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

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Volunteer News

Volunteering with SMP



The SMP program greatly appreciates the many and varied contributions of its volunteers in making SMP a success. Every year the Medicare system is drained of billions of dollars as a result of Medicare fraud. Volunteers help in the fight against fraud by educating Medicare beneficiaries, their families

and caregivers in their communities on ways to prevent Medicare fraud. Help ND SMP fight fraud in your community. Call 1-800-233-1737 to learn more about becoming a volunteer.

Scams♦Shams♦Shenanigans

Medicare's Annual Open Enrollment Period is just around the corner—watch out for scams!

Open Enrollment is from October 15-December 7

As you look for your best health coverage options, don't forget to keep an eye open for fraudsters. Watch out for people who:

- Claim they work with Medicare or are an "official Medicare agent." There are **NO** Medicare representatives and Medicare will never cold-call you.
- Say you **MUST** join a Medicare prescription plan (Part D). It is voluntary to join a prescription drug plan.
- Ask for personal information, such as your Medicare number, Social Security number, and/or bank information.
- Threaten or pressure you to enroll in their plan. You will **NOT** lose benefits and you have the entire Open Enrollment Period to make a decision.
- Offer you gifts to enroll in their plan...it's illegal!

If you suspect your Medicare number or SSN have been compromised, think you have been enrolled in a plan without your permission or have questions about fraud, contact ND SMP.

Source of Information: SMP National Resource Center. (2019 Oct)..

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.

Food for Thought

Cherry Cola BBQ



Ingredients:

- 3-4 lb pork tenderloin
- 12 oz. cherry cola
- BBQ sauce
- 1 Tbsp salt
- 1 Tbsp black pepper
- 2 tsp. crushed red pepper flakes

Directions:

1. Mix together spices in a small bowl.
2. Rub spices on the top and sides of the tenderloin.
3. Place pork in a crock pot. Using a basting brush, coat the outside of the tenderloin with bbq sauce. Pour cherry cola over the top of the tenderloin. Cola should cover the bottom half of the tenderloin.
4. Cook in crock pot on low for 7-9 hours.

Notes:

Also can be cooked in the oven at 375 degrees for 4 hours.

Source: Southern Discourse

<https://southerndiscourse.com/cherry-cola-bbq-pulled-pork/#recipe>

**Tip for preventing fraud: Protect your Medicare number.
Treat your Medicare number the same way you would a credit card.**

The



of SMP



**VOLUNTEERS
NEEDED!**



Interested in volunteering for ND SMP? Call 800-233-1737 to find out how you can be of service to your community. SMP needs your help.

