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SOCIAL MEDIA

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SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Volunteer News

Volunteering with SMP



Volunteering in late life may protect the brain against cognitive decline. New studies of older adults found better memory and the ability to better control one's own behavior among those who volunteered. We hope this new data will encourage you to think about becoming a local volunteer. This will not only benefit your community, but may benefit your brain health too. Call 1-833-818-0029 to learn more about becoming a ND SMP volunteer.

SMP Volunteer Risk & Program Management

Volunteer Risk and Program Management Policies

The process for developing Volunteer Risk and Program Management (VRPM) policies include:

- Identifying and evaluating risks related to volunteer involvement in SMPs.
- Creating a risk management plan for these identified risks.
- Developing policies and procedures related to risk management.
- Creating resources for training volunteers in the SMP programs.
- Developing and implementing best practices.

These policies help SMPs provide volunteer programs that are safe for volunteers.

Source of Information: *SMP National Resource Center*. SMP Volunteer Program Management (Sept. 2022).

Diversity, Equity & Inclusion

In the Spring and Summer newsletters, I started a dialog about diversity, equity, and inclusion. There is often a lot of discussion about these topics and many times these terms are swapped for one another, but they mean different things. Inclusion is the last of the terms to cover. Inclusion refers to a sense of safety and belonging in our environment. While a setting may be diverse, it may be non-inclusive at the same time. To avoid excluding anyone from equal opportunity, it is necessary to create an inclusive community so that ALL may reach their ability.

Food for Thought

Taco Hotdish



Ingredients:

- 2 T. veg. oil
- 1 bell pepper, chopped
- 1 jalapeno, seeded & chopped
- 1/2 yellow onion, chopped
- Kosher salt
- One 1-oz packet taco seasoning
- 2 # ground beef
- One 14-oz can black beans, drained
- 9 oz corn kernels (frozen or canned)
- 3 c. mild salsa
- One 9-oz bag corn chips (Fritos)

Toppings:

- 5 oz queso fresco, crumbled
- Chopped fresh cilantro
- Sliced radishes
- Salsa Verde (optional)

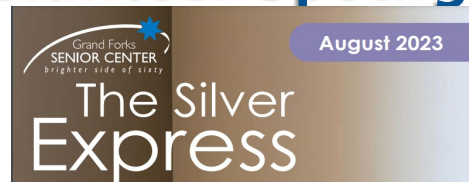
Directions:

1. Preheat oven to 375°
2. Heat oil in a large skillet. Add bell pepper, jalapeno, onion, and a pinch of salt and cook until softened, 7-10 minutes.
3. Add the taco seasoning and cook for another minute.
4. Add the ground beef and cook, breaking up with a spoon, until browned, 8-10 min.
5. Stir in beans, corn and mild salsa.
6. Transfer to a casserole dish and cover with corn chips.
7. Bake until casserole is heated through and corn chips are lightly toasted, about 20 min.
8. Top with queso fresco, cilantro, radishes, and limes.
9. Serve with Salsa Verde (optional).

Source: Adapted from FoodNetwork.com. Courtesy of Molly Yeh.

Tip for preventing fraud: The 4 Rs to prevent Medicare fraud are record services, review claims, report suspected fraud, and always protect your Medicare number!

Volunteer Spotlight



ND SMP would like to give a shout out to the staff at the Grand Forks Senior Center for including the August Scam of the Month in their newsletter publication *The Silver Express*. The August SMP Scam of the Month provided information about COVID test kit fraud. After that publication went out to members, a Medicare beneficiary reached out to SMP to report that she had received what she thought were “free” COVID test kits that she never ordered, but when she reviewed her MSN she saw that Medicare was billed for the kits. The beneficiary told SMP that if she hadn’t read that article in the newsletter she wouldn’t have thought anything about getting the test kits or knew who to call to report it. **Thank you to *The Silver Express* for sharing the Scam of the Month.**

Interested in becoming a Volunteer?

Interested in volunteering for ND SMP?
Call **833-818-0029** to find out how you
can be of service to your community.
SMP needs your help.

