



SOCIAL WORK NEWSLETTER

JUNE 2015

Copays for Medications

For those who received Renvela medication assistance, it is time for refills, please check in with your social workers when you are 3-4 weeks from running out. Social workers are applying for persons who need assistance with paying copays. Programs exist that can help you. Please let your social worker know if you are having trouble affording your copay, or if your copay seems higher than it should be. We have already identified some individuals who we expect to be hitting the “donut hole” this year and we will be approaching you with options.

Travelling for the Summer?

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.

We encourage you to travel and experience events and vacations with your loved ones, please talk to us about how the process works so you can begin your next adventure.

Dialysis Support Group

High Desert Kidney Hope’s dialysis support group has moved locations to the Heritage Building #34 on Hesperia Rd. Right next to Vitelli’s Deli. Every month it is held on the 2nd and 4th Tuesday from 6 to 7:30pm. This month, the groups will be held: **June 9 and June 23 from 6 to 7:30pm.**

Dental Expenses

As we all know, dental work can be quite costly. Luckily there are some programs out there to assist with the costs of dentistry.

1. Low income dentistry call (909) 792-9430 for dentist Dr. Song. Talk to Lessette.
2. SAC low income dental program (909) 382-7120.
3. Medi-Cal now has dental coverage, see your social worker about dentist in the area that accept Medi-Cal.

Low Income Housing/Section 8

Section 8 housing is now being called “housing voucher program” and the waiting list is closed throughout California due to the high demand for low income flexible housing.

However, there are other low income housing opportunities through the Housing authority of San Bernardino. Depending on whether you are a senior, a veteran, desired area and household size they are accepting applications in Barstow, Victorville, San Bernardino, Colton, Grand Terrace and some other surrounding communities. Please talk to your social worker if you are interested in submitting an application.

Renal Support Network

HOPEline Peer Support Phone Line
(800) 579-1970

Log onto www.rsnhope.org for events, online support and coffee chats for dialysis patients. Don’t suffer through this alone, reach out and connect.



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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.

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.

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.

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.

Humor



Thank God! WATER! Now I know how a dialysis patient feels.