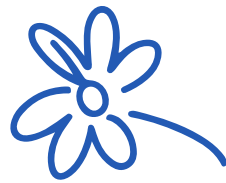




Free Service to Medicare Beneficiaries



April
NEWSLETTER
2025 Issue

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

STRESSED OUT?

APRIL IS NATIONAL STRESS AWARENESS
AND NATIONAL PET MONTH

A reminder that taking care of your mental health
is just as important as your physical health!

IF YOU HAVE MEDICARE, YOU ARE ELIGIBLE FOR
PREVENTATIVE BENEFIT SERVICES
that support emotional well-being, including

WELLNESS VISITS, DEPRESSION SCREENINGS,
& COUNSELING SERVICES

These services are designed to help you manage stress,
catch potential issues early, and stay on a healthy path.

WHILE PETS AREN'T A COVERED BENEFIT, THEY ARE PROVEN TO HELP
LOWER STRESS, REDUCE BLOOD PRESSURE, AND KEEP YOU ACTIVE!

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



SHIP
State Health Insurance
Assistance Program

CALL US TODAY FOR YOUR GUIDE TO
PREVENTATIVE BENEFITS

559.224.9117

DON'T BE A VICTIM OF MEDICARE FRAUD.



**CENTER FOR
HEALTH CARE
RIGHTS**

Join the Center for Health Care Rights on Wednesday, May 21 from 11 AM to 12 PM for a free, live Zoom webinar where you'll learn about common Medicare scams and practical ways to protect yourself from fraud.

You'll learn:

- ✓ How to recognize common Medicare scams
- ✓ Easy steps to protect your personal information
- ✓ What to do if you think you've been targeted

Don't let fraud catch you off guard — register to learn more!

Zoom access will be provided after registration.

Date: Wednesday, May 21, 2025

Time: 11am - 12 pm

Webinar Details

Location: Online via Zoom

Click on the button to register

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

April 2025 Golf Tournament

A FANTASTIC DAY FILLED WITH SWINGS, SMILES, AND UNFORGETTABLE MOMENTS ON THE COURSE!





Pictured: Carla Davis (right), Outreach Coordinator for HICAP and Rosie Martinez (left), Outreach Coordinator for Valley Caregiver Resource Center

WHERE WE'VE BEEN!

Booths:

April 2, 2025

Fresno State Department of Social
Work Education

April 10th, 2025

Health Resource Fair / Office of
Assemblymember Dr. Joaquin
Arambula, 31st District

Presentations:

April 8, 2025

Kiwanis Club of Fresno

April 30, 2025

St. Agnes Medical Center - Health Hub



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



SHIP
State Health Insurance
Assistance Program

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, 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: