

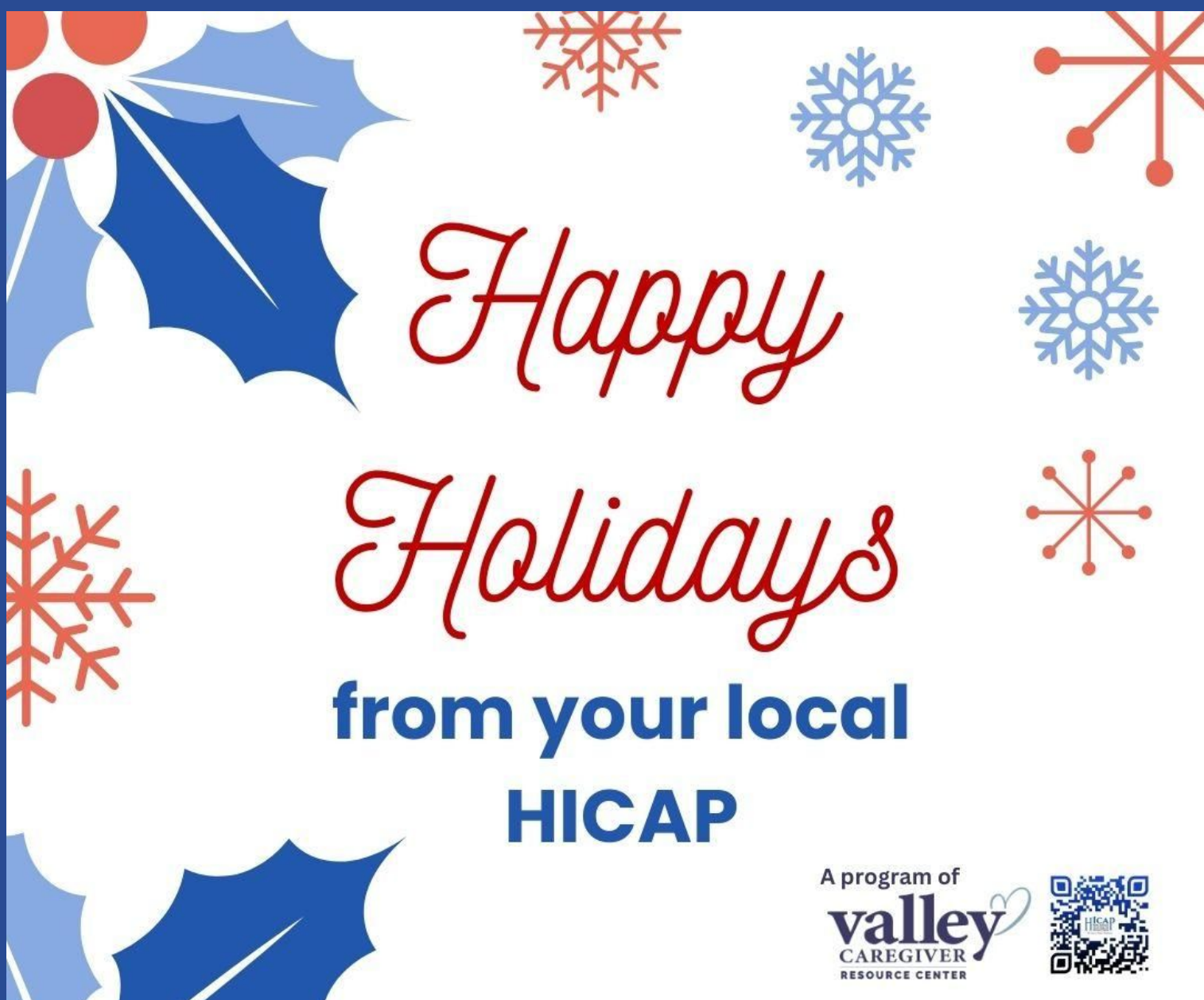
HICAP Monthly Newsletter

December Issue 2023

HICAP
Health Insurance
Counseling and
Advocacy Program


Free Service to Medicare Beneficiaries

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



*Happy
Holidays*
from your local
HICAP

A program of
valley
CAREGIVER
RESOURCE CENTER



Medicare Annual Open Enrollment comes to a close!

400 Beneficiaries Assisted!

Thank You!

The Fresno-Madera HICAP was able to assist approximately 400 Medicare Beneficiaries during Medicare's Annual Open Enrollment!

Thank you, HICAP staff and volunteers for all your efforts. And thank you to our community members for choosing your local HICAP for your Medicare services.

Medicare Advantage Open Enrollment & General Enrollment Periods are coming up!



General Enrollment Period

January 1 through March 31



Available Programs:



PART A



PART B

General Enrollment Period

January 1st - March 31st

3-month period each year during which you can enroll/join:

- Part A
- Part B

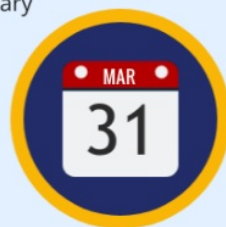
Coverage begins the first day of the following month.

Medicare Advantage Open Enrollment

Medicare Advantage Open Enrollment Period

What is the Medicare Advantage Open Enrollment Period?

This enrollment period begins on January 1st and ends on March 31st.



The Medicare Advantage Open Enrollment Period allows those already on Medicare Advantage to make a one-time change to their coverage.

Period

January 1st - March 31st

3-month period each year during which you can:

- Switch Medicare Advantage Plans
- Drop your Medicare Advantage Plan and return to Original Medicare with a Part D plan

Coverage begins the first day of the following month.

Have questions?
Let us know!



What Can You NOT Do During the Medicare Advantage Open Enrollment Period?



Enroll in a Medicare Advantage plan for the first time.



Enroll in an Original Medicare for the first time.



Enroll in a Medicare Supplement plan without underwriting health questions.



When do Medicare Advantage Open Enrollment Period Changes Become Active?

If you make a change to your plan during the Medicare Advantage Open Enrollment Period, your new coverage will go into effect on the first day of the month following your enrollment.

HICAP is available Monday - Friday, 8AM - 5PM
to assist you with all things Medicare
(559) 224-9117 or 1-800-434-0222

Upcoming
January
Events

See

HICAP Social Media



where **HICAP** will be next month:

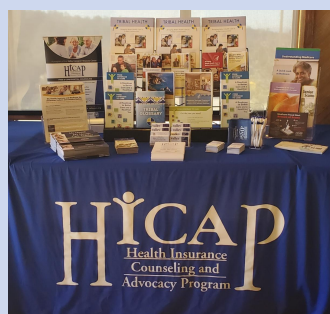
Medi-Cal Application Assistance Day

When: Wednesday, 01/10/24
Time: All Day (Appointment Required)

Fresno City College Spring Volunteer Fair

When: Tuesday, 01/23/24
Time: 9AM - 12PM

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



HICAP would like to encourage you to follow us on social media.

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

URGENT REMINDER:



MEDICARE HEALTH INSURANCE

ANNUAL OPEN ENROLLMENT

ENDS DECEMBER 7

LOOK OUT FOR THESE ENROLLMENT PERIODS NEXT YEAR



(559)-224-9117

valleycrc.org

Monday - Friday
8AM - 5PM

5363 N. Fresno St.
Fresno, CA 93710

MEDICARE ADVANTAGE OPEN ENROLLMENT	GENERAL ENROLLMENT PERIOD
January 1 – March 31 each year	
Switch Medicare Advantage Plans	Join: Part A Part B
Drop your Medicare Advantage Plan and return to Original Medicare with a Part D plan	

Ask a HICAP Registered Counselor about your eligibility for additional enrollment periods.



This project was supported, in part by grant number H55A95000-02-04, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20201. Similar understanding 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 also receives financial assistance and support from the Federal Health Care Agency on Aging. This project has also received support from the Administration for Community Living, DC 20201. This project is a benefit of the Administration for Community Living, DC 20201. The Administration for Community Living is a federal agency that provides information and assistance to the public. For more information, please contact the Administration for Community Living, DC 20201. The Administration for Community Living is a federal agency that provides information and assistance to the public. For more information, please contact the Administration for Community Living, DC 20201.

Be sure to keep up with us on all our platforms!



If you're 65 or older, you have a higher risk of having serious health complications from the flu.

'tis the flu season!

Protect yourself and others this flu season

Get your flu shot at no cost under Medicare Part B

Supported by SHIP (State Health Insurance Assistance Program), California Department of AGING, valley CAREGIVER RESOURCE CENTER, and HICAP (Health Insurance Counseling and Advocacy Program).

Contact: (559)-224-9117 • (800)-434-0222
Monday - Friday • 8AM - 5PM
5363 N. Fresno St., Fresno, CA 93710

Holiday Traditions with HICAP

Health Insurance Counseling and Advocacy Program

Free Service to Medicare Beneficiaries

"Spaghetti dinner for Christmas!" - Jean

"Playing white elephant with my family." - Jessenia

"Each year I buy each grandchild a Christmas tree ornament that says something about their year." - Debra

"Decorating the Christmas tree with all of the stories and past memories." - Laura

What are yours?

Supported by SHIP (State Health Insurance Assistance Program), California Department of AGING, valley CAREGIVER RESOURCE CENTER, and HICAP (Health Insurance Counseling and Advocacy Program).

Contact: (559)-224-9117 • (800)-434-0222
Monday - Friday • 8AM - 5PM
5363 N. Fresno St., Fresno, CA 93710




2024

IT'S THAT TIME OF YEAR!

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 is most likely to work 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—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 effective date _____
- Abdominal Aortic Aneurysm Screening _____
- Alcohol Misuse Screening and Counseling _____
- Blood-based Biomarker Test _____
- Bone Mass Measurement (Bone Density Test) _____
- Cardiovascular Disease (Behavioral Therapy) _____
- Cardiovascular Screenings (cholesterol, lipids, triglycerides) _____
- Colorectal Cancer Screenings _____
- Depression Screening _____
- Diabetes Screening _____
- Diabetes Self-management Training _____
- Flu Shot _____

REQUEST A PREVENTIVE SERVICES CHECK-LIST WHEN YOU CONTACT



for a Healthy New Year



(559)-224-9117 • (800)-434-0222
Monday - Friday • 8AM - 5PM
5363 N. Fresno St., Fresno, CA 93710

The center was established in part by grant funding administered by the State of California Department of Health and Human Services, Medi-Cal. It is a non-profit organization and does not discriminate on the basis of race, ethnicity, national origin, sex, age, disability, or religion. It is a 501(c)(3) organization. For more information, please contact the center at (559) 224-9117. The center is a 501(c)(3) organization and does not discriminate on the basis of race, ethnicity, national origin, sex, age, disability, or religion. It is a 501(c)(3) organization. For more information, please contact the center at (559) 224-9117.

Important HICAP Announcement!



Our website has launched!



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, or find us at valleycrc.org.

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



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.



138% of the federal poverty level (FPL) is what will be used to determine whether you qualify for Medi-Cal.

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

Join us for one of our favorite events!

Every 2nd Wednesday of the month, **Fresno County Department of Social Services** joins us at **Valley Caregiver Resource Center** to assist Seniors and Caregivers about all things **Medi-Cal, CalFresh, and CalWorks.**



Medi-Cal Application Assistance Day is by appointment only. Please call HICAP at (559) 224-9117 to schedule your appointment. Spaces are limited, call us today!

Senior Medicare Patrol

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



The Annual Shredding Event is back! Mark your calendars for this free event. Saturday, March 9th, 2024 10AM - 12PM



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 9, 2024
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 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:

\$200

**\$200
GREEN FEE**



Dragonfly Golf Club
43369 Ave 12
Madera, CA 93636
1 PM – Tee Off

Deadline to Register April 10, 2024

- **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

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.



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

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 □
Erica, Laura, Jean, Sujey, Jessenia, 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, Erica Sanchez

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

Email: esanchez@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 rzuniga@valleycrc.org](mailto:rzuniga@valleycrc.org)

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

Sent by mdibuduo@valleycrc.org powered by



Try email marketing for free today!