



# SOCIAL WORK NEWSLETTER

November 2015

## Previous Issues of Newsletter

To find previous issues of our social work newsletter as well as information on our clinic, contact phone numbers and our nephrologist's information, check out our website:  
[www.desertcitiesdialysis.com](http://www.desertcitiesdialysis.com)

## 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 2<sup>nd</sup> and 4<sup>th</sup> Tuesday from 6 to 7:30pm. This month, the groups will be held: **November 10th and November 24th from 6 to 7:30pm.**

## Thanksgiving Holiday Meals

The Salvation Army at James Woody Center 13467 Navajo Rd. **Apple Valley** CA 92308. Thursday November 26 from 11am to 1pm (760)245-2545

Barstow Senior Center. 555 Melissa Ave. **Barstow**, CA 92311 Thursday November 26 at 11am. Home delivery is available (760) 256-5023

First Assembly of God Church 15260 Nisqually Rd. **Victorville**. Meal, hair cut, shower, clothing sleeping bag (as needed) Transportation available. Thursday November 26 at 10am. (760)243-4343.

The Lords Table. 15512 6<sup>th</sup> St. **Victorville**. Thursday November 26 11am to 2pm (760)241-2043.

Salvation Army. 14585 La Paz Dr. **Victorville**. Thursday November 26 11am-1pm (760) 245-2545.

Victor Valley Rescue Mission Victor Valley High School. 16350 Mojave Dr. **Victorville**. **TUESDAY** November 24 12pm to 3pm. (760) 955-5958.

## Thanksgiving Food Baskets

High Desert Outreach TLF The Gate Food Pantry. 11783 Amethyst Rd. **Victorville**. IN PERSON REGISTRATION. High Desert residency and proof of income required (760) 949-8282.

## Toy Giveaways

The Salvation Army 204 N. 3<sup>rd</sup> St. **Barstow**. Registration 11/2-11/6 from 1pm to 5pm. Adult requirements: ID, SS card, proof of address and income. (760) 256-5023.

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 18<sup>th</sup> 11am to 2pm. For registration call (760) 955-5958.

## Meals on Wheels

The Victorville Meals on wheels was closed several years ago. Currently Barstow senior nutrition offers home delivered meals to seniors 65+ who are homebound. Be aware they have a 1 year waiting list; however, they are expecting more funding to eliminate the waiting list. You can get on the waiting list by calling them at: (760) 256-5023.



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### **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. 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.

### **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.

### **Patient's Rights and Responsibilities**

We advise all persons to know their rights and responsibilities on dialysis. Your rights and responsibilities are posted on the bulletin boards in English and Spanish. They are given to each person upon admission to Desert Cities Dialysis. **KNOW YOUR RESPONSIBILITIES. KNOW YOUR RIGHTS.** Additional copies are available to you at any time. Please let your social worker know if you do not have yours.

### **Free Exams and Eyeglasses**

As many of you have already discovered, eyeglasses and eye exams are not typically covered by medical insurance. The Lions club offers free eye exams and eyeglasses through their charity foundation. To apply, contact your local lions club. High Desert Lions is online at [www.hdlions.org](http://www.hdlions.org) or call them at 760-243-7474 to reach your local club and apply.

They also hold eyeglass clinics throughout the area in which any person in need can wait in line to receive an exam and free eyeglasses. The next clinic in our area is in Phelan at the New Life Church, 4232 Phelan Rd. Nov. 21 at 8:00 am.

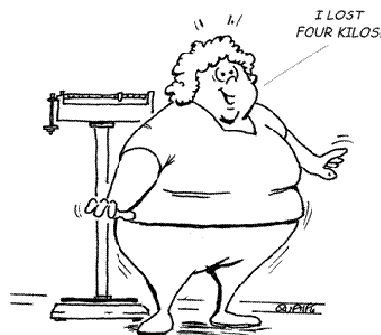
### **Renal Support Network**

HOPEline Peer Support Phone Line

(800) 579-1970

Log onto [www.rsnhope.org](http://www.rsnhope.org) for events, online support and coffee chats for dialysis patients. Don't suffer through this alone, reach out and connect.

### **HUMOR**



Esmerelda was one of the few who really liked dialysis.