



*Free Service to Medicare Beneficiaries*

**(559) 224-9117**  
**1(800)434-0222**  
**Monday-Friday**  
**8am - 5pm**

## **Local Resources:**

**Valley Caregiver  
Resource Center**  
559-224-9154  
valleycsrc.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 **July Issue**

## **Highlights**

**July: UV Safety Awareness Month**

**Cooling Centers**

**Outreach: Carla's Corner**

**Hybrid Class: American Ambulance,  
Emergency Tips From the Experts**

**Webinar: Help with Medicare or  
Covered Services - Resolving Issues  
and Problems through immediate  
Advocacy.**

**Free Presentation: Maximize Your  
Medicare!**

**Summer Reminder**

**Extra Help**

# July: UV Safety Awareness Month

## SAFEGUARD FROM THE SUN

WEAR



Sunglasses



Hat



Protective  
clothing



SPF 30+  
sunscreen

UV EXPOSURE is highest between

**10 a.m.**  
AND **4 p.m.**



and is at its strongest during the summer and at higher elevations



**STAY  
HYDRATED**  
and **REST IN  
THE SHADE**  
whenever you can



Many **MEDICATIONS**  
increase sensitivity  
to sunlight

**BE UV SAFE** even on cloudy  
days — UV radiation reflects  
off **WATER, CONCRETE, SAND,  
SNOW** and **LIGHT-COLORED  
SURFACES** and can harm your  
eyes and skin

# 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





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# OUTREACH

## Carla's Corner



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

## COME JOIN CARLA IN JULY!

### July 10

10:00am - 12:30pm

Family Resource Fair -  
Housing Authority of the  
City of Madera  
1110 E Kennedy St,  
Madera, CA 93638

### July 12

8:00am - 12:00pm

Optimizing Health in the  
Aging Population -  
United Health Centers  
3875 W Beechwood Ave.,  
Fresno, CA 93722

### July 23

9:00am - 12:00pm

Health & Wellness Fair -  
Clovis Senior Center,  
Main Hall  
735 Third Street, Clovis,  
CA 93612

*Hybrid Class: Virtual & In-Person*  
**Thursday, July 24, 2025**  
**10:00am - 11:30am**

**BE READY, STAY CALM:**  
**EMERGENCY**  
TIPS FROM THE EXPERTS

**GUEST SPEAKER:**

**Derek Ratzel, EMT-P,CP**

From:



**AMERICAN**  
A M B U L A N C E

- Critical details to provide to emergency responders
- What to expect if your loved one is on hospice care.
- How to ensure easy access to your home
- How to communicate effectively when calling 911



**Call to register!**

**☎ 800.541.8614**

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

# Free Webinar:

July 24, 2025  
10:00 am – 11:00 am  
Online



## Help with Medicare-Covered Care or Services - Resolving Issues and Problems through Immediate Advocacy

Need immediate advocacy to resolve an issue or get help with a Medicare-covered service? Livanta, the Medicare Beneficiary and Family Centered Care – Quality Improvement Organization (BFCC-QIO) for 27 states and U.S. territories including California, can help!



[https://us02web.zoom.us/webinar/register/WN\\_URSAxAwDR06L1izxcPS7Qg#/registration](https://us02web.zoom.us/webinar/register/WN_URSAxAwDR06L1izxcPS7Qg#/registration)



# SCHEDULE YOUR FREE PRESENTATION BEGINNING AUGUST!

Our new 4-part series,

## MAXIMIZING YOUR MEDICARE!

Each session covers a focused topic for a more meaningful and personalized learning experience



### SESSION 1:

#### Medicare Savings Programs & Extra Help

(Low Income Subsidy)  
Learn how income-eligible individuals can significantly reduce or eliminate Medicare costs. You may qualify for help and not even know it!



### SESSION 2:

#### Original Medicare vs. Medicare Advantage

Unpack the pros and cons of each path. How to compare and to choose a plan that fits your healthcare needs.



### SESSION 3:

#### Enrollment Periods

Understanding Medicare's timelines helps protect your coverage and avoid penalties.



### SESSION 4:

#### Fraud Prevention

This session also includes an introduction to the Senior Medicare Patrol, where you'll learn how to detect, prevent, and report Medicare fraud and abuse—keeping yourself and others safe.

# FREE 4-part series

Runs weekly throughout the month beginning in August.

**Book your presentation today!**



559.224.9117

# SUMMER REMINDER:



As we step into July, now is a smart time to start thinking about your Medicare coverage. It may feel early, but the Medicare Annual Enrollment Period (AEP)—is just around the corner:

**October 15 to December 7**

## July is a great time to start preparing by:

- Reviewing your current plan's Annual Notice of Change (coming in September)
- Making a list of any new health needs, doctors, or prescriptions
- Call HICAP today to schedule your open enrollment appointment.

Being proactive now can help you avoid last-minute stress—and potentially save money in 2026.

Whether you're new to Medicare, thinking about switching plans, or helping a loved one navigate their options, HICAP is just a call away. Our team is here to offer personalized support, education, and answers all year long.

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



A collection of medical supplies including white and orange pill bottles, a blister pack of green pills, a stethoscope, and various loose pills and capsules are scattered on a solid blue background.

# MEDICARE CAN HELP! EXTRA HELP *Program*

Medicare Extra Help, also known as Low-Income Subsidy (LIS), is a federal program that helps beneficiaries with limited income and resources cover prescription drug costs. It can cover premiums, deductibles, and co-pays, making medications more affordable and easing financial stress for both beneficiaries and caregivers.

Apply online at [SSA.gov](https://www.ssa.gov), by contacting your local Social Security office or by contacting your local HICAP office.



**SHIP**  
State Health Insurance  
Assistance Program



Call HICAP Today To Find Out How  
(559)224-9117 (800) 434-0222

# 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



## 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**

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