



SOCIAL WORK NEWSLETTER

December 2018

Barstow Christmas Meal

Barstow Christmas Dinner. Barstow Senior Center 555 Melissa Ave. in Barstow. Monday 12/24/18 11am-3pm .

Holiday Events

Adelanto Family Fun Saturday 12/08/18 at 10 am. Corner of Seneca and Aster in Adelanto. (Santa will visit).

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 it can take up to 3 or 4 weeks to setup travel arrangements. Please give 1 month notice before traveling to allow us enough time to setup all necessary arrangements.

AKF Safety Net Grant

The AKF's Safety Net Grant is still closed at this time. We will notify when it is open again.

Renal Support Network

HOPEline Peer Support Phone Line

(800) 579-1970

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

RMS Healthcare SURVEYS

Desert Cities Dialysis had contracted with RMS Healthcare to conduct ANONYMOUS 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 and complete the survey..** This third party surveying service does not include any names with the results of the survey.

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.

Hospice

For people approaching the end of life, hospice is a program that prepares an individual and the family for that upcoming event. It provides medical, psychological, social and spiritual support. This is an option a doctor must refer you to. It does result in major insurance and coverage changes. If you are thinking of hospice, are joining, or have joined hospice. Please talk with your social worker immediately.

Humor



I don't care what day it is.
Four hours is four hours.



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Self care is how you take your power back.

- Lalah Delia

Going to dialysis three times a week and constantly having to visit different doctors often brings on a flood of anxiety and feelings of depression. This disease has a way of taking over your life. – Angela Davis

REALISTIC Prepare “Nice To Do for Me” and “Need To Do for You” lists. This can ensure you take time for yourself, and put limits on ‘doing for others’ during this stressful time. **POSSIBLE**

If you notice you’re feeling

- Anxious, hopeless, apathetic, guilty, sad FOR NO REASON

Or have these behaviors

- Excessive crying, are irritable or agitated, or isolate self FOR NO REASON

You need to take action

The stress and disruption of the holiday season, along with the inevitable emotional ups and down that come with visits from family, special events, and gift-giving can add up to a stressful and challenging time for you.



What To Do

You never need to do it alone! Reach out:

- Your Health Care Team
- Your Caregiver
- Your ‘significant other’
- Religious leader or Pastor
- Trusted friend or family member
- Suicide Helpline 800-273-8255
- Emergency response by calling 911



Keep telling people until someone listens to you and helps you.

THIS CAN SAVE YOUR LIFE

Coping with Depression as a Kidney Patient by Angela L Davis, published 4/13/16 accessed 11/1/18 at <http://www.kidneyfund.org/kidney-today/coping-with-depression-as-a-dialysis-patient.html>