumer Protection Division, and Direct Marketing Association's Mail Preference Service (DMAChoice) www.DMAChoice.org

Improving Health and Wellness

NDC3 is improving health and wellness in ND. 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 about a referral.

Tips to Prevent Health Care Fraud as you Cook!

Tip for preventing fraud: Protect your Medicare number. Treat

your Medicare card and number the same way you would a credit card.

Chinese Almond Rounds

Ingredients:

3/4 C. sugar 3/4 C. butter, softened 1 egg 2 T. water 1 tsp. almond extract 2 1/2 C. all-purpose flour 1 tsp. baking powder 1/3 C. whole shelled almonds

Source: Mr. Food (2022 Jan. 31):

https://www.mrfood.com/Cookie-Recipes/Chinese-

Almond-Rounds

Directions:

- 1. Preheat oven to 350 degrees F. Coat baking sheets with cooking spray.
- In a large bowl with an electric mixer on medium speed, combine 3/4 cup sugar, the butter, egg, water, and almond extract; blend well. Gradually add flour and baking powder, blending on low speed until well mixed.
- 3. Roll dough into 1-inch balls and place about 2 inches apart on baking sheets. Flatten balls slightly with the bottom of a flat glass, then evenly sprinkle with sugar. Press an almond firmly into center of each cookie.
- 4. Bake 8 to 12 minutes or until firm to the touch, but not brown. Do not overbake. Immediately remove from baking sheets and cool on wire racks.





VOLUNTEERING WITH THE SENIOR MEDICARE PATROL



Skills to Volunteer

SMP projects match a volunteer's skills and interests to the needs of the program. As a result, SMP volunteers may serve Medicare beneficiaries, their families, and caregivers in many creative ways.

Benefits Reported from Volunteering!



felt they had more









How to Start Volunteering with SMP

SMP projects serve every state, Guam, Puerto Rico, the U.S. Virgin Islands, and Washington, D.C. To find your SMP, use the locator at

www.smpresource.org or call 1-877-808-2468.

Find Help in Your State

