

SENIOR LUNCH MENU

A confidential, voluntary donation of \$2 per meal is suggested. Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

****Indicates a high-sodium meal.
(V) Indicates a vegetarian item.**

NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-388-2303 Ext. 300.

**TAKE YOUR PICK:
EACH DAY, YOU MAY
SELECT FROM A HOT
OR COLD LUNCH**

1

2

3

6

7

8

9

10

SUMMER SPECIAL

13

14

15

16

17

20

21

22

23

24

27

28

29

30

31



AUGUST 2018

Menu subject to change without notice. Available also at www.mves.org

YOUR NEW MEDICARE CARD

Since April of this year, **Medicare has been issuing new Medicare cards** that do not display your Social Security number. As a result, these new cards are more secure, as your private information stays private.

It takes time to send out the new cards, and Medicare is sending them out on **an ongoing basis** between now and April 2019. Your card might arrive at a different time than your friend's, neighbor's or even your spouse's card, so don't be alarmed.

Your new Medicare card will have an identification number that is unique to you and your Medicare plan.

THERE WILL BE NO CHANGES TO YOUR BENEFITS.

Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If your address needs to be corrected, contact Social Security at 1-800-772-1213 or visit **SSA.gov**. TTY users may call 1-800-325-0778.

Medicare will accept your old number through December 31, 2019, but once you get your new Medicare card, destroy your old one. If you have any questions about Medicare's plan for distributing new Medicare cards, you can check **www.Medicare.gov** for the latest updates.

As always, if you have questions about the best Medicare plan for you, you may contact Mystic Valley's **SHINE experts** for free, unbiased information on prescription plans, insurance coverage, and open enrollment. Get started by calling 781-388-4845.



BE AWARE OF COMMON MEDICARE SCAMS

Medicare will **NOT** call you to ask for personal information in order to send you a new card. Remember, Medicare and the Social Security Administration already have that information.

Don't be lured into sharing your personal information with a stranger who offers to have your new Medicare card sent sooner. **Your card will come between now and April 2019** (if you haven't gotten it already) and there is no one who can expedite that, no matter what they promise.

NEVER give out your Social Security Number over the telephone or email.

If you have believe you have been a victim of a scam, call the MA Senior Medicare Patrol Program at **800-892-0890**.



JOIN US FOR LUNCH

ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.