



SOCIAL WORK NEWSLETTER

May 2016

Yard Sale for Kidney Disease

High Desert Kidney Hope is having a yard sale fundraiser on May 6 and 7. 8 am. to 1 pm. Held in Apple Valley at 12860 Yorkshire Dr. Lots of great deals on an array of items. Donations will also be accepted and are tax deductible. Contact David Baptist social worker for more information.

Utility Discounts

Multiple Discounts are available, not all are income based. If you are on dialysis, you qualify for Medical Baseline which allows more inexpensive utility usage. Also, income based discounts include the CARE program and weatherization program. HEAP program will pay for a utility bill per year call (800) 510-2020 and ask about HEAP.

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.

Stay Active

Exercise is a key ingredient in mental and physical health. Do what you can for activity. Whether it is arm lifts, leg lifts, curls, standing and balancing or running. Whatever you can physically do will improve your outcomes. Physical exercise improves mood, sleep regularity, appetite and physical independence. Ask your doctor what exercise you can do today.

Health Insurance Premium Payment

The American Kidney Fund has a grant to assist patients in paying for health insurance. Eligibility for this program includes:

- 1) Premium is not automatically deducted from your social security.
- 2) After your basic bills are paid, you have less than \$500 left over.
- 3) You have no liquid assets over \$3000 that could be used to pay the premium.

Please talk to your social worker if you meet these three requirements to apply for this program.

Travelling on Dialysis

If you are travelling out of area, please notify your social worker as soon as possible to arrange dialysis while you are travelling. Social Workers need at minimum 2 weeks of notice, prefer a 1 month notice or longer. The more notice given, the more likely that travel arrangements can be made in time for your travel. Be aware that if your secondary insurance is Medi-Cal, IEHP or Molina then you will have a 20% copay for any treatments outside of California.

Incontinence and Wound Supplies

If you or a loved one requires briefs, pads, gauze, or other supplies they may be covered by your insurance. Go to www.shieldhealthcare.com or call 1-800-765-8775 to see if the supplies are covered.



Would you like to work, but thought you would lose your disability or SSI benefits?

Social Security's work incentives and ***Ticket to Work programs*** can help you if you are interested in working. Special rules now allow you to work temporarily without losing your monthly Social Security disability or Supplemental Security Income (SSI) benefits. **A nine month trial period allows you to test your ability to work without any risks to your benefits. You can get full disability payments during this period no matter how much you earn.**

After this nine-month trial period, you can work an additional three years risk free and still receive benefits for any month in which your earnings do not exceed certain limits:

- \$1,740 for blind individuals; or
- \$1,040 if you are not blind.

Additional incentives to help you succeed back in the work force include:

- Continued Medicare or Medicaid while you are working; and
- Help with education, training and rehabilitation to start a new line of work.

For more information you can call toll free 1-800-772-1213 or visit their website at

www.socialsecurity.gov/work.

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. 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.

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.

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

Humor

