



# *SOCIAL WORK NEWSLETTER*

*February 2017*

## **VETERANS Bus Victorville to Loma**

### **Linda**

Beginning January 9<sup>th</sup> 2017 Veterans in the Victorville area have free bus service with the Veterans Express System. V.E.T.S. pickup/drop off is Behind Costco on Lorene Drive at the Victor Valley Transit Authorities transfer point. This is a free round trip to the Loma Linda VA. Bus departs 7:50am and arrives in Loma Linda at 9:15am. For the return trip the bus departs Loma Linda VA at 3pm and arrives back in Victorville at 4:50pm. VETERANS MUST RESERVE a seat by calling 1-800-741-8387 extension 6475 to reserve a seat on the bus. Call at least 24hours in advance for the bus.

## **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.

IEHP: (877) 761-6248

Molina: (844) 292-2688

ADA bus riders call (760) 244-4000 to arrange transport.

## **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](http://dmv.ca.gov). You can take the completed form to the DMV for a placard or mail it in to receive one in about 6-8weeks.

## **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.

## **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.

## **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)  
15415 W. Sand Street - Second Floor  
in Victorville.

## **Renal Support Network**

HOPEline Peer Support Phone Line

(800) 579-1970

Don't suffer through this alone, reach out and connect.



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### 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.

### CARE Low Income Utility 20% Discount

#### CARE PROGRAM INCOME LIMITS

| Number of People in Household | Total Gross Annual Household Income* |
|-------------------------------|--------------------------------------|
| 1-2                           | \$32,040 or less                     |
| 3                             | \$40,320 or less                     |
| 4                             | \$48,600 or less                     |
| 5                             | \$56,880 or less                     |
| 6                             | \$65,160 or less                     |
| 7                             | \$73,460 or less                     |
| 8                             | \$81,780 or less                     |

If your income is in this range, call the numbers below to sign up for the CARE program with your Electricity and Gas. So. Cal. Edison (800) 950-2356  
SW Gas (877) 860-6020

### Caregivers of Persons with Stroke/Dementia/Parkinson's/TBI

If you are a family member who cares for someone with a brain disease, there is help available. The Inland Caregiver Resource Center (800) 675-6694 provides support, respite, resources and education. They have conferences for caregivers and can provide someone to come and stay while you get away for a bit. Contact them today, caring for a loved one with brain impairment can be overwhelming. There is help out there.

### Why Should I Get a Fistula?

While the prospect of getting stuck with needles may seem dreadful, there are many reasons why Fistulas (AVF) and Grafts (AVG) are better for you:

- 1) Less Infection risk. Fistulas and grafts are shown statistically to have MUCH less rates of infection.
- 2) Able to go in the water. You can shower, bathe, swim, and play in the ocean without the high infection risks of a catheter.
- 3) Less Medical Procedures. Catheters on average must be replaced every 3 months. A well placed graft or fistula can last a lifetime.
- 4) Less Toxins in your system. Fistulas and Grafts have better access to your blood stream and allow much more toxins to be taken out in a given time frame.
- 5) Overall better health. Persons overall report an easier dialysis treatment, more energy and less hospitalizations.

So, if the idea of a fistula or graft is scaring you please look at the benefits of having one. Overall, it will be a healthier you in the long run.

### Humor

#### HEMODIALYSIS BELT FOR THE THIRSTY



Lori Janes-Hartwell