



SOCIAL WORK NEWSLETTER

February 2016

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:

**February 9th and February 21nd
from 6 to 7:30pm.**

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.

Medicare A, B, C, D...What?

Over the years, Medicare realized that they were not confusing enough, so they began to divide their benefits up and assign them letters. Here is what the letters are all about:

Part A: This covers HOSPITAL visits.

Part B: This covers Outpatient services like dialysis treatment, doctors visits, home health, xrays, other outpatient treatments.

Part D: This covers drugs you get at the pharmacy.

Part C: Never mind. It is a special selection for HMOs to combine A B and D coverage into one plan benefit.

DMV Placards or Plates

If you are having difficulty walking from the parking lot to the store, talk to your doctor or social worker at the dialysis unit about completing the REG 195 form which is an application signed by your doctor verifying a medical condition that limits your mobility. We have the forms on hand, or you can find them at dmv.ca.gov

Copays for Medications

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.





SOCIAL WORK NEWSLETTER

February 2016

American Kidney Fund

Hopefully you have seen the notice posted that the Safety Net program is open again for applications. This is a fund for patients who struggle to pay for automobile gas, medication copays, travel copays, and medical equipment. They offer \$100 max grant per patient, per year. Receipts within the past 3 months must be provided for this grant. Another grant from AKF is the HIPP (Health Insurance Premium Program) Which assists patients who are struggling to pay for their insurance premium (Excludes Medicare deducted from Social Security Check).

FREE Home Repairs

If you are a home owner with low income, there are grants that are offered through some cities for improvements and repairs. They offer free grants to those who qualify.

VICTORVILLE: Senior and Disabled Home Repair Program. Liliana Collins Economic Development Department (760) 243-6312.

HESPERIA: Community Development Block Grant. Contact Jennifer Shove (760) 947-1900.

APPLE VALLEY: Senior Home Repair Program. 760 240-7000.

If you live in another area, contact your local city to see what home repair programs are available.

Community Action Partnership of San Bernardino

A comprehensive program to help low income persons in need. They have a weatherization program, food donations, and utility/rental assistance. Contact their office at (909) 723-1500

Activities on Dialysis

We encourage you to bring activities to do while on dialysis to keep the time from feeling overwhelming. We also have books on tape, word searches, books to read, and other activities. Feel free to bring your laptop or phones to connect with our wireless network. Many people also bring portable DVD players to watch their favorite movies or a magazine that interests you. Staying on treatment for your entire prescribed time will eliminate more toxins, remove excess fluid and statistically will make you live longer!

Vocational Rehabilitation

If you are interested in returning to work but do not have the job skills or your health interferes with working, then Vocational Rehab. May be the option for you! It retrains, teaches skills in managing disabilities in the workplace, pays for schooling or trade school. Contact your Local Vocational Rehabilitation office and fill out an application to begin services: (760) 243-6024 (Voice) (760) 245-4127 (TTY) 15415 W. Sand Street - Second Floor in Victorville.

Humor



I really feel that you should start dialysis immediately!