

# February NEWSLETTER 2025 Issue



Your **HICAP** Counselors serve as your local State Health Insurance Program and Senior Medicare Patrol! Contact us for all things related to Medicare, including Medicare fraud prevention, detection, and reporting!



# Medicare

We are here to help!

Monday-Friday

8am to 5pm

Give us a call at

(559) 224-9117 or 1(800)434-0222



# Drive Thru Shredding Event For Seniors & Caregivers

Senior Medicare Patrol & Valley Caregiver Resource Center want to protect you and your loved ones from Medicare Fraud and Identity Theft.

Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be shredded safely.

**Free Event!**

**Saturday March 8, 2025**  
**10am-12pm**

**Valley Caregiver Resource Center Parking Lot**  
**5363 N Fresno St.**  
**Fresno, Ca 93710**



We ask for all participants to remain in their car. Staff members will unload your box for you. A mobile shredding company will immediately shred your personal documents:

- One banker box per participant (cardboard boxes and/or containers cannot be left)
- No cardboard, binderclips, binders, or electronic media will be accepted
- Residential shredding only (no commercial shredding allowed)
- Truck will be available for 2 hours or until full

**For More Information, please contact your local SMP at (559) 224-9117**

# MEDICARE ADVANTAGE OPEN ENROLLMENT

## January 1-March 31, 2025

### WHAT CAN YOU DO DURING THIS TIME?

Switch to another  
Medicare  
Advantage Plan  
with or without  
drug coverage

Drop your  
Medicare  
Advantage Plan  
and go back to  
Original Medicare

Join a Medicare  
drug plan

Book your appointment today!



**CONTACT US**

Free, Confidential, Unbiased Appointments



**(559) 224-9117**  
**(800) 434-0222**

# **Millions of People With Medicare Drug Coverage to Save With New Cap in 2025**



**Click link below to learn more!**



# 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/Extra Help are available on the National Council on Aging (NCOA) website: [www.ncoa.org](http://www.ncoa.org)
- Requirements for MSP (Medicare Savings Plans) are available on the Medicare website: [www.medicare.gov](http://www.medicare.gov)

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

**559-224-9117**    ●    **800-434-0222**

# February American *Heart Month*



February is recognized as American Heart Month, a time dedicated to raising awareness about heart disease and encouraging individuals to take steps to improve their heart health.

*Your heart health is too important to ignore.*

HICAP encourages you to take a moment to prioritize your well-being and schedule a check-up with your healthcare provider!

Heart disease can be silent, but with early detection, you can take steps to protect yourself. Get checked, stay informed, and make heart-healthy choices! Your heart will thank you.  
Small changes today can lead to a healthier tomorrow.



*Don't wait—take control of your heart health now!*



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**





# Join our online community today!

Stay in the loop by following us on our social media platforms.  
Don't miss out on important information!





**Drive Thru  
Shredding Event  
For Seniors & Caregivers**

Senior Medicare Patrol & Valley Caregiver Resource Center want to protect you and your loved ones from Medicare Fraud and Identity Theft. Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be shredded safely.

**Free Event!**  
**Saturday March 8, 2025**  
**10am-12pm**

Valley Caregiver Resource Center Parking Lot  
5363 N Fresno St.  
Fresno, Ca 93710

We ask for all participants to remain in their car. Staff members will unload your box for you. A mobile shredding company 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

For More Information, please contact your local SMP at (559) 224-9117

**MEDICARE ADVANTAGE  
OPEN ENROLLMENT**  
January 1 - March 31, 2025

**Know Your Options!**



  
Health Insurance  
Counseling and  
Advocacy Program

 **Call Us Today**  
**559.224.9117**





@Valley Caregiver Resource Center



@Valley\_Caregiver\_Resource\_Center



@Valley Caregiver Resource Center



@CaregiverValley

**Need help paying for  
your prescription drugs?**



  **Call Us Today**  
**559.224.9117** 



# APPLYING FOR MEDI-CAL *as a* MEDICARE BENEFICIARY

with

**HICAP**  
Health Insurance  
Counseling and  
Advocacy Program

Free Service to Medicare Beneficiaries



## IT'S AS EASY AS 1, 2, 3!

1

Get in contact with  
Medi-Cal at **HICAP**

MEDI-CAL APPLICATION ASSISTANCE  
DAY FOR FRESNO COUNTY

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**

MONDAY-FRIDAY 8AM-5PM ☎ (559) 224-9117

This event is the 2nd wednesday  
of every month.

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



2

## Gather these important documents

- Legal names of all people included in the application
- Social Security cards
- Proof of Address: Utility Bills (i.e. PG&E), insurance documents, etc.
- Proof of Identity: Passports, driver's license, etc.
- Income information: Social Security Award letter, pay stubs, etc.



Disclaimer: Please bring all documents enclosed in a secure folder. Do not share documents/personal information with anyone other than the Eligibility Worker on site.

3

## Fill out the initial application for Fresno County

Eligibility is income-based.

138% of the federal poverty level (FPL) is what will be used to determine whether you qualify for Medi-Cal.



Families or persons with income too high to qualify for a free Medi-Cal program may have a Share of Cost.

☎ (559)-224-9117    ⌚ Monday - Friday 8AM - 5PM    📍 5363 N. Fresno St. Fresno, CA 93710



Supported by  
**California Department of AGING**

A program of  
**valley CAREGIVER RESOURCE CENTER**

***We need your support!***

**VOTE FOR US**

The Fresno Bee

**BEST**

OF CENTRAL CALIFORNIA

THE PEOPLE'S CHOICE

**VOTE  
NOW!**

**Best Nonprofit**

**valley**  
CAREGIVER  
RESOURCE CENTER

VOTEBOCC.COM  
FIND US UNDER  
SERVICES → NONPROFIT



SCAN THE CODE TO VOTE  
DAILY THROUGH  
MARCH 7!

# Become a Volunteer!

## *Join our Team*

*Learn to help others navigate through the confusing world of Medicare.*

### **Volunteer duties:**

- Counseling (after completing required training)
- Administrative duties
- Fundraising and event support
- Outreach within the Fresno and Madera communities



## ***Free Orientation & Training***

### **Contact Us Today!**

***Program Manager***

*Laura Robinson*

*Lrobinson@valleycrc.org*

*559.224.9117 Ext. 301*



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

**For program updates and more information,  
please visit our website:  
<https://valleycrc.org/hicap-program/>**

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



**Contact Information:**

**HICAP Program Manager, Laura Robinson**

**Phone: (559) 224-9117 or (800) 434-0222**

**Email: [lrobinson@valleycrc.org](mailto:lrobinson@valleycrc.org)**

**Address: 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.