



SOCIAL WORK NEWSLETTER

August 2017

Getting the Most out of SSI

For persons receiving SSI, there are 2 levels of payment.

- 1) If your shelter and basic needs are provided you receive approximately \$660 per month.

Some people when first applying were in this situation and their SSI payment remains there.

- 2) If you pay an equal share (Rent+ Utilities divided by # of adults) Then you are entitled to 860 per month.

If your situation has changed from #1 to #2 then make an appointment at Social Security and bring in proof that you are paying your share of the bills in order to increase your SSI payment.

Activities on Dialysis

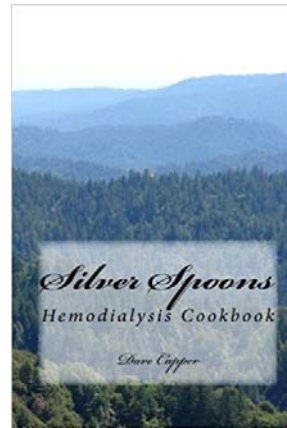
We encourage you to bring activities to do while on dialysis to keep the time from feeling overwhelming. We also have books on tape, word searches, books to read, and other activities. Feel free to bring your laptop or phones to connect with our wireless network. Many people also bring portable DVD players 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!

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 about community resources and grants available!

Dialysis Cookbook

Silver Spoons Hemodialysis Cookbook by Dave Capper- helpful resources and recipes for people on dialysis. Contains dialysis-diet friendly foods, cooking tips, and recipes from appetizers and hors d'oeuvres to beverages and desserts!



Update Phone Number and Address

Please keep your dialysis center updated with new phone numbers and addresses. Also if there are any changes in your emergency contacts or their phone numbers. We have repeatedly had difficulty reaching people who have not given update information. This is important in the event of chair time/schedule changes, emergency events, transportation, and transplant requests.

Travelling or Moving

In general it takes nearly 3 weeks to arrange dialysis at another unit. If you are moving or travelling to another area, please notify your social workers so that they have enough time to arrange your dialysis there. Requests made with less than 2 weeks notice may result in dialysis not being arranged. So, please give advance notice.



Having Trouble Sleeping?

Good sleep hygiene can help those struggling with insomnia and interrupted sleep. As we know, sleep is critical to feeling alert, focused and energetic. It is key to a healthy mind and body. Here are some tips to keep you getting the best sleep possible:

Do:

1. Go to bed at the same time each day.
2. Get up from bed at the same time each day.
3. Get regular exercise each day, preferably in the morning. There is good evidence that regular exercise improves restful sleep.
4. Get regular exposure to outdoor or bright lights, especially in the late afternoon.
5. Keep the temperature in your bedroom comfortable.
6. Keep the bedroom quiet when sleeping.
7. Keep the bedroom dark enough to facilitate sleep.
8. Use your bed only for sleep (and sexual activity). This will help you train your mind that bed=sleep.
9. Establish a regular, relaxing bedtime routine. Relaxing rituals prior to bedtime like: a warm bath or shower, reading, or listening to soothing music.
10. Use a relaxation exercise just before going to sleep or use relaxing imagery.
11. Keep your feet and hands warm. Wear warm socks to bed.
12. Designate another time to write down problems & possible solutions in the late afternoon or early evening, not close to bedtime. Do not dwell on any one thought or idea. Write it down and come back to it in the morning.

Don't:

1. Exercise just before going to bed.
2. Engage in stimulating activity just before bed, like playing a competitive game, watching an exciting movie, etc.
3. Have caffeine in the evening (coffee, many teas, chocolate, sodas, etc.)
4. Read or watch television in bed.
5. Use alcohol to help you sleep.
6. Go to bed too hungry or too full.
7. Take another person's sleeping pills.
8. Take over-the-counter sleeping pills, without your doctor's knowledge.
9. Take daytime naps. If you must, only 20 minutes 8 hrs. before bedtime.
10. Command yourself to go to sleep. This only makes your mind and body more alert.
11. Watch the clock or count minutes; this usually causes more anxiety.
12. Lie in bed awake for more than 20-30 minutes. Instead, get up, go to a different room off the bed and engage in relaxing activity until tired. Return to bed, if still lying awake then repeat.
13. Try too hard to sleep, thinking about it keeps it from happening.
14. Change your daytime routine the next day if you didn't sleep well.
15. Never increase caffeine use the next day, this can keep you up again the following night.

