This February we lost our dear friend and HICAP volunteer, Wayne McMillen. He was not
only a wonderful volunteer for over 17 years, but a 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 Indian 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 appointment please contact Sujey Martinez, HICAP Community Outreach Coordinator, at (559) 224-9117.
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.
Important HICAP Announcement!

**BIG CHANGES COMING SOON.......**

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**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?**

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!!!
BECOME A HICAP VOLUNTEER

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 90UAG0502-02-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Businesses 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 90UAG0502-02-01 de la Administración para la Vida Comunitaria de los E.U., Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se alienta a los beneficiarios que empiecen 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
Senior Medicare Patrol: Annual Shredding Event, Mark your calendars for this free event......
Saturday, March 18, 2023 10am- noon
HICAP is a program of the Valley Caregiver Resource Center and we would like to invite you to participate in the following fundraising opportunity:

**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:
ALL PLAYERS WILL RECEIVE:
Range Balls with Cart
Closest to the Pin Contest
Long Drive Contest
Goodie Bag
Team Photo
Beverages & Meals

Deadline to Register April 10, 2023

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 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

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