

HICAP Monthly Newsletter

HICAP

Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

March Issue 2023

HICAP is here to help Monday- Friday, 8am - 5pm



CELEBRATES
NATIONAL EMPLOYEE DAY

THANK YOU!!

Laura, Jean, Maria, and Sujey... you all are "rockstars"! I am thankful for each one of you and the unique gifts you bring to our team. Your empathy towards our Medicare beneficiaries exemplifies the very reason that HICAPs exist. Great job team and know you are appreciated and admired by your Program Manager. -Jennifer ♥



This project was supported, in part by grant number 90SAP00052-02-01, 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-Hadera Area Agency on Aging. Este proyecto fue apoyado, en parte, por la subvención número 90SAP00052-02-01 de la Administración para la Vejez Comunitaria de los E.U. el Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se alienta a los beneficiarios que emprenden proyectos bajo el patrocinio del gobierno a expresar libremente sus hallazgos y conclusiones. Por lo tanto, los puntos de vista u opiniones no representan necesariamente la política oficial de la Administración de Vejez Comunitaria. HICAP opera con asistencia financiera y apoyo de la Agencia de Envejecimiento del Área de Fresno-Hadera.

Upcoming April Events

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

Valley Caregiver Resource Center-Matter of Balance Class

When: Tuesday, 4/04/23
Time: 10am

Medical Application Assistance Day (MAAD)

Hosted at VCRC

When: Wednesday, 4/12/23

Time: All Day

** Contact HICAP to schedule your appointment.

Silvercrest Retirement Residence- Fresno

When:

Wednesday, 4/19/23

Time: 1:30pm

Central Valley Community Bank-Virtual (Rescheduled from March)

When: Thursday, 4/20/23

Time: 8- 9:30am

River Park Art Hop

When: Thursday

4/20/2022

Time: TBD

Univision

When: Tuesday, 4/25/23

Time: 10am

Punjabi Cultural Arts Organization's Resource Fair at Jaswant Singh Khalra Park

When: Saturday, 4/29/23

Time: 10am- 4pm

If you are interested in scheduling a

HICAP Social Media

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

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



BRING DOCUMENTS WITH PERSONAL IDENTIFIABLE INFORMATION TO BE SAFELY SHREDDED.

BANK STATEMENTS | **TAX RETURNS**

MEDICARE DOCUMENTS | **OLD BILLS**

Don't forget!

SENIOR MEDICARE PATROL SHREDDING EVENT

SATURDAY, MARCH 18 • 10AM - 12PM

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, binder clips, or electronic media will be accepted
- Residential shredding only (no commercial shredding allowed)
- Truck will be available for 2 hours or until full!

5363 N. FRESNO ST. FRESNO 93710
(559) 224-9117



Reminder...

HICAP'S MEDI-CAL APPLICATION ASSISTANCE DAY IS THE 2ND WEDNESDAY OF EVERY MONTH!

NOW ACCEPTING APPOINTMENTS FOR MARCH 8TH!

HAVE QUESTIONS? CALL US: (559) 224-9117

HICAP Health Insurance Counseling and Advocacy Program
Free Service to Medicare Beneficiaries

SHIP supported by California Department of AGING A program of valley CAREGIVER RESOURCE CENTER



BIG CHANGES COMING SOON.....

"Free" Legal Aid Workshop

HICAP receives calls regularly from caregivers that are providing care for their loved one who is a Medicare beneficiary or is about to be. Often, they have been thrown into the role of managing medical bills, coverage options, and medications with little to no notice.

Unfortunately, this role does not come with a "How to" manual and they are often left to navigate the world of Medicare alone. Then they hear about HICAP and are thankful to have found assistance, however, without the proper documentation HICAP counselors may not be able to assist them on the beneficiaries behalf.

What a rollercoaster ride of emotions!

Good news.....HICAP is still here for you, and has collaborated with **Central California Legal Services** to offer a two-part **free** legal aid workshop. This workshop will educate you about basic estate planning, trusts, Power of Attorney documents, and Advanced Healthcare Directives.



FREE LEGAL AID WORKSHOP

Hybrid (in-person and virtual)
Thursday, June 29, 2023
2:00 pm to 4:00 pm

[CLICK TO REGISTER HERE](#)

OR CALL

valley
CAREGIVER
RESOURCE CENTER
(559)-224-9154

FREE LEGAL AID WORKSHOP...

Is a two-hour hybrid workshop hosted by **Valley Caregiver Resource Center**.

This workshop will have guest speakers from **Central California Legal Services**.


They will educate and answer questions about **basic estate planning tools such as wills, trusts, power of attorney, and advanced healthcare directives**.


Brought to you


by

HICAP
Health Insurance
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Free Service to Medicare Beneficiaries

 (559)-224-9117

 Monday - Friday
8AM - 5PM

 5363 N. Fresno St.
Fresno, CA 93710

FOLLOW US!



CALIFORNIA HEALTH ADVOCATES
Medicare: Policy, Advocacy and Education

Industry News: New Medicare Complaint Button

Beneficiaries Can Report Issues with Medicare Coverage to
California Health Advocates

Please click on the image below to make a report:





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!**



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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Medi-Cal Application Assistance Day

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!**

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



This project was supported, in part by grant number H2496002-02-06, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 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 Health & Area Agency on Aging. Bitte beachten Sie, dass die Grantees unter der Aufsicht der U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201, arbeiten. Grantees, die unter der Aufsicht der U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201, arbeiten, sind ermutigt, ihre Ergebnisse und Schlussfolgerungen frei zu äußern. Die Ansichten oder Meinungen der Grantees unter der Aufsicht der U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201, sind nicht notwendigerweise die offizielle Politik der Administration for Community Living. HICAP operiert mit finanzieller Unterstützung und Hilfe von der Fresno Health & Area Agency on Aging. Bitte beachten Sie, dass die Grantees unter der Aufsicht der U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201, arbeiten. Grantees, die unter der Aufsicht der U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201, arbeiten, sind ermutigt, ihre Ergebnisse und Schlussfolgerungen frei zu äußern. Die Ansichten oder Meinungen der Grantees unter der Aufsicht der U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201, sind nicht notwendigerweise die offizielle Politik der Administration for Community Living.

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 and Tax information: W2 forms, pay stubs, bank Statements, etc.
- Property: Car title, 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, and considers assets.



- Homeowners
 - Individuals: \$130,000 limit
 - Couples: \$195,000 limit

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

Senior Medicare Patrol 2023 Shredding Event Recap





225 seniors and caregivers were informed about Senior Medicare Patrol, educated about Medicare fraud, and shown how to prevent fraud by safely shredding their documents.



This event was a testament of the how important community engagement and partnerships are to support our seniors. Together with Valley Caregiver Resource Center, Teens that Care members, Poverello House’s Community Coordinator , Fresno County Department of Social Services- Outreach Unit Eligibility Workers, and our Fresno State interns we provided a safe and fun event leaving participants to say, “ It felt like Disneyland, everyone was so happy!”



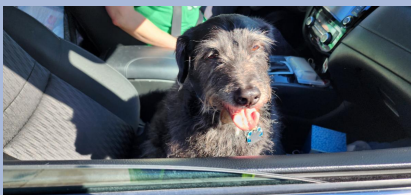
If you would like to learn more about this annual event or how you can support it next year, please contact HICAP at (559)224-9117.



Did you attend and are willing to complete a short survey, please click on the tab below:



[2023 Shredding Event Survey](#)



We want to thank the following event supporters that provided tasty treats and supplies for our team of volunteers during the event:



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

Registration is Full
Sponsorships are Still Welcome

10th Annual
valley
CAREGIVER
RESOURCE CENTER

GOLF TOURNAMENT

MONDAY
April 24th, 2023

Dragonfly Golf Club
43369 Ave 12
Madera, CA 93636

1 PM - Tee Off

- **GREAT PRIZES**
- **FOOD**
- **AWARDS**

Title Sponsor: \$5,000
Registration Sponsor: \$1,800
Gold Sponsor: \$1,200
Tee Sponsor: \$225

ADD A SUPER TICKET FOR \$30

- (1) 50/50 Ticket
- (2) Mulligans
- (25) Raffle Prize Tickets

**\$200
GREEN FEE**

ALL PLAYERS WILL RECEIVE:

Range Balls with Cart
Closest to the Pin Contest
Long Drive Contest
Goodie Bag
Team Photo
Beverages & Meals



Valley Caregivers Resource Center offers a comprehensive array of services designed to assist elders and their families in mastering the challenges that accompany the aging process. As long-standing advocates and collaborators in preserving the health and quality of life of others, our aim is to promote personal & community well-being.

Deadline to Register April 10, 2023

We are always here to help and share our services!

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

**Maria, Laura, Jean, Sujey, Gyan, Wayne C.,
Wayne M., Linda, 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

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

Supported by:



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

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