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SOCIAL MEDIA

Website
https://ndcpd.org/smp/

Like us on **Facebook**
www.facebook.com/
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Like us on Facebook

SMP Senior Medicare Patrol
Preventing Medicare Fraud

Volunteer News

Volunteering Highlights

Introducing Kevin, our newest Minot volunteer.

Have you ever thought about volunteering your time to make a difference in your community? SMP volunteers help people understand how Medicare fraud can affect their money and their health. They teach Medicare beneficiaries how to prevent, detect, and report fraud. Volunteering with the SMP program is flexible and can be done on a schedule that works for you. To learn more, contact the SMP office. Your time matters—volunteers truly make a difference.

Education & Policy Updates

How to Stop Junk Mail:
- Get less promotional mail: Go to **DMAchoice.org**. This website helps you pick the kind of mail you want. Cost is $6 to sign up, and lasts for 10 years. This won't stop ALL junk mail, but it will help.
- Use email filters and unsubscribe tools: For spam emails, use your "Report Spam" button to help your email carrier identify spam.
- Say no to credit card and insurance mail: Go to **OptOutPrescreen.com** or call **1-888-567-8688**. You can stop mailings for 5 years or even longer.
- Keep your information safe: Never give out information like your Social Security number, Medicare number, or financial information over the phone or in an email, unless you initiated the call and are 100% sure who you are talking too!

Quick Tip: If it sounds too good to be true, hang up or delete the email or text.

Information Source: Federal Trade Commission. (n.d.). *How to stop junk mail*. **https://consumer.ftc.gov/articles/how-stop-junk-mail**. Accessed 9 June 2025.

Health and Wellness

Ditch Assumptions about Aging:
- **Assumption: Older = Poor health.** Many chronic health problems common in later life can be prevented or treated with lifestyle changes and/or medication.
- **Assumption: Older = Loss of memory and mental alertness.** Some people may have memory issues, but keeping our minds active makes it easier for the brain to handle information. Speak to your doctor if you are dealing with memory or reasoning issues.
- **Assumption: Older = Isolation, loneliness, and uselessness.** Social interaction and feeling involved is important to health and longevity. Find ways to stay connected and engage with other by joining clubs, attending social gatherings, or volunteering.

Source of information: Ditching assumptions about aging, (n.d.). *Seasoned Times*. https://seasonedtimes.com/ditching-assumptions-about-aging/

Food for Thought

Beefy Nacho Soup

Ingredients:

- 1 lb. lean ground beef
- 1 Tbsp. Old El Paso Taco Seasoning Mix (from1-oz package)
- 1 can condensed nacho cheese soup
- 1 can diced tomatoes and green chilies, undrained
- 1 1/2 cup milk
- 1/4 cup shredded sharp cheddar cheese
- 1/2 cup crushed corn tortilla chips

Directions:

1. In 2-quart saucepan, cook beef over medium heat 5 to 7 minutes, or until crumbled and cooked, drain off any excess fat.
2. Reduce heat to medium. Stir in remaining ingredients except shredded cheese and tortilla chips. Cook 8 to 12 minutes or until thoroughly heated, stirring frequently. Top individual servings with shredded cheese and tortilla chips.

Additional topping ideas: chopped tomatoes, bell pepper, green onions, sour cream, guacamole, or ripe olives.

Source: Pillsbury. (n.d.). *Beefy Nacho Soup*. https://www.pillsbury.com/recipes/beefy-nacho-soup/0e904112-2eaf-49f0-a7a9-ca3129871604

Fraud and Scam Awareness

Protect yourself. If you are unsure of the nature of a call and whether it is legitimate, remember, federal agencies like Medicare, the IRS, or Social Security will never call you.

Artificial Intelligence (AI) Scams: Scammers are now using AI to commit Medicare fraud in smarter and trickier ways. They use tools like deepfakes, robocalls, and fake medical papers to fool people.

- **Voice cloning/deepfakes**: Scammers use AI to copy the voices of Medicare workers. They use fake voices to call people and trick them into giving personal information or their Medicare number.
- **Fake documents and claims**: AI can create fake medical papers like claims, records, prescriptions, or even signatures. Scammers use these to bill Medicare for services or supplies that never happened.
- **Identity theft**: Fraudsters use AI to build fake patient profiles based on stolen information or details found on social media to target people.

Source of information: Missouri Department of Health and Senior Services. (n.d.). *Artificial intelligence scams*. Senior & Disability Services. https://health.mo.gov/seniors/scams.php topics/scam-of-the-month-2025/

SMP Word Search Puzzle

Before the scam even begins, scammers have to choose their plan of attack. Unfortunately, thanks to modern technology, they have a lot of tools to help them pull it off. Figure out this word scramble, and then use the numbered letters to create the final word at the bottom!

Hint: Prevent, detect, _____ fraud!

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1 2 3 4 5 6

SIFOPONG

IHNHGPIS

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LSOOLCBRA

STRTAEH