

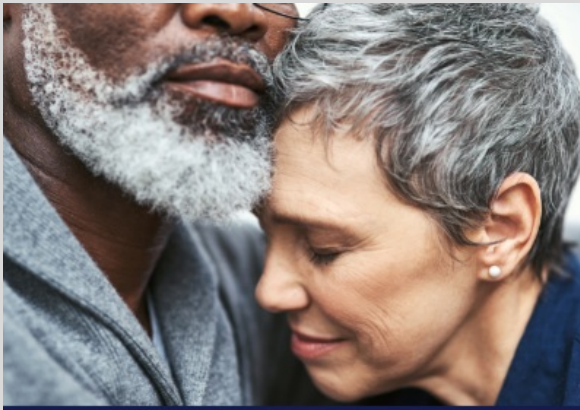
HICAP Monthly Newsletter

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

July Issue 2022

Your HICAP team cares about you!!



There is hope.



988 SUICIDE & CRISIS
LIFELINE

We all know the last few years have been more difficult than others and HICAP wants to inform you of the new *Suicide and Crisis Lifeline*.

**If you are in need of help,
simply call 988**

This new national resource is free to callers and available 24-hours a day, 365 days a year for calls and texts.

Depression amongst older adults is not a part of the normal aging process. There is help!

Did you know that there are at-home Covid-19 tests for those who are blind or have low vision?

How to get the tests: Call 1-800-232-0233

- Each order includes 12 rapid-antigen tests that are more accessible for people who are blind or have low vision. These will ship in six separate packages, each with two tests. Each package will have a separate tracking number.
- Orders will ship free, while supplies last.

Upcoming August Events

See where HICAP will be next month:

HICAP Social Media in June:

HICAP would like to encourage our beneficiaries to follow us on

Televisa Univision

When:

Friday, 8/05/22

Time:

Airs at 6:04am

Sons in Retirement (SIRS): Medicare and HICAP Services

When:

Tuesday, 8/09/22

Time:

Noon-2pm

Firebaugh Senior Center : Medicare and Medicare Fraud/SMP

When:

Wednesday, 8/17/22

Time:

9am -11am

VCRC Hybrid class for Caregivers: What to Know About Medicare

When:

Friday, 8/19/22

Time:

2pm - 3:30pm

Call VCRC to register at (559) 224-9154

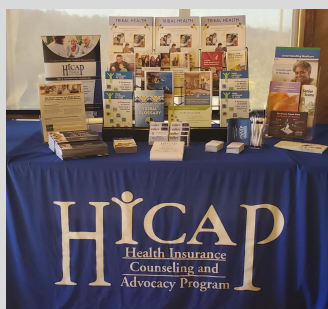
Central Valley Regional Center (CVRC): HICAP Services

When:

Tuesday, 8/23/22

Time:

9:30am- 10:30am



social media. HICAP counselor, Maria Martinez creates our wonderful HICAP posts. Below are the ones shared in May in case you missed them.



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

WISHES YOU A
HAPPY
4TH OF JULY

Contact your local
Fresno-Madera HICAP for Medicare counseling
Monday-Friday 8AM-5PM
(559) 224-9117

California Health Advocates provides accurate and up-to-date Medicare information for both Medicare beneficiaries — and the advocates/ providers who serve them.

Thank You
From **HICAP**
Health Insurance
Counseling and
Advocacy Program
Free Service to Medicare Beneficiaries

To learn more please visit
www.cahealthadvocates.org

GET IN TOUCH

Contact your local HICAP office to receive assistance with all things Medicare.

Monday- Friday 8am - 5pm
(559) 224-9117

We're happy to help!



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



Happy 57th Birthday Medicare!



Since 1965, Medicare has been a critical source of health and economic security for people 65+ and people under 65 with qualifying disabilities.

Contact the Fresno-Madera HICAP to receive personalized Medicare counseling Monday-Friday 8AM-5PM (559) 224-9117

We're happy to help!



COVID-19 TESTING AND TREATMENTS

If you test positive for COVID-19 treatments are available to reduce your chances of hospitalization and death. Talk to your doctor or healthcare provider right away to find out if treatment is right for you.

Don't delay: Treatment must be started within days after you first develop symptoms to be effective.

For more information, please visit www.cdc.org



Contact your local Fresno-Madera HICAP for Medicare counseling! Monday-Friday 8AM-5PM (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



SMP will be conducting 3 public webinars in the upcoming months.
Make sure to register by calling 1-855-358-4642!!

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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Open more great neighborhood deals at valpak.com! SFAD_00213822

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 90MPP00019-04-00 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 upcoming events.

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

fly ME TO THE moon
valley CAREGIVER RESOURCE CENTER

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

\$10,000 PRESENTING SPONSOR

- 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 VCRC social media sites
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- Full page ad in the event program

\$5,000 SAPPHIRE SPONSOR (ONLY FOUR AVAILABLE)

- One sponsor table for eight with VIP service and seating
- Name and logo on all VCRC social media sites and on our web site
- Description in the quarterly VCRC Newsletter (circulation of 3,000)
- 1/2 page ad in the event program

\$2,500 EMERALD SPONSOR (ONLY EIGHT AVAILABLE)

- One sponsor table for eight at the event with priority service and seating
- Name and logo on all VCRC social media sites and on our web site
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- 1/2 page ad in the event program

\$1,000 RUBY SPONSOR

- Four reserved seats
- Name and logo on all VCRC social media sites and on our web site
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- Listed in the event program

FOR MORE INFORMATION, PLEASE CONTACT:
Michelle DiBuduo, Executive Director
559-224-9154 | mjdbuduo@valleycrc.org

Valley Caregiver Resource Center is a 501(c)(3) charitable organization. Contact your tax advisor regarding deduction of donations.

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

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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