



# *SOCIAL WORK NEWSLETTER*

## *JUNE 2018*

### **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 the 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.

### **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

### **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)

### **Eyeglasses Through Lions**

Friends in Sight, the Lion's club nonprofit outreach to help those who lack coverage and funds to afford eyeglasses and exams have clinics every month where they complete an exam and issue vouchers for eyeglasses. Check out the site for upcoming clinics:

[http://www.californialionsfriendsinsight.org/upcoming\\_screenings\\_2018.html](http://www.californialionsfriendsinsight.org/upcoming_screenings_2018.html)

They are coming to Apple Valley August 18<sup>th</sup> at 8am. Go to the James Woody community center, be prepared to wait in line.

### **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.





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### **Have a Driver but Unable to Pay Them?**

VVTA has a program for transportation reimbursement. The program TRIP is a member driven, flexible program that allows for family or friends to transport while getting reimbursed for their mileage. To qualify, you must be disabled and live in a rural part of San Bernardino County. Call Barbara Miller at VVTA for more information: 760 995-3561.

### **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.

### **Update Phone Number and Address**

Please keep your dialysis center updated with new phone numbers and addresses. Also if there are any changes in your emergency contacts or their phone numbers. We have repeatedly had difficulty reaching people who have not given update information. This is important in the event of chair time/schedule changes, emergency events, transportation, and transplant requests.

### **Renal Support Network**

HOPEline Peer Support Phone Line

(800) 579-1970

Log onto [www.rsnhope.org](http://www.rsnhope.org) for events, online support and coffee chats for dialysis patients. Don't suffer through this alone, reach out and connect.

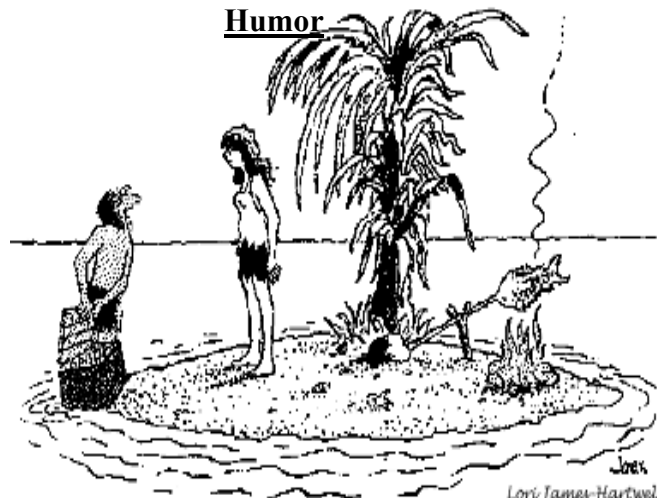
### **Safety Net Grants**

American Kidney Fund is still accepting grant applications. Their grant is to assist patients with dialysis related expenses. Limit of \$100 per year per patient. Talk to your social worker about applying for assistance paying for medications, transportation, or other health related expenses. For those who have applied already, there is a delay in processing.

### **Please Do Not Go Hungry**

There are many food banks, food distributions, and emergency services available. Your social workers have more information, please ask them.

### **Humor**



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