

Volume 41  
Summer 2022

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# Volunteer News



## Volunteering with SMP

The SMP program offers volunteers an opportunity to make an important difference in their communities. Volunteers take pride in working to ensure that the Medicare program will be protected for future generations. We know that one of the most effective and direct steps we can take to improve Medicare's long-term health is ridding the program of waste, fraud, and abuse. SMP volunteers may serve Medicare beneficiaries, their families, and caregivers in many creative ways. *Volunteering* can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You will be doing good for others and the community, Help ND SMP fight fraud in your community. Call 1-800-233-1737 to learn more about becoming a volunteer.

## Scams ♦ Shams ♦ Shenanigans

### What is Cardiovascular Genetic Testing Fraud?

Cardiovascular genetic testing fraud occurs when Medicare is billed for a cardio-type test (cheek swab) or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician. Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for fraudulent billing purposes/medical identity theft. If Medicare denies the claim, you could be responsible for the entire cost, which averages \$9,000 to \$11,000.

- You receive an unsolicited call from someone stating your doctor or cardiologist requested that you have the testing done and they will send you a cheek swab testing kit.
- Caller ID may even show your doctor's name or phone number.
- A company calls offering you "free" or "at no cost to you" testing without a treating physician's order and then bills Medicare. Many scammers 'coach' you on what to say when transferred on to another 'agent.'
- Billing Medicare (usually thousands of dollars) for a broad range of cardiac genetic tests that you did not request or even receive.

Source of Information: AR SMP Quarterly Newsletter (April-June 2022).

## 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](http://www.ndc3.org) or visit with your health care provider about a referral.

# Food for Thought

## Quick-as-a-wink Pasta

### Ingredients:

- 1# Italian-style turkey
- sausage, casing removed
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 2 (14 1/2-oz) cans diced tomatoes with basil and oregano, undrained
- 8 oz. sliced mushrooms
- 1 tsp. Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1# rotini or spiral pasta
- 1/2 C. shredded mozzarella

### Directions:

1. In a large skillet over medium heat, cook the sausage, onion, bell pepper, and garlic until no pink remains in the sausage. Reduce heat to low and add tomatoes, mushrooms, Italian seasoning, salt and pepper; simmer 10 minutes or until thoroughly heated.
2. Meanwhile, prepare pasta according to package directions; drain, rinse, and drain again. Place pasta on a large serving platter.
3. Spoon sausage mixture over pasta, top with mozzarella cheese.
4. Serve immediately.

Source: Mr. Food (May 2022):  
<https://www.mrfood.com/Pastas/Quick-as-a-Wink-Pasta>



**Tip for preventing fraud: Protect Yourself & Medicare.**  
Three simple steps: **Protect, Detect and Report** Medicare fraud.

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## SOME WAYS TO ENGAGE IN MEANINGFUL SOCIAL ACTIVITIES

- A. Volunteering or mentoring in your community
- B. Visiting your local senior or community center
- C. Seeking out leadership roles in a civic organization
- D. All of the above with



Senior Medicare Patrol

Preventing Medicare Fraud

from: <https://acl.gov/news-and-events/acl-blog/staying-socially-connected-winter>