



SOCIAL WORK NEWSLETTER

APRIL 2016

Check Out Our Website

Previous issues of the Social work newsletter, upcoming events, information on your health care team and Desert Cities Dialysis unit news. Go to: www.desertcitiesdialysis.com

Please Do Not Go Hungry

There are many food banks, food distributions, and emergency services available. If you or your family are planning to go without food or basic necessities please talk with your social worker! There are also grants available to help dialysis patients and families with low incomes. Your social workers have more information, please ask them.

Dialysis Support Group

High Desert Kidney Hope's dialysis support group has moved locations to the Heritage Building #34 on Hesperia Rd. Every month it is held on the 2nd and 4th Tuesday from 6 to 7:30pm. This month, the groups will be held: **April 12 and April 26 from 6 to 7:30pm.**

Yard Sale for Kidney Disease

Next month on Friday May 6th and Saturday May 7th, High Desert Kidney Hope is hosting a huge yard sale. If you wish to donate items for sale, please talk with your social worker. For larger items, pickup can be arranged. All donations are tax deductible. High Desert Kidney Hope is a registered nonprofit organization.

Why Should I Get a Fistula?

While the prospect of getting stuck with needles may seem dreadful, there are many reasons why Fistulas (AVF) and Grafts (AVG) are better for you:

- 1) Less Infection risk. Fistula's and grafts are shown statistically to have MUCH less rates of infection.
- 2) Able to go in the water. You can shower, bathe, swim, play in the ocean without the high infection risks of a catheter.
- 3) Less Medical Procedures. Catheters on average must be replaced every 3 months. A well placed graft or fistula can last a lifetime.
- 4) Less Toxins in your system. Fistulas and Grafts have better access to your blood stream and allow much more toxins to be taken out in a given time frame.
- 5) Overall better health. Persons overall report an easier dialysis treatment, more energy and less hospitalizations.

AKF Safety Net Grant

The AKF Safety Net comes and goes, and right now they are accepting applications. This is a \$100 per year grant to reimburse patients with uncovered medical costs including transportation costs. It is an income qualified program. Talk to your social worker to see if you would qualify.

Grief and Loss

Persons on dialysis are experiencing many losses. Loss of freedom, loss of health, loss of finances, loss of friends, loss of abilities, sometimes loss of intimate relationships and many more. In addition, sometimes we lose loved ones or important people in our lives. Loss can result in overwhelming sadness or anger.





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If you have lost a loved one and are having difficulty coping, there are local support groups for grief and loss. Please talk with your social worker for support locally to be there in your time of need.

FMLA and California Paid Leave

This is the Family and Medical Leave Act (FMLA). If you or a loved one must leave work either for medical reasons or to care for a loved one, it offers up to 12 weeks of job protection. Often used in conjunction with California Paid Leave or State Disability. Typically used by family to assist dialysis patients during a time of need. Talk with your social workers for more information.

Low Income Housing

While the waiting list for the Housing Voucher Program (section 8) is closed, there are low income housing opportunities throughout the inland empire. Also there are many senior (60+) housing availabilities throughout the inland empire. If you are interested in applying for low income housing or senior housing check out the San Bernardino County Housing Authority at www.hacsb.com or talk with your social worker about how to apply.

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.

Home Health Services

Your insurance typically covers for medical services in the home that cannot be provided at the dialysis center. Talk to your social worker about services you may need your Doctor to order:

Wound Care- If you have a opening in your skin of any kind that needs care.

Evaluation- Check your medications, blood pressure, and evaluate your health needs for recommendations to you and your doctor.

Physical Therapy-Help improve your strength, balance, endurance. Also, proper transfer of yourself or your caregiver to prevent injuries.

Humor

One Dialysis Patient to Another: "I just went on a very strict renal friendly diet. There are only three things you can't put in your mouth- a fork, knife and spoon."

