



SOCIAL WORK NEWSLETTER

JUNE 2017

RMS Healthcare Surveys

Desert Cities Dialysis had contracted with RMS Healthcare to conduct surveys for quality improvement. Please return calls and/or mailings to help us continually make Desert Cities Dialysis the best it can be. We need your honest input!! Please respond to our surveys. As always, your responses will be anonymous. This third party surveying service does not include any names with the results of the survey.

Travelling for the Summer?

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.

We encourage you to travel and experience events and vacations with your loved ones, please talk to us about how the process works so you can begin your next adventure.

Dental Expenses

As we all know, dental work can be quite costly. Luckily there are some programs out there to assist with the costs of dentistry.

1. Low income dentistry call (909) 792-9430 for dentist Dr. Song. Talk to Lessette.
2. SAC low income dental program (909) 382-7120.
3. Medi-Cal now has dental coverage, see your social worker about dentist in the area that accept Medi-Cal.

Write To Help Others and Possibly Win Money

Renal Support Network Essay Contest. Find details at:

<http://www.rsnhope.org/essay-contest/contest-rules/>

First Prize: \$500

Second Prize: \$300

Third Prize: \$100

Compose an essay of no more than 750 words on the following topic: "What Do You Know Now About Chronic Kidney Disease That You Wish You'd Known When You Were Diagnosed?"

Include with your essay a separate page with your complete name, address, and phone number, as well as your email address if applicable. *Must be TYPED* All entries must be postmarked or received by 12:00 PM (ET) on August 10, 2017. Entries can also be faxed to 818-244-9540 or emailed to essay@rsnhope.org.

Low Income Housing/Section 8

Section 8 housing is now being called "housing voucher program" and the waiting list is closed throughout California due to the high demand for low income flexible housing.

However, there are other low income housing opportunities through the Housing authority of San Bernardino. Depending on whether you are a senior, a veteran, desired area and household size they are accepting applications in Barstow, Victorville, San Bernardino, Colton, Grand Terrace and some other surrounding communities. Please talk to your social worker if you are interested in submitting an application.





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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.

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

Copays for Medications

For those who received Renvela medication assistance, it is time for refills, please check in with your social workers when you are 3-4 weeks from running out. 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.

Feeling Bored on Dialysis?

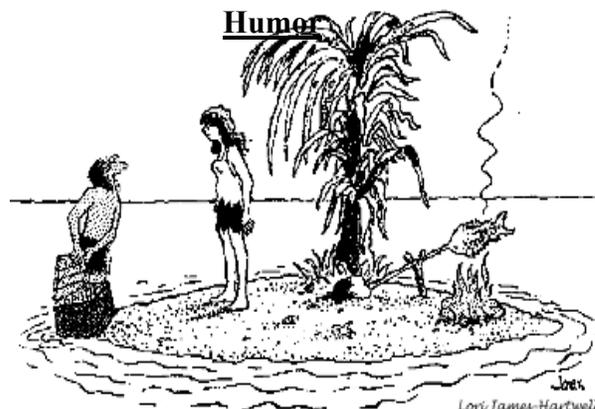
There are books on tape available in the nursing station, and more can be ordered. Look through the selection available and talk to the social workers if there is a book you would like to listen to on the player. Also, word games, magazines and newsletters are available to read. Consider keeping your mind active and engaged for a healthier you.

High Fall Risk? Nervous About Being Home Alone?

Medical Alert systems are a useful tool in calling for help. You wear a pendant as a watch or a necklace and in the event you have an emergency or need assistance you simply press a button. Most recently, Lifeline has developed a fall detector embedded in the pendant so if you were to pass out or lose consciousness and fall down, it would auto alert. This is highly recommended for anyone who is alone for an hour or more daily. Lifeline services can be reached at 800 543-3546. Or many other alert services are available.

Home Dialysis

Home dialysis, whether it is peritoneal dialysis or home hemodialysis, offers many benefits. There is more travel freedom, less diet and fluid restrictions. It offers the comfort of your own home on your schedule. It provides more regular dialysis with typically less pull which for the average patient means they have more energy consistently and less fluid and toxins being carried. Talk with your nephrologist to see if home dialysis is a good option for you.



Thank God! WATER! Now I know how a dialysis patient feels.