

## Volume 53

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## SOCIAL MEDIA

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

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# Volunteer News

## Volunteering with SMP



*Meet our Minot volunteer, Leslie.*

Volunteering has many benefits for you and your community. It can give you a sense of purpose, help you make friends, and may even make your community stronger. Volunteering helps you grow as a person, gives you a feeling of purpose and happiness, and teaches new skills. Contact the SMP office to learn more about volunteering. Volunteers make a difference.

## SMP Volunteer Risk & Program Management

Volunteer Risk and Program Management (VRPM) policies are very important for the SMP programs. They help manage volunteers and keep everyone safe. These policies explain the basic rules and values that guide how volunteers work. They also explain what volunteers and staff do.

The benefits of having strong VRPM policies include:

- Better safety. Lowering risks and keeping volunteers safe.
- Stronger programs. Making sure volunteers get the right training and support.
- Better relationships. Helping volunteers, staff, and the people we serve work well together.

VRPM policies help make the SMP program safer and work better.

## Improving Health and Wellness

The National Institute on Aging (NIA) research on staying active in elderly adults involves a holistic approach that includes maintaining a healthy lifestyle with diet, physical activity, and mental engagement through meaningful activities, such as, connecting with people. This research suggests that staying active can improve physical function, reduce the risk of certain diseases, enhance cognitive abilities, and increase overall well-being.

Source of information: NIH National Institute on Aging. (2022, June 13). Healthy aging tips for the older adults in your life. <https://www.nia.nih.gov/health/caregiving/healthy-aging-tips-older-adults-your-life>

# Food for Thought

## Smashed Potato Salad

### Ingredients:

- 3# baby Yukon gold potatoes
- Kosher salt & cracked pepper
- 4 T. salted butter, melted
- 2/3 C. mayonnaise
- 1/3 C. sour cream
- 2 T. chopped parsley
- 1 T. chopped chives
- 2 cloves garlic, grated
- 6 slices cooked bacon, chopped
- 1/4 C. chopped roasted red peppers

### Directions:

1. Preheat oven to 450°
2. Add potatoes to a saucepan, cover with water. Bring to a boil, cook until fork-tender, 15-20 minutes, drain & set aside.
3. Grease two sheet pans with 2 T butter, put potatoes on pan. Using the bottom of glass, squash the potatoes. Brush the tops with the remaining 2 T. butter. Sprinkle with salt & pepper. Bake until deep golden color, 24-28 min. Remove & let sit while preparing the dressing.
4. Combine mayo, cream, dill, parsley, chives and garlic in a bowl. Season with a pinch of salt & pepper. Add the potatoes, half the bacon and half the pepper. Toss to coat. Transfer to a serving bowl & garnish with remaining bacon, peppers, dill & chives.

Source: Courtesy of Ree Drummond. Food Network.

**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

As volunteers you are giving up time from your busy schedules to support SMP. We would like to share some statistics that show the numbers of volunteers, the hours contributed to the SMP program in ND, and the number of people that have been impacted by your service.

- Number of active team members (volunteers): 85
- Number of SMP team member hours: 4,145
- Number of education events: 108
- Estimated number of people reached: 3,545

Volunteers are the heart of the SMP program. Our program's success would not be possible without your support. We are sincerely 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.*

