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Visit our website :
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Volunteer News

Volunteering with SMP

How Do Volunteers Contribute to the SMP Program?

- Through volunteers the SMP program is able to reach and serve a greater population.
- By using volunteers the SMP program is able to speak directly and effectively to Medicare beneficiaries.
- Through volunteers SMP is able to serve more diverse audiences. Volunteers help SMP in the fight against fraud within their own community.



Call 1-833-818-0029 to learn more about becoming a volunteer.

SMP Volunteer Risk & Program Management

What is SMP Volunteer Risk and Program Management (VRPM)?

It is a set of policies which provide guidance and direction to SMP staff and volunteers.

- Volunteer involvement depends upon creating a good system for working with volunteers.
- The theory behind volunteer management is this: like all organizational efforts, volunteers require care, commitment, and attention. Some ways to show this is by:
 - Maintaining open communication with volunteers.
 - Supporting the volunteers in their activities and training.
 - Fostering volunteer retention by showing volunteers that we care about what they think.

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

Diversity, Equity, Inclusion

Diversity, equity, and inclusion are three closely linked values that many organizations follow to be supportive of different groups of individuals. Let's break this down and look at the term **diversity**. How do we define diversity? It can mean a wide range of interests, backgrounds, even experiences. It can also mean differences between people based on ethnicity, race, socioeconomic status, gender, language, religion, sexual orientation or geographical areas. Diversity is anything that sets one individual apart from another.

Food for Thought

Tater Tot Breakfast Casserole

Ingredients:

- 16-oz frozen Tater Tots
- 1 T. olive oil
- 1# spicy bulk sausage
- 1 onion, finely chopped
- 1 cup milk
- 1/2 C. half-and-half
- 1/4 tsp. season salt
- 1/4 tsp. cayenne
- 4 large eggs
- 1 red & 1 green bell pepper, finely diced
- 2 C. grated cheddar cheese
- 1 C. grated pepper jack cheese
- Kosher salt and black pepper

Directions:

1. Line up the tater tots in a buttered 9-by-13 inch pan.
2. Add olive oil to skillet, add sausage & onion, cook until browned and crumbled (8-10 minutes). Set aside to cool slightly, then sprinkle over the tater tots.
3. In a large bowl, mix milk, half-and-half, eggs, season salt, cayenne, eggs, bell peppers, half of both cheeses, and salt and pepper to taste. Pour mixture over tots and sausage, then top with last half of cheeses. Cover with foil and refrigerate overnight.
4. Preheat oven to 350° F. Bake covered for 25 minutes. Remove foil and continue to bake until cheese is brown and bubbly and the casserole is set and cooked through, another 20-35 minutes. Cut into squares to serve.

Source: The Pioneer Woman. <https://www.foodnetwork.com/recipes/ree-drummond/tater-tot-breakfast-casserole-4607655>

**Tip for preventing fraud: Protect your Medicare number.
Medicare is NOT issuing new platinum plastic Medicare Cards!**



Volunteer Spotlight

Mary Carlson has been a volunteer with SMP since 2014. Mary was an educator for 30+ years before retiring. She taught in Deering, Glenburn and finally 30 years in the Minot Public School system. Being retired has not slowed Mary, she is still active as a supervisor for student teachers through Minot State University and she continues to be involved in many local, city and state programs.

Mary fills a much-needed platform to inform North Dakotans about Medicare fraud and scams. Mary grew up in Granville, ND and it is amazing how many people she knows when out in communities presenting and manning exhibits for SMP. Mary adds a dimension of humor to her presentations, always throwing in a joke or two.

Thank you, Mary, for your continued support of the SMP program and your value as a volunteer.

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.

