

HICAP Monthly Newsletter

July Issue 2024



HICAP is here to help Monday - Friday, 8am - 5pm
Give us a call at (559) 224-9117 or 1-800-434-0222

A program of



[Visit our Website](#)

It's that time of year again - open enrollment is just around the corner. We've got you covered with all the resources and support you need. Let's chat about how to make the most of this important opportunity!

Call Us: (559) 224-9117



Free Service to Medicare Beneficiaries

Free Services, Confidential & Unbiased



Our Core Services

- One-on-one Medicare counseling
- Coverage options
- Understanding Medicare Rights and Benefits
- Medicare Grievances and Appeals
- Medicare Advantage Plan Enrollment Assistance

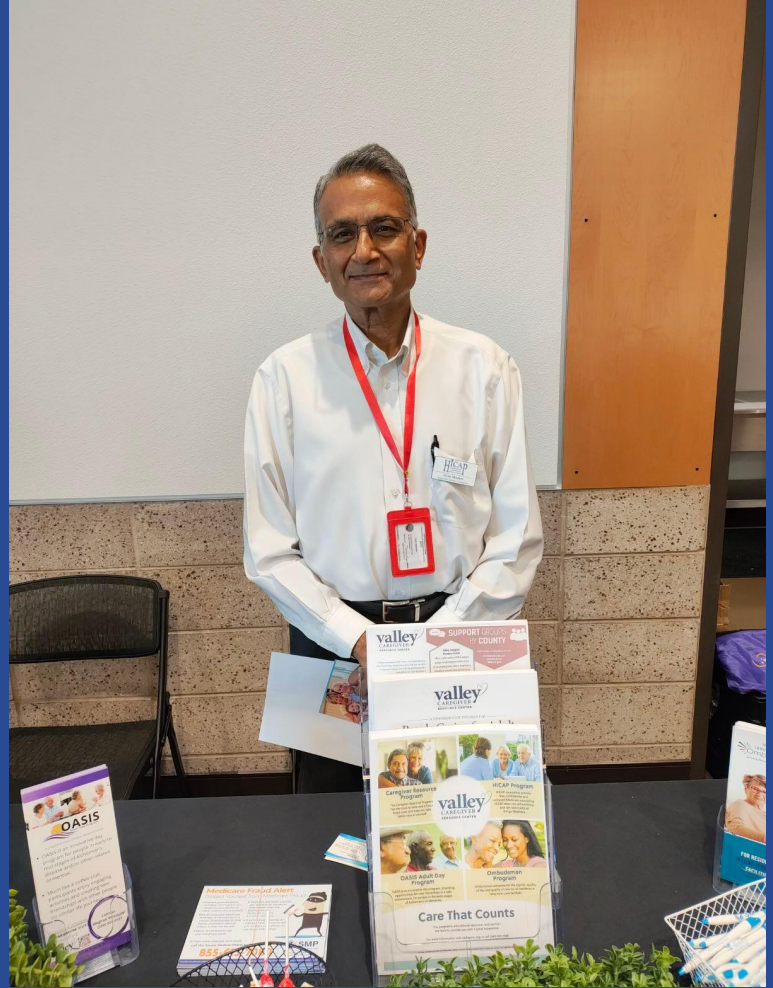
Contact Us

559-224-9117
www.valleycrc.org

Whether you are new to Medicare,
currently on Medicare,
or a victim of Medicare fraud.....

HICAP can help!

Clovis Health & Wellness Fair



Thank you to the Clovis Senior Activity Center for having us at their annual Health & Wellness Fair! It was a pleasure to be a part of such a fantastic gathering. We are grateful for the opportunity to connect with your amazing guests and showcase our services.

HICAP Social Media



**Stay connected with us on all of your favorite social media platforms! Join our community today and be a part of something amazing.
*Brought to you by the Senior Medicare Patrol.***

Confused about your Medicare coverage?

MONDAY - FRIDAY (559) 224-9117
8AM - 5PM (800) 434-0222
5363 N. Fresno St., Fresno, CA 93710

GET IN TOUCH
WITH OUR



REGISTERED
COUNSELORS!



ORIGINAL MEDICARE	VS	MEDICARE ADVANTAGE
<ul style="list-style-type: none">◆ Part A - Hospital Coverage◆ Part B - Medical Coverage◆ Part D - Prescription Drug Coverage◆ May purchase a supplemental or "Medigap" plan to help with out-of-pocket expenses		<ul style="list-style-type: none">◆ Must have Part A and Part B to enroll into a Medicare Advantage Plan◆ May include Part D coverage◆ These plans are county specific◆ Cannot have a supplemental/Medigap plan

As always...
APPOINTMENTS
ARE FREE,
CONFIDENTIAL,
AND UNBIASED.
GIVE US A CALL!



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$331,736.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government. *Este proyecto cuenta con el apoyo de la Administración para la Vida Comunitaria (ACL) del Departamento de Salud y Servicios Humanos (HHS) de EE. UU. como parte de una concesión de asistencia financiera por un total de \$331,736.00 con financiamiento del 100 por ciento de ACL/HHS. El contenido es del autor(es) y no representa necesariamente la opinión oficial ni el respaldo de ACL/HHS o del gobierno de los EE. UU.*

ANNUAL OPEN ENROLLMENT IS

A GREAT TIME TO REVIEW

YOUR PREVALENT

SERVICES FOR NEXT YEAR!

Check out the Preventive Services Checklist!




**OPEN ENROLLMENT IS
OCTOBER 15 - DECEMBER 7**

Are You Up To Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and find problems early when treatment works best. Ask your doctor what services are right for you and use the space below to track appointment dates, times, and other important information.



 **(559)-224-9117**

 **Monday - Friday
8AM - 5PM**

 **5363 N. Fresno St.
Fresno, CA 93710**

*Free, confidential,
unbiased appointments.*

- One time "Welcome to Medicare" preventive visit— get this visit within the first 12 months you have Medicare Part B (Medical Insurance) _____
- Yearly "Wellness" visit—get this visit 12 months after your "Welcome to Medicare" preventive visit or 12 months after your Part B coverage starts _____
- Abdominal aortic aneurysm screenings _____
- Alcohol misuse screenings & counseling _____
- Bone mass measurements (bone density test) _____
- Cardiovascular behavioral therapy _____
- Cardiovascular disease screenings (cholesterol, lipids, triglycerides) _____
- Cervical & vaginal cancer screenings _____
- Colorectal cancer screenings _____
- Counseling to prevent tobacco use & tobacco-caused disease _____
- Depression screening _____
- Diabetes screening _____
- Diabetes self-management training _____
- Flu shots _____



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Medi-Cal Application Assistance Day

Join us for one of our favorite events!

Every 2nd Wednesday of the month, **Fresno County Department of Social Services** joins us at **Valley Caregiver Resource Center** to assist Seniors and Caregivers on all things **Medi-Cal, CalFresh, and CalWorks.**



APPLYING FOR MEDI-CAL as a MEDICARE BENEFICIARY



IT'S AS EASY AS 1, 2, 3!

1 Get in contact with Medi-Cal at **HICAP**

MEDI-CAL APPLICATION ASSISTANCE DAY FOR FRESNO COUNTY

During your scheduled appointment, a Fresno County Eligibility Worker may provide assistance with:

- General program questions
- Application assistance with: Medi-Cal, CalFresh, CalWorks
- Ongoing cases
- Understanding letters received

CALL HICAP TO SCHEDULE YOUR APPOINTMENT

MONDAY-FRIDAY 8AM-5PM ☎ (559) 224-9117

2 Gather these important documents

- Legal names of all people included in the application
- Social Security cards
- Proof of Address: Utility Bills (i.e. PG&E), insurance documents, etc.
- Proof of Identity: Passports, driver's license, etc.
- Income information: Social Security Award letter, pay stubs, etc.

Disclaimer: Please bring all documents enclosed in a secure folder. Do not share documents/personal information with anyone other than the Eligibility Worker on site.

This event is the 2nd wednesday of every month.

GIVE US A CALL AND WE WILL SCHEDULE YOU IN!

☎ (559)-224-9117 Monday - Friday 8AM - 5PM 📍 5363 N. Fresno St. Fresno, CA 93710

3 Fill out the initial application for Fresno County

Eligibility is income-based.

138% of the federal poverty level (FPL) is what will be used to determine whether you qualify for Medi-Cal.

Families or persons with income too high to qualify for a free Medi-Cal program may have a Share of Cost.



Medi-Cal Application Assistance Day is by appointment only. Please call HICAP at (559) 224-9117 to schedule your appointment. Spaces are limited, call us today!

Senior Medicare Patrol

Your HICAP counselors serve as SMP liaisons, please contact HICAP at (559) 224-9117 to report Medicare Fraud.



The Fresno-Madera HICAP serves as your local State Health Insurance Program and Senior Medicare Patrol! Contact us for all things related to Medicare, including Medicare fraud prevention, detection, and reporting!

BEWARE **Of Medicare Scams!**

Scammers are targeting older adults with fake offers for free medical equipment or services. Protect yourself by staying informed and never giving out personal information over the phone or responding to suspicious emails.

Don't be a victim, report any suspicious activity.

SCAMS TO LOOK OUT FOR

1. NEW MEDICARE CARDS

Scammers are posing as Medicare representatives and asking for personal information to activate the card. Remember, Medicare will never call you asking for personal info. Protect yourself from fraud!

2. CHEAPER BETTER PLANS

Scammers are offering unrealistically low prices with promises of comprehensive coverage. Protect yourself by verifying any offers with trusted sources before disclosing personal information.

3. REFUND OR REBATE OFFERS

Scammers may try to lure you with promises of refunds or rebates, asking for your personal information. Protect yourself by never give out personal information over the phone.

4. MEDICARE PLAN CANCELLATION

Scammers are calling to cancel your current plan and offering fake alternatives. Protect yourself by confirming any changes directly with Medicare. Stay vigilant and don't fall for this harmful deception.

YOUR HEALTH AND FINANCIAL SECURITY ARE TOO IMPORTANT TO RISK!
PLEASE CALL 877-808-2468 FOR MORE INFORMATION

memorable event, save the date and join in on the fun!

PLEASE JOIN US

Valley Caregiver Resource Center Presents a

GREEK GALA

October 18th, 2024 – 6:30pm

Clovis Veterans Memorial District
808 Fourth Street, Clovis, CA 93612



COME JOIN US FOR A STUNNING EVENING IN GREECE

Immerse yourself in the sights, sounds and flavors of Greece with delicious food, drinks, and exciting silent and live auctions. Get your tickets now and join us for a night to remember!

TICKETS:
\$150 PER PERSON

A SPONSORSHIP...THE GIFT THAT KEEPS ON GIVING

For more than 36 years, VCRC has been a dedicated advocate in preserving the health and quality of life for seniors and family caregivers. Your generous sponsorship will make it possible for us to continue these valuable services and benefits over time.

BUY TICKETS
BECOME A SPONSOR

FOR QUESTIONS, PLEASE CONTACT:

Michelle DiBudo, Executive Director
5363 N. Fresno Street, Fresno, CA 93710 ♦ www.valleycrc.org
Phone: (559) 224-9154 ♦ mdibudo@valleycrc.org

Valley Caregiver Resource Center is a 501(c)(3) charitable organization. Contact your tax advisor regarding deduction of donations.

PRESENTING SPONSORS

Moss Adams
Senior Helpers –
Central Valley North

SPONSOR LEVELS

PRESENTING SPONSOR
\$10,000

SAPPHIRE SPONSOR
\$5,000

EMERALD SPONSOR
\$3,000

RUBY SPONSOR
\$1,500

DINNER
LIVE AUCTION
SILENT AUCTION

[View Sponsor Form](#)

Please contact VCRC Executive Director, Michelle DiBuduo
at (559) 224-9154 for ticket and sponsorship information.

Volunteer Opportunities





BECOME A **HICAP** VOLUNTEER

Health Insurance Counseling and Advocacy Program

Free Service to Medicare Beneficiaries

Learn to help others navigate through the confusing world of Medicare.

HICAP volunteer duties consist of:

- Counseling (after completion of required training)
- Administrative duties
- Fundraising and event support
- Outreach within the Fresno and Madera communities

JOIN OUR TEAM, CONTACT US!

Free Orientation & Training Session

LAURA ROBINSON

✉ Volunteer Coordinator
lrobinson@valleycrc.org

☎ (559) 224-9117 EXT. 304

📍 Valley Caregiver Resource Center
5363 N. Fresno St.
Fresno, CA 93710

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WE ARE HIRING!

OPEN POSITION



Are you passionate about helping others and making a positive impact? We're looking for motivated individuals to join our supportive team. If you have a heart for helping others, we want to hear from you!

**Interested individuals are urged to call
559-224-9154**

We are always here to help and share our services!

Best Wishes, from the Fresno/Madera HICAP Team □

Crystal, Laura, Jean, Jessenia, Vanessa, Wayne C., and Debra

For program updates and more information, please visit our website:

<https://valleycrc.org/hicap-program/>

Contact Information:

HICAP Program Manager, Crystal Tate

Phone: (559) 224-9117 or (800) 434-0222

Email: Ctate@valleycrc.org

Address: 5363 N. Fresno St. Fresno, CA, 93710

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Supported by:



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