

HICAP Monthly Newsletter



Free Service to Medicare Beneficiaries

May Issue 2023

HICAP is here to help Monday- Friday, 8am - 5pm
Give us a call at (559) 224-9117 or 1-800-434-0222



**Department of Health and Human Services
Listening Session with
HICAP and Central Valley Stakeholders
Thursday, May 25th from 10am - Noon**

A huge "Thank you!" to our ***Region 9 Director for the Department of Health and Human Services (DHHS), Dr. Jeffrey Reynoso*** for joining our listening session this month. It was truly inspirational to hear the priorities that our ***U.S. Secretary of Health and Human Services, Xavier Becerra*** set for our Medicare beneficiaries and all that they are working on together to provide health equity and inclusion for all.

HICAP was also honored to have our ***Regional Administrator for the Administration for Community Living (ACL), Fay Gordon, The Centers for Medicare and Medicaid Services (CMS), Rural Health Coordinator,***

Keara Nordahl, Director of Innovation & Operations, Kirk Sadur, Outreach Lead & Congressional Liaison, Jeannette Marsh, Beneficiary Outreach Lead, Peter Bauer, Professional Relations Lead, Dickon Chan, Health Insurance Specialist, Cristina Collazo, and Acting Regional Administrator, Sharon Yee share their program priorities in support as well. The first hour of the listening session provided an opportunity for our HICAP team to share how we have acclimated our services and the barriers we met during and post Pandemic. Specifically, while serving our rural beneficiaries who continue to deal with a lack of transportation, provider access, and internet affordability and connectivity. HICAP also advocated for language access for HICAP services and CMS literature. The panel assured HICAP that this was a priority for them also.

During the second hour, HICAP arranged for five community partners to join and advocate for their Medicare beneficiaries specific to the demographics that they serve. **The Fresno/Madera Area Agency on Aging, The Fresno Center, The Jakara Movement, The Fresno American Indian Health Project, and The Fresno County Department of Social Services Outreach Unit** all came prepared and did a dynamic job representing their organizations and their beneficiaries' needs.

HICAP appreciated the time that DHHS, ACL, CMS, and our community partners took to participate in this listening session and we are hopeful to see more improvements for Medicare in the future and access for all!





Upcoming June Events

See where **HICAP** will be next month:

Valley Caregiver Resource Center: Powerful Tools for Caregivers class

When: Thursday, 6/01/23
Where: VCRC conference room
Time: 2pm

Fresno Rainbow Pride Festival and Parade

When: Saturday, 6/03/23
Where: Fresno City College
1101 E. University
Time: 11am-3pm

California Health Collaborative Fruit and Veggies Fest

When: Monday, 6/05/23
Where: Valley Food Super Center
415 S. Madera Ave.
Time: 10am- 1pm

Medical Application Assistance Day (MAAD)

HICAP Social Media

HICAP would like to encourage our beneficiaries to follow us on social media.

HICAP Community Outreach Coordinator, Sujey Martinez creates our wonderful HICAP posts. Below are HICAP's May posts in case you missed them.....

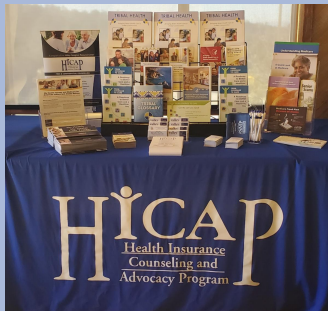
Hosted at VCRC
 When: Wednesday,
 6/14/23
 Time: All Day
 ** Contact HICAP to
 schedule your
 appointment.

**Fresno Hispanic
 Foundation**
 When: Wednesday,
 6/07/23
 Time: 7:30am-9am

**Fresno Metro
 Ministries Resident
 Advisory Council
 Meeting**
 When: Friday, 6/09/23
 Where: Virtua
 Time: 3-5pm

**CCLS Free Legal Aid
 Workshop**
 When: Thursday,
 6/29/23
 Where: Hybrid, VCRC
 conference room
 Time: 2-4pm
 ***Contact HICAP to
 register.

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



Please visit our

NATIONAL BLOOD PRESSURE MONTH

Staying Healthy
Medicare's preventive services
 CENTERS FOR MEDICARE & MEDICAID SERVICES

MEDICARE PART B COVERS blood glucose (blood sugar) laboratory test screenings for diabetes if you have high blood pressure (hypertension) as a risk factor.

TO HELP YOU STAY HEALTHY, you and your provider develop a personalized prevention plan during your yearly **wellness visit**, which includes...

- Routine measurements (like height, weight, and blood pressure).
- A review of your medical and family history.
- A review of your current prescriptions.
- Personalized health advice.
- Advance care planning.

**Need Help Paying
 for Your Blood Pressure
 Prescriptions?**

CALL US!

HICAP
 Health Insurance
 Counseling and
 Advocacy Program

Free Service to Medicare Beneficiaries

(559) 224-9117

**Monday - Friday
 8AM - 5PM**

**5363 N. Fresno St.
 Fresno, CA 93710**



This project was supported in part by grant number 90460002-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20251. Community counseling projects under government sponsorship are not intended to constitute an endorsement, approval, or support of any specific product or company. HICAP operates with financial assistance and support from the Fresno Hispanic Health Agency on Aging. This project is also supported by grant number 90460002-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20251. Se ofrece este servicio con asistencia financiera y apoyo de la Agencia de Envejecimiento de la Comunidad Hispánica de Fresno, California.



Preventing Medicare Fraud

PREVENT

DETECT

REPORT

BEWARE! MEDICARE CARD SCAMS

NEW PLASTIC MEDICARE CARDS ARE NOT BEING ISSUED.

These scams involve someone impersonating a Medicare representative who tries to encourage you to purchase a Medicare flex card, or claim that Medicare is sending out new plastic cards, microchipped cards, or Medicare "gold" cards.

HAVE QUESTIONS?

NEED TO REPORT?

LET'S CONNECT!



Free Service to Medicare Beneficiaries

**MONDAY - FRIDAY (559) 224-9117
 8AM - 5PM (800) 434-0222**



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webpage at the Valley Caregiver Resource Center website for more information about your Fresno and Madera HICAP.



**THE NEXT
MEDI-CAL APPLICATION
ASSISTANCE DAY
FOR MEDICARE
BENEFICIARIES WITH
FRESNO COUNTY IS
ON
JUNE 14TH!**

**MARK YOUR CALENDAR AND SCHEDULE
YOUR APPOINTMENT TODAY WITH** 

(559)-224-9117 (800)-434-0222 MONDAY - FRIDAY 8AM - 5PM 5363 N. FRESNO ST. FRESNO, CA 93710

*A quote from a previous client
Very professional and kind!*



Important HICAP Announcement!



BIG CHANGES COMING SOON.....




Stroke Awareness Month 2023

"Every forty seconds someone in the United States will experience a stroke. This is startling statistic adds up to more than three-quarters of a million people yearly."


Click on the link below to read a wonderful article from **Livanta**, our partners in supporting Medicare beneficiaries.

Click here to learn more about




Is it a stroke?


Act **F.A.S.T.**




FACE
droops



ARM
weakness



SPEECH
difficulty



TIME
is critical.



FREE LEGAL AID WORKSHOP

Hybrid (in-person and virtual)
Thursday, June 29, 2023
2:00 pm to 4:00 pm

[CLICK TO REGISTER HERE](#)

OR CALL

valley
CAREGIVER
RESOURCE CENTER
(559)-224-9154

FREE LEGAL AID WORKSHOP...

Is a two-hour hybrid workshop hosted by **Valley Caregiver Resource Center**.

This workshop will have guest speakers from **Central California Legal Services**.


They will educate and answer questions about **basic estate planning tools such as wills, trusts, power of attorney, and advanced healthcare directives**.


Brought to you


by

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

 (559)-224-9117

 Monday - Friday
8AM - 5PM

 5363 N. Fresno St.
Fresno, CA 93710

FOLLOW US!



Please click here to register for the Free Legal Aid Workshop



BECOME A HICAP VOLUNTEER

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

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

HICAP volunteer duties consist of:

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

JOIN OUR TEAM, CONTACT US!



LAURA ROBINSON

✉ Volunteer Coordinator
LROBINSON@VALLEYCRC.ORG

☎ (559) 224-9117 EXT. 304

📍 Valley Caregiver Resource Center
5363 N. Fresno St.
Fresno, CA 93710

This project was supported, in part by grant number 90SAPG0052-02-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. HICAP operates with financial assistance and support from the Fresno-Madera Area Agency on Aging. Este proyecto fue apoyado, en parte, por la subvención número 90SAPG0052-02-01 de la Administración para la Vida Comunitaria de los E.U., el Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se alienta a los beneficiarios que emprenden proyectos bajo el patrocinio del gobierno a expresar libremente sus hallazgos y conclusiones. Por lo tanto, los puntos de vista u opiniones no representan necesariamente la política oficial de la Administración de Vida Comunitaria. HICAP opera con asistencia financiera y apoyo de la Agencia de Envejecimiento del Área de Fresno-Madera.

Medi-Cal Application Assistance Day:

APPLYING FOR MEDI-CAL *as a* MEDICARE BENEFICIARY



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!

☎ (559)-224-9117

🕒 Monday - Friday 8AM - 5PM

📍 5363 N. Fresno St. Fresno, CA 93710



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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 and Tax information: W2 forms, pay stubs, bank Statements, etc.
- Property: Car title, 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, and considers assets.

- Homeowners
 - Individuals: \$130,000 limit
 - Couples: \$195,000 limit

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

Let HICAP help you protect yourself and loved ones from Medicare fraud!!!

[Click here to visit the new California SMP webpage](#)

HICAP is a program of **Valley Caregiver Resource Center** and we would like to invite you to participate in our annual ***Celebration of Care*** scheduled for **Friday, October 27, 2023**. Please contact VCRC Executive Director, Michelle DiBuduo at (559) 224-9154 for ticket and sponsorship information.

*** We welcome and appreciate Live and Silent Auction items***

SAVE THE DATE

OCTOBER 27, 2023 | CLOVIS VETERANS HALL - 6:30PM | TICKETS: \$150 PER PERSON
DINNER / SILENT & LIVE AUCTION



UNDER THE TUSCAN SUN

27TH ANNUAL
valley CAREGIVER RESOURCE CENTER
CELEBRATION OF CARE

FOR SPONSORSHIP OPPORTUNITIES
Contact Michelle DiBuduo at:
(559) 224-9154 or mdibuduo@valleycrc.org

We are always here to help and share our services!

**Best Wishes, from the
Fresno/Madera HICAP Team** □

Maria, Laura, Jean, Sujey, Gyan, Wayne C.,
Linda, 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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