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Volunteer NEWS

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

Like us on Facebook:

www.facebook.com/northdakotaseniormedicarepatrol



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.

