



# *SOCIAL WORK NEWSLETTER*

*November 2019*

## **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.

## **Critical Updates Needed**

Things you must tell your dialysis center as soon as possible:

- 1) If you signed up for Hospice.
- 2) If you change insurances.
- 3) If you move/address change.
- 4) A new phone number.

We need this information to be updated at all times. If we have an emergency, if something changes in your schedule, if you are called for a transplant, etc.

## **Dialysis Patient and Also a Caregiver Support Group Monthly**

Every 2<sup>nd</sup> Monday at 6pm each month there are 2 groups held. One is for people on dialysis and the second is for caregivers of people on dialysis. It is held at 11883 Amethyst Rd. in Victorville on the 2<sup>nd</sup> Floor. Elevators are handicap accessible. For questions call Susan at (760) 998-2060.

## **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

## **Holiday Toys and Meals**

Holiday resources and toy giveaways are just starting the beginning of November. The Salvation Army has free toys in Barstow (760) 957-7945 and Victorville (760) 245-5745 areas but you must register early this month! Victor Valley Rescue Mission has a free toy giveaway but you must register, call (760) 955-5958. Toys for Tots is a free toy giveaway that parents must register at [www.toysfortots.org](http://www.toysfortots.org) by the end of November. The holiday list for Thanksgiving and Christmas meals will soon be released. Please check your bulletin boards to see how to register for Thanksgiving baskets/meals and Christmas baskets/meals.

## **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 early to get it started.

## **Meals on Wheels**

The Victorville Meals on wheels was closed several years ago. Currently Barstow senior nutrition offers home delivered meals to seniors 65+ who are homebound. Be aware they have a 1 year waiting list; however, they are expecting more funding to eliminate the waiting list. You can get on the waiting list by calling them at: (760) 256-5023.





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### **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

### **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 reschedule.

### **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.

### **Schedule Changes for the Holidays**

Keep your eye out for the new schedule for Thanksgiving, Christmas, and New Years. Here is the brief version:

Thanksgiving Week: Closed Thursday  
Thanksgiving Day 11/29/2019.

**If you usually come Monday**

**Wednesday Friday:** You will come Sunday 11/24, Tuesday 11/26 and Friday 11/30.

**If you usually come Tuesday**

**Thursday, Saturday:** You will come Monday 11/25, Wednesday 11/27 and Saturday 11/31.

For both Christmas and New Years we are closed those Wednesdays. MWF instead will come Sun, Tue, Fri  
TTS instead will come Mon Thu, Fri.

### **Humor**

