

HICAP Monthly Newsletter



Free Service to Medicare Beneficiaries

August Issue 2023

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

HICAP is Striving to Provide the Framework for Health Equity Through Outreach

ਵੈਲੀ ਕੇਅਰਗਿਵਰ ਰਿਸੋਰਸ ਸੈਂਟਰ ਦਾ ਇੱਕ ਪ੍ਰੋਗਰਾਮ

5363 N. Fresno Street . Fresno, CA. 93710



ਮੈਡੀਕੇਅਰ ਦੀਆਂ ਸਾਰੀਆਂ ਚੀਜ਼ਾਂ ਲਈ ਮੁਫਤ ਗੁਪਤ ਅਤੇ ਨਿਰਪੱਖ ਸਲਾਹ, ਜਿਸ ਵਿੱਚ ਮਾਮਲਾ ਹਨ:

- ❖ ਮੈਡੀਕੇਅਰ ਲਾਭ ਅਤੇ ਅਧਿਕਾਰ
- ❖ ਅਪੀਲ ਅਤੇ ਬਿੱਲਾਂ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ
- ❖ ਲੰਬੀ ਸਿਆਦ ਦੀ ਦੇਖਭਾਲ ਪਾਲਿਸੀ ਵਿਮਲੇਖਣ
- ❖ ਮੈਡੀਕੇਅਰ ਬਚਤ ਪ੍ਰੋਗਰਾਮ
- ❖ ਮੈਡੀਕੇਅਰ ਲਾਭ ਯੋਜਨਾਵਾਂ
- ❖ ਨਿਰਧਾਰਨ ਦਵਾਈ ਕਵਰੇਜ
- ❖ ਪੂਰਕ ਸਿਹਤ ਬੀਮਾ
- ❖ ਮੈਡੀਕੇਅਰ ਫਰਾਂਡ ਅਤੇ ਦੁਰਵਰਤੋਂ

HICAP ਹਰ ਉਮਰ ਦੇ ਮੈਡੀਕੇਅਰ ਲਾਭਪਾਤਰੀਆਂ ਦੀ ਉਨ੍ਹਾਂ ਦੇ ਪਰਿਵਾਰਕ ਮੈਂਬਰ, ਅਤੇ ਜਿਹੜੇ ਯੋਗ ਬਣਨ ਵਾਲੇ ਹਨ, ਉਹਨਾਂ ਦੀ ਸਹਾਇਤਾ ਕਰਦਾ ਹੈ, ਤਾਂ ਜੋ ਉਹ ਆਪਣੇ ਸਿਹਤ ਸੰਭਾਲ ਕਵਰੇਜ ਬਾਰੇ ਸੁਚਿਤ ਫੈਸਲੇ ਲੈ ਸਕਣ।

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

valleycrc.org ਤੇ ਸਾਡੀ ਵੈਬਸਾਈਟ ਤੇ ਜਾਓ

*** HICAP ਕਿਸੇ ਵੀ ਉਤਪਾਦ ਜਾਂ ਕੰਪਨੀਆਂ ਨੂੰ ਵੇਚਦਾ ਜਾਂ ਉਹਨਾਂ ਦਾ ਸਮਰਥਨ ਨਹੀਂ ਕਰਦਾ***



ਫ੍ਰੀਜ਼ਨੋ-ਮਡੇਰਾ ਏਰੀਆ ਏਜਿੰਗ ਆਨ ਏਜਿੰਗ ਦੁਆਰਾ ਫੰਡ ਕੀਤਾ ਗਿਆ ਹੈ

ਇਸ ਪ੍ਰੋਜੈਕਟ ਦਾ ਸਹਾਇਕ ਆਂਕ ਪ੍ਰਮਾਣਿਤ 908AP00052-02-01 ਭਾਗ ਵਿੱਚ ਦਿੱਤਾ ਗਿਆ ਹੈ। ਅਸੀਂ ਅਧਿਕਾਰਤ ਆਗੂਆਂ ਦੀ ਸਹਾਇਤਾ ਲਈ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ। ਇਸ ਪ੍ਰੋਜੈਕਟ ਵਿੱਚ ਸ਼ਾਮਲ ਕੀਤੇ ਗਏ ਸਾਰੇ ਸੇਵਾਵਾਂ ਸਿਰਫ਼ ਸਿਹਤ ਬੀਮਾ ਅਤੇ ਸਿਹਤ ਸੇਵਾਵਾਂ ਲਈ ਹੀ ਹਨ। 2023 ਵਿੱਚ, ਸਾਡੀ ਸੇਵਾਵਾਂ ਵਿੱਚ ਸ਼ਾਮਲ ਕੀਤੇ ਗਏ ਸਾਰੇ ਸੇਵਾਵਾਂ ਨੂੰ ਉਤਰਾ ਏਰੀਆ ਏਜਿੰਗ ਆਨ ਏਜਿੰਗ ਦੁਆਰਾ ਫੰਡ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਸ ਲਈ, ਸਾਡੀ ਸੇਵਾ ਤੋਂ ਅਧਿਕਾਰਤ ਆਗੂਆਂ ਦੀ ਸਹਾਇਤਾ ਲਈ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ। HICAP ਫ੍ਰੀਜ਼ਨੋ-ਮਡੇਰਾ ਏਰੀਆ ਏਜਿੰਗ ਆਨ ਏਜਿੰਗ ਤੋਂ ਇਲਾਵਾ ਸਾਰੇ ਸੇਵਾਵਾਂ ਲਈ ਸਹਾਇਤਾ ਲਈ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ।

The Centers for Medicare and Medicaid Services released their plan to increase Health Equity in 2022 and it focused on the following **five equity priorities** for reducing disparities in Health into 2032:

1. **Priority One:** Expand the Collection, Reporting, and Analysis of Standardized Data
2. **Priority Two:** Assess Causes of Disparities Within CMS Programs and Address Inequities in Policies and Operations to Close Gaps
3. **Priority Three:** Build Capacity of Health Care Organizations and the Workforce to Reduce Health and Health Care Disparities
4. **Priority Four:** Advance Language Access, Health Literacy, and the Provision of Culturally Tailored Services
5. **Priority Five:** Increase All Forms of Accessibility to Health Care Services and Coverage

Your HICAP is actively working on **Priority 4** through the creation of materials that represent our community members, and providing presentations

EL PERÍODO DE INSCRIPCIÓN ABIERTA YA CASI ESTÁ AQUÍ

¡Todavía hay citas disponibles!

Llámenos para agendar su cita de consejería gratuita, confidencial e imparcial.

Del 15 de octubre al 7 de diciembre...

...es cuando todas las personas con Medicare pueden cambiar sus planes de salud y cobertura de medicamentos recetados de Medicare para el año siguiente para satisfacer mejor sus necesidades.

MEDICARE HEALTH INSURANCE

JUAN L. HERRERA

Medicare Health Insurance de Medicare
1EG4-TE5-MK72
HOSPITAL (PART A) 03-01-2016
MEDICAL (PART B) 03-01-2016

INSCRIPCIÓN ABIERTA ES DURANTE OCTUBRE 15 - DICIEMBRE 7



(559)-224-9117

Lunes - Viernes
8AM - 5PM

5363 N. Fresno St.
Fresno, CA 93710



in rural communities.

With assistance from our community partners at the **Jakara Movement**, we were able to create our new HICAP flyer in Punjabi.

Our amazing HICAP Outreach Coordinator, Sujey Martinez worked diligently to create our **first Spanish social media post**.

HICAP has collaborated with the **Fresno County Library System** to provide Health Literacy through a series of presentations at rural branches through September. The first stop was at Sunnyside Library pictured to the left on Wednesday August 23, 2023. **Six more to go!!!**

Upcoming September Events

See where **HICAP** will be next month:

Fresno County Library

When:
Wednesday,
9/06/23
Where: Orange Cove
Time: 3pm

MAAD (Medi-Cal Application Assistance Day)

When:
Wednesday,
9/13/23
Where: VCRC

HICAP Social Media



HICAP would like to encourage our beneficiaries to follow us on social media.

HICAP Community Outreach Coordinator, Sujey Martinez creates our wonderful HICAP posts. Below are HICAP's August posts in case you missed them.....

conference room
Time: All day
(Appointment
required)

Fresno County Library

When:
Wednesday,
9/13/23
Where: Bear
Mountain
Time: 4pm

Northpointe Church Elder Care Ministry

When: Friday
9/15/23
Time: 11am

San Joaquin Valley Black Expo

When: Saturday,
9/16/23
Where: Fresno
State University -
Campus Pointe
Time: 9am-6pm

Fresno County Library

When:
Wednesday,
9/20/23
Where: Parlier
Library
Time: 4pm

Sanger Library

When:
Wednesday,
8/23/23
Where: 1812 7th
St. Sanger, 93657
Time: 6pm

The Windham Senior Living

When: Monday,
9/25/23
Time: 10am

Housing Authority of the City of Madera's Senior Health

NATIONAL IMMUNIZATION MONTH 2023



Staying Healthy Medicare's preventive services

CENTERSFORMEDICARE&MEDICAIDSERVICES

Flu Shots

These shots help prevent influenza or flu virus. Medicare covers these shots once per flu season.

Hepatitis B Shots

This series of shots helps protect people from getting Hepatitis B. Medicare covers these shots for people at medium or high risk for Hepatitis B.

Pneumococcal Shots

Medicare covers a pneumococcal shot to help prevent pneumococcal infections (like certain types of pneumonia). Medicare also covers a different second shot if it's given one year (or later) after the first shot. Talk with your doctor or other health care provider to see if these shots are right for you.



Let us know if you have
questions!



☎ (559)-224-9117

🕒 Monday - Friday
8AM - 5PM

📍 5363 N. Fresno St.
Fresno, CA 93710



This project was supported in part by grant number H20019992-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC. ©2023. Medicare's preventive services cover government-sponsored care. Government-sponsored care may be subject to funding levels and availability. Rates of care or options for care, services, resources or personnel are subject to change and may vary by location. HICAP operates with financial assistance and support from the Fresno Health Care Agency or the Valley Caregiver Resource Center. For details, see https://www.valleycaregiver.com/2023/09/15/. Addressed to: San Joaquin Valley Black Expo, c/o Department of Safety & Services, Fresno State, Fresno, CA. ©2023. For details on this advertisement and other information, please contact the program manager, HICAP, at (559) 224-9117 or visit us online at https://www.valleycaregiver.com/2023/09/15/. For more information on the Department of Safety & Services, visit us online at https://www.valleycaregiver.com/2023/09/15/.

AUGUST IS NATIONAL EYE EXAM MONTH



MEDICARE BENEFICIARIES...

Don't forget about your Medicare eye health benefit!

Want to learn more
about your vision
coverage options?

Get into contact with
one of our Registered
Counselors.



Staying Healthy Medicare's preventive services

CENTERSFORMEDICARE&MEDICAIDSERVICES

Glaucoma Tests

These tests help check for eye disease glaucoma. Medicare covers these tests once every 12 months for people at high risk for glaucoma.



☎ (559)-224-9117

🕒 Monday - Friday
8AM - 5PM

📍 5363 N. Fresno St.
Fresno, CA 93710



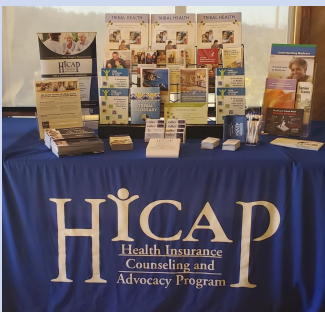
This project was supported in part by grant number H20019992-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC. ©2023. Medicare's preventive services cover government-sponsored care. Government-sponsored care may be subject to funding levels and availability. Rates of care or options for care, services, resources or personnel are subject to change and may vary by location. HICAP operates with financial assistance and support from the Fresno Health Care Agency or the Valley Caregiver Resource Center. For details, see https://www.valleycaregiver.com/2023/09/15/. Addressed to: San Joaquin Valley Black Expo, c/o Department of Safety & Services, Fresno State, Fresno, CA. ©2023. For details on this advertisement and other information, please contact the program manager, HICAP, at (559) 224-9117 or visit us online at https://www.valleycaregiver.com/2023/09/15/. For more information on the Department of Safety & Services, visit us online at https://www.valleycaregiver.com/2023/09/15/.

Day
 When: Tuesday,
 9/26/23
 Where: Senior
 Complex- 800 E.
 Yosemite Ave.
 Madera, 93638
 Time: 10am-
 12:30pm

**Fresno State
 University-
 Wellness Fair**
 When:
 Wednesday,
 9/27/23
 When: 10:30-1pm

**Fresno County
 Library**
 When: Saturday,
 9/30/23
 Where: Piedra
 Library
 Time: 10:30am

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



Medicare.gov/ExtraHelp

Medicare.gov



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

**FIND OUT IF YOU'RE ELIGIBLE
 & APPLY FOR EXTRA HELP**

- ☑ Visit Social Security online
 at ssa.gov/extrahelp or call
 1-800-772-1213
- ☑ Call HICAP for application
 assistance at (559) 224-9117



This project was supported, in part by grant number 93640205-01-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Services are provided on a non-exclusive basis. HICAP is a program of the California Department of Social Services, Community Living Agency. HICAP operates with financial assistance and support from the Fresno-Madera Area Agency on Aging. This project is also supported, in part, by the Administration on Aging, 93640205-01-01, from the Administration on Aging, U.S. Department of Health and Human Services, Washington, D.C. 20201. Se ofrece a los beneficiarios que empiezan a recibir beneficios de Medicare del gobierno el servicio de asesoramiento y orientación. Por favor, los usuarios que están interesados en obtener asesoramiento le piden al personal de la Administración del Vida Comunitaria HICAP opere con asistencia financiera y apoyo de la Agencia de Empoderamiento de la Vejez del Fresno-Madera.

**ANNUAL OPEN ENROLLMENT IS
 A GREAT TIME TO REVIEW
 YOUR PREVENTATIVE
 SERVICES FOR NEXT YEAR!**

Check out
 the
 Preventive
 Services
 Checklist!



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

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

Free, confidential,
 unbiased appointments.

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.



- 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



This project was supported, in part by grant number 93640205-01-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Services are provided on a non-exclusive basis. HICAP is a program of the California Department of Social Services, Community Living Agency. HICAP operates with financial assistance and support from the Fresno-Madera Area Agency on Aging. This project is also supported, in part, by the Administration on Aging, 93640205-01-01, from the Administration on Aging, U.S. Department of Health and Human Services, Washington, D.C. 20201. Se ofrece a los beneficiarios que empiezan a recibir beneficios de Medicare del gobierno el servicio de asesoramiento y orientación. Por favor, los usuarios que están interesados en obtener asesoramiento le piden al personal de la Administración del Vida Comunitaria HICAP opere con asistencia financiera y apoyo de la Agencia de Empoderamiento de la Vejez del Fresno-Madera.

Important HICAP Announcement!



BIG CHANGES COMING SOON.....



Please visit our webpage at the Valley Caregiver Resource Center website for more information about your Fresno and Madera HICAP. Please scan the QR code for quick access.

HICAP Program Announcements!!!!



HICAP is happy to announce that **HICAP Volunteer Debra Dowdy** has completed her required training and is now a **Registered HICAP Counselor**.....woo hoo! **Congratulations Debra**, and thank you for all of your hard work and commitment to assisting our Medicare beneficiaries and for your future advocacy.

This month **HICAP counselor, Jean Kendrick** completed her Long Term Care Counselor requirements and is now our official **HICAP LTC Counselor**. A huge shout out to **Bonnie Burns at California Health Advocates** and **Maria Profeta** from the **Stanislaus HICAP** for your time and support in the completion of this training. Jean, I know you are going to provide "excellent" LTC counseling services!

Congratulations Jean!!!!

Lastly, **HICAP Program Manager, Jennifer Webb** is accepting a new position at the **Fresno- Madera Area Agency on Aging as their Administrative Manager**. She will continue her advocacy for seniors and caregivers, along with her support of HICAP and the rest of VCRC programs. **Jennifer will miss her HICAP team** but knows that they will continue to provide "excellent" counseling services and support for the Medicare beneficiaries throughout both Fresno and Madera counties.

Senior Medicare Patrol

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



UNWANTED BRACES SENT TO YOU? HERE'S WHAT TO DO:

- If possible, refuse any package you aren't expecting.
- Open the box and find the name of the company and any contact information you can.
- Check your **Medicare statements** for claims for braces.
- Contact the **Senior Medicare Patrol (SMP)** to report it.



Preventing Medicare Fraud
877.808.2468

SMPRESOURCE.ORG
SUPPORTED BY GRANT # 90MPRC0002 FROM ACL

SAVE THE DATE

OCTOBER 27, 2023

CLOVIS VETERANS HALL • 6:30PM

TICKETS: \$150 PER PERSON

DINNER / SILENT & LIVE AUCTION

UNDER THE TUSCAN SUN



FOR SPONSORSHIP OPPORTUNITIES

Contact Michelle DiBuduo at:
(559) 224-9154 or mdibuduo@valleycrc.org

HICAP is a program of **Valley Caregiver Resource Center** and we would like to invite you to participate in our annual ***Celebration of Care*** scheduled for **Friday, October 27, 2023**.

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

*** We welcome and appreciate Live and Silent Auction items***

We are always here to help and share our services!

**Best Wishes, from the
Fresno/Madera HICAP Team** □

Laura, Jean, Sujey, Gyan, Wayne C.,
Linda, and Debra



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

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

Supported by:



This project was supported, in part by grant number 90SAPG0052-02-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. HICAP operates with financial assistance and support from the Fresno-Madera Area Agency on Aging.

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

[Unsubscribe grodriguez@valleycrc.org](mailto:unsubscribe.grodriguez@valleycrc.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bjwebb@valleycrc.org powered by



Try email marketing for free today!