

HICAP Monthly Newsletter



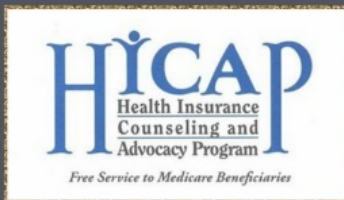
Free Service to Medicare Beneficiaries

January Issue 2023

Happy New Year from "your" HICAP

HAPPY NEW YEAR

FROM YOUR FRIENDS AT



REMEMBER TO USE YOUR

MEDICARE PREVENTIVE
BENEFITS

- Immunizations
- Screenings
- Counseling
- And more!

FOR A HEALTHY NEW YEAR!



This project was supported, in part by grant number 908AP00052-02-01, 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 disseminate 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 908AP00052-02-01 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.

2023

CHECK OUT OUR PREVENTIVE
SERVICES CHECKLIST

Are You Up-To-Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and find problems early, when treatment is most likely to work best. Ask your doctor what services are right for you, and use the space below to track appointment dates, times, and other important information.



- One time "Welcome to Medicare" Preventive Visit—within the first 12 months you have Medicare Part B (Medical Insurance) _____
- Yearly "Wellness" Visit—get this visit 12 months after your "Welcome to Medicare" preventive visit or 12 months after your Part B effective date _____
- Abdominal Aortic Aneurysm Screening _____
- Alcohol Misuse Screening and Counseling _____
- Blood-based Biomarker Test _____
- Bone Mass Measurement (Bone Density Test) _____
- Cardiovascular Disease (Behavioral Therapy) _____
- Cardiovascular Screenings (cholesterol, lipids, triglycerides) _____
- Colorectal Cancer Screenings _____
- Depression Screening _____
- Diabetes Screening _____
- Diabetes Self-management Training _____
- Flu Shot _____

Upcoming
February Events

See where *HICAP*

will be next month:

Fresno Silvercrest Retirement Residence
When: Wednesday, 2/01/23
Time: 10:30am

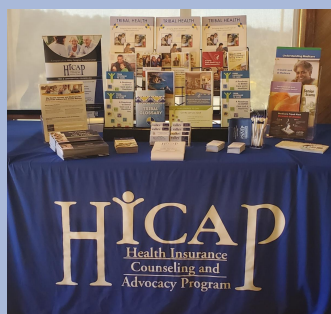
Medical Application Assistance Day (MAAD) Hosted at VCRC
When: Wednesday, 2/08/2023
Time: All Day
** Contact HICAP to schedule your appointment.

Senior Scam Stopper Workshop
When: Friday, 2/24/23
Time: TBD call HICAP for more information.
Where: Woodward Park Library, Fresno

Reminder that our office will be closed for the following dates:

Monday, 2/20/23 in observance of President's Day

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



DOES YOUR COMMUNITY NEED THE FOLLOWING INFORMATION?

LET HICAP PRESENT FOR YOU!
Health Insurance Counseling and Advocacy Program
Free Service to Medicare Beneficiaries

- HICAP Services
- What is Medicare
- Supplemental Plans
- Advantage Plans
- Enrollment Periods
- And more!

CONTACT ME

Community Outreach Coordinator
Sujey Martinez

✉ smartinez@valleycrc.org
☎ 559-224-9117 Ext. 303



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 January posts in case you missed them.....



HAPPY ✨
MARTIN LUTHER KING, JR. DAY



We at the Health Insurance Counseling and Advocacy Program (HICAP) are dedicated to health equity and inclusion. Through outreach and education, we work to provide our diverse Fresno and Madera community members with relevant and vital information that speaks to their unique lived experiences.





HICAP counselors are trained to help all Medicare beneficiaries overcome the obstacles they may face while navigating the complex Medicare system.

We pride ourselves in offering services in multiple languages thanks to our skilled staff members at HICAP and Valley Caregiver Resource Center.

CALL US TODAY IF YOU OR A LOVED ONE ARE IN NEED OF FREE MEDICARE ASSISTANCE!

Monday - Friday
8AM - 5PM
(559) 224-9117



This project was supported in part by grant number HIGAN0052-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Other related underlying projects under government sponsorship are encouraged to express their own findings and conclusions. Views or opinions of the recipients of the funding, including the staff of the Administration for Community Living, are not necessarily endorsed or approved by the U.S. Administration for Community Living. © 2020. No other uses, reproductions, or distributions are permitted without the express written permission of the Administration for Community Living. For more information, contact the Administration for Community Living at 200 M Street, SE, Washington, DC 20002. No other uses, reproductions, or distributions are permitted without the express written permission of the Administration for Community Living. For more information, contact the Administration for Community Living at 200 M Street, SE, Washington, DC 20002.



Tips for Tuesday: Medicare Advantage Plan Enrollees

MEDICARE ADVANTAGE PLAN
Open Enrollment Period
January 1 – March 31



Are you a Medicare Beneficiary with a current Medicare Advantage Plan?
Call (559) 224-9117 to connect with a counselor at your local Fresno-Madera HICAP office for a confidential, unbiased, and free appointment.



Create a Medicare.gov account with your counselor to access your benefit information and review your needs. Through your Medicare.gov account, your HICAP counselor can help you review your plan options and find the best fit.



Have your Medicare card and number, as well as a list of your prescriptions for the most up to date and accurate information.



Should you decide to change your plan, your counselor can guide you through the enrollment process.



SHIP
State Health Insurance
Assistance Program



A program of
valley CAREGIVER
RESOURCE CENTER



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

Monday - Friday
9AM - 5PM
(559) 224-9117

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



DRIVE THRU SHREDDING EVENT FOR SENIORS & CAREGIVERS

Protect Yourself & Loved Ones From Medicare Fraud & Identity Theft

Together Senior Medicare Patrol and Valley Caregiver Resource Center want to help protect you! Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be safely shredded.

THIS IS A FREE EVENT!
Saturday, March 18, 2023
10 AM - 12 PM

Location:
Valley Caregiver Resource Center Parking Lot
3263 N. Fresno St. Fresno 92710
For more information, please contact your local SMP at (559) 224-9117

CALLING ALL COMMUNITY PARTNERS!

HICAP INVITES YOU TO BE PART OF OUR ANNUAL... SENIOR MEDICARE PATROL SHREDDING EVENT

Are you a community resource for seniors and caregivers?
Want to share your information?
Find out today how you can join us on March 18th!

Contact our Community Outreach Coordinator for more details
SUJEY MARTINEZ (559) 224-9117 EXT. 303

FREE DRIVE THRU SHREDDING EVENT FOR SENIORS & CAREGIVERS

A program of **valley CAREGIVER** RESOURCE CENTER

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

Important HICAP Announcement!



BIG CHANGES COMING SOON.....

Do you have a Medicare Advantage plan and would like to know your coverage options for 2023?

Are you unhappy with your current Medicare Advantage plan?

Want to make changes and need enrollment assistance?

Want to switch to Original Medicare?



Give HICAP a call today at (559) 224-9117 to schedule your free, confidential, and unbiased Medicare counseling appointment with a registered HICAP counselor.

The Medicare Advantage Open Enrollment period begins *January 1st and ends on March 31st.*

If you are currently enrolled into a Medicare Advantage plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare.

*****Important Reminder*****

You can only switch plans once during this period!!!

Medicare Advantage Open Enrollment Period

Coverage begins the first of the month after your request

Enrollment Opens

Deadline

Coverage Begins





BECOME A HICAP VOLUNTEER

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

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MEDI-CAL APPLICATION ASSISTANCE DAY



Hosted at:
Valley Caregiver Resource Center
5363 N Fresno Street
Fresno, CA 93710

Assistance by appointment only!
Participants must be fully vaccinated



During your scheduled appointment, a Fresno County Eligibility Worker may provide assistance with the following:

- General program questions
- Application assistance with:
 - *Medi-Cal
 - *CalFresh
 - *CalWorks
- Ongoing cases
- Understanding letters received

2nd Wednesday
of each Month



Starting
July 13, 2022



**For more information or to
schedule an appointment
please contact HICAP at
(559) 224-9117**



Senior Medicare Patrol:

Annual Shredding Event, Mark your
calendars for this free event.....
Saturday, March 18, 2023 10am- noon



DRIVE THRU SHREDDING EVENT FOR SENIORS & CAREGIVERS

Protect Yourself & Loved Ones From Medicare Fraud & Identity Theft

Together Senior Medicare Patrol and Valley Caregiver Resource Center want to help protect you! Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be safely shredded.



THIS IS A FREE EVENT!
Saturday, March 18, 2023
10 AM – 12 PM

Location:
Valley Caregiver Resource Center Parking Lot
5363 N. Fresno St. Fresno 93710
For more information, please contact your local SMP at (559) 224-9117

We ask for all participants to wear a mask and remain in your car.
Staff members will unload your box for you.

A mobile shred truck will immediately shred your personal documents:

- One banker box per participant (cardboard boxes and/or containers cannot be left)
- No cardboard, binder clips, binders, or electronic media will be accepted
- Residential shredding only (no commercial shredding allowed)
- Truck will be available for 2 hours or until full

HICAP is a program of the Valley Caregiver Resource Center and we would like to invite you to participate in the following fundraising opportunity:

10th Annual
valley
CAREGIVER
RESOURCE CENTER

GOLF TOURNAMENT

MONDAY
April 24th, 2023

Dragonfly Golf Club
43369 Ave 12
Madera, CA 93636

1 PM - Tee Off

- **GREAT PRIZES**
- **FOOD**
- **AWARDS**

Title Sponsor: \$5,000
Registration Sponsor: \$1,800
Gold Sponsor: \$1,200
Tee Sponsor: \$225

ADD A SUPER TICKET FOR \$30

- (1) 50/50 Ticket
- (2) Mulligans
- (25) Raffle Prize Tickets

**\$200
GREEN FEE**

ALL PLAYERS WILL RECEIVE:

Range Balls with Cart
Closest to the Pin Contest
Long Drive Contest
Goodie Bag
Team Photo
Beverages & Meals



Valley Caregivers Resource Center offers a comprehensive array of services designed to assist elders and their families in mastering the challenges that accompany the aging process. As long-standing advocates and collaborators in preserving the health and quality of life of others, our aim is to promote personal & community well-being.

Deadline to Register April 10, 2023

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.,
Wayne M., 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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