



(559) 224-9117
1(800)434-0222
Monday-Friday
8 AM- 5 PM

Local Resources:
Valley Caregiver
Resource Center
559 - 224 - 9154
valleycrc.org

Fresno Madera Area
Agency on Aging
559 - 214 - 0299
fmaaa.org

Central California
Legal Services
Legal Advice Line
559 - 570 - 1200

Health Consumer
Center
800 - 464 - 3111
centralcallegal.org

Fresno County
Medi-Cal
855 - 832 - 8082

Madera County
Medi-Cal
559 - 662 - 2600

2025

September Issue

Highlights

Celebrate Healthy Aging Month: Tips & Medicare Insights for Seniors

Cooling Centers

Open Enrollment

Outreach: Carla's Corner

Free Presentation: Maximize Your Medicare

Money Down the Drain? Extra Help

Free Webinar: Federal Updates to Medicare

An Unexpected Call from Medicare? Scam Likely



SEPTEMBER IS Healthy Aging MONTH

Celebrate Healthy Aging Month: Tips & Medicare Insights for Seniors

Let's Celebrate Aging the Healthy Way!
This Healthy Aging Month, take time to:

Book a check-up

Go for a walk

Reach out to a friend

Review your Medicare coverage

Celebrate your journey

Your health is your most valuable asset – and
aging well is possible with the right
knowledge and care.

How Medicare Supports Healthy Aging

Medicare isn't just about hospital visits it plays
a vital role in preventive care and wellness!

Did You Know?

Medicare offers many preventive services at no
extra cost if you meet eligibility criteria:

Annual Wellness Visits

Vaccinations (flu, pneumonia, COVID-19)

Screenings (diabetes, cholesterol, cancer, and
more)

Mental Health Services

Nutrition Therapy & Diabetes Management

Tip: Take full advantage of these services –
they're designed to keep you healthier, longer.

Healthy Aging Tips:

- **Move Daily:** Walking, yoga, or gentle strength exercises help maintain mobility and reduce fall risk.
- **Eat Mindfully:** Focus on whole foods rich in fiber, protein, and essential nutrients.
- **Stay Connected:** Social interaction supports brain health and emotional wellness.
- **Keep Learning:** Reading, puzzles, or new hobbies can keep your mind sharp.
- **Schedule Screenings:** Preventive care is a key part of staying healthy.

Exercise Fun Facts:

- Promotes brain health
- Increases energy levels and stamina
- Helps maintain muscle mass
- Improves sleep quality

COOLING CENTERS

Fresno and Madera Counties



When the forecast high temperature is 105° or above the City of Fresno will activate the following Cooling Centers from

12:00 pm – 8:00 pm

Fresno County:

Ted C. Wills Community Center:

770 N. San Pablo, Fresno, CA 93728

Mosqueda Community Center:

4670 E. Butler Avenue Fresno, CA 93702

Maxie L. Parks Community Center:

1802 E. California Avenue Fresno, CA 93706

Madera County:

Sheriff's Office - Headquarters 2725 Falcon Drive, Madera

Sheriff's Office - Substation 48267 Liberty Drive, Oakhurst

Pan American Community Center (PACC) 703 Sherwood Way, Madera

Madera Police Department 330 S. C Street, Madera

(Madera Metro offers rides to those in need of transportation to the PACC)

Chowchilla City Residents needing assistance during extreme hot weather are urged to call Chowchilla City Police at (559) 665-8600



TIME TO CALL
HICAP
Health Insurance
Counseling and
Advocacy Program
**SCHEDULE AN
APPOINTMENT TO
REVIEW YOUR
MEDICARE PLAN
CHOICES**

**OPEN ENROLLMENT IS
OCTOBER 15 - DECEMBER 7**

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

COUNSELING IS FREE, CONFIDENTIAL AND UNBIASED

valley
CAREGIVER
RESOURCE CENTER

Come Join Carla in September

September 12

Sierra Senior Center
Resource Fair & Financial
Abuse Workshop

1:30 P.M - 4:30 P.M.

Sierra Senior Center
49111 Cinder Ln. Oakhurst, CA
93644
(510) 499 - 4973

September 26

HICAP 101 & Medicare 101

1:30 P.M - 5:00 P.M.

Reedley Senior Center
100 N. East Ave. Reedley,
CA 93654
(559) 637 - 4207



Picture: Carla at the CCare Fresno: Rise & Shine
Survivor Day Celebration 06/28/2025

Join Carla for
HICAP's 4 part series

**Maximize
Your
Medicare**

Dates and Times on
next page

JOIN US FOR OUR MEDICARE 4-PART SERIES
(800) 434-0222 or (559) 224-9117

Maximize^{Your} **MEDICARE**

With **HICAP**
Health Insurance
Counseling and
Advocacy Program
Free Service to Medicare Beneficiaries

*Our new 4-part individual series which focuses on
**Medicare Savings Programs,
Extra Help, Original Medicare
vs. Medicare Advantage,
Enrollment Periods, and
Fraud Prevention.***

Fresno County

Clovis Senior Center

9:00 A.M. - 10:00 A.M.

September 9, 16, 23, 30

735 3rd St, Clovis, CA 93612 (559) 324 - 2752

Kerman Senior Center

12:00 P.M. - 1:00 P.M.

September 18, 25 October 2, 9

720 S. 8th St. Kerman, CA 93630 (559) 550-0993

Madera County

Pan-American Community Center

9:30 A.M. - 10:30 A.M.

September 8, 15, 22, 29

703 Sherwood Way, Madera, CA 93638 (559) 661 - 5426

Frank A. Bergon Senior Center

9:30 A.M. - 10:30 A.M.

September 10, 17, 24, October 1

238 S. D St Madera, CA 93637 (559) 661 - 5426



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 \$341,029.00 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.

Money Down the Drain? Not on our watch

Too many seniors are missing out on the help they deserve and it's costing them. The Low-Income Subsidy (LIS) helps cover premiums, deductibles & drug costs for Medicare Part D.

Are you eligible? Know someone who might be?

Let's stop the waste and start the savings.

Call HICAP for more information

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

OR

Visit our webpage



HICAP
Health Insurance
Counseling and
Advocacy Program
Free Service to Medicare Beneficiaries



SHIP
State Health Insurance
Assistance Program

valley
CAREGIVER
RESOURCE CENTER

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FEDERAL UPDATES TO MEDICARE

September 25, 2025 / 10:00 am - 11:15 am

Register:

https://us02web.zoom.us/webinar/register/WN_36LHJDhHSYuc2uBIQDIcoQ

This webinar will cover upcoming changes to Medicare, including due to the “One Big Beautiful Bill” Act passed in July 2025, new rules regarding Medicare Advantage and Part D, as well as what to expect during the upcoming annual enrollment period. There will also be an update on Medicare fraud schemes.

Presenters: David Lipschutz, Co-Director/Attorney, Center for Medicare Advocacy and a staff member of California Senior Medicare Patrol

Has “Medicare” called you
to verify your number?
Or send you a new
“updated” card?

If so, Hang Up!
This is a SCAM!



Report Medicare Fraud to the
California Senior Medicare Patrol at
1-855-613-7080 - CaliforniaSMP.org

An unexpected call from Medicare?



*Do not give out personal information to
someone who calls you claiming they are from
Medicare or other government agencies.*

If you’re unsure if it’s really them, call them back and
ask. Here are their numbers to verify

Medicare
1 (800) 633-4227

A white line-art icon on a dark blue background. It depicts two hands, palms up, holding a circular medical cross symbol.

**Social Security
Administration**
1 (800) 722-1213

A white line-art icon on a dark blue background. It shows a rectangular card with horizontal lines and a wavy line at the bottom, representing a Social Security card.

IRS
(Internal Revenue
Service)
1 (800) 829-1040

A white line-art icon on a dark blue background. It features a document with the word "TAX" at the top and a stack of three coins at the bottom.

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, Charlie, 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
CAREGIVER
RESOURCE CENTER

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