

**Check Out Our Website**

Previous issues of the Social work newsletter, upcoming events, information on your health care team and Desert Cities Dialysis unit news. Go to: [www.desertcitiesdialysis.com](http://www.desertcitiesdialysis.com)

**Have Medi-Cal and Need Dental Care?**

Medi-Cal now covers dental care through Denti-Cal. Even if you are signed up with Molina or IEHP you will still use Denti-Cal coverage. Go to <https://www.denti-cal.ca.gov/> and search for a provider near you!

**Incontinence and Wound Supplies**

If you or a loved one requires briefs, pads, gauze, or other supplies they may be covered by your insurance. Go to [www.shieldhealthcare.com](http://www.shieldhealthcare.com) or call 1-800 765-8775 to see if the supplies are covered.

**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.

**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 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.

**FMLA**

This is the Family and Medical Leave Act (FMLA). If you or a loved one must leave work either for medical reasons or to care for a loved one, it offers up to 12 weeks of job protection. Often used in conjunction with California Paid Leave or State Disability. Typically used by family to assist dialysis patients during a time of need. Talk with your social workers for more information.

**Advanced Arrangements**

While almost none of us are comfortable with the idea of being incapacitated or even of dying, unfortunately it is an inevitable part of life. So many times friends and family are caught in a situation where they are not sure of their loved one's wishes. We urge you to spare your friends and loved ones the burden and ensure that your wants are carried out in the event you cannot choose, so:

- 1) Please complete your Advanced Directives
- 2) Please complete your final arrangements.

There are inexpensive, even free ways to prepare as long as it is done in advance! Please talk to your social workers about options for you.



### **Income A Little Too High To Qualify for Medi-Cal?**

Not necessarily!! There are ways to still get Medi-Cal coverage:

- 1) Working Disabled 250% program allows you to make 250% of poverty level as long as you make an “income” of some kind (loosely defined) This can be money from helping neighbors or recycling even.
- 2) Spend down income. The share of cost is **not** how much you would have to spend down to qualify, the amount is much less. Talk to your social workers about how to eliminate your share of cost.

### **Need “Extra Help” Paying for Prescriptions?**

Social Security has a program for people who receive medications through Medicare part D or through Medicare HMOs. This is an income/asset qualified assistance program that assists in getting low cost medications as well as avoiding the “donut-hole” (Prescription drug coverage gap). Income is typically 1400-2000 per month to qualify. Go to ssa.gov to apply online for “extra help”.

### **On Dialysis and Still Paying for Student Loans????**

There is a program with government loans that can release you of student loan debts. By completing the total and permanent discharge paperwork with the help of your physician you can say goodbye to those debts. Not all loans have this discharge options, but most do. Talk to your social worker for help finding out.

### **More Utility Discounts?**

For the utilities of gas and electric, there is a medical baseline allowance discount for people with life threatening illnesses or using equipment to sustain life. Each person on dialysis has a life threatening illness. Talk to your social worker about completing your forms to get the baseline discount.

### **Transplant Donor Does Not Match?**

While it used to be imperative that your donor was a match it is not any longer. Now they have **Paired Donations**: Paired donations start when someone who needs a kidney has a person who is willing to donate one, but their body chemistry prevents a good match. Those two people, donor and recipient, are then placed on a list together. They will then be matched with two other people in the same position. A person can receive a kidney from the paired system only if he or she has a partner who in turn is willing to donate a kidney. Find out more here:  
<http://paireddonation.org/need-a-kidney/>.

### **Humor**

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