



# *SOCIAL WORK NEWSLETTER*

*November 2018*

## **Renal Support Network**

For many, the holidays can be a lonely time, reach out and connect.

HOPEline Peer Support Phone Line

(800) 579-1970

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

## **Conveniently Me Food and Shelter**

Conveniently Me is a nonprofit organization based in Hesperia that offers help finding temporary shelter, providing emergency food and youth activities. To contact them you can walk in, call or email:

17096 Sequoia Ave 117

Hesperia, California 92395

Phone 833-446-6371

[direct\\_info@convenientlyme.org](mailto:direct_info@convenientlyme.org)

## **Family Assistance Program (FAP)**

FAP offers assistance with those who need restraining orders, emergency domestic violence shelter, support groups, relationship building classes, anger management, and parenting. They also do individual and family counseling to anyone at no cost. They have tutoring, a computer lab, snacks, and free Wi-Fi at their youth drop-in center.

16857 C St.

Victorville, California 92395

Phone 833-446-6371

[www.familyassist.org](http://www.familyassist.org)

24hour Domestic Violence

Hotline:(760)949-4357

## **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](http://www.shieldhealthcare.com) or call 1-800-765-8775 to see if the supplies are covered.

## **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 and complete the survey.** 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 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.

## **Safety Net Grant Closed**

Safety Net Grant is now closed, even for those who received the \$100 grant last year, applications are not being accepted at this time.



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## **Dialysis Resources**

For those starting dialysis or those interested in resources, please talk to your social worker. There are some key points about dialysis that may change your previous disabled status:

- 1) ESRD (end stage renal disease) is an automatic disability with social security. You may qualify for income from social security and Medicare part A and B even if you are under 65 and you weren't considered disabled before now.
- 2) You now have a life threatening illness and can receive utility discounts from Southern California Edison and Southwest Gas. This is called "Medical Baseline" it is specifically for people with life threatening illnesses. This discount IS NOT INCOME BASED.
- 3) DMV placard applications can be completed by your doctor if you are finding ambulation in and out of buildings difficult for any reason. Talk to your social worker.

## **Caregivers of Persons with Stroke/Dementia/Parkinsons/TBI**

If you are a family member who cares for someone with a brain disease, there is help available. The Inland Caregiver Resource Center(800) 675-6694 provides support, respite, resources and education. They have conferences for caregivers and can provide someone to come and stay while you get away for a bit. Contact them today, caring for a loved one with brain impairment can be overwhelming. There is help out there.

## **If You Must Miss A Treatment**

Missing treatments statistically shortens life expectancy, please do your best to never miss treatment. However, if you must miss, check to see if there is a makeup session available later in the day or the next day. Going several days without dialysis significantly increases chances of stroke or heart attack. Do your best to make your treatments, and remember if you can't make it then please reschedule.

## **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.

## **Stay Active**

Exercise is a key ingredient in mental and physical health. Do what you can for activity. Whether it is arm lifts, leg lifts, curls, standing and balancing or running. Whatever you can physically do will improve your outcomes. Physical exercise improves mood, sleep regularity, appetite and physical independence. Ask your doctor what exercise you can do today.

## **Humor**

**Dialysis patients do it 3 times a week.**

