

HICAP Monthly Newsletter

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

February Issue 2023

Happy American Heart month
from "your" HICAP

Let's celebrate
AMERICAN HEART MONTH

with  **Staying Healthy** Medicare's preventive services

CENTERS FOR MEDICARE & MEDICAID SERVICES



Cardiac rehabilitation

Medicare Part B (Medical Insurance) covers these comprehensive programs if you've had a condition such as, but not limited to:

- A heart attack in the last 12 months
- Coronary artery bypass surgery
- Current stable angina (chest pain)

Cardiovascular Disease (Behavioral Therapy)

- Medicare will cover one visit per year with your primary care doctor to help lower your risk for cardiovascular disease.

Cardiovascular Disease Screenings

- This can help determine if you're at risk for a heart attack or stroke. If you're at risk, there are steps you can take to prevent these conditions.

Still have questions? **CALL US!**

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

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



SHIP
State Health Insurance
Assistance Program

Supported by



A program of

valley
CAREGIVER
RESOURCE CENTER



HICAP is a program of the California Department of Health Care Services, which is a part of the State of California. HICAP is a non-profit organization and is not affiliated with Medicare or Medicaid. HICAP is a program of the California Department of Health Care Services, which is a part of the State of California. HICAP is a non-profit organization and is not affiliated with Medicare or Medicaid. HICAP is a program of the California Department of Health Care Services, which is a part of the State of California. HICAP is a non-profit organization and is not affiliated with Medicare or Medicaid.

This February we lost our dear friend and HICAP volunteer, Wayne McMillen. He was not

only a wonderful volunteer for over 17 years, but true example of an "Advocate" for our vulnerable senior population! He is missed by his family, friends, HICAP team, and his community.

• IN LOVING MEMORY •

It is with great sadness that HICAP announces the loss of our very beloved volunteer,



Wayne McMillen

Wayne lived a long and full life surrounded by his family, friends, and his volunteerism. Wayne served as a HICAP volunteer for over 17 years and was an admirable advocate, colleague, and friend.

We miss him very much already!

Upcoming March Events

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

UCSF: Virtual

When: Thursday,
3/02/23

Time: 2:30 - 4pm

Peoples Church- Caregiver Conference

When: Saturday,
3/04/23

Time: 8am - 2pm

Medical Application Assistance Day (MAAD)

Hosted at VCRC

When: Wednesday,
3/08/23

Time: All Day

** Contact HICAP to
schedule your
appointment.

Fresno American Indaian Health Project- Health Resource Fair

When: Friday, 3/10/23

Time: 2 - 6pm

Central Valley Community Bank- Virtual

When: Tuesday,
3/14/23

Time: 8- 9:30am

SMP Shredding Event- Hosted at VCRC

When: Saturday,
3/18/23

Time: 10am - noon

*Contact HICAP for
more information
(559) 224-9117

Fresno Pacific University

When: Tuesday,
3/21/23

Time: noon- 2pm

**Reminder that our
office will be closed
for the following
dates:**

Friday, 3/31/23 in
observance of Cesar
Chavez Day

**If you are interested
in scheduling a**

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 January posts in case
you missed them.....

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**FRESNO & MADERA
COMMUNITY
MEMBERS...**

**HEALTH INSURANCE
COUNSELING AND
ADVOCACY PROGRAM**

*We are your experts in providing
counseling and community education
about Medicare and related topics.*

OUR SERVICES

- **MEDICARE BENEFITS AND RIGHTS**
- **APPEAL AND BILLING PROBLEMS**
- **LONG TERM CARE POLICY AND ANALYSIS**
- **MEDICARE SAVINGS PROGRAMS**
- **MEDICARE ADVANTAGE PLANS**
- **PRESCRIPTION DRUG COVERAGE**
- **SUPPLEMENTAL HEALTH INSURANCES**
- **MEDICARE FRAUD AND ABUSE**

**FREE,
UNBIASED
&
CONFIDENTIAL
ASSISTANCE**

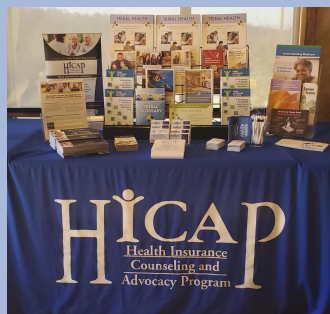
**CONTACT
US NOW**

- (800) 434-022
(559) 224-9117
- Monday - Friday
8AM - 5PM
- 5363 N. Fresno St.
Fresno, CA 93710

Supported by California Department of AGING A program of valley CAREGIVER RESOURCE CENTER

This project was supported in part by grant number H88400002-00-01 from the U.S. Administration for Community Living, Department of Health and Human Services. H88400002-00-01 project: Community counseling program offers geriatric assessment and encouragement to explore home care, long-term care, and financial alternatives and a support team to assist with the health-care decision-making process. This project was awarded in 2018. For more information, contact H88400002-00-01 at the Administration for Community Living, 1255 Jefferson Avenue, Washington, DC 20535. We affirm that the beneficiaries who are provided services under this project are not being discriminated against on the basis of race, ethnicity, sex, age, or disability. For more information, contact the Administration for Community Living, 1255 Jefferson Avenue, Washington, DC 20535. We affirm that the beneficiaries who are provided services under this project are not being discriminated against on the basis of race, ethnicity, sex, age, or disability. For more information, contact the Administration for Community Living, 1255 Jefferson Avenue, Washington, DC 20535.

HICAP presentation please contact us at (559) 224-9117.



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

TIPS FOR TUESDAY

APPLYING FOR MEDI-CAL as a MEDICARE BENEFICIARY



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
- Ongoing cases
- Application assistance with Medi-Cal, CalFresh, CalWorks
- 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, 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.

MEDICARE HEALTH INSURANCE ADVANTAGE PLANS

OPEN ENROLLMENT
January 1 - March 31
CALL US ☺ **HICAP**
Health Insurance Counseling and Advocacy Program
Free Service to Medicare Beneficiaries

About Medicare Advantage

- Medicare Advantage is an alternative to Original Medicare, also known as Part C. It's a "bundled" plan that includes Parts A, B, and D.
- These plans may have lower out-of-pocket costs than Original Medicare.
- In many cases, you'll need to use doctors who are in the plan's network.
- Most plans offer extra benefits that Original Medicare doesn't cover - like vision, hearing, dental, and more.

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

This project was supported, in part, by grant number H49499025-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Beneficiary counseling projects under government auspices may be encouraged to express freely their findings and conclusions. Periods of new or proposed rule-making, regulatory proposals, and administrative rule-making are not intended to represent the views of the U.S. Department of Health and Human Services, Washington, D.C. 20201. For details on the beneficiaries who are eligible for this program, and information on whether you are eligible for this program, visit the HICAP website at www.hicap.org. For more information, visit www.hicap.org. For more information, visit www.hicap.org. For more information, visit www.hicap.org. For more information, visit www.hicap.org.



Seniors & Caregivers...

We invite you to our annual

SENIOR MEDICARE PATROL SHREDDING EVENT

Bring documents with personal identifiable information to be safely shredded.



BANK STATEMENTS



TAX RETURNS



MEDICARE DOCUMENTS



OLD BILLS

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!

SATURDAY, MARCH 18 • 10AM - 12PM

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

Important HICAP Announcement!



BIG CHANGES COMING SOON.....

Do you have a Medicare Advantage plan and would like to know your coverage options for 2023?

Are you unhappy with your current Medicare Advantage plan?

Want to make changes and need enrollment assistance?

Want to switch to Original Medicare?

OPEN ENROLLMENT



Give HICAP a call today at (559) 224-9117 to schedule your free, confidential, and unbiased Medicare counseling appointment with a registered HICAP counselor.

The Medicare Advantage Open Enrollment period begins **January 1st and ends on March 31st.**

If you are currently enrolled into a Medicare Advantage plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare.

*****Important Reminder*****

You can only switch plans once during this period!!!

Medicare Advantage Open Enrollment Period

Coverage begins the first of the month after your request

Enrollment Opens

Deadline

Coverage Begins





BECOME A HICAP VOLUNTEER



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

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. Este proyecto fue apoyado, en parte, por la subvención número 90SAPG0052-02-01 de la Administración para la Vida 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 Vida Comunitaria. HICAP opera con asistencia financiera y apoyo de la Agencia de Envejecimiento del Área de Fresno-Madera.

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**



Senior Medicare

Patrol: Annual Shredding Event, Mark your calendars for this free event.....
Saturday, March 18, 2023 10am- noon



DRIVE THRU SHREDDING EVENT FOR SENIORS & CAREGIVERS

Protect Yourself & Loved Ones From Medicare Fraud & Identity Theft

Together Senior Medicare Patrol and Valley Caregiver Resource Center want to help protect you! Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be safely shredded.



THIS IS A FREE EVENT!
Saturday, March 18, 2023
10 AM – 12 PM

Location:
Valley Caregiver Resource Center Parking Lot
5363 N. Fresno St. Fresno 93710
For more information, please contact your local SMP at (559) 224-9117

We ask for all participants to wear a mask and remain in your car.
Staff members will unload your box for you.

A mobile shred truck will immediately shred your personal documents:

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

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

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 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.

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

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