HICAP Counselor, Maria Martinez created a social media post reminding Medicare beneficiaries to schedule their preventative screenings in honor of Breast Cancer Awareness Month.

Our HICAP hearts are with all of the warriors who are fighting this battle!!
OCTOBER IS
BREAST CANCER
AWARENESS MONTH

HOW TO LOWER YOUR RISK OF BREAST CANCER:
- Get to and stay at a healthy weight
- Be physically active
- Avoid or limit alcohol

Early detection saves lives!

Schedule your preventive care mammogram today!
Medicare covers:
A baseline mammogram once in your lifetime (For women ages 35-39)
Screening mammograms once a year (For women ages 40 or older)
Diagnostic mammograms more than once a year, if medically necessary

For more information, please visit Medicare.gov

Contact your local Fresno-Madera HICAP to receive free, confidential and unbiased Medicare counseling!
Monday-Friday 8AM-5PM
(559) 224-9117

Have you gotten your flu shot?
The flu shot can protect you.
It's covered by Medicare.
### Upcoming November Events
See where HICAP will be next month:

- **Rose View Terraces**
  - When: Tuesday, 11/01/22
  - Time: 10am

- **Silvercrest Retirement Residence**
  - When:

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### 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.

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### FREE Flu vaccination events for ages 6 months+

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, September 29, 2022</td>
<td>Dunlap Elementary School 39667 Dunlap Road, Dunlap, CA 93621</td>
<td>5:00 pm - 7:00 pm</td>
</tr>
<tr>
<td>Tuesday, October 4, 2022</td>
<td>American Legion Hall 3509 N. First Street, Fresno, CA 93726</td>
<td>3:00 pm - 6:00 pm</td>
</tr>
<tr>
<td>Wednesday, October 5, 2022</td>
<td>Nick Medina Senior Center 2301 Selma Street, Selma, CA 93662</td>
<td>4:00 pm - 7:00 pm</td>
</tr>
<tr>
<td>Thursday, October 6, 2022</td>
<td>The Fresno Center 4879 E. Kings Canyon Road, Fresno, CA 93727</td>
<td>3:00 pm - 5:30 pm</td>
</tr>
<tr>
<td>Tuesday, October 11, 2022</td>
<td>Senior Citizens Village 1917 South Chestnut Ave., Fresno, CA 93702</td>
<td>1:00 pm - 3:00 pm</td>
</tr>
<tr>
<td>Wednesday, October 12, 2022</td>
<td>Clovis Senior Center 850 Fourth Street, Clovis, CA 93612</td>
<td>3:00 pm - 6:00 pm</td>
</tr>
<tr>
<td>Thursday, October 13, 2022</td>
<td>City of Sanger Community Center 730 Recreation Ave., Sanger, CA 93657</td>
<td>3:00 pm - 6:00 pm</td>
</tr>
<tr>
<td>Tuesday, October 18, 2022</td>
<td>Kerman Community Center 15100 West Kearney Blvd., Kerman, CA 93630</td>
<td>3:30 pm - 6:30 pm</td>
</tr>
<tr>
<td>Wednesday, October 19, 2022</td>
<td>City of Reedley Community Center 100 N. East Ave., Reedley, CA 93654</td>
<td>3:00 pm - 6:00 pm</td>
</tr>
<tr>
<td>Wednesday, October 26, 2022</td>
<td>Sierra Vista Mall 1050 Shaw Ave., Clovis, CA 93612</td>
<td>3:00 pm - 6:00 pm</td>
</tr>
<tr>
<td>Thursday, October 27, 2022</td>
<td>West Side Elementary School 1919 W. Excelsior Ave., Five Points, CA 93624</td>
<td>3:00 pm - 6:00 pm</td>
</tr>
<tr>
<td>Tuesday, November 1, 2022</td>
<td>Kingsburg Senior Center 1450 Ellis Street, Kingsburg, CA 93631</td>
<td>1:00 pm - 3:00 pm</td>
</tr>
<tr>
<td>Saturday, November 5, 2022</td>
<td>Lao Evangelical Church 2521 S. Cedar Ave., Fresno, CA 93725</td>
<td>11:00 am - 1:00 pm</td>
</tr>
<tr>
<td>Wednesday, November 9, 2022</td>
<td>Sierra Oaks Senior Center 33276 Lodge Road, Tollhouse, CA 93667</td>
<td>9:30 am - 1:00 pm</td>
</tr>
</tbody>
</table>

Register at MyTurn.ca.gov

**No registration required. Walk-ins welcome.**

Please assist us in preparing for the pandemic flu by attending a community flu clinic.

A parent or legal guardian MUST be present for children under 18 years of age.

Please bring your immunization record to the flu clinic.

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**Department of Public Health**

www.cdph.org
Wednesday, 11/02/22
Time: 1:30pm
Peoples Church
When: 
Tuesday, 11/08/22
Time: 10am
Mono, North Fork
Rancheria WISE
Support Group
When: 
Thursday, 11/10/22
Time: 1pm
Firebaugh Senior
Center
When: 
Tuesday, 11/15/22
Time: 9am

Reminder that our office will be closed for the following dates:
- Friday, 11/11/22
- Thursday, 11/24/22
- Friday, 11/25/22

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

**MEDI-CAL APPLICATION ASSISTANCE DAY**

Together, VCRC and Fresno County DSS have assisted 54 clients with Medi-Cal, CalWorks and Cal-Fresh related inquiries since July!

Fun facts:
- Did you know?
- Appointments are open to all Fresno County Seniors and Caregivers
- VCRC can accommodate up to 24 appointments each month
- Attendees receive FREE one on one assistance from Fresno County Eligibility workers!

Call today for more information or to schedule an appointment!
Monday - Friday 8AM - 5PM
(559) 224-9117

**MEDICARE ANNUAL OPEN ENROLLMENT**

October 15th - December 7th

Why should you schedule an appointment with HICAP?
HICAP counseling services are provided by counselors registered with the California Department of Aging.

Counseling is free, confidential and unbiased

What to have available during your appointment:
- Medicare card
- Complete list of prescriptions

Call today and schedule your appointment for assistance reviewing your 2023 Medicare plan choices!
Monday - Friday 8AM - 5PM
(559) 224-9117
Want to help other seniors navigate the complicated world of Medicare?  
Become a volunteer today!!


Contact HICAP Volunteer Coordinator, Laura Robinson at (559) 224-9117 ext. 304 or email lrobinson@valleycrc.org for more information.
Breaking News!!
Part B Premium Released for 2023
Medi-Cal Application Assistance Day

**Medicare Part B Premium 2023**

The **standard monthly premium** for Medicare Part B will be **$164.90** for **2023**, a decrease of **$5.20** from **$170.10** in **2022**!

Call **today** to receive free, confidential, and **unbiased** Medicare counseling!

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

**Medi-Cal Application Assistance Day**
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:
Be Aware of misleading marketing tactics!!!!

While Medicare Advantage (MA) plans, comprising about 40% of Medicare beneficiaries, report high consumer satisfaction, some of the insurers have come under criticism for allegedly aggressive and misleading sales tactics and failing to provide adequate coverage for beneficiaries. In 2021 the SMP program saw a 24% increase in marketing complaints over the prior year. Complaints are expected to spike like they always do during Open Enrollment. The key is for beneficiaries to
Fresno/Madera SMP Announcement:
The next annual shredding event will be held on Saturday, March 18, 2023
More details to come.............

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

We are in need of auction items and would greatly appreciate your support!

Valley Caregiver Resource Center’s Annual Golf Fundraiser coming in April 2023

We are always here to help and share our services!

Best Wishes, from the Fresno/Madera HICAP Team
Maria, Laura, Jean, Gyan, Wayne C.,
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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