



1-800-AGE-LINE
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www.EastAlabamaAging.org

It's Not Too Late!

Medicare Cards are getting a new look! According to the Centers on Medicare and Medicaid Services, new Medicare Cards will start being sent out in 2018 and continue through April 2019. These new cards will no longer use your social security number as your Medicare number. They will have a randomly selected code, assigned only for you, consisting of a combination of numbers and upper-case letters.

Here are a few things you need to know about the new Medicare Cards:

- There is **NO CHARGE** and **NO COST** for the new card.
- It will be sent to you through the U.S. mail.
- You may use it as soon as you receive it.
- There will be no break, reduction, or change in the services you receive.
- If you have questions about your new card, call Medicare directly at 1-800-633-4227 or go to the Medicare website at www.MyMedicare.gov.



Remember that Medicare and Social Security will **NEVER CALL YOU**. If you receive a phone call from someone who says they are from Medicare or Social Security, it is a **SCAM**. Give them **NO** information at all, especially **NO PERSONAL INFORMATION**. Just **HANG UP** immediately.

Meal Planning

Did you know that the average family wastes up to 20% of their groceries? That adds up to over \$2,000 a year! But, there is a simple way to fix this problem. Make a **weekly meal plan** before going to the store. Before creating your meal plan, **check your cabinets and fridge** to see what needs to be used soon. Looking in these places will also help you reduce the chances that you will buy things that you already have.

Planning ahead by listing **all** the meals and snacks you plan to eat for the week **before** making your grocery list is a great way to choose healthier meals. This allows you to plan for well balanced meals ensuring that you have enough fruits, vegetables, whole grains, dairy, and lean protein **throughout each day**. But don't worry, you don't have to stick to specific days when eating them. **Be flexible**. You may be in the mood for a certain food or have less energy on some days.



Follow this link for a basic Meal Planning sheet: <http://bit.ly/2BVkDsS>. Go to this website for more info on healthy eating: www.ChooseMyPlate.gov/