

HICAP Monthly Newsletter

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

September Issue 2022

September was National Hispanic Heritage Month



This month HICAP counselor, Maria Martinez created a beautiful social media post recognizing National Hispanic Heritage Month.

Your Fresno-Madera HICAP team works diligently to make HICAP services available to all beneficiaries. This month in honor of National Hispanic Heritage Month we would like to highlight some of the outreach we completed in support of the Hispanic community. If you are in need of *Spanish language Medicare and You books* contact HICAP at (559) 224-9117 and we will be happy to assist you.

HICAP placed 15 Spanish language billboards throughout Fresno and Madera counties for the entire

month of
September.



HICAP attended the 2nd Annual SJV Black Expo



On Saturday, September 17th, HICAP presented their services at the 2nd annual SJV Black Expo located at Fresno State's Campus Pointe from 9am - 4pm. HICAP supported the Health Pillar and provided valuable resources to their attendees. HICAP is already looking forward to attending next year!!

Upcoming September Events

See where HICAP will be next month:

Fresno City College-Disability Day

When:
Wednesday, 10/05/22
Time: 9am- 1pm

The Big Fresno Fair-Senior's Day

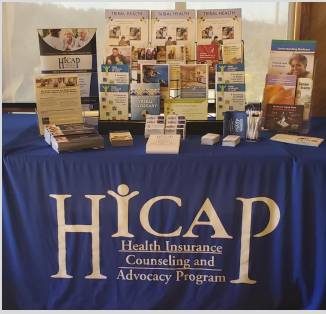
When:
Monday, 10/10/22
Time: 10am- 2pm

Selma Resource Fair

When:
Thursday, 10/27/22
Time: 9am- 11am

HICAP Social Media in September:

HICAP would like to encourage our beneficiaries to follow us on social media. HICAP counselor, Maria Martinez creates our wonderful HICAP posts. Below are the ones shared in May in case you missed them.



If you are interested in scheduling a HICAP presentation please contact us at (559) 224-9117.



WHAT TO CONSIDER WHEN CHOOSING A NURSING HOME

- CHECK OUT THEIR OVERALL STAR RATINGS
 - VIEW QUALITY MEASURES ON SPECIFIC AREAS OF CARE
- Examples:
- Have residents Received their flu shot or pneumonia vaccine?
 - Have residents shown improvements in mobility and independence?
 - SEE COVID-19 VACCINATION RATES FOR RESIDENTS AND STAFF

Visit [Medicare.gov](https://www.Medicare.gov) for more information about nursing homes

Contact your local HICAP to obtain literature on Medicare's Nursing Home coverage

Monday- Friday 8AM- 5PM
(559) 224-9117



MEDICARE ANNUAL OPEN ENROLLMENT

October 15th- December 7th



HICAP counseling services are provided by counselors registered with the **California Department of Aging** who are acting in good faith to provide information about health insurance policies and benefits to you, the client.



Counseling is free, confidential and unbiased

Call today to schedule your appointment to review your Medicare plan choices!

Monday 8AM- 5PM
(559) 224-9117



SEPTEMBER IS
SUICIDE PREVENTION MONTH

Mental Health Matters

Mental health conditions, like depression or anxiety, can happen to anyone at any time.

Suicide Hotline: #9-8-8
Call or text 988, to be connected to trained counselors with the National Suicide Prevention Lifeline



Contact your local Fresno Madera HICAP for counseling and literature on your Mental Health benefits through Medicare
Monday- Friday 8AM- 5PM
(559) 224-9117



Breaking News!!

Part B Premium Released for 2023

NEWS TODAY

09/27/2022




MEDICARE PART B PREMIUM 2023



The **standard monthly premium** for Medicare **Part B** will be **\$164.90 for 2023**, a decrease of \$5.20 from \$170.10 in 2022!



Call  today to receive *free, confidential, and unbiased Medicare counseling!*

Monday- Friday 8AM- 5PM
(559) 224-9117

A program of


Inflation Reduction Act (IRA) & Insulin Update.....

If you have Medicare and take insulin:

- You will pay no more than \$35 for a one-month supply of each covered insulin.
 - For Medicare drug plans (Medicare Part D), the change is effective January 1, 2023.
 - For Medicare Part B (if you're medically required to take insulin through a pump that's considered durable medical equipment (DME), the change is effective July 1, 2023
- You won't have to pay a deductible (if your plan has one) with respect to the covered insulin.
- People with Medicare who take insulin are encouraged to get help when comparing plans this.

Open Enrollment Period October 15th - December 7th

Contact your local Fresno-Madera HICAP for your *free, confidential, and unbiased* one on one counseling appointment with a registered HICAP counselor.

We do not sell anything!!
Call today, (559) 224-9117.

Medi-Cal Application Assistance Day

MEDI-CAL APPLICATION ASSISTANCE DAY



Hosted at:
Valley Caregiver Resource Center
5363 N Fresno Street
Fresno, CA 93710

Assistance by appointment only!
Participants must be fully vaccinated



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

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

2nd Wednesday
of each Month



Starting
July 13, 2022



**For more information or to
schedule an appointment
please contact HICAP at
(559) 224-9117**



Now more people can qualify for Medi-Cal!!
Beginning July 1, 2022, the asset (property) limits for Medi-Cal increased!!!
Asset Limit Beginning July 1st: \$130,000 Single and \$195,000 Couples

Senior Medicare Patrol

**Got Medicare?
We can help!**

Learn about Medicare and how to protect yourself and get the most from your benefits.



Preventing Medicare Fraud
We've got your back!

Advertise with Valpak of Greater Sacramento, 800-899-1145



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**Scan to View
and Register
for ALL
Webinars
Or call us at
1-855-358-4642**



Tue. - 07/05/2022 - 8:17:03 PM SFAD_00213822

Educate yourself about Medicare and get all your questions answered.

3 FREE - Upcoming Webinars

Learn from your own home!



Call us at
1-855-358-4642

- **AUGUST 23, 2022 (10 - 11am)**
Medicare Fraud and How to Protect Your Benefits
Centers for Medicare and Medicaid Services
- **SEPTEMBER 22, 2022 (10 - 11am)**
Understanding the Medicare Hospice Benefits
California Hospice and Palliative Care Association
- **OCTOBER 28, 2022 (10am - 11:30am)**
Medicare 2023 - What the Future Holds
California Health Advocates



This project was supported, in part by grant number 90MPPG0019-04-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

HICAP is a program of the Valley Caregiver Resource Center and we would like to invite you to participate in the following fundraising opportunity:

We welcome interested parties to contact Executive Director, Michelle DiBuduo to learn more about how you can volunteer, donate, or sponsor one of our



save the date
26TH ANNUAL CELEBRATION OF CARE
OCTOBER 21, 2022
Signature Executive Hanger
6:30pm

PRESENTING SPONSORS: MOSSADAMS SENIOR HELPERS
CENTRAL VALLEY NORTH

- OTHER SPONSORSHIPS AVAILABLE**
- | | |
|---|--|
| <p>\$10,000 PRESENTING SPONSOR</p> <ul style="list-style-type: none"> Name and logo prominently listed as the "Presenting Sponsor" on all event collateral and in all media spots Two sponsor tables for eight with VIP service and seating Special VIP recognition, floor, and gifts for your tables at the dinner Name and logo listed on invitation and all KCRC social media sites Recognition in the quarterly KCRC Newsletter (circulation of 3,000) Full page ad in the event program | <p>\$5,000 SAPPHIRE SPONSOR (ONLY FOUR AVAILABLE)</p> <ul style="list-style-type: none"> One sponsor table for eight with VIP service and seating Name and logo on all KCRC social media sites and on our web site Recognition in the quarterly KCRC Newsletter (circulation of 3,000) 1/2 page ad in the event program |
| <p>\$2,500 EMERALD SPONSOR (ONLY EIGHT AVAILABLE)</p> <ul style="list-style-type: none"> One sponsor table for eight at the event with priority service and seating Name and logo on all KCRC social media sites and on our web site Recognition in the quarterly KCRC Newsletter (circulation of 3,000) 1/4 page ad in the event program | <p>\$1,000 RUBY SPONSOR</p> <ul style="list-style-type: none"> Four reserved seats Name and logo on all KCRC social media sites and on our web site Recognition in the quarterly KCRC Newsletter (circulation of 3,000) Listed in the event program |

FOR MORE INFORMATION, PLEASE CONTACT:
Michelle DiBuduo, Executive Director
559-224-9154 | mdibuduo@valleycrc.org
Valley Caregiver Resource Center is a 501(c)(3) charitable organization. Contact your tax advisor regarding deduction of donations.

upcoming events.

Executive Director: Michelle DiBuduo
Phone: (559)224-9154
Email: mdibuduo@valleycrc.org

We are in need of auction items and would greatly appreciate your support!

We are always here to help and share our services!

**Best Wishes, from the
Fresno/Madera HICAP Team**
**Maria, Laura, Jean, Gyan, Wayne C.,
Wayne M., and Jennifer**



For program updates and more information, please visit our website:
<https://valleycrc.org/hicap-program/>

Contact Information: HICAP Program Manager, Jennifer Webb

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

Email: jwebb@valleycrc.org

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

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Supported by:



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Valley Caregiver Resource Center | 5363 N. Fresno Street, Fresno, CA 93710

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