

James River Senior Citizens Center Inc.

Office: 701-252-2882

Transit: 701-252-7888

Fax: 701-252-2529

E-mail: jamesriver@csicable.net

Website: www.jamesriverseniors.com

JRSC STAFF

Receptionists: Judy
 Event Coordinator: Colten
 Outreach Coordinator: Kathy
 Transit Billing: Glen - Kathy
 Transit Drivers: Jeff, Glen, Les, Larry, Dwight,
 John E, Ron, John F, Julius, Randy, Roxanne,
 Roger, Jeffery, Jerry, Jake
 Transit Dispatchers: Karli, Judy, Kathy, Luciana, Mary
 Fleet Manager/Sales/Billing: Glen
 Kitchen Staff: Rhonda, Nathan, Nancy
 Gardenette Site Manager: Nancy
 James House Site Manager: Carol
 Housekeeping: Ryan Admin Assistant: Kelly
 Office Manager: Rhonda Director: Maureen

DISCRIMINATION POLICY:

James River Senior Citizen Inc. is committed to compliance with Title VI of Civil Rights Act of 1964 the Civil Rights Restoration Act of 1987.

James River Senior Citizens Inc. assures that no person or groups of persons shall, on the grounds of Race, Color, Sex, Age, National Origin, Disability/Handicap, and Income Status, be excluded from participation in, be denied the benefits of, or be

otherwise subjected to discrimination under any and all programs, services, or activities administered by

James River Senior Citizens Inc.

Director: Maureen Wegenke
 James River Community Center, Inc.
 PO Box 1092 Jamestown, ND 58402-1092
 (701) 252-2882



ADVERTISE HERE!

Your Information will be Sent Through Mail, Email and Internet! Call 701-252-2882 for More Information

SERVICES PROVIDED IN STUTSMAN COUNTY

For the Month of January 2024

HOME DELIVERED MEALS: 2260
 CONGREGATE: 490
 TRANSIT RIDES: 3479
 TRANSIT MILES: 11,654

James River Senior Citizen's Center, Inc.

Board of Directors hold Board Meetings on the 4th Monday of every other month at 11:00 am. You are welcome to attend these meetings. Please let the receptionist know if you plan to attend, and we will make sure there is a meal available for you and put you on our Agenda. If you have any questions, please contact Director Maureen Wegenke, or Rod Olin, President of the Board.

2023-24 Board of Directors

President— Rod Olin
 Vice-President— Deb Lee
 Secretary/Treasurer— Sue Corwin
 Directors: Chad Wolsky, Tom Geffre, Linda Misemer, Dina Laskowski

SENIOR HI-LITES

MARCH 2024

JAMES RIVER SENIOR CITIZEN'S CENTER, INC.

PO BOX 1092 JAMESTOWN ND 58402-1092

www.jamesriverseniors.com 701-252-2882

We're On Facebook Too!

Published Monthly



SO MUCH TO BE THANKFUL FOR!

First of all, we went above and beyond our goal of \$16,000 thanks in part to a generous match donation of \$6,000 and many generous donors; ending up with over \$22,000! Thank you soooo much!! (See Page 8 and insert for More Details)

James River Senior Center and Public Transit was part of the "Giving Hearts Day" network and this year we did something different. To all that donated during the Giving Hearts campaign 2024 we put the names in for a drawing of some wonderful

Continued on Next Page

What's Inside

On-Going Activities.....pg 2
 March Activities.....pg 3
 Hearing.....pg 4
 Transit Information.....pg 5
 Giving Hearts Thank-you.....pg 8
 Scam of the Month.....pg 9
 Veterans Crisis Line.....pg 10
 Crossword.....pg 12
 Services.....pg 13
 March Nutrition Month.....pg 15



CLASSIC CATERING

JRSC FEATURED SERVICE



We Cater Any Size Event In-House or Deliver to Your Location

- Brunches, Lunches, Dinners
- Family Reunions
- Birthday Celebrations
- Weddings
- Holiday Events
- Anniversaries
- Graduation Parties

Big and Small Room Rentals

Available

For More Information Call 701-252-2882
 Or Visit Our Website: www.jamesriverseniors.com

James River Senior Center, Classic Catering, and James River Public Transit

Senior Center Hours: 8:00 am – 4:30 pm Monday thru Friday

OUR NEWSLETTER IS NOW ONLINE AT: www.jamesriverseniors.com

On-Going Activities: - Please RSVP @ 701-252-2882

Mondays - Circuit Training - 10 a.m.

Tuesdays - Yoga & Tai Chi - 10 a.m.

Tuesdays & Fridays- Pinochle - 1 p.m.

Wednesday - Upper Body Workout - 10 a.m. - 1 p.m.- Bingo

Thursday - Lower Body Workout - 10 a.m.

Fridays - Game Day Exercises - 10:00 a.m.

1st Friday & 3rd Friday - Line Dancing - at 1 p.m.

Dancing was found to be the No. 1 physical activity to decrease the onset of dementia.

For Our October 2023 Activities & Menus Please See Insert or Visit our Website

Continued from Page 1

adventure packages. (See attachment for the winners.)

Thanks to our many donors we are able to feed so many area seniors, allowing many of them to remain in the comfort of their own home. Others are able to join one of our congregate sites for a hot meal, socializing and activities. On the transit side, we recently were able to purchase a new van that has been sorely needed since retiring two vehicles that were way beyond their useful life.

So again, thank you all! We appreciate you all more than we can say! See insert for more details.

thank  you



TRANSIT HOURS REMINDER:

Rides Available:

Mon - Thurs: 6:15 a.m. - 6:00 p.m.

Friday: 6:15 a.m. - 7:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 1:00 p.m.

Dispatch Available:

Mon - Thurs: 7:30 a.m. - 4:45 p.m.

Friday: 7:30 a.m. - 6:00 p.m.

Saturday: 8:00 a.m. - 5:00 p.m.

Sunday: 8:00 a.m.-12:00 p.m.



Submitted by Luella Morehouse, Stutsman County EFNEP/FNP Nutrition Educator



You might have set some nutrition and health goals for 2024. We are now entering the third month of 2024. How are you doing on your nutrition or fitness goals?

Every year, National Nutrition Month is celebrated in March to draw attention to the need for sound nutrition all year. What we eat today can affect our future health.

How are you fueling your body?

Maybe the increased grocery costs are affecting your food habits. “Shop Simple with MyPlate” is an application from USDA to help you discover budget-friendly foods and ways to save while maximizing your nutrition. Visit www.choosemyplate.gov and scroll down to the section called “Eat Healthy on a Budget” to find this helpful application.

Many people shortchange themselves on fruits, vegetables and whole grains. You can find your specific recommendations for a healthful diet along with ways to achieve changes at www.choosemyplate.gov.

Set a SMART Goal

Setting goals is an excellent way to approach changes in any aspect of our lives, from health to finances. Creating “SMART” goals is a good step. SMART is an acronym for specific, measurable, achievable, relevant and time-based.

How about setting a goal to eat more vegetables, fruits and/or whole grains?

- In thinking through the creation of a SMART goal, what **specific** goal would you like to accomplish? Write down your specific goal and place it somewhere you can see it.
 - How can you make that goal **measurable**? How will you determine if you are successful?
 - Can you make this goal **achievable**? Do you have the support or resources to reach the goal?
- Find a person with expertise in nutrition to make a major difference in long-term success.
- Why is the goal **relevant** and important to you?
 - Finally, set a **time**.

Example: “By the end of March, I will add one extra serving of colorful vegetables to my daily diet. To help accomplish my goal, I will eat carrot sticks or another vegetable for a snack, and/or I will add vegetable soup or a side salad to at least one meal per day.”

Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension, NOURISH newsletter, Issue 62. For more information, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.

“Whatever the mind can conceive and believe, the mind can achieve.”

— Napoleon Hill

Four
Minute
Books



GREETING CARDS FOR SALE

We now have a Variety of Greeting Cards.
Display is located in the Dining Room
(Senior Center).

Cards are only .50¢ - 1/2 OFF WEDNESDAYS
(We graciously accept greeting card donations)

Struggling with your Technology

(or wanting to get the most out of it?)

Come down to the Senior Center Café on Mondays at
1:30p.m. and talk to Colten to figure it out!

You can bring your device, or if it's too large, you can
stop by with questions!



Senior Companion Services North Dakota

Are you 55 years or older?

Do you like helping people?

Do you have at least 5 hours to volunteer each week?

Could you use some extra income that is tax free?

Would you like to spend time with others who have similar interests or hobbies as you?

If you answered YES to any of these questions, please call either number below to see if you qualify for our Senior Companion services!

Michelle @ Lutheran Social Service of ND & MN (701) 230-0759

Kathy @ James River Senior Citizens (701) 252-2882



MARCH EXTRA ACTIVITIES

**St. Patty Day's Wreaths. All
Supplies provided. Call to re-
serve your spot-limited seating**

701-252-2882

March 8th, 2024

2 p.m-4 p.m.





Empathy: Hear What I Hear

By definition, empathy has two meanings. One is to put yourself in someone else's shoes in order to fully understand or "feel" what they are experiencing so that they can really feel understood. The other is to be able to relate to someone else's situation because you've personally experienced the same thing.

It might not always be possible to use personal experience, but as caring humans we are capable of investing deep thought and feeling to imagining what it would feel like if we were to have the same experience as someone else. This takes more thought and effort than offering sympathy, which by definition is recognition of another's suffering and is expressed by kind words meant to soothe the person who is suffering.

Sympathy is not out of place here; it is usually very honest and coming from the heart, but what our specialists find is what clients really need is empathy. Due to their initial and ongoing education and many years working with the hard of hearing population, our specialists know that living with hearing loss is difficult. Our Board-Certified Hearing Instrument Specialists (BC-HIS) care about these difficulties. They want to get to know you and find out how hearing loss affects you so that they can better empathize with your specific wants and needs. This enables them to put "themselves into your shoes", allows them to determine the best course of action, and gives them the tools they need to recommend the best quality hearing solutions to meet your needs and expectations.

We want you to hear your loved ones in the car, and we want you to be able to chat about the weather with the cashier at the grocery store with ease. We also definitely want you to hear your grandchildren describe what they did in school on a particular day. Human interaction is important to a healthy life!

We all suffer at some point in our lives, but if we can empathize with each other, we are opening a door to more personal connection and better communication, which leads to more understanding and hopefully more happiness.

Kim Ryll, BC-HIS
Board Certified in Hearing Instrument Sciences
Registered Hearing A.id Practitioner



Qual Hearing Aid Service
805 10th St SE Jamestown, ND 58401
701-252-0706

Services

Foot Care Clinic

Most Wednesday's of every month Central Valley Health Unit Nursing staff will provide foot care. The exam includes brief foot soak, toenail and fingernail trim and file, and moisturizing. The suggested donation is \$40.00 for this service. Services for 60 and older. No one is denied services because of inability to pay.

Every Wednesday (no 5th Wed)

9:00 am—11:00 am

Foot Care

Appointment necessary

To make an appointment for your foot care call

Central Valley Health @ 252-8130



Legal Services

Last Will
and
Testament



If you are in need of legal services please call 252-2882 to schedule your appointment. Legal Services come from Fargo once a month on the 4th Wednesday of each month.



James River Senior Center

LOAN CLOSET – 252-2882

One time rental fee of \$10.00 for walkers, walker trays, rolling walkers, commodes, toilet risers, canes, quad canes, shower seats.

One time rental fee of \$20.00 for wheelchairs & knee scooters.

If you're unable to pick up medical equipment, we can deliver for a fee of \$5.00 within city limits. If you move out of town/state, please return our equipment. When you're done with equipment please clean equipment and return it.

In need of donations of used hearing aids & other loan equipment.



**We are not responsible if you injure yourself while using our items. Rentals within Jamestown Area Only.

Senior Companions Program

Home visits for lonely, homebound seniors in Stutsman Co.
Provided by senior volunteers.

- * Bringing smiles & laughter
- * Helping to relieve loneliness & encourage activity
- * Empowering seniors to remain living independently
- * Providing respite for family caregivers

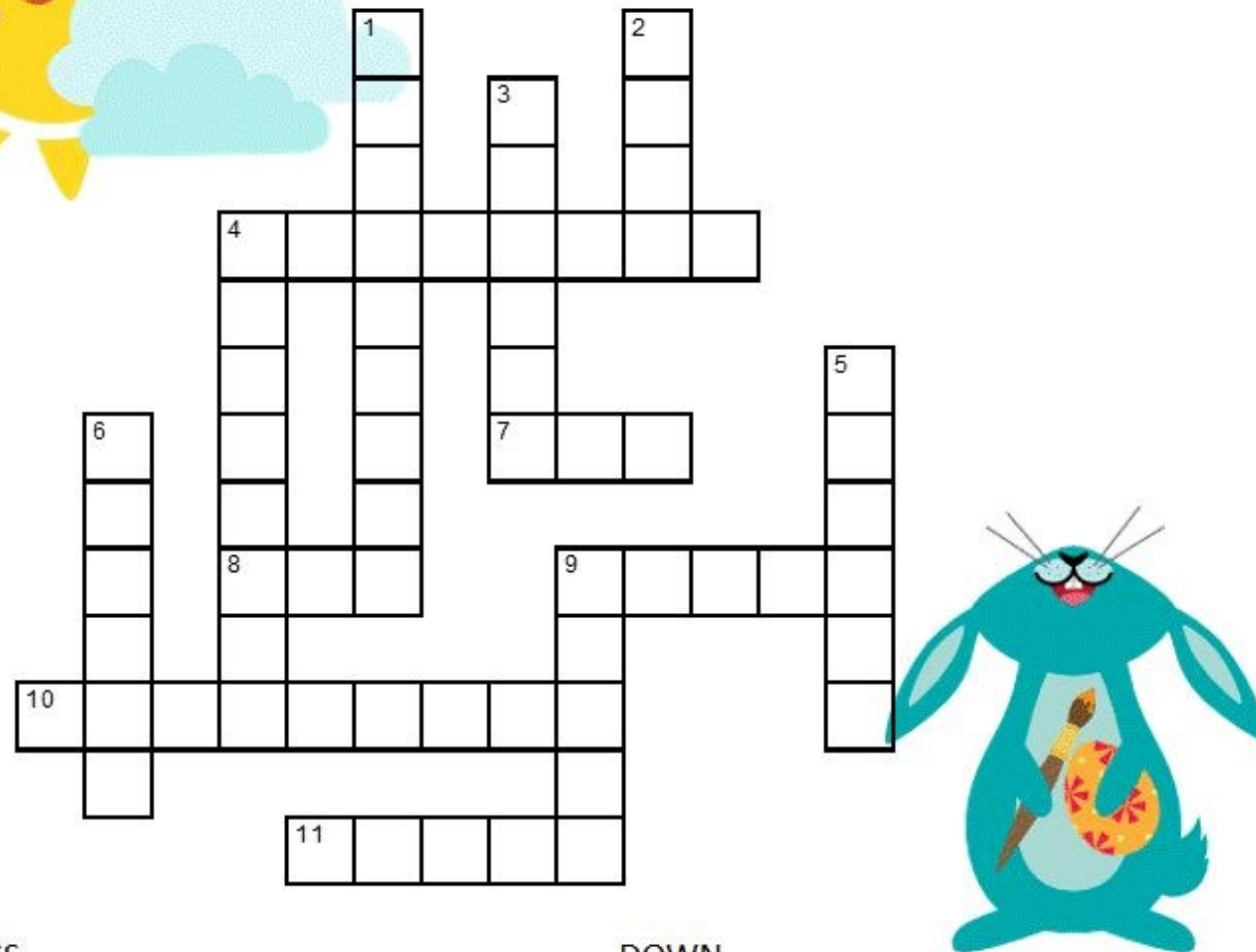
Contact Kathy (252-2882)
to learn more about this free program.

JAMES RIVER TRANSIT INFORMATION

Rides Available: M-Th 6:15 a.m. - 6:00 p.m. Fri 6:15 a.m. - 7:00 p.m. Sat 8:00 a.m. - 6:00 p.m. Sun 8:00 a.m. - 1:00 p.m.
 Dispatch Available : M-Th 7:30 a.m. - 4:45 p.m., Fri 7:30 a.m. - 6:00 p.m., Sat 8:00 a.m. - 5:00 p.m. Sun 8:00 a.m. - 12:00 p.m.



Easter Crossword



ACROSS

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

DOWN

- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache



Copyright © 2014 puzzles-to-print.com. All rights reserved.



Join us for a warm Meal at any of our Meal Sites.

Jameshouse, Gardenette or the James River Senior Center.

One way Transit Ride will only cost .50 cents when you join us for lunch or a Supper Night. **From Home to Meal Site, Meal Site to Home ONLY.**

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

Leaving City	Loading from JRMC/CLINICS
8:20 am	8:30 am
9:20 am	9:30 am
10:20 am	10:30 am
11:20 am	11:30 am
12:20 pm	12:30 pm
1:20 pm	1:30 pm
2:20 pm	2:30 pm
3:20 pm	3:30 pm

Call 252-7888

Times are Approximate

Walmart Riders

Watch for the bus at these times:

MONDAY THRU FRIDAY

8:40 am — 9:40 am — 10:40 am—
 11:40 am—12:40 pm—1:40 pm —
 2:40 pm and 3:50 pm

**Pickup Locations Change
 Often so Ask Dispatcher and
 Watch for the Bus.**

Out of Town Services

Every 1st & 3rd Tuesday-**Bismarck**

Every Wednesday-**Fargo**

**Please Schedule your Medical
 appointments between 10:00 —2:00
 Charge is 40.00 round trip, escort free
**If you are ND Medicaid eligible, you
 must be pre-approved for out-of town
 service****

Must Schedule Ride 24 hours in Advance
 (By 12:00 noon day Prior)


**Please call 252-7888 to schedule
 your ride.**



Gardenette Homes
Independent Living Community

- ✓ Ground floor access
- ✓ Private entrances
- ✓ Walk-in showers
- ✓ Utilities paid
- ✓ Activities Center
- Billiards, bingo, bone builders
- Meals by James River Senior Citizens
- Health Services by Central Valley Health


1321 Gardenette Drive, Jamestown, ND, 701-251-2516



WHY DID THE EASTER EGG HIDE?
A: HE WAS A LITTLE CHICKEN!

WHAT'S DO YOU CALL A RABBIT WITH FLEAS?
A: BUGS BUNNY!

WHY DID THE BUNNIES GO ON STRIKE?
A: THEY WANTED BETTER CELERY!




HAPPY BIRTHDAY!

If you are 60 or over & you have a birthday this month, join us the first Monday of the month at 12:30 for cake & ice cream. Put your name in for a prize.

Last month **VALENTINA ERBELE** was our winner. Come this month & try your luck, or just enjoy some birthday cake!



Central Auto Repair & Services

123 7th Ave SE
Jamestown, ND 58401
Phone: 701-252-1423
centralautorepair07@gmail.com



We Do All Auto Repair Needs, Including:

Oil Changes, Radiators, Tires, Drive Train Issues, Heater Issues, No-Start, Etc.

Daily Bread Program
Serves People in Need of Food

Food Locations:

- **St. John's Lutheran Church,**
424 1st Ave South
- **James River Senior Center,**
419 5th St. NE
- **Gardenette**
1321 Gardenette Drive
- **Ave Maria Nursing Home**
801 19th St. NE
- **Most Public Schools**
- **Jameshouse**
715 3rd Ave SE
- **First United Methodist**
115 3rd St SE



Flexible, Part Time Transit Drivers

Retired? We have a great set up for you. Pick your days - earn some extra cash.

For more information and to apply, contact:
James River Senior Center & Public Transit
jrsc@csicable.net

Or go online at:
<https://jamesriverseniors.com/career-and-volunteer-opportunities/>

James River Senior Center
Home Delivered Meals
419 5th Street NE
"Legacy Place"

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED
252-2882



Classic Catering



Classic Catering is available to cater any size event in-house or we can deliver to your location.

- ◆ Brunches, Lunches, Dinners
- ◆ Family reunions
- ◆ Birthday celebrations
- ◆ Weddings
- ◆ Holiday events
- ◆ Anniversaries
- ◆ Graduation parties
- ◆ Business meetings & training sessions

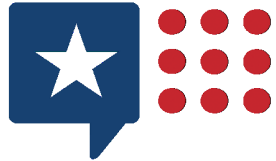
JRSC also has Rooms Available For Your Occasion; Big or Small.

- For meetings we can provide:**
- ◆ LCD projector
 - ◆ Microphone
 - ◆ Large screen

Classic Catering and Party Event Planning contact:
Rhonda or Maureen
252-2882



Veterans Crisis Line



1-800-273-8255
PRESS 1

As Always...

Whether you're a Veteran or a friend or family member concerned about one, confidential assistance is only a call, click, or text away.

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and

friends with qualified, caring VA responders.

Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online at VeteransCrisisLine.net, or send a text to 838255 to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA healthcare.

In Service, Sarah Kemp Tabbut, LCSW Community Engagement and Partnerships Coordinator Fargo VA Health Care System 2101 Elm St. N, Fargo, ND 58102 sarah.kemptabbut@va.gov | Tel (701) 232-3241 ext 3637 | Fax (701) 237-2642

U.S. Department of Veterans Affairs

Veterans Health Administration
Fargo VA Health Care System

James River Senior Center Gifts and Tributes to Loved Ones

Enclosed is my gift of \$ _____ to JRSC

In Memory of: _____
(Name of person memorialized or honored)
In Honor of:

Please earmark my gift for use: **Wherever the need is greatest**

For this program _____
Please send an acknowledgement to:

Name _____
Address _____
City _____ State _____ Zip _____

Donor information:

Name _____
Address _____
City _____ State _____ Zip _____

Mail to : James River Senior Center, P.O Box 1092, Jamestown ND 58401 or go to www.jamesriverseniors.com and pay using PayPal (Visa, MasterCard, Discover).

FEBRUARY DONATIONS

Barbara Geffre
Helen Heinitz
Dan Lefevre
Schauer & Associates
James Steele
Mike Rudy
Warren Papke
Vets Club



Thank
VERY MUCH
you



...birds chirping...leaves rustling ...
cards shuffling...best friends laugh...

*Hearing loss is often gradual; you may not notice it for months, even years...

*The key to hearing better, longer, is to keep the bits active and not let them atrophy.

"No matter your age, untreated hearing loss can take it's toll!"



Qual Hearing Aid Service

805 10th St. S.E. Mon.-Thurs 9:00—Noon, &
Jamestown ND 58401 1:00—4:00

701-252-0706 Cell: 701-320-3369
Fridays & Later by Appointment

ADVERTISE WITH OUR MOVING BILLBOARDS!

Circulating in the busiest areas of the city, bus advertising offers exposure to local commuters, drivers and pedestrians. These 'moving billboards' are typically displayed on the bus exterior and come in a variety of sizes and high-impact formats to reach your audience. Available in monthly, biannual, & annual time periods.

- Available in various sizes and formats, from side panel displays to window displays to wraps
- Move throughout major and secondary arteries and the busiest streets in Jamestown
- Seen by pedestrians and vehicular traffic from multiple directions, simultaneously
- Variety of formats and embellishments make your ad stand out

Call 701-252-2882 ext 1011 or email jrsc@csicable.net for price listing.



FROM THE BOTTOM OF OUR "HEARTS" TO EVERYONE WHO DONATED DURING "GIVING HEARTS DAY"!!

Ileene Albin
Beatrice Andersen
Jean Baker
Neil and Judi Baker
Marcella and Clair Baker
Jennifer Barnard
Alice Bietz
Roxanne Bleibaum
Lisa Boerger
Andrea Boerger
Gloria Braasch
Rodney Brandt
Justine Brickner
Frances Brooks
Darryl Brown
Mirt Brown
Ruth Brubakken
Joe & Nancy Burgard
Pamela Burkhardt
Don and Sharon Caine
Ted Cowardin
Gwen Dally
Carol Delaney
Roger & Beth Dewald
Carol & John Doehler
Gloria Doerr
Mark Domek
Cassie DuBray
Kay Eagleson
June Eberhart
Ann Ede
Rhonda Eichhorn
Dale Esser
Joanne Etter
Kathy Evenson
David & Fay Falk
Rosanne Farrell
Cassidy Ford
Dennis Gainsforth
Rosemary Gasal
Barb Geffre

Tom and Mary Geffre
Trish Greenwood
Deborah Greshik
Deliliah & Don Guthmiller
Kelley Hallworth
Deanna Hardtke
Gloria & Nathan Harr
Judith Hatlewick
Dawn Headland
Paul Heasley
Rhonda Hennings
Sophia Hernandez
Loretta Hieb
Carol Hillstrom
Niki Hjelle
Janine & Dwight Hofmann
Frank and Stephanie Jensen
Kaye John
Gary Johnson
Elaine Jorgenson
Ryan and Annie Keffeler
Aloha Kercher
David Klein
Larry Kleinknecht
Alden & Delanda Kollman
Debbie Kourajian
Kriedeman Honey LLC
Brian & Nancy Kunz
Dina Laskowski
Deborrah Lee
Dan Lefevre
Donna Lefevre
Clarice Liechty
Judy Lind
Chris Lunde
Ann Marks
Angela Martini
Carol McCoy
Dale & Laurie McGuire
Shari McIlionie
Kevin & LaRee Misek

Linda Misemer
Rita Morris
Larry Moser
W Jean Morris
Clayton & Melissa Morris
Joan Morris
Les Nordgaard
Donald & Carol Odenbach
Shelby Oberlander
Rod & Judy Olin
Bonnie Olson
Skip Olson
Timothy J. Ottmar
Richard Ovind
Warren Papke
Deb Pecka
Rebecca Pergotski
Glen Peterson
Robert Romsdal
Ervin & Eunice Sahr
Jay & Rhonda Sahr
Illa Schaller
Clayton and Lori Schenck
Olivia Schloegel
Opal Schmuhl
Carolyn Schrenk
Babb Sizer
David Smette
Barbara Srozinski
Richard & Judy Trangsrud
Jane Trautman
James Vagneur
Dorothy Walks
Richard & Deanna Walters
Toni Wegenast
Maureen Wegenke
Yvonne Wegner
Michael Williams
Eugene & Shirley Wolff
United Presbyterian Church

AS ONE OF OUR DRIVERS ALWAYS SAYS, "YOU'RE THE BEST OF THE BEST"! THANK YOU!!!



ND SMP Scam of the Month MARCH 2024

Medicare Statement Red Flags

Not sure what you are looking for when you review your Medicare statements (MSNs)? When you get your statements go through the claims listed and look for a few key words. If you see words like diabetic supplies, hospice, blood sugar monitors, braces, catheters, genetic tests, or even COVID-19 tests, these can be scams and may be signs of a problem.

MEDICARE STATEMENT RED FLAGS

Look through claims and watch for words like:

- ✗ Diabetic supplies
- ✗ Hospice
- ✗ Glucose monitors
- ✗ Urinary catheters
- ✗ Genetic tests

Report suspicious claims to the SMP.

SMP
Senior Medicare Patrol
Preventing Medicare Fraud
SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Call the ND SMP to report these concerns of suspected fraud.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: SMP Social Media Bulletin (2024 Feb). *Red Flags to Look for on Medicare Statements*. Retrieved from: SMP Resource Center Infographics - Fraud Prevention - Senior Medicare Patrol.

