



SOCIAL WORK NEWSLETTER

SEPTEMBER 2015

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 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:

September 8th and September 22nd from 6 to 7:30pm.

Squash 4 Friends FREE food

Squash 4 friends is a local nonprofit organization dedicated to helping feed those in need...vegetables. Every Wednesday from 8 am to 12pm they distribute fresh picked vegetables to people in need. No documentation is required, just show up and take what you need. They are located on Rock Springs Rd. in Hesperia between Main St. and Deep Creek Rd.

If You Know of Abuse or Suspect Abuse

There are government agencies designed to protect vulnerable groups such as children, elderly and disabled. Dialysis patients generally are considered disabled and fall into that protected group.

Abuse can happen anywhere, at a nursing home, at home, assisted living facilities or in public places.

Child Abuse Hotline: (800) 827-8724

Elder Abuse/Disabled Adult Hotline:
(877) 565-2020

Nursing Home or Residential Care
Facility Hotline: (866)229-0284

Arranging Medical Transportation

For those who have Medi-cal and it is assigned to an HMO you must call in advance for each new medical appointment. In addition, only IEHP authorizes transportation for more than 1 month. If you do not have IEHP, you must call monthly to arrange dialysis transportation.

Medicare and IEHP: (877) 273-4347

Medicare and Molina: (855) 665-4627

IEHP: (800) 440-4347

Molina: (888) 665-4621

AlphaCare: (909) 291-1960

Horizon Valley: (760) 813 -6950

Inland Faculty: (800) 371-7547

LaSalle: (888) 554-4562

Vantage: (951) 280-7700

For those who ride the ADA bus through Victor Valley Transit call (760) 244-4000 to arrange transport.

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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Utility Assistance Program

Community Action Partnership of San Bernardino County offers assistance to those in need through their Home Energy Assistance Program and Utility Assistance program which provides energy education, and processes applications for utility bill assistance for income eligible clients to provide an annual credit ranging from \$201 to \$334, which can be applied towards gas or electric accounts. Emergency HEAP utility bill assistance is available for income eligible clients with a shut off notice. An appointment must be made via phone at (909) 723-1500.

They also offer free weatherization of your home by calling (909) 723-1500

These are income qualified programs. Call today if you are having difficulty affording your utility bills.

In Home Support Services

IHSS is a program paid for by the county Department of Aging and Adult Services. It pays for a caregiver to assist you at home. Caregivers can be their listed providers or your choice of family or friend. To qualify you must be at Medi-Cal income level and require home assistance for your care. The process takes about 60 days to complete.

STEP 1: Call to start an application (call soon because payment starts from the date you make this call). (877) 800-4544.

STEP 2: Select a caregiver/have your chosen caregiver complete fingerprinting and orientation with IHSS.

STEP 3: IHSS caseworker comes to the home to see your level of need which determines the hours of care paid.

Your Local Government Agencies

Social Security Administration:

13995 Park Ave. Victorville
(877)561-4134
720 E. Main St. Barstow
(888)487-9916
NATIONAL PHONE (800)772-1213

Transitional Assistance (Medi-Cal):

15980 Main St. Hesperia
9566 9th Ave. Hesperia
15010 Palmdale Rd. Victorville
1300 E. Mountain View, Barstow
10875 Rancho Rd., Adelanto
SB COUNTY PHONE (877) 410-8829

Department of Aging and Adult Services (IHSS, APS):

17270 Bear Valley Rd suite 108,
Victorville, CA 92395
(760) 843-5100

Humor

**Dialysis
patients do
it 3 times
a week.**