

May

NEWSLETTER

2025 Issue



Free Service to Medicare Beneficiaries



A program of

valley
CAREGIVER
RESOURCE CENTER

We are here to help!

Monday-Friday
8am - 5pm

Give us a call at
(559) 224-9117 or 1(800)434-0222

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

A time to honor the contributions, resilience, and strength of older adults. This annual observance shines a spotlight on the vital role older adults play in our communities and challenges us to think differently about aging.

In 2025, the Administration for Community Living (ACL) is leading the celebration with a powerful and thought-provoking theme: “Powered by Connection.” But one of the most impactful components of ACL’s ongoing work is their “Flip the Script” campaign, which confronts ageism and reframes how we talk about and treat older adults.

The Flip the Script initiative aims to disrupt harmful stereotypes about aging. Too often, society defines older people by limitations or loss, overlooking their capacity for growth, creativity, mentorship, and community leadership. Through this campaign, ACL urges individuals, organizations, and communities to challenge outdated assumptions and replace them with positive, inclusive, and empowering narratives.

Older Americans Month is more than a celebration; it's a call to action. By embracing the Flip the Script mindset, we can create a culture that values aging, respects experience, and champions the potential of every individual—regardless of age. Let’s take this opportunity to honor older adults not just for who they were, but for who they are and continue to become.

For more information and resources, visit the Administration for Community Living’s website at <https://acl.gov/oam>.



MEDICARE IS MORE THAN JUST HEALTH INSURANCE

It's a vital support system that empowers older Americans to age with dignity, independence, and access to care.

Let's continue to protect & strengthen Medicare—
because everyone deserves quality care as they age.



FLIP THE SCRIPT ON AGING: MAY 2025

Call your local HICAP for Medicare
rights, options and questions!
559.224.9117

FLIP the SCRIPT *on aging*

Looking for meaningful ways to enjoy life?

Try fun activities on your own, with friends, or in your community.

Better yet, give back by volunteering!



Become a
HICAP
volunteer
and help older adults
navigate Medicare
with confidence.

For more information please call:
559.224.9117

MEDI-CAL APPLICATION ASSISTANCE DAY

2nd Wednesday of every month.

***GIVE US A CALL AND WE WILL
SCHEDULE YOU IN!***

**Appointment
is required.**

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
(559) 224-9117**

Medicare Beneficiaries

Need Help Paying for
Your Prescriptions?



Eligibility Criteria

- Individuals age 65 or older on Medicare
- Individuals younger than 65 with a disability and on Medicare
- Requirements for LIS (Low-Income Subsidy/Extra Help) are available on the Medicare website: www.medicare.gov

Please contact your local HICAP and schedule a free and confidential appointment to receive up to date income requirements.



SHIP

State Health Insurance
Assistance Program

559-224-9117

● 800-434-0222



Protecting Yourself AGAINST COMMON SCAMS

CALL YOUR LOCAL HICAP
(559) 224-9117 OR (800) 434-0222
5363 N. FRESNO ST.
FRESNO, CA. 93710



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$331,736.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



HICAP

Health Insurance
Counseling and
Advocacy Program

Pictured: Carla Davis, Outreach Coordinator for HICAP

WHERE WE'VE BEEN!

Booths:

May 20, 2025

Woods Senior Resource Fair

Presentations:

May 6, 2025

Poverello House

May 2, 2025

Bristol Hospice

COMING UP!

Join us June 7, 2025 at the
35th annual Fresno Rainbow Pride Parade and Festival,



MEDICARE HEALTH INSURANCE

The Health Insurance Counseling and Advocacy Program (HICAP) is excited to bring our

FREE MEDICARE PRESENTATIONS

to your agency. We would also love to be a part of your community engagement events. Let us provide your clients, staff, or community members with the tools and knowledge they need to navigate Medicare with confidence.

Call to schedule a presentation today!
(559) 224-9117



HICAP

Health Insurance
Counseling and
Advocacy Program

We are always here to help and share our services!
Best Wishes, from the Fresno/Madera HICAP Team
Carla, Debra, Eunice, Gyan, Jean, Laura, Wayne

HICAP is a part of the National State Health Insurance Program (SHIP)
network and supported by the California Department of Aging



SHIP

State Health Insurance
Assistance Program



valley
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RESOURCE CENTER

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For program updates and more information, please visit our website: