



SOCIAL WORK NEWSLETTER

January 2015

Value of Exercise

Research shows us that exercise is one of the few simple things that patients have control over that actually has power to do all of the following:

- -Boost energy
- -Help control blood pressure
- -Strengthen muscles
- -Elevate mood and reduce depression
- -Reduce the risk of heart attack
- Better weight control
- Increased flexibility of joints and strength of muscles
- Fewer falls
- Improvement in sleep patterns

So, if you are looking for a way that you can feel better while on dialysis try exercising. Talk to your doctor about any limitations for your exercise regime. Start slow and gradually work up.

1-23 Art Show for Kidney Disease

Join us for a fundraiser to help patients struggling financially. Come for hor'doeuvres, champagne and excellent art pieces done for the benefit of high desert kidney patients. This charity fundraiser is hosted by High Desert Kidney Hope. It is on January 23 from 6 to 9 pm at 16501 Walnut St. in Hesperia. Featuring the art of Suzzan Morris, Rick Morales and Brandon Garcia.

Dialysis Support Group

High Desert Kidney Hope's dialysis support group is held at the Desert Community bank on the corner of Silica and Hesperia Road. Every month it is held on the 2nd and 4th Tuesday from 6 to 7:30pm. This month, the groups will be held: **January 13th and January 27th**

Home Hemo Dialysis Option

We are proud to be the only dialysis clinic in the high desert to provide home-hemodialysis! This is through a contract with Nextstage for cutting edge medical supplies and home dialysis machines. This modality allows you the flexibility of dialysis treatments, mobility and travel, more liberal diet and fluid intake. It is also easier on your heart and other organs because you dialyze more frequently keeping fluid and toxins from being in your system as long. Typical individuals dialyze about 3 hours 5 x week, varying by your body makeup. Talk to your staff about brochures and DVDs available to get more information.

Travel on Dialysis

Don't let dialysis slow you down. Do you want to go to Las Vegas? GO!! The good news is there are dialysis centers all throughout the United States and abroad with some exceptions. So if you plan to visit Aunt Sally in Michigan, or take a trip to Hawaii, see your social worker and arrangements can be made. To allow time for planning please submit a completed travel request to the social worker at least three weeks in advance to allow acceptance to your traveling unit. Those with Medi-CAL as their primary insurance can travel within California only.

How to Get Medical Coverage

As part of the Affordable Health Care act, there is insurance coverage available for all US citizens starting January 2014. Persons making less than 1100 per month are now eligible for Medi-cal whether they have children or a disability. Go to www.coveredca.com and sign up today.

In Home Care

Needing assistance at home? There are 3 options for home care depending on your income.

First, for persons with **Medi-Cal** there is In Home Supportive Services (IHSS) which can be applied for by calling (877) 800-4544. These county paid services allows either a person you know to get paid for assisting you OR you can choose from certified IHSS workers. The amount of hours per month allowed is based on your need for care.

Secondly, if your income is too high for Medi-Cal then **Privately paid** care is available. Typically it runs from \$22 to \$26 per hour.

Lastly, if you are a disabled veteran then you could qualify for **VA aid and attendance** benefit. Talk to your VA social worker about whether you qualify and how to apply.

Advanced Arrangements

While almost none of us are comfortable with the idea of being incapacitated or even of dying, unfortunately it is an inevitable part of life. So many times friends and family are caught in a situation where they are not sure of their loved one's wishes.

We urge you to spare your friends and loved ones the burden and ensure that your wants are carried out in the event you cannot choose, so:

- 1) Please complete your Advanced Directives
- 2) Please complete your final arrangements.

There are inexpensive, even free ways to prepare as long as it is done in advance! Please talk to your social workers about options for you.

Low Vision and Blindness Services

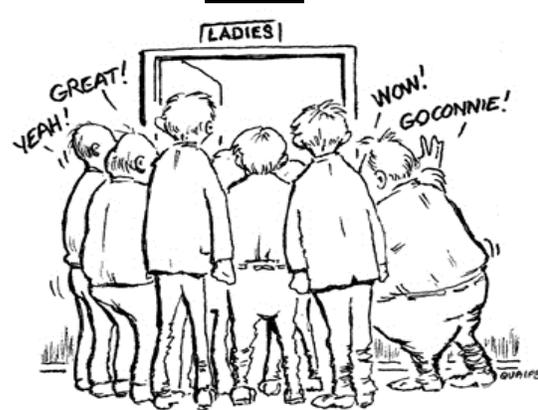
There are many programs available for persons with limited vision.

Most recently to our area is the Blindness Support Services (BSS). This program offers training for 1) orientation and mobility 2) travelling 3) independent living 3) computers 4) employment and job development 5) parenting and 6) peer support. Call them if you or a loved one have limited vision (951) 341-9244.

The Braille Institute for blind training, equipment and services including books on tape with equipment and books sent to your home at no charge. (800) 808-2555.

Vocational Rehabilitation also offers free blind services, training and equipment for those looking to rejoin the work force but have visual impairments. They also provide training and education for other disabilities to join the work force. Call them at (760) 243-0830.

Humor



Connie was so proud of her new kidney that she invited everybody to watch her newfound function.