

# HICAP MONTHLY NEWSLETTER

October  
Issue  
**2024**

A program of  
**valley**  
CAREGIVER  
RESOURCE CENTER

# HICAP

Health Insurance  
Counseling and  
Advocacy Program

## HICAP is here to help!

Monday-Friday  
8am to 5pm

Give us a call at  
**(559) 224-9117 or 1(800)434-0222**



# SMP

Senior Medicare Patrol

---

Preventing Medicare Fraud

Your **HICAP** Counselors serve 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

Open Enrollment is

# October 15- December 7, 2024

It is now Medicare Open Enrollment. Now is the time to make sure you're getting the best coverage for your needs.

Our team is here to help guide you through the process and find a plan that works for you. Don't miss out on this opportunity to get the assistance you deserve.

# OPEN ENROLLMENT



## CONTACT US

## Free, confidential, unbiased appointments.

Book your appointment today!

**(559) 224-9117**  
**(800) 434-0222**



# Drive Thru Shredding Event For Seniors & Caregivers

Senior Medicare Patrol & Valley Caregiver Resource Center want to protect you and your loved ones from Medicare Fraud and Identity Theft.

Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be shredded safely.

**Free Event!**

**Saturday March 8, 2025**  
**10am-12pm**

**Valley Caregiver Resource Center Parking Lot**  
**5363 N Fresno St.**  
**Fresno, Ca 93710**



We ask for all participants to remain in their car. Staff members will unload your box for you. A mobile shredding company will immediately shred your personal documents:

- One banker box per participant (cardboard boxes and/or containers cannot be left)
- No cardboard, binderclips, binders, or electronic media will be accepted
- Residential shredding only (no commercial shredding allowed)
- Truck will be available for 2 hours or until full

**For More Information, please contact your local SMP at (559) 224-9117**



# Evento De Trituración De Paso en Automovil Para personas mayores y cuidadores

Senior Medicare Patrol y Valley Caregiver Resource Center quieren protegerlo a usted y a sus seres queridos del fraude de Medicare y el robo de identidad.

Lleve documentos con información de identificación personal (como extractos bancarios antiguos, facturas, declaraciones de impuestos antiguas y documentos de Medicare obsoletos) para que sean destruidos de manera segura.

**¡Evento gratuito!**  
**Sábado 8 de Marzo de 2025**  
**10am-12pm**

Valley Caregiver Resource Center Estacionamiento  
5363 N Fresno St.  
Fresno, Ca 93710



Les pedimos a todos los participantes que permanezcan en sus vehículos. El personal descargará su caja por usted. Una empresa de destrucción de documentos móviles destruirá inmediatamente sus documentos personales:

- Una caja de cartón por participante (no se pueden dejar cajas de cartón ni contenedores)
- No se aceptarán cartones, clips, carpetas ni medios electrónicos
- Solo trituración residencial (no se permite trituración comercial)
- El camión estará disponible durante 2 horas o hasta que se llene

Para obtener más información, comuníquese con su SMP local al (559) 224-9117

# Medicare Beneficiaries Need Help Paying for Your Prescriptions?



## Call HICAP!

The Health  
Insurance  
Counseling and  
Advocacy Program



---

## Eligibility Criteria

---

- Individuals age 65 or older on Medicare
- Individuals younger than 65 with a disability and on Medicare

- Requirements for LIS/Extra Help are available on the National Council on Aging (NCOA) website: [www.ncoa.org](http://www.ncoa.org)
- Requirements for MSP (Medicare Savings Plans) are available on the Medicare website: [www.medicare.gov](http://www.medicare.gov)

Please contact your local HICAP and schedule a free and confidential appointment to receive up to date income requirements.

**559-224-9117** ● **800-434-0222**



# October Highlights

## Greek Gala

### Celebration Of Care

Our HICAP team celebrating an evening of elegance and impact – commemorating the spirit of care and community at the Greek Gala fundraiser!



## Halloween 2024

Spooky season in full swing!

Lets congratulate  
Carla Davis,  
HICAP's newest  
Registered Counselor.





Promotores throughout history

International Origin

# October Community Outreach

**Vision y Compromiso-Promotores Serving from the Heart Symposium**

At Valley Caregiver Resource Center, we are dedicated to making a positive impact in our communities through outreach. Join us in spreading resources and information throughout our Fresno and Madera communities.

**Together, we can make a difference!**





# KEEP YOURSELF SAFE FROM MEDICARE FRAUD

- Guard Your Medicare Number: Treat it like a credit card number. Never give it out over the phone to unsolicited callers emails or texts.
- Beware of Free Offers: Scammers often promise free medical equipment or testing. Legitimate Medicare representatives will never call you to offer free items.
- Check Your Statements: Regularly review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) for unfamiliar charges. Reporting any discrepancies quickly can help stop fraud.



**PLEASE CALL 1-855-613-7080 FOR MORE INFORMATION IF YOU ARE A VICTIM OF MEDICARE FRAUD OR ABUSE**



# Don't miss out on important information!

Stay in the loop by following us on our social media platforms.  
Join our online community today.



**BEWARE of Medicare Fraud!**  
IF IT SOUNDS TOO GOOD TO BE TRUE...

TODAY ONLY!!!

EARLY BIRD DISCOUNT

ONE TIME ONLY

SPECIAL OFFER

**SMP** Senior Medicare Patrol Preventing Medicare Fraud

Call HICAP today  
**(559)224-9117**

**HICAP** Health Insurance Counseling and Advocacy Program  
Free Services to Medicare Beneficiaries

**MEDICARE OPEN ENROLLMENT ENDS DEC. 7**

**PINK OCTOBER**




**BREAST CANCER AWARENESS MONTH**

MEDICARE COVERS MAMMOGRAMS ONCE EVERY 12 MONTHS FOR WOMEN AGES 40+.

CALL HICAP TODAY!  
**559-224-9117**

**valley CAREGIVER RESOURCE CENTER** **HICAP**



**YOU MAY QUALIFY FOR LOWER DRUG COSTS!**

TO FIND OUT IF YOU QUALIFY FOR EXTRA HELP, CALL HICAP TODAY  
(559)224-9117

**valley CAREGIVER RESOURCE CENTER** **HICAP**



**@Valley Caregiver Resource Center**



**@Valley\_Caregiver\_Resource\_Center**



**@CaregiverValley**



**@Valley Caregiver Resource Center**

# Hit that follow button!

# APPLYING FOR MEDI-CAL *as a* MEDICARE BENEFICIARY

with

**HICAP**  
Health Insurance  
Counseling and  
Advocacy Program

Free Service to Medicare Beneficiaries



## 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

This event is the 2nd wednesday  
of every month.

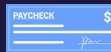
**GIVE US A CALL AND WE WILL  
SCHEDULE YOU IN!**



**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.

**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.

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







**HICAP**  
Health Insurance  
Counseling and  
Advocacy Program

# Become a HICAP Volunteer!

**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



We are always here to help and share our services!

Best Wishes, from the Fresno/Madera HICAP Team

Carla, Crystal, Debra, Gyan, Jean, Jessenia, Laura, Linda, Wayne

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

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

HICAP is a part of the National State Health Insurance Program (SHIP) network and supported by the California Department of Aging



**SHIP**  
State Health Insurance  
Assistance Program



**Contact Information:**

**HICAP Program Manager, Crystal Tate**

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

**Email: [Ctate@valleycrc.org](mailto:Ctate@valleycrc.org)**

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

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.