



SOCIAL WORK NEWSLETTER

APRIL 2018

Desert Manna in Barstow

Desert Manna in Barstow has a program that assists people with their Edison bill one time per year. The assistance is up to \$100 or \$200 if the person only uses electric and not Gas. The source is through United Way of LA. The bill has to be past due or disconnected. This is on usage and not on security deposits. They can call (760)256-7797 for an appointment and they will need to bring in their electric bill that shows that it is past due or disconnected. In general Desert Manna is a good resource. They do an emergency 3 day shelters. Emergency food bank, \$3 for bag of clothing or free voucher for homeless, Free lunch Mon-Fri 11am-12pm, free dinners Tuesday, Sat, and Sun 5-6pm. They are also a certified Cal-works training site and people can go to them for job training and resume services. They also have Case management services that help people become self-reliant and connect with assistance for education, counseling and housing

Check Out Our Website

Previous issues of the Social work newsletter, upcoming events, information on your health care team and Desert Cities Dialysis unit news. Go to: www.desertcitiesdialysis.com

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.

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.

Grief and Loss

Persons on dialysis are experiencing many losses. Loss of freedom, loss of health, loss of finances, loss of friends, loss of abilities, sometimes loss of intimate relationships and many more.

In addition, sometimes we lose loved ones or important people in our lives. Loss can result in overwhelming sadness or anger.

If you have lost a loved one and are having difficulty coping, there are local support groups for grief and loss. Please talk with your social worker for support locally to be there in your time of need.



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High Desert Domestic Violence

For people in any stage of domestic violence. Call the hotline for services (760) 949-4357. In addition to emergency housing, they also offer:

- 1) Legal Aid in Family Law
- 2) Counseling
- 3) Shelter and Food
- 4) Restraining order services.

Low Income Housing

While the waiting list for the Housing Voucher Program (section 8) is closed, there are low income housing opportunities throughout the inland empire. Also there are many senior (60+) housing availabilities throughout the inland empire. If you are interested in applying for low income housing or senior housing check out the San Bernardino County Housing Authority at www.hacsb.com or talk with your social worker about how to apply.

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 exercise regime. Start slow and gradually work up.

Church Support Groups

High Desert Church has many support groups available:

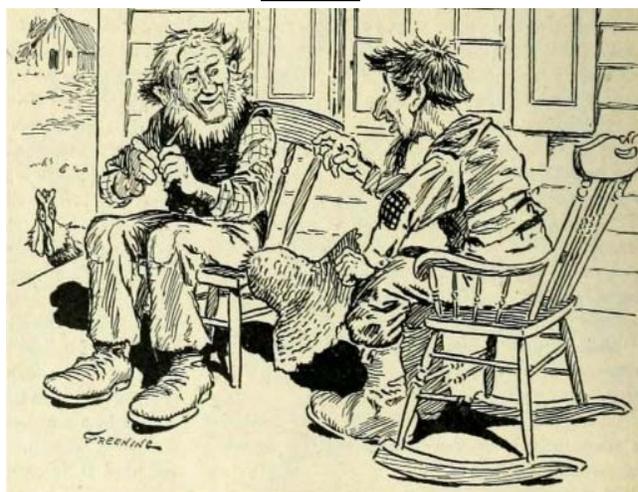
Grief/Loss
Chronic/Terminal illness
Divorce
Anxiety & Depression
Combat Trauma/PTSD
Wives of Combat PTSD
Parents with Special Needs Children
Parents with Children Gay/Transgender
Foster Parent
Infertility
Weight Loss

They also offer recovery groups:

18-35 y/o with drug or alcohol addiction
Adults struggling with addiction
Pornography/Sexual addiction
Spouse of Sex addicts

Contact High Desert Church at:
(760) 245-2415 or their website at:
www.highdesertchurch.com/ministries/c
are

Humor



ZEB -- "WHAT DO YOU MEAN YOU DON'T UNDERSTAND?"
ZED -- "WELL, I THOUGHT DIALYSIS WAS THERAPY FOR PEOPLE ON DIAL-UP INTERNET."