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# Volunteer News

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## SOCIAL MEDIA

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



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## Volunteering with SMP



*Meet our volunteers from Grand Forks, Lou and Connie.*

Have you considered volunteering? Volunteering offers a fulfilling way to give back to your community, benefiting both volunteers and the people they serve. Volunteer numbers have been declining nationally, organizations like ND SMP are in need of volunteers—and your help can make a difference! Contact the SMP office to learn more about volunteering. Together we can make a difference.

## SMP Volunteer Risk & Program Management

The Senior Medicare Patrol (SMP) program relies on volunteers to assist Medicare users. However, without clear rules and policies for managing volunteers, it can be challenging for SMPs to recruit and work together effectively.

In this edition, we will explore the foundation of Volunteer Program Management, emphasizing policies that ensure equal treatment for all volunteers and promote the recruitment of a volunteer pool that represents the makeup of the surrounding community.

Volunteers have the right to end their involvement with the SMP program at any time and for any reason.

Volunteers are considered a vital asset to the SMP program, as well as to its staff and beneficiaries. The SMP is dedicated to providing the essential resources and support to encourage volunteer engagement, ensuring a meaningful, safe, and rewarding experience for all involved.

## Improving Health and Wellness

A study by NIA researchers found that staying active throughout your life can help keep your brain healthy as you get older. The researchers tested the fitness of 125 adults, ages 22 to 94, who didn't have any memory problems. They looked at the white matter in their brains. White matter is made of myelin, a fatty layer that helps protect and speed up the brain's signals. The study shows that exercising for your whole life might help protect your brain and lower the chances of getting diseases like Alzheimer's or Parkinson's. The results were shared in the *Proceedings of the National Academy of Sciences*.

# Food for Thought

## Breakfast Sausage Cups

### Ingredients:

- 12 Johnson sausage patties
- 10 eggs
- 2 C. Shredded Pepperjack cheese
- 1/2 C. yellow onion-chopped
- Roasted red peppers-optional
- Black pepper
- Dried chives

### Directions:

1. Place sausage patties in sprayed muffin cups.
2. Beat eggs, equally pour eggs over sausage patties.
3. Sprinkle chopped onion over eggs,.
4. Spread shredded cheese over top of onion.
5. Chop roasted red peppers, place over cheese.
5. Sprinkle with pepper and dried chives.
6. Bake in 350 degree oven for 30 minutes or until eggs are set.
7. Remove from tin to serve
8. Serves 12.



To prevent fraud, ensure your devices and accounts are secure, regularly monitor your financial transactions, and stay alert to potential scams and phishing attacks.

## Volunteer Spotlight

**April is Volunteer Appreciation Month and we love our volunteers.** We would like to take a moment to express our heartfelt gratitude to the senior centers, home meal delivery programs, and all the dedicated volunteers who partner with SMP to spread awareness of Medicare fraud and scams throughout North Dakota (ND). We wouldn't be able to accomplish SMP's mission which is to empower citizens in ND to prevent, detect, and report suspected health care fraud without the tireless efforts of our volunteer team. Thank you for your invaluable contribution to ND SMP in raising awareness about Medicare fraud and scams. Your support plays a important role in helping seniors maintain their independence, and we are deeply thankful for all you do!



## 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.*

