



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

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

October Issue

Highlights

National Depression and Mental Health Screening Month

A Tropical Soiree with Valley Caregiver Resource Center

Open Enrollment: October 15 - December 7

Inscripcion Abierta: Octubre 15 - Diciembre 7

Coming Soon: Medicare and You 2026

Outreach: Carla's Corner; Counseling in Reedley (English & Spanish)

Free Class: Maximize your Medicare Presented in English and Spanish

Free Webinar: What's New With Medicare in 2026

Push the Extra Help button

Scam: Who's calling?

National Depression and Mental Health Screening Month

A Special Message for Medicare Beneficiaries:
October is the time to take charge of your mental health

Your Mental Health Matters at Every Age

Depression is not a normal part of aging—but it's common, often overlooked, and very treatable. National Depression and Mental Health Screening Month is a reminder that it's never too late to check in on your emotional well-being.

Did You Know?

An estimated 1 in 4 older adults experience symptoms of depression or anxiety, yet many do not seek help.



Why Screening Matters

Because symptoms of depression in older adults often overlap with other conditions (like dementia or chronic illness), routine screenings are crucial.

That's why Medicare covers an annual depression screening and includes mental health support services—to help catch depression early and connect seniors to care that works.

You're Not Alone — And Help Is Available

Talking about mental health can feel difficult, but reaching out is a sign of strength—not weakness. Medicare makes it easier than ever to access care that supports your emotional and psychological health.

Mental health is just as important as physical health

Let's break the stigma, encourage screening, and support one another in aging with dignity and peace of mind.

What You Can Do This October:

- Schedule your annual Medicare-covered depression screening
- Check in with a loved one who may be struggling
- Share this information with friends in your Medicare community
- Attend a wellness seminar or talk to your provider about counseling option

Need Help Now?

If you're in emotional distress:

Call or text 988 – the Suicide & Crisis Lifeline (available 24/7)

VALLEY CAREGIVER RESOURCE CENTER PRESENTS A
Tropical Soirée



celebration of care

Friday, October 17, 2025

6:30 p.m.

Clovis Veterans Memorial District
Liberty Ballroom

tickets

\$150 PER PERSON

sponsorship opportunities

Please Contact:

Meghan Velasquez, Executive Director

559-224-9154

mvelasquez@valleycrc.org

[Details](#)



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



HORA DE LLAMAR A

HICAP

Health Insurance
Counseling and
Advocacy Program

PROGRAME UNA CITA PARA REVISAR SUS OPCIONES DE PLANES DE MEDICARE



559-224-9117 Ó 800-434-0222

INSCRIPCION ABIERTA OCTUBRE 15 - DICIEMBRE 7

HICAP
Health Insurance
Counseling and
Advocacy Program

valley
CAREGIVER
RESOURCE CENTER

California
Department
of **AGING**



SHIP
State Health Insurance
Assistance Program

Navigating Medicare

Esta publicación cuenta con el apoyo de la Administración para la Vida Comunitaria (ACL) del Departamento de Salud y Servicios Humanos (HHS) de EE. UU. como parte de una concesión de asistencia financiera por un total de \$341,029 con financiamiento del 100 por ciento de ACL/HHS. El contenido es del autor(es) y no representa necesariamente la opinión oficial ni el respaldo de ACL/HHS o del gobierno de los EE. UU.

Coming Soon: Medicare and You 2026

Keep your handbook as a reference. It has important information about:

- Medicare benefits, costs, rights, and protections
- Health and drug plans
- Answers to common questions



Medicare & You 2026

[The official U.S. government Medicare handbook](#)



Medicare

The Center for Medicare Services mails an updated printed handbook to all Medicare households in late September. Keep an eye out or download a copy today

**Download
Medicare and
You 2026**

October 20

Counseling

(English and Spanish)

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

Reedley Senior Center

100 N. East Ave. Reedley, CA 93654

(559) 637 - 4207

November 10

Counseling

(English and Spanish)

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

Reedley Senior Center

100 N. East Ave. Reedley, CA 93654

(559) 637 - 4207

November 24

Counseling

(English and Spanish)

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

Reedley Senior Center

100 N. East Ave. Reedley, CA 93654

(559) 637 - 4207



Photo depicts Carla at the
Sierra Senior Center's Resource fair

December 1

Counseling

(English and Spanish)

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

Reedley Senior Center

100 N. East Ave. Reedley, CA 93654

(559) 637 - 4207

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

*Don't miss our final sessions!
We'll be covering **enrollment
periods and fraud prevention**
two crucial topics you won't
want to miss.*

***Presented in English and
Spanish***

Fresno County

Kerman Senior Center

**12:00 P.M. - 1:00 P.M.
October 2nd and 9th**

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

Madera County

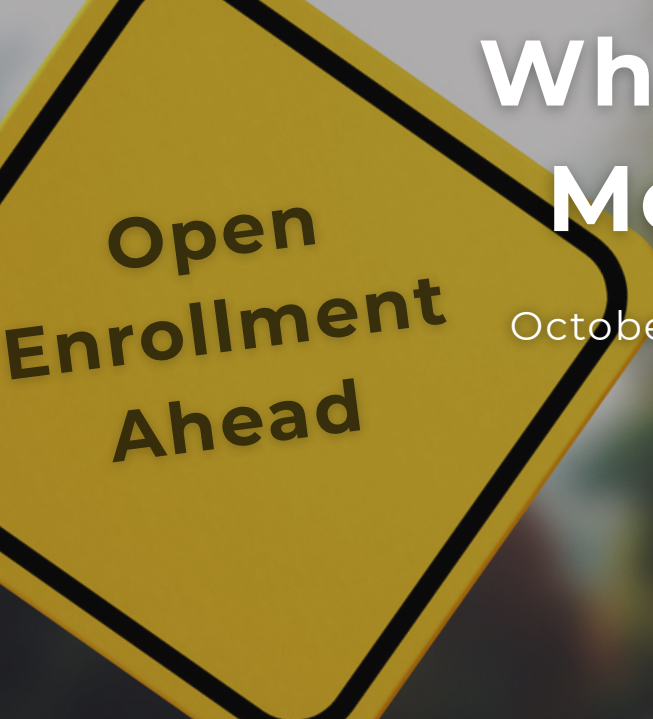
Frank A. Bergon Senior Center

**9:30 A.M - 10:30 A.M.
October 1st**

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.



What's New with Medicare 2026

October 23, 2025 / 10:00 am - 11:30 am

Register:

<https://cahealthadvocates.org/event/whats-new-with-medicare-in-2026/>

Learn about Medicare updates and changes for 2026, and how to best evaluate your current coverage and make the best choice for your healthcare for 2026 during this year's Open Enrollment period.

Tatiana Fassieux, our Training and Education Specialist, will:

- Share Medicare costs and changes for 2026
- Review enrollment periods
- List options available for beneficiaries in non-renewing plans
- Review the 2026 Medicare Advantage & Part D plan landscape, including the Part D redesign
- Identify situations that allow a Special Enrollment Period (SEP) for Part D and Medigap guaranteed issue rights
- Review eligibility for several low-income savings programs, and
- Highlight Open Enrollment fraud alerts and scams

This webinar is for people currently on Medicare, family members, caregivers, advocates and others supporting people with Medicare.

Wish there was a help button for rising drug costs?

Good news there is! It's called Extra Help, and it could help you save on Medicare prescription drugs

Are you eligible? Know someone who might be?

The Low-Income Subsidy (LIS) helps cover premiums, deductibles & drug costs for Medicare Part D

**Call HICAP for more information
(800) 434 - 0222 (559) 224 - 9117**



or visit our website at
<https://www.valleycrc.org/hicap-resources>



WATCH FOR PHONE SCAMS! THAT "LOCAL" CALL MAY NOT BE LOCAL, OR SAFE.

Let unknown calls go
to voicemail to
prevent being
scammed.



Senior Medicare Patrol

Preventing Medicare Fraud



855.613.7080

SUPPORTED BY GRANT # 90MPC0002 FROM ACL



CaliforniaSMP.org

If you suspect fraud call HICAP
(800) 434 - 0222
(559) 224 - 9117



SHIP

State Health Insurance
Assistance Program



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.

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

Contact Information:

HICAP Program Manager, Laura Robinson

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

Email: lrobinson@valleycrc.org

Address: 5363 N. Fresno St. Fresno, CA. 93710

This publication 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 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.

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