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## SOCIAL MEDIA

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

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# SMP

Senior Medicare Patrol

Preventing Medicare Fraud

# Volunteer News

## Volunteering Highlights



*Meet our Minot volunteers, Mary & Leslie*

The SMP program relies on the service of volunteers to help reach Medicare beneficiaries. Many times, volunteers are our strongest supporters. Volunteering is also a great way for people to give back to their community. No matter why someone chooses to help, volunteers give their time and energy to support SMP. Help ND SMP fight fraud in your community. Contact the SMP office to learn more about volunteering. Volunteers do make a difference.

## Education & Policy Updates

### Tips for Reading your MSN (Medicare Summary Notice):

Your MSN is not a bill. It's a letter that shows what Medicare paid for your doctor visits or medical services. Here are some tips on how to read it:

1. Check your information  
Make sure your name, Medicare number and dates are correct.
1. Look at What Was Done  
Look at the list of services: what you had done, when and who.
1. Understand the Costs  
The MSN shows the amount charged, the Medicare approved amount, what Medicare paid, and what you might still need to pay.
1. Watch for Mistakes  
If something looks wrong, call your doctor first.
1. Save your MSN  
Keep your MSN papers for at least 1 year.

Call Medicare at 1-800-633-4227 or ND SMP at 1-833-818-0029 if you need help.

## Health and Wellness

### Stay Healthy with Vaccines:

Staying up to date on vaccines helps keep you and others healthy. Here are some easy tips:

- **Keep Up with Your Shots:** Follow the vaccine schedule from the CDC for your age. This includes shots like the flu, COVID-19, Tdap, shingles, and pneumonia for adults.
- **Get Info from Trusted Sources:** Ask your doctor or visit [CDC.gov](https://www.cdc.gov) to learn more about vaccines.
- **Check Before You Travel:** If you're going to another country, talk to your doctor about shots you might need, like yellow fever, typhoid, or hepatitis A.

Want to learn more? Visit the CDC's Immunization page.

Source of information: Medicare Watch (2025, August 7). *Health Tip: Stay healthy with vaccines.* Medicare Watch, 16 (30).

# Food for Thought

## Banana Bread Brownies

### Ingredients:

- 1 1/2 C. Sugar
- 1 C. buttermilk or sour cream
- 1/2 C. butter, softened
- 2 eggs
- 3-4 ripe bananas, mashed
- 2 tsp. vanilla
- 2 C. flour
- 1 tsp. baking soda
- 3/4 tsp. salt

### Directions for brownies:

1. Combine wet ingredients and sugar. In separate bowl combine dry ingredients. Incorporate dry mix into wet mixture.
2. Pour batter into a greased 9x13 pan, bake at 375 degrees for 25 minutes or until toothpick comes out clean. Cool.

### Carmel Frosting:

Bring 1 C. brown sugar, 1/2 C. cubed butter and 1/4 C. 2% milk to a boil. Remove from heat and cool until lukewarm. Add 1 tsp. vanilla and 1 1/2 to 2 C. powdered sugar. Mix until smooth. Frost brownies.

ENJOY!

Source: August 2025 North Dakota Living

## Fraud and Scam Awareness

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

### **Imposter Scams:**

Do you have a cell phone or a home phone? Are you on social media? Do you get mail? If you said yes, you might have seen this scam before!

An **imposter scam** is when someone pretends to be a person with from a real company or agency. These scammers often say they are from the FBI, Medicare, or another government group.

They try to trick you into giving them private information, like your Medicare number, Social Security number or bank details. They can even fake the caller ID to make it look like they are really from Medicare or the IRS.

Source of information: Texas Senior Medicare Patrol. (2025, August). *TXSMP Scam of the Month: Wound Care 2025*. <https://smpresource.org/topics/scam-of-the-month-2025/>

## SMP Word Search Puzzle

Most scams involve impersonation. Once a scammer has their tools at the ready, they can pretend to be just about anyone to convince you to hand over your Medicare information. Search for the people that fraudsters often impersonate.

Doctors  
Family  
Friends  
Medicaid  
Social Security  
Suppliers

M	O	N	K	D	I	A	C	I	D	E	M	L	T	G
F	Y	O	W	T	U	F	P	C	H	E	C	T	F	C
Y	A	T	F	J	P	F	S	W	V	X	O	Q	Q	D
N	Z	M	I	V	V	K	P	Y	L	F	F	I	K	O
E	A	A	I	R	G	D	B	C	U	F	N	Z	Y	R
Q	H	S	O	L	U	P	D	W	H	B	A	Q	S	D
S	W	F	Q	Q	Y	C	H	P	R	E	O	U	U	N
F	R	I	E	N	D	S	E	A	P	W	P	M	X	E
R	N	Y	B	D	F	X	H	S	G	P	V	L	R	P
C	E	M	Q	O	L	D	B	Z	L	C	Y	A	Z	C
L	J	T	E	C	D	V	R	I	Y	A	C	B	Y	N
D	R	S	L	T	E	X	E	T	M	I	I	K	X	L
W	S	R	G	O	Q	R	Z	B	D	Z	G	C	M	M
W	I	W	M	R	S	Z	W	E	V	K	F	G	O	O
H	S	F	J	S	J	H	M	Y	I	J	R	N	I	S