

Volume 43  
Winter 2022-23

## How to contact us:

ND SMP, NDCPD  
Minot State University  
500 University Ave W  
Minot, ND 58707  
1-833-818-0029  
(701) 858-3580

- Linda Madsen,  
Project Director:  
701-858-3424 or  
linda.madsen@  
minotstateu.edu
- Brenda Munson,  
Coordinator of  
Volunteers:  
701-858-4477 or  
brenda.munson@  
minotstateu.edu
- Kale McHenry, Project  
Coordinator:  
701-858-3490 or  
kale.mchenry@  
minotstateu.edu

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<https://ndcpd.org/smp/>

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# Volunteer News

## Volunteering with SMP



The SMP program is in need of volunteers. SMP is a statewide program that provides free assistance to people with questions or problems related to Medicare and/or Medicare fraud. SMP will train volunteers to go out into their own communities, into senior centers, churches, health fair, etc. to help in the fight against Medicare fraud and make a difference in people's lives. Call 1-833-818-0029 to learn more about becoming a volunteer.

## Scams◊Shams◊Shenanigans

### **Beware of Common Medical Equipment Scams**

As different types of scams come and go, one type remains constant: durable medical equipment, or DME, schemes. DME includes medical devices and supplies that are prescribed by a person's doctor, can withstand repeated use, serve a medical purpose, and can be used in the home. Examples include braces, orthotics, and mobility aids such as walkers, canes, crutches, and wheelchairs.

Scammers call people and offer 'free' braces, claiming that Medicare will fully cover these materials but Medicare only covers 80% for DME. If you are in pain, you should always talk to your doctor about what they recommend.

Beneficiaries who give out their Medicare numbers are also at risk of having their medical identities stolen. They may receive equipment or genetic testing kits they don't want or need and could even be left responsible for large bills for these items. This type of fraud can be stopped. The SMP suggests people take the following steps:

- Your doctor should assess your condition and order any necessary equipment or treatment.
- Always read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) to look for charges for equipment you do not need, never requested, or did not receive.
- Protect your Medicare number as you would your credit card.
- Do not accept products or services from strangers who call or knock on your door.
- Do not accept money, gifts, or unnecessary equipment or supplies in exchange for your Medicare number.

Source of information: Senior Medicare Patrol Program. (September, 2021). Press Release for DME. *SMP Resource Center.*

## Diversity, Equity, Inclusion

Diversity, equity and inclusion (DEI) is a term that describes policies and programs promoting representation and participation of individuals including people of different ages, races, ethnicities, abilities and disabilities, genders, religions, cultures, and sexual orientations. DEI is about improving how people are treated and are treating others.

## Food for Thought

### Pumpkin Chocolate Chip Bread

#### Ingredients:

- 3 c. flour
- 1 tsp. salt
- 1 tsp baking powder
- 4 tsp. pumpkin pie spice
- 2 c. canned pumpkin
- 2/3 c. brown sugar
- 2/3 c. white sugar
- 1 c. applesauce or canola oil
- 3 eggs
- 1 T. vanilla extract
- 1 1/2 c. semi sweet chocolate chips
- 1/2 c. mini sweet chips

#### Directions:

1. Preheat oven to 350°. Grease two 8x4 loaf pans, lined with parchment paper.
2. In bowl, whisk together dry ingredients.
3. In separate bowl, whisk together wet ingredients.
4. Combine wet and dry ingredients, mixing just until moistened and combined.
5. Fold in both kinds of chocolate chips, reserving a couple of Tbsp. of the mini chips to sprinkle over the top of the loaves.
6. Divide batter into the 2 loaf pans, sprinkle with chips.
7. Bake 50-55 minutes or until toothpick inserted comes out clean. Cool 10 min. before removing from pan.

Source: Mom on Time Out.  
<https://www.momontimeout.com>

**Tip for preventing fraud: Medicare is NOT issuing new Medicare cards. Medicare card scams continue to be a favorite of fraudsters.**

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**Volunteers help make the SMP program successful. If you are interested in volunteering for ND SMP, call 833-818-0029 to find out how you can be of service to your community.**



Preventing Medicare Fraud