



# *SOCIAL WORK NEWSLETTER*

## *APRIL 2017*

### **Introducing Our New Social Worker**

We are pleased to announce our new social worker Kelly Trejo who is working in Barstow!! She is an excellent addition to our support team. She also is the primary author for this months newsletter! Thank you Kelly! Who is your social worker?

David Baptist, LCSW: Victorville MWF  
Marcia Cantave, MSW: Victorville TTS  
Susan Cole, LCSW: Amethyst  
Kelly Trejo, MSW: Barstow

### **Yard Sale for Kidney Disease**

Next month on Friday May 19th and Saturday May 20th, High Desert Kidney Hope is hosting a huge yard sale. If you wish to donate items to High Desert Kidney Hope, 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. Money raised goes to help individuals with kidney disease struggling with basic needs.

### **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.

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. Counseling is covered by every insurance company for a reason. Talk to your social worker on how to start.

### **Quit Smoking-Insurance Covers it!**

For Medi-Cal members, Health Net offers individual, group, and telephone counseling for members of any age who want to quit using tobacco without any cost to members. Members may choose a counseling method and have at least four counseling sessions of **at least 10 mins for two separate quit attempts each year.** California Smokers' Helpline 1800-No-Butts / 1800-662-8887). Health Net also offers coverage for FDA-approved medications, without prior authorization for adults of any age. Bupropion SR, Nictoine Gum, Nicotine Inhaler, Nicotine Lozenge, Nicotine Nasal Spray, Nicotine Patch, Varenicline.

\*Ask your social worker for information on tobacco cessation programs with your insurance\*

### **Attend Your Care Conference Meeting**

Your team of care providers meets periodically to discuss how you are doing on dialysis and make suggestions/changes in your care. It is important that you are a part of that. These meetings are held when you first start, 90 days later then yearly after that. Your social worker will notify you when your meeting is coming.

### **Book Resource: New to Dialysis?**

Ask your social worker for a transition book provided by the National Kidney Foundation or read it online here:  
[https://www.kidney.org/sites/default/files/docs/11-10-0307\\_dialysistransitionbk2oct07\\_lr\\_bm.pdf](https://www.kidney.org/sites/default/files/docs/11-10-0307_dialysistransitionbk2oct07_lr_bm.pdf)



# SOCIAL WORK NEWSLETTER

## APRIL 2017

### **Important Reminder**

As you may have heard, electricity in Barstow was out for nearly 3 days the end of March. We attempted to call all our dialysis patients, but many phone numbers and addresses were incorrect. Another reason you have to keep your dialysis unit updated. Update your contact information today! Let your social worker know or see Ms. Ruby in Barstow on your way in/out.

### **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.

### **Pay Less for Your Medicine**

Most brand name medications have copay assistance programs. Check on their website and start saving money. Especially if you have commercial insurance (insurance through employer or retirement plan) There are copay cards for your brand name medications.

### **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](http://www.hacsb.com) or talk with your social worker about how to apply.

### **2-1-1 Resource**

Dial 2-1-1 on your phone. A free directory for community resources in San Bernardino County! Call and connect with a live representative who will assist you.

### **Video Resource: Fixing Paco**

An innovative telenovela style webseries that provides information on kidney transplantation. Can be viewed at [www.FixingPaco.org](http://www.FixingPaco.org) or [www.ComponiendoaPaco.org](http://www.ComponiendoaPaco.org).

### **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
- 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.

### **Humor**



It's bloodwork day, Bob.  
Gotta take some blood!