



SOCIAL WORK NEWSLETTER

December 2015

Dialysis Support Group

High Desert Kidney Hope's dialysis support group is at Heritage Building #34 on Hesperia Rd. Right next to Vitelli's Deli and the Taco Shop. Every month it is held on the 2nd and 4th Tuesday from 6 to 7:30pm. This month, the groups will be held: **November 10th and November 24th from 6 to 7:30pm.**

Christmas Food Giveaway

Barstow Senior Center. 555 Melissa Ave. **Barstow**, CA 92311 Christmas food baskets delivery is available (760) 256-5023

Rosie O'Leary Community Center. 9932 5th St. Victorville, CA. Fridays 5:00-7:00pm \$3 donation for 2-3 bags of food.

Victor Valley Rescue Mission 3 locations for food giveaways:

- 1) First Christian Church 17746 George Blvd. Victorville on Tuesdays 10am-12
- 2) Calvary Chapel 15081 Center St. Victorville. Wednesdays 10am-12. Dinner served M-Th 3:30-4pm.
- 3) New Beginnings Church. 16856 C St. Victorville. Fridays at 3pm.
- 4)

Clothing Giveaway

Swapping Mamas 20683 Waalew Rd. Apple Valley. Saturday November 21 11:30-1:30 (blankets/jackets)

New Beginnings Church. 16856 C St. Victorville. Mondays at 10:30am.

Toy Giveaways

High Desert Outreach The Gate Food Pantry. 11783 Amethyst Rd. **Victorville**. In person registration required High Desert residency and proof of income required. (760) 949-8282.

Victor Valley Rescue Mission. San Bernardino County Fairgrounds 14800 Seventh St., **Victorville**. Friday December 18th 11am to 2pm. For registration call (760) 955-5958.

Holiday Events

Winter Wonderland at Civic Center Park Apple Valley. Saturday December 5 2pm to 6pm. Free for all ages. Santa, crafts, train ride. (760) 240-7000 ext. 7071.

Santa in the Park James Woods Community Park Apple Valley. December 9 and December 16 from 3pm-4:30pm. Bring your own camera.

High Desert Kidney Hope TV raffle

For each donation of \$5, you get a chance to win a new 32" TV. Drawing will be on 12/22. See Facebook page or go to highdesertkidneyhope.org.

Travelling for the Holidays?

If you are planning on making a trip to another area for vacation or other necessary ventures, please notify your social workers. With some insurances it can take up to 3 or 4 weeks to receive an authorization. Please give 1 month notice before traveling to allow us enough time to setup all necessary arrangements.



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Incontinence and Wound Supplies

If you or a loved one requires briefs, pads, gauze, or other supplies they may be covered by your insurance. Go to www.shieldhealthcare.com or call 1-800-765-8775 to see if the supplies are covered.

AKF Safety Net Grant

The AKF's Safety Net Grant is open. They are accepting applications. This is \$100 per year per patient who is income qualified for reimbursements on medications, DME or travel expenses.

The AKF grant for Health Insurance Premium Payment (HIPP) is still active. If you pay out of pocket for health insurance, talk to your social worker to see if you may qualify for this grant to pay your premiums.

Utility Discounts

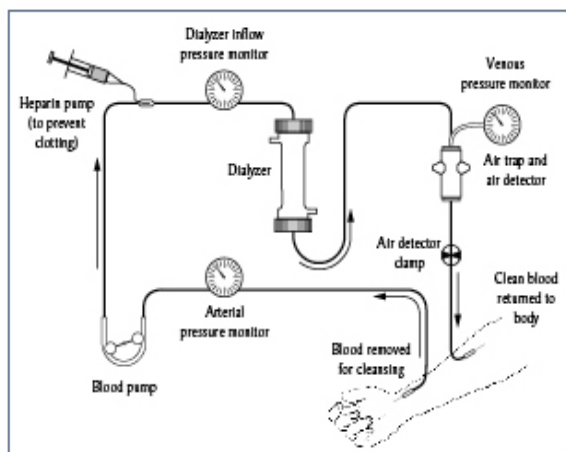
Multiple Discounts are available, not all are income based. If you are on dialysis, you qualify for Medical Baseline which allows more inexpensive utility usage. Also, income based discounts include the CARE program and weatherization program. HEAP program will pay for a utility bill per year call (800) 510-2020 and ask about HEAP.

Home Dialysis

In a recent survey, more than 90% of nephrologists said they would choose a home dialysis therapy for themselves if informed they needed renal replacement therapy, with home hemodialysis being the preferred option. Yet, more than 90% of patients undergoing dialysis in the United States are doing three-times-weekly in-center therapy.

Home dialysis, whether it is peritoneal dialysis or home hemodialysis, offers many benefits. There is more travel freedom, less diet and fluid restrictions. It offers the comfort of your own home on your schedule. It provides more regular dialysis with typically less pull which for the average patient means they have more energy consistently and less fluid and toxins being carried. So, check it out! Ask your doctor if home hemodialysis or peritoneal dialysis is a good option for you.

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