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Volunteer News

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Volunteering with SMP



Volunteers help spread the word about SMP, but how? SMP utilizes volunteers at many different types of events. Senior Day at the North Dakota State Fair, Day of Hope, and the Central Dakota Veterans Stand Down are three large events where SMP can be found. There are many veterans events, health fairs, and resource fairs held all over North Dakota where SMP is able to be present. These events allow SMP to share information about Medicare fraud and scams.

Volunteers help to make all of this possible. Call ND SMP to learn more about becoming a volunteer.

SMP Volunteer Risk & Program Management

Recruitment of Volunteers

- Recruiting volunteers can focus on strategic factors such as location, experience, culture or background.
- SMP does not discriminate against age, race, religion, gender, sexual orientation, or disability.
- SMP attempts to match volunteers with roles that best suit them based on experience and willingness to participate.
- SMP is always looking for volunteers.

Source of Information: *SMP National Resource Center*. SMP Volunteer Program Management (Jan. 2023).

Diversity, Equity, Inclusion, & Accessibility

In previous volunteer newsletters we have covered DEI (diversity, equity, inclusion). Now we have added accessibility to this topic. Accessibility means providing easy access to something for all people. There are many forms of accessibility. A ramp or elevator for someone with a physical disability. A document written in another language for those who do not speak English. Braille or large print for those that cannot see well. There are many more examples of accessibility that help to ensure all are included.

Food for Thought

2 ingredient air fryer bagels

Ingredients:

- 1 1/4 cups self rising flour
- 1 cup full-fat plain Greek Yogurt
- 1 large egg white, beaten
- 3 teaspoons everything bagel seasoning

Directions:

1. Mix flour and Greek Yogurt until crumbly dough forms. If too thick add more yogurt, too sticky add more flour.
2. Knead dough until smooth and divide into 4 balls. Stretch into thick ropes and connect both ends.
3. Brush with egg white and sprinkle with seasoning.
4. Preheat air fryer to 280 degrees and cook until golden brown, 15 to 16 minutes.

Source: adapted from allrecipes.com.

Tip for preventing fraud: A real company or insurance agent will not ask you to pay for services with gift cards.

Volunteer Spotlight

April is Volunteer Appreciation Month!

We would like to thank the senior centers, food bank programs, home meal delivery programs, and all other volunteers who work with SMP. These programs help to spread awareness of Medicare fraud and scams across the entire state of North Dakota. Our mission to empower ND citizens would not be possible without the hard work of our volunteer force!



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.

