



# *SOCIAL WORK NEWSLETTER*

*June 2014*

## **DENTAL AND VISION BENEFITS FOR MEDI-CAL**

Effective May 1, 2014 Medi-cal has reinstated vision and dental coverage. So, whether you are straight Medi-cal or Medi-Medi you now can utilize these benefits. Get your vision and dental exams and some basic work as part of your Medi-Cal. I know a lot of patients have been unable to pursue transplant further because of dental clearance needed. Well here it is ...FINALLY (whew!!)

## **Support Group for Dialysis Patients and Family**

The support Group is held at Desert Community Bank on the corner of Silica and Hesperia Rd. 2<sup>nd</sup> floor. It continues to meet every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday from 6:00 to 7:30 pm.

This Month's meetings are held on June 10<sup>th</sup> and June 24<sup>th</sup>.

## **Caregivers of Persons with Stroke/Dementia/Parkinsons/TBI**

If you are a family member who cares for someone with a brain disease, there is help available. The Inland Caregiver Resource Center(800) 675-6694 provides support, respite, resources and education. They have conferences for caregivers and can provide someone to come and stay while you get away for a bit. Contact them today, caring for a loved one with brain impairment can be overwhelming. There is help out there.

## **Travel Time**

Feeling restless and ready to go travel? We can setup arrangements for you where you are travelling to. However,

we do need advanced notice. Depending on where you are travelling and what insurance you have it can take up to 30 days to get all arrangements in place.

## **Thinking about Home Hemodialysis?**

Our Home hemodialysis program is offering 1 week trial period to see if this program would work for you. Please contact Jessica our home hemo nurse. You will not lose your in center chair while in the trial. You and your partner will receive daily training and dialysis for a week.

## **Solutions for High Utility Bills**

Almost every dialysis patient should be receiving the Medical Baseline discount on electricity and Gas. This is for persons with life threatening illnesses or those using equipment for medical stability (such as an oxygen machine).

For those with lower income ranges, additionally there is the CARE discount on both gas and electric. Those receiving food stamps, SSI, Medi-cal are automatic qualifiers but income can be even greater than those levels. For example a couple will qualify at 30,000 annually.

There is also the weatherization program through Southern California Edison which will ensure your home (or rental) is running at maximum efficiency. Windows are repaired, sealing around doors and outlets will be done. All of this at no charge. Also see their free appliance exchanges, get new energy efficient appliances for income qualified individuals.



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## **Feeling Bored on Dialysis?**

There are books on tape available in the nursing station, and more can be ordered. Look through the selection available and talk to the social workers if there is a book you would like to listen to on the player. Also, word games, magazines and newsletters are available to read. Consider keeping your mind active and engaged for a healthier you.

## **If You Must Miss A Treatment**

Missing treatments statistically shortens life expectancy, please do your best to never miss treatment. However, if you must miss, check to see if there is a makeup session available later in the day or the next day. Going several days without dialysis significantly increases chances of stroke or heart attack. Do your best to make your treatments, and remember if you can't make it then reschedule.

## **High Fall Risk? Nervous About Being Home Alone?**

Medical Alert systems are a useful tool in calling for help. You wear a pendant as a watch or a necklace and in the event you have an emergency or need assistance you simply press a button. Most recently, Lifeline has developed a fall detector embedded in the pendant so if you were to pass out or lose consciousness and fall down, it would auto alert. This is highly recommended for anyone who is alone for an hour or more daily. Lifeline services can be reached at 800 543-3546. Or many other alert services are available.

## **Incontinent Supplies**

For persons who have Medi-Cal, incontinent supplies are provided at no charge. Whether they are ordered through your IHSS worker, your Doctor or if you contact the company directly, Shield Healthcare is a Medi-Cal Provider for Incontinent supplies. So if you are experiencing bladder or bowel control problems, call Shield at 800.765.8775.

## **Stay Active**

Exercise is a key ingredient in mental and physical health. Do what you can for activity. Whether it is arm lifts, leg lifts, curls, standing and balancing or running. Whatever you can physically do will improve your outcomes. Physical exercise improves mood, sleep regularity, appetite and physical independence. Ask your doctor what exercise you can do today.

## **Humor**



Meet Mr. Bates, our perfect patient. He controls his fluid levels by not drinking and his potassium, cholesterol and phosphates by not eating.