This month HICAP counselor, Maria Martinez created a beautiful social media post recognizing National Hispanic Heritage Month.

Your Fresno-Madera HICAP team works diligently to make HICAP services available to all beneficiaries. This month in honor of National Hispanic Heritage Month we would like to highlight some of the outreach we completed in support of the Hispanic community. If you are in need of Spanish language Medicare and You books contact HICAP at (559) 224-9117 and we will be happy to assist you.

HICAP placed 15 Spanish language billboards throughout Fresno and Madera counties for the entire
HICAP attended the 2nd Annual SJV Black Expo

On Saturday, September 17th, HICAP presented their services at the 2nd annual SJV Black Expo located at Fresno State's Campus Pointe from 9am - 4pm. HICAP supported the Health Pillar and provided valuable resources to their attendees. HICAP is already looking forward to attending next year!!

Upcoming September Events
See where HICAP will be next month:

Fresno City College Disability Day
When: Wednesday, 10/05/22
Time: 9am-1pm

The Big Fresno Fair Senior’s Day
When: Monday, 10/10/22
Time: 10am-2pm

Selma Resource Fair
When: Thursday, 10/27/22
Time: 9am-11am

HICAP Social Media in September:

HICAP would like to encourage our beneficiaries to follow us on social media. HICAP counselor, Maria Martinez creates our wonderful HICAP posts. Below are the ones shared in May in case you missed them.
If you are interested in scheduling a HICAP presentation please contact us at (559) 224-9117.

WHAT TO CONSIDER WHEN CHOOSING A NURSING HOME

- Check out their overall star ratings
- View quality measures on specific areas of care

Examples:
- Have residents received their flu shot or pneumonia vaccine?
- Have residents seen improvements in mobility and independence?
- See COVID-19 vaccination rates for residents and staff

Contact your local HICAP to obtain literature on Medicare’s Nursing Home coverage

Monday - Friday 8AM - 5PM
(559) 224-9117

MEDICARE ANNUAL OPEN ENROLLMENT
October 15th - December 7th

HICAP counseling services are provided by counselors registered with the California Department of Aging who are acting in good faith to provide information about health insurance policies and benefits to you, the client.

Counseling is free, confidential and unbiased

Call today to schedule your appointment to review your Medicare plan choices!

Monday 8AM - 5PM
(559) 224-9117

SEPTEMBER IS SUICIDE PREVENTION MONTH

Mental Health Matters

Mental health conditions, like depression or anxiety, can happen to anyone at any time.

Suicide Hotline: 9-8-8
Call or text 988, to be connected to trained counselors with the National Suicide Prevention Lifeline

Contact your local Fresno Madera HICAP for counseling and literature on your Mental Health benefits through Medicare
Monday - Friday 8AM - 5PM
(559) 224-9117
Breaking News!!
Part B Premium Released for 2023

Inflation Reduction Act (IRA) & Insulin Update....... 

If you have Medicare and take insulin:

• You will pay no more than $35 for a one-month supply of each covered insulin.
  • For Medicare drug plans (Medicare Part D), the change is effective January 1, 2023.
  • For Medicare Part B (if you’re medically required to take insulin through a pump that’s considered durable medical equipment (DME), the change is effective July 1, 2023

• You won’t have to pay a deductible (if your plan has one) with respect to the covered insulin.
• People with Medicare who take insulin are encouraged to get help when comparing plans this.
Open Enrollment Period October 15th - December 7th

Contact your local Fresno-Madera HICAP for your free, confidential, and unbiased one on one counseling appointment with a registered HICAP counselor.

We do not sell anything!!
Call today, (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
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
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

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Supported by:

[California Department of Aging logo]

[SHIP logo]

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