



SOCIAL WORK NEWSLETTER

December 2017

Christmas Food

Barstow Christmas Dinner. Home Delivered. Barstow Senior Center 555 Melissa Ave. in Barstow. Register between 12/1 and 12/21. (760)256-5023.

Holiday Events

Adelanto Family Fun Saturday 12/09/17 at 10 am. Corner of Seneca and Aster in Adelanto. (Santa will visit).

Caremore Insurance in Barstow **January 2018**

For people with Medicare part A and B, Caremore is an HMO with a specialty for people on dialysis. This plan provides drug coverage and pays for 100% of dialysis treatments. You also get a free gym membership to Nifty Fifty on Bear Valley Rd. To get more information or to join call Adam at 760 490-1628.

Travelling for the Holidays?

If you are planning on making a trip to another area for vacation or other necessary ventures, please notify your social workers. With some insurances it can take up to 3 or 4 weeks to receive an authorization. Please give 1 month notice before traveling to allow us enough time to setup all necessary arrangements.

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.

AKF Safety Net Grant

The AKF's Safety Net Grant is open. They are accepting applications. This is \$100 per year per patient who is income qualified for reimbursements on medications, DME or travel expenses.

The AKF grant for Health Insurance Premium Payment (HIPP) is still active. If you pay out of pocket for health insurance, talk to your social worker to see if you may qualify for this grant to pay your premiums.

Renal Support Network

HOPEline Peer Support Phone Line
(800) 579-1970

Log onto www.rsnhope.org for events, online support and coffee chats for dialysis patients. Don't suffer through this alone, reach out and connect.

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.

Need a Resource Call 2-1-1

If you are in need of food, clothes, utility help, transportation, or other necessities in life. Call from any telephone 2-1-1 for San Bernardino County resource center.



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.

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.

Audio Books for Visually Impaired

The Braille Institute has provided Desert Cities Dialysis with audio book players and about 40 books. Feel free to ask for an audio book and player to listen to while at dialysis. If you are interested in having audio books and a player at your home you can call 1-800-808-2555 and request one.

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

