

HICAP Monthly Newsletter

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

October Issue 2022



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



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.



Medicare
.gov

Don't Wait, Vaccinate Against *Influenza!*

**GUESS WHO
NEEDS A FLU SHOT?**



FREE Flu vaccination events for ages 6 months+

Thursday, September 29, 2022

Dunlap Elementary School
39667 Dunlap Road, Dunlap, CA 93621
5:00 pm - 7:00 pm

Tuesday, October 4, 2022

American Legion Hall
3509 N. First Street, Fresno, CA 93726
3:00 pm - 6:00 pm

Wednesday, October 5, 2022

Nick Medina Senior Center
2301 Selma Street, Selma, CA 93662
4:00 pm - 7:00 pm

Thursday, October 6, 2022

The Fresno Center
4879 E. Kings Canyon Road, Fresno, CA 93727
3:00 pm - 5:30 pm

Tuesday, October 11, 2022

Senior Citizens Village
1917 South Chestnut Ave., Fresno, CA 93702
1:00 pm - 3:00 pm

Wednesday, October 12, 2022

Clovis Senior Center
850 Fourth Street, Clovis, CA 93612
3:00 pm - 6:00 pm

Thursday, October 13, 2022

City of Sanger Community Center
730 Recreation Ave., Sanger, CA 93657
3:00 pm - 6:00 pm

Tuesday, October 18, 2022

Kerman Community Center
15100 West Kearney Blvd., Kerman, CA 93630
3:30 pm - 6:30 pm

Wednesday, October 19, 2022

City of Reedley Community Center
100 N. East Ave., Reedley, CA 93654
3:00 pm - 6:00 pm

Wednesday, October 26, 2022

Sierra Vista Mall
1050 Shaw Ave., Clovis, CA 93612
3:00 pm - 6:00 pm

Thursday, October 27, 2022

West Side Elementary School
19191 W. Excelsior Ave., Five Points, CA 93624
3:00 pm - 6:00 pm

Tuesday, November 1, 2022

Kingsburg Senior Center
1450 Ellis Street, Kingsburg, CA 93631
1:00 pm - 3:00 pm

Saturday, November 5, 2022

Lao Evangelical Church
2521 S. Cedar Ave., Fresno, CA 93725
11:00 am - 1:00 pm

Wednesday, November 9, 2022

Sierra Oaks Senior Center
33276 Lodge Road, Tollhouse, CA 93667
9:30 am - 11:00 am

Register at MyTurn.ca.gov

No registration required. Walk-ins welcome.



Department of Public Health
www.fcdph.org

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

**Upcoming
November Events**
See where HICAP will
be next month:

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

**Silvercrest Retirement
Residence**
When:

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.

Wednesday, 11/02/22
Time: 1:30pm

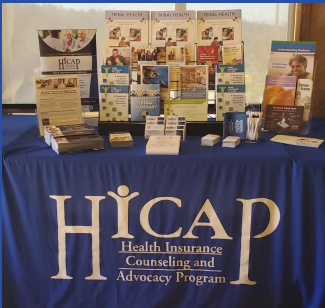
Peoples Church
When:
Tuesday, 11/08/22
Time: 10am

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.



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 **HICAP** Health Insurance Counseling and Advocacy Program today and schedule
your appointment for assistance reviewing your
2023 Medicare plan choices!

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



MEDI-CAL APPLICATION ASSISTANCE DAY

HOSTED AT:
VALLEY CAREGIVER RESOURCE CENTER
5363 N FRESNO STREET
FRESNO, CA 93710



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!



2nd Wednesday
of each Month

Call **HICAP** Health Insurance Counseling and Advocacy Program today for more information or to
schedule an appointment!

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





Want to help other seniors navigate the complicated world of Medicare?

Become a volunteer today!!

Next Orientation and Training begin January 9, 2023.

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

NEWS TODAY

09/27/2022



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!**

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A program of
valley
CAREGIVER
RESOURCE CENTER

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:

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



educate themselves before enrolling in an MA plan. Each state has a State Health Insurance Assistance Program, or SHIP, that provides free help for people considering their Medicare options.

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:



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

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** □

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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Valley Caregiver Resource Center | 5363 N. Fresno Street, Fresno, CA 93710

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