



SOCIAL WORK NEWSLETTER

November 2017

Thanksgiving Holiday Meals

The Salvation Army at James Woody Center 13467 Navajo Rd. **Apple Valley** CA 92308. Thursday November 23 from 11am-1:30pm (760)245-2545

Barstow Senior Center. 555 Melissa Ave. **Barstow**, CA 92311 Thursday November 23 at 1pm-3pm. Home delivery is available (760) 256-5023.

Salvation Army. 14585 La Paz Dr. **Victorville**. Thursday November 23 11am-1:30pm (760) 245-2545.

Victor Valley Rescue Mission Victor Valley High School. 16500 Mojave Dr. **Victorville**. **TUESDAY** November 21 12pm (760) 955-5958.

Thanksgiving Food Baskets

Victor Valley Rescue Mission. 15572 7th St. Victorville. 760 955-5958. **MUST BE REGISTERED. REGISTER Friday 11/10 from 10am-1pm.**

Food basket. Barstow Desert Sanctuary. 703 E. Main St. Barstow. 760 256-3733. **Barstow** Individuals or families. **MUST CALL/REGISTER FIRST.**

Renal Support Network

HOPEline Peer Support Phone Line

(800) 579-1970

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

Incontinence and Wound Supplies

If you or a loved one requires briefs, pads, or other supplies they may be covered by insurance. Go to www.shieldhealthcare.com or call 1-800 765-8775 to see if the supplies are covered.

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. 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.

Utility Discounts

Multiple Discounts are available, not all are income based. If you are on dialysis, you qualify for Medical Baseline which allows more inexpensive utility usage. Also, income based discounts include the CARE program through utility provider. Also HEAP program will pay for a utility bill per year call 800-635-4618 and ask about utility assistance, food and weatherization programs.

Humor



Your potassium is high.



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Learning From Experience- Andy Rooney

I've learned.... That the best classroom in the world is at the feet of an elderly person.

I've learned.... That when you're in love, it shows.

I've learned.... That a person saying to me, 'You've made my day!' makes my day.

I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned.... That being kind is more important than being right.

I've learned.... That you should never say no to a gift from a child.

I've learned.... That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned.... That we should be glad God doesn't give us everything we ask for.

I've learned.... That money doesn't buy class.

I've learned.... That it's those small daily happenings that make life so spectacular.

I've learned.... That under everyone's hard shell is someone who wants to be appreciated & loved.

I've learned.... That to ignore the facts does not change the facts.

I've learned.... That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned.... That love, not time, heals all wounds.

I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned.... That everyone you meet deserves to be greeted with a smile.

I've learned.... That no one is perfect until you fall in love with them.

I've learned.... That life is tough, but I'm tougher.

I've learned.... That opportunities are never lost; someone will take the ones you miss.

I've learned.... That when you harbor bitterness, happiness will dock elsewhere.

I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned.... That a smile is an inexpensive way to improve your looks.

I've learned.... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned.... That the less time I have to work with, the more things I get done.
