



# *SOCIAL WORK NEWSLETTER*

## *December 2019*

### **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.

### **No Support Group This Month**

Our usual support group that is held the 2<sup>nd</sup> Monday of the month at our Amethyst unit is cancelled for the Month of December.

### **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.

### **LLUMC Transplant Has Expanded Criteria**

Loma Linda has recently announced an increase in BMI allowance to start workup. You can now have a BMI of 42 or lower, whereas previously it was 35. Also, you no longer are required to have a social security card to be seen at Loma Linda Transplant Institute. Lastly, as long as you do not have emergency Medi-Cal, your immigration status is not an issue. You do not have to be a citizen or even a documented immigrant.

### **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.

### **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.

### **Ticket to Work Through Social Security**

You can work without losing benefits! In a total of 60 months, out of that time they allow you to make a "live-able wage" for 9 months without penalty to your SSDI. You will not lose your income or Medical benefits. Be Aware that if you are on SSI, it will directly impact your monthly check but you can still keep benefits while working.

### **Community Action Partnership of San Bernardino**

A comprehensive program to help low income persons in need. They have a weatherization program, food donations, and utility/rental assistance. Contact their office at (909) 723-1500.





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### CARE Low Income Utility 20% Discount

Number of People in Household	Total Gross Annual Household Income*
1-2	\$32,920 or less
3	\$41,560 or less
4	\$50,200 or less
5	\$58,840 or less
6	\$67,480 or less
7	\$76,120 or less
8	\$84,760 or less

If your income is in this range, call the numbers below to sign up for the CARE program with your Electricity and Gas. So. Cal. Edison (800) 950-2356  
SW Gas (877) 860-6020

### 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)

### 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.

### Vocational Rehabilitation

If you are interested in returning to work but do not have the job skills or your health interferes with working, then Vocational Rehabilitation is the program for you! It retrains, teaches skills, provides modifications, and assists in managing disabilities in the workplace, pays for schooling or trade school. Contact your Local Vocational Rehabilitation office and fill out an application to begin services: (760) 243-6024 15415 W. Sand Street - Second Floor in Victorville. *This program is free training, schooling and equipment for disabled persons.*

### 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.

### Humor



"Pee all that you can pee."

DansCartoons.com