



HERITAGE People



ISSUE 10 | Qtr 1 2023



senior **living** | 03

CALENDAR | RECIPE | INFO

family **matters** | 09

FITNESS | INFO | TESTIMONIALS

provider **spotlights**

Donald Case, M.D.

Ziad Richard Sawan, M.D.



heritage people

welcome

our mission

To generate better personal and community well being through connecting with people emotionally, with a spirit of excellence, delivering an unexpected experience that reassures and leaves people highly satisfied

We are the High Desert leader in life-changing health programs and high-value benefits. Heritage members enjoy a responsive customer experience, increased patient contact, everyday coordinated care, and Five Star Rated service quality measures.

We cover Southern California's High Desert and Mountain Communities with neighborly doctors and a wide range of specialists. We offer access to the best tertiary hospital care in Southern California.

Our technology delivers faster referrals.
Our streamlined operations deliver better results.
Our comprehensive coordinated care and included services bring peace of mind.

One of our fresh approaches to living your best life is Heritage Lifefit. It's an innovative path to health and wellbeing that considers and includes everything about you. Backed by doctors wanting to listen and brimming with fresh ideas, Lifefit is about loving the way you feel and an everyday way of living you can get excited about.

Both Heritage LifeFit and Heritage Medical Group offer a personal concierge-type service with an eager-to-please local member services team who are committed to delivering well beyond your expectations. Keep reading to learn more about the Heritage Difference!



Why it is important to start good health habits with our Children!

One of the most important things that parents can do for their children is to provide them with a good healthy lifestyle.

But this has become more of a challenge as our lives are more rushed each day. Meals seem to be reduced to microwave foods or drive-thru dinners. And many of these choices are not very healthy. Our kids also consume more sugary drinks and carb-loaded snacks than ever before. And as our kids are more plugged into technology at an even younger age than ever before. These are among the many reasons why our children are more unhealthy and overweight than ever before. More teens and pre-teens are being diagnosed with type 2 diabetes and non-alcoholic fatty liver disease than ever before.

So what can parents do?

We can start by encouraging newborns to be breastfed. They tend to be less sick and less overweight than bottle fed babies. And breast feeding improves the microflora of our gut. This is becoming more important for our body's immune system. Since they stay more healthy, infants who are breastfed do not need antibiotics near as often. One course of antibiotics messes up the gut microflora for several months. After they are weaned, minimizing sugary drinks, processed meats, and sugary desserts help to limit the leaking gut. Introducing our children to a variety of fruits and vegetables not only helps our gut microflora, they also provide important vitamins (like vitamins C & D), antioxidants and other antiviral factors. This has become especially important to build up our immune systems that was affected by the pandemic.

Of course vitamin D needs to be activated by the sun. As our kids spend more time on electronic devices, they are spending far fewer time out in the sun. And staying indoors limits their physical activities. We can counter this by limiting our children's screen time. Parents need to also do this as well. By doing outdoors activities as a family helps to promote family harmony.. And when we are outside in the sun and breathing fresh air, our mood gets better. This can help to counter an increasing trend of anxiety and mood disorders in our children.

It is also important for our children to drink lots of water.

I see many kids drinking lots of sugary drinks. Because of this, their moms say that they will not drink plain water. But sugary drinks do not quench your thirst. And the high fructose corn syrup in these sugary drinks have been proven to be highly addictive to our children. Drinking plenty of water helps us to flush our kidneys.

Lastly, we need to have the proper amount of sleep at night.

We also need to keep our bedrooms free of blue light. When kids have electronic devices in their bedrooms when they should be asleep, they do not sleep as well and start the next day tired. They may be doing games or using social media instead of sleeping. So I suggest that nighttime is a great time to recharge those devices in a different room than their bedrooms. When they sleep well, they will do well.

This is by no means a complete list of items that I can discuss. But I hope this serves as a starting point for parents. I would encourage you to discuss these and other items with your child's pediatrician. We have been trained to promote healthy lifestyles for our children.



Donald Case, M.D.
Pediatrics




**412 S. Sixth Street
Barstow CA 92311
(760) 256-0213**

march february january

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year! WELCOME 2023!!	2 HVVVG IS CLOSED	3 10:00 am Chair Exercise with Cindy @ The Resort (Door 33)	4 11:00 am Bereavement S.G @The Resort (Door 33)	5 2:00 pm Bingo for Gift Cards @The Resort (Door 33)	6 9:00-11:00 am Coffee Club @The Resort (Door 33)	7
8	9 10:00 am Chair Exercise with Cindy @ The Resort (Door 33)	10 10:00 am Jewelry w/ Renee @The Resort (Door 33) 2:00 pm Crochet w/ Cindy @The Resort (Door 33)	11 2:00 pm Healthy Cooking with Cindy @The Resort (Door 33)	12 12:00 pm Medicare lunch & learn @The Resort (Door 33)	13 9:00-11:00 am Coffee Club @The Resort (Door 33)	14
15	16 MARTIN LUTHER KING JR. <i>Day</i> HVVVG IS CLOSED	17 2:00 pm Crafts with Renee @The Resort (Door 33)	18 11:00 am Bereavement S.G @The Resort (Door 33) 2:00 pm Chair Exercise w/ Cindy @ The Resort (Door 33)	19 2:00 pm Gardening w/ Cindy @ The Resort (Door 33)	20 9:00-11:00 am Coffee Club @The Resort (Door 33)	21
22	23 9:00-11:00 am Coffee Club @ The Resort (Door 33)	24 2:00 pm Crochet with Cindy @The Resort (Door 33)	25	26 2:00 pm Chair Exercise with Cindy @ The Resort (Door 33)	27 9:00-11:00 am Coffee Club @The Resort (Door 33)	28
29	30 10:00 am Chair Exercise with Cindy @ The Resort (Door 33)	31 10:00 am Painting with Renee @The Resort (Door 33)	<p>You MUST be signed up to attend any classes @ The Resort. All classes require a RSVP to attend. NO walk-ins!! Activities are open to ALL Senior members & Non senior members unless otherwise specified. MUST BE FULLY VACCINATED (COVID) and MUST SHOW CARD. For more information call: (760) 245-4747 ex. 6724 or 6722.</p>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:00 am Bereavement S.G. @The Resort (Door 33)	2 2:00 pm Bingo for Gift Cards @The Resort (Door 33)	3 9:00-11:00 am Coffee Club @The Resort (Door 33)	4
5	6 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise with Cindy @The Resort (Door 33)	7 2:00 pm Crochet w/Cindy @The Resort (Door 33)	8 2:00 pm Healthy Cooking with Cindy @The Resort (Door 33)	9 12:00 pm Medicare Lunch & Learn @The Resort (Door 33)	10 9:00-11:00 am Coffee Club @The Resort (Door 33)	11 
12 	13 10:00 am Chair Exercise with Cindy @The Resort (Door 33)	14  Senior Valentine's Day 2:00 pm Jewelry w/Renee @The Resort (Door 33)	15 11:00 am Bereavement S.G. @The Resort (Door 33) 2:00 pm Gardening w/Cindy @The Resort (Door 33)	16 10:00 am Crafts w/Renee @The Resort (Door 33)	17 9:00-11:00 am Coffee Club @The Resort (Door 33)	18
19	20 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise with Cindy @The Resort (Door 33)	21 2:00 pm Painting w/Renee @The Resort (Door 33)	22 	23 2:00 pm Members Only Flower Arranging w/Cindy @The Resort (Door 33)	24	25 
26	27 10:00 am Chair Exercise with Cindy @The Resort (Door 33)	28 2:00 pm Crochet w/Cindy @The Resort (Door 33)				WATCH OUT FOR OUR MEMBERS ONLY BUS TRIP TO THE REAGAN LIBRARY IN MARCH!!

You MUST be signed up to attend any classes @ The Resort. All classes require a RSVP to attend, NO walk-ins!! Activities are open to ALL Senior members & Non-senior members unless otherwise specified. MUST BE FULLY VACCINATED (COVID) and MUST SHOW CARD. For more information call: (760) 245-4747 ex. 6724 or 6722.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:00 am Bereavement S.G. @The Resort (Door 33)	2 2:00 pm Bingo @The Resort (Door 33) Members Only Bus Trip sign ups, Reagan Library @The Resort (Door 33)	3 9:00-11:00 am Coffee Club @The Resort (Door 33)	4
5 	6 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise with Cindy @The Resort (Door 33)	7 2:00 pm Jewelry w/ Renee @The Resort (Door 33)	8 2:00 pm Healthy Cooking w/Cindy @The Resort (Door 33)	9 12:00 pm Medicare Lunch & Learn @The Resort (Door 33)	10 9:00-11:00 am Coffee Club @The Resort (Door 33)	11 
12 	13 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	14 10:00 am Crafts w/Renee @The Resort (Door 33) 2:00 pm Crochet w/Cindy @The Resort (Door 33)	15 11:00 am Bereavement S.G. @The Resort (Door 33)	16 Members Only Bus trip to Reagan Library MUST BE COVID VACCINATED bus leaves @ 7:30 am from The Resort (Door 33)	17  9:00-11:00 am Coffee Club @The Resort (Door 33)	18 
19 	20 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise with Cindy @The Resort (Door 33)	21 2:00 pm Painting w/Renee @The Resort (Door 33)	22 	23 2:00 pm Gardening w/Cindy @The Resort (Door 33)	24 9:00-11:00 am Coffee Club @The Resort (Door 33)	25 
26 	27 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	28 2:00 pm Crochet w/Cindy @The Resort (Door 33)	29 	30 2:00 pm Members Only Flower Arranging w/Cindy @The Resort (Door 33)	31 9:00-11:00 am Coffee Club @The Resort (Door 33)	

You MUST be signed up to attend any classes @The Resort. All classes require a RSVP to attend, NO walk-ins!! Activities are open to ALL Senior members & Non senior members unless otherwise specified. MUST BE FULLY VACCINATED (COVID) and MUST SHOW CARD. For more information call: (760) 245-4747 ex. 6724 or 6722.



Hello my senior friends.

It is the start of a brand new year and New Year's resolutions as well as new beginnings for everyone. Why not start your new beginning having fun at the Resort. You can meet new people and try some new activities. We have a new chair exercise class starting in January for our seniors who may not feel like they are ready to do their workouts at the gym. Come and do a slow and easy low stress workout.

I am also happy to announce larger class sizes for our monthly classes beginning in 2023. We will be adding seats to get people off the waiting list and into the classes. As always you are required to sign up ahead of time so we have the correct amount of supplies for every class. If you are a Heritage member, watch our calendars for our quarterly members' only bus trip. These trips are a benefit of membership and only for Heritage members. Our first trip is planned for March so watch the calendars for details.

We hope you all have a happy and healthy start to your new year and we hope to see you all here at the Resort very soon.

Cindy

cooking with **cindy**

CHICKEN PICATA

Ingredients:

- 2 large boneless chicken breasts cut in half length wise
- Salt and pepper
- ½ cup flour
- 2 tablespoons olive or canola oil
- 6 tablespoons butter
- 1 cup low sodium chicken broth
- 3 tablespoons lemon juice
- 4 tablespoons capers, drained

Directions:

Sprinkle both sides of chicken breasts liberally with salt and pepper.

Place flour in shallow dish and dip each chicken breast to coat both sides.

Heat a large skillet with olive oil and 3 tablespoons butter over medium high heat.

When the butter melts, add the chicken.

Brown the chicken on both sides until completely cooked. Remove from skillet.

Add the chicken broth, lemon juice, and capers to the pan and lightly scrape the bottom of the pan to deglaze. Add the remaining 3 tablespoons butter to the pan and allow to melt. Reduce to a simmer and allow to cook until it is slightly thickened.

Return the chicken to the skillet, heat through, and baste in sauce and serve.

2022 Senior Costume Ball

The Heritage Costume Ball was held on October 14, 2022 this year and it was a truly wonderful event. We danced the night away to the great music of "I Heart DJ", had a delicious dinner and snapped some truly awesome prom pictures with our friends and our spooky and beautiful décor as well as some great photos with Beetlejuice. We all danced the night away and then held a raffle where the grand prize was a flat screen television. We also gave away lots of gift cards to businesses all over the high desert and finished by raffling off all our lighted centerpieces. It was a great night with our senior friends, and we can't wait to do it all again next year!







Thrive don't just Survive

As the holidays approach I am more aware of the needed preparations the joy I will share with my family and others and the stresses that come with the holiday hassles. I wish everyone a Merry Christmas, Blessed Chanukah a Fruitful Kwanza and prosperous New Year. Part of staying healthy in this season is recognizing the stressors and enveloping ourselves in the warmth of the joys.

Multicultural families will get to celebrate with abundance. In my family that means we start with Chanukah and keep partying until New Years. Part of self-care is preparation. We do best when we accept that we can't attend every party. Plan in your head what you want to do and then share your ideas with your loved ones. If the trip to grandmas is the most important to you and the New Years party is most important to your spouse. Discuss a plan that respect everyone's needs. Some people decide we'll visit here for this Christmas, and we will travel across country every two years. I'm going pass on this party because I must work the day after the party. If I don't have a designated driver I'm not going.

Diabetics be honest with yourself. You know how many tamales you plan to eat at abuelas. Plan your meals including a consideration of any insulin or oral hypoglycemics you take. Hypertensives you can eat half a ham and collard greens with smoked meat and macaroni and cheese (that sounds good) but how swollen will your legs be the next day? Is that meal worth a trip to the urgent care? Maybe you can plan what is a special treat and be honest about what you should avoid.

As we mature our families are more spread out. Have a truthful conversation with yourself about travel. Is it wise, or safe to have grandma take a long trip? Will you be a gift to friends and family after a long car trip with the kids' spouse and the dog?

We are excited to move around but even before there was Covid Influenza was a common winter friend. Please dress for the weather. I'm wearing a mask around people I suggest other people do too. If you are a Californian going to Chicago, take the right clothes for both environments.travel with enough doses of medicine and your favorite OTC pain meds. Families with small children plan for easy access to clothing changes, snacks and nap time for everyone.

This is a wonderful time of year enjoy it. Take care of yourselves and give yourself the gift of being good to yourself.



Eloise Skelton, M.D.
OB/GYN, MPH, FACOG

500 South 7th Avenue
Suite B & C
Barstow, CA 92311
(760) 256-1777



A Note to my Patients



Ziad Richard Sawan, M.D.
16003 Tuscola Road
Apple Valley, CA 92307
(760) 242-8221

It is widely accepted that life is becoming more difficult and demanding. It has put a strain on families, individuals, and employers. What are we to do in such a difficult changing world?

I believe that it is important to take care of the three human attributes: Mind, Body, and Soul (spiritually). The mind can hurt or improve the body; the body can hurt or improve the mind. The greatest attribute of all three is the “soul”.

When the mind is right it complements the body. One feels alive and embarks on physical activities that are good for the body. Good friends are important. We need to take care of how we think, behave and communicate. For those with mental illness, please see your doctor and find the right medication, so you can enjoy life and not miss out. Your body will thank you.

The same pertains, also to the body. Physical strength, endurance, and appearance will affect how you think and behave. Strengthening the body thru exercise, will keep you strong and physically healthy, despite your medical problems. It is good for one’s cardiovascular, musculoskeletal, and nervous system (including the brain). Strength will prevent falls and medical problems that will wreak havoc on the brain and the body. Exercise is the fountain of youth. One’s weight control and eating right are also paramount.

Then there is the soul, Yes, when one is depressed, injured, and everything seems lost, it is easy for both the mind and body to negatively affect your soul. As doctors, we are taught not to discuss this subject. I believe this is a major error in our education. I believe that in many instances the strength of the soul can override anything in the mind and body, so do not ignore it.

We are all dealt difficult card, as it were, so we all have to find ways to have the best life possible.



bamilly matters



Bigger-Faster-Stronger!!!

These are the 3 most important words for athletes in the high desert. Our BFS program is literally transforming athletes from competitors to champions. Here's a message we received from Coach Kristine Di Mola, head volleyball coach at Excelsior HS. "Good afternoon. Over the summer, Excelsior Varsity Volleyball (girls and boys) were invited to join The FIT House at Heritage with George Mangum and staff. At these trainings, the teams participated in the Bigger Faster Stronger training regimen. These trainings went for eight weeks during the summer, and it was instrumental in providing our program with stronger athletes who could jump higher, hit harder, and last longer throughout their seasons. We are extremely grateful to George and his staff, as well as Heritage and The FIT House for allowing our student-athletes the opportunity to get this training. It had a significant

impact on our programs and their success this season. Our boys took 2nd place in their division overall, and our girls won their very first CIF Championship!!!! The girls are now headed into the state tournament with high hopes of finishing very well. Thank you again for allowing us to be a part of this program, and we would love to continue again next year." BFS is a free program for athletes who are members of Heritage Victor Valley Medical Group, where they do not just receive the best sports performance training around, but have access to their very own "team doc", who is HVVMG's sports medicine doctor Dr. Sourav Das. If you're reading this and want to give your athlete a winning chance in their sport, please consider making The FIT House your training choice. We would love to provide the training and doctor care necessary to prepare your athletes to thrive in their ultra-competitive environments. Bam!

George Mangum, M.A.
Clinical Fitness Director

fitness 411

meet raquel feliciano

I am a Gym Assistant at The FIT House, where I help members start and continue their fitness lifestyles. More than 7 years ago, I started MuscleFIT at Heritage, which is an intense and challenging class. I have loved it since day one. Working at The FIT House has proven to be a rewarding experience as I like helping others. In the past, I have helped others when working with general doctors, dentists, psychiatrists, pharmacists, phlebotomists, and I once owned my own business caring for the elderly. I'm working on going back to school to be a Registered Nurse, which is something I have always wanted to do. I love being with my family and friends and cooking!!! I sometimes cook for them my signature Mexican foods. Some of my other favorite things to do are dancing to my favorite music, being outdoors, running, hiking, camping, and going to beaches and lakes. Since coming to Heritage, I have participated in many fitness competitions; Spartan races, Spartan Dekas, Crossfit meets, marathons and my latest, a reverse triathlon. I thank Heritage and their great coaches for helping me to be stronger physically and mentally. I am now Stronger-Fitter-Better. It has been an amazing adventure, and I plan to keep going until I am 100 years old! Bam!



featured **FIT**sician

Ways to Prevent Winter Sports Injuries

Staying active year-round is something I stress to all my patients. It's wonderful to see so many of my patients try new activities for the first time during the winter. In order to prevent injury however, it's important to remember that different activities require different levels of training to prevent injury.

The most common issue we encounter when people try something new, is they push too hard beyond a level they are comfortable with. Although injuries can occur in many different ways, we commonly see wrist and ankle injuries in first time skiers, and as well as ACL tears if their knees buckle and their feet don't detach from their skis properly. Ice hockey players often sustain shoulder injuries as they 'check' each other against the boards or engage in contact face-offs. Figure skaters are prone to wrist and back injuries, stress fractures in the foot or spine, and ankle sprains.

Proper training will help cut down on injuries when starting any sport. Cardiovascular training can improve endurance, while strength training builds up the muscles around the bones and joints to help prevent injuries from happening or help the body recover faster if they do.

Whether it's a winter or summer sport, patients should go into any athletic activity with some element of preparation. In regards to attire and equipment, dressing in layers help your muscles stay warm and increase mobility, while allowing you to add or remove articles of clothing as necessary.

Using a helmet can prevent scalp lacerations and skull fractures, however helmets do not protect from concussions- this is a common misconception. Many people believe their helmet will stop them from getting a concussion, however the brain still moves within the head, which is the mechanism of concussions.

It is also important to use equipment appropriate for your skill level to prevent injuries. For example, skis used in the Olympics are very long because it helps you go fast- this also makes them harder to control. If you're not at that level, you'll want a shorter ski that is easier to control and stop in, thus preventing potential injuries.



Dr. Sourav Das, M.D.
Family Medicine,
Sports Medicine,
Regenerative Medicine

HAUNTED HERITAGE



WE HOSTED OUR FIRST ANNUAL HALLOWEEN EVENT THIS YEAR! WE HOPE YOU WERE ABLE TO JOIN US AND LOOK FORWARD TO SEEING YOU ALL NEXT YEAR!



Have a Happy Healthy Year

Plan your personal health for the year with your annual **Senior Wellness Exam**. By getting your exam early, you'll be able to take the necessary steps to a healthy year, so you can spend more time with your loved ones.

It's free, fast, and good for the entire calendar year.

**Call to schedule your appointment,
and peace of mind, today.**

760.261.6422

Senior Wellness Exams are by Appointment Only and are required by most health plans. It is recommended you get your exam as early as possible to fulfill your yearly requirements. Please call Heritage Victor Valley Medical Group if you have any questions/concerns.

Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger

(800) 655-9999
Members@hvwmg.com

These recommendations must be read with the notes that follow. For those who fall behind or start late, provide catch-up vaccination at the earliest opportunity as indicated by the green bars. To determine minimum intervals between doses, see the catch-up schedule (Table 2). School entry and adolescent vaccine age groups are shaded in gray.

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19–23 mos	2–3 yrs	4–6 yrs	7–10 yrs	11–12 yrs	13–15 yrs	16 yrs	17–18 yrs
Hepatitis B (HepB)	1 st dose	2 nd dose					3 rd dose →										
Rotavirus (RV): RV1 (2-dose series), RV5 (3-dose series)			1 st dose	2 nd dose	See Notes												
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)			1 st dose	2 nd dose	3 rd dose				← 4 th dose →			5 th dose					
<i>Haemophilus influenzae</i> type b (Hib)			1 st dose	2 nd dose	See Notes			← 3 rd or 4 th dose, See Notes →									
Pneumococcal conjugate (PCV13)			1 st dose	2 nd dose	3 rd dose			← 4 th dose →									
Inactivated poliovirus (IPV <18 yrs)			1 st dose	2 nd dose			← 3 rd dose →					4 th dose					
Influenza (IIV)							Annual vaccination 1 or 2 doses										Annual vaccination 1 dose only
Influenza (LAIV)												Annual vaccination 1 or 2 doses		Annual vaccination 1 dose only			
Measles, mumps, rubella (MMR)					See Notes		← 1 st dose →					2 nd dose					
Varicella (VAR)							← 1 st dose →					2 nd dose					
Hepatitis A (HepA)					See Notes		2-dose series, See Notes										
Tetanus, diphtheria, acellular pertussis (Tdap ≥7 yrs)														Tdap			
Human papillomavirus (HPV)														See Notes			
Meningococcal (MenACWY-D ≥9 mos, MenACWY-CRM ≥2 mos)				See Notes										1 st dose		2 nd dose	
Meningococcal B														See Notes			
Pneumococcal polysaccharide (PPSV23)														See Notes			

Range of recommended ages for all children

Range of recommended ages for catch-up immunization

Range of recommended ages for certain high-risk groups

Recommended based on shared clinical decision-making or *can be used in this age group

No recommendation/ not applicable



ARE YOU BETWEEN THE AGES OF 50-74?

Screenings can be important tools in preventing some illnesses and diseases!

HAVE YOU BEEN CHECKED FOR PROSTATE CANCER?

Screening is available for Males between ages 50-70 with a simple blood test called a PSA.

HAVE YOU BEEN SCREENED FOR BREAST CANCER?

Screening is available for Females between ages 50-74 with a mammogram every 24 months.

HAVE YOU BEEN SCREENED FOR COLON CANCER?

All you need is a FOBT kit every year or a Colonoscopy every 10 years.

DO YOU HAVE DIABETES?

Are your HbA1c test levels reading 8.9 or below and your kidney levels checked every year?

HAVE YOU HAD YOUR DIABETIC EYE EXAM?

Yearly retinal eye exam for Males or Females between ages 18-75 who have a diagnosis.

DO YOU HAVE ENOUGH MEDICATION?

Have your Doctor call you in a 90 day supply on your medications.

IS YOUR BLOOD PRESSURE UNDER CONTROL?

Controlled readings should be between 120/80 - 140/80

HAVE YOU HAD YOUR YEARLY PHYSICAL?

A senior wellness exam done once a year by your PCP or in our HVVMG wellness Center.

DO YOU HAVE A DIAGNOSIS OF CARDIOVASCULAR DISEASE?

Are you on a medication called Statin?
Ask your doctor during your visit!

Have questions or want to schedule a screening?
Call us at 800.655.9999



URGENT CARE

...like the Emergency Room.

Care You'll Only Find Here

We are one of only a small number of High-Acuity Urgent Care facilities in California. High-Acuity means we care for patients with complex medical problems through services, technology, and expertise very similar to the emergency room.

Highly-Trained Professionals

Our Urgent Care is staffed with doctors, registered nurses, and medical assistants. ***You are in great hands.***

Top Facilities – Top Technology

The facility is a spotless clinical setting with the latest technology.

Radiology & More

Our capabilities are extensive. Ultrasound, CT scan, and X-ray are all available on-site, and you won't need to leave the building for lab studies, diagnostics, EKG, pulmonary function test, or cardiac monitor either!

 **ER** PEOPLE
 **ER** TECHNOLOGY
 **ER** WAIT

Open 9AM-8PM

7 Days a Week

12370 Hesperia Road #15
Victorville, CA 92392

(760) 261-5292

hvvmg.com/urgent-care

HERITAGE

URGENT CARE PLUS



affiliated urgent care facilities

Family Practice Associates

Hesperia

11919 Hesperia Rd, Suite C
Hesperia, CA 92345
760.948.1454

Monday - Friday: 8am to 9pm
Saturday: 9am to 5pm
Sunday: 1pm to 5pm

Dr. Mike's Walk-In Clinic

Apple Valley

12143 Navajo Rd
Apple Valley, CA 92308
760.240.1144

Monday - Friday: 9am to 7pm
Saturday: 10am to 5pm

Dr. Mike's Walk-In Clinic

Barstow

716 E Main St
Barstow, CA 92311
760.256.6426

Monday - Friday: 8am to 8pm
Saturday: 10am to 5pm

Dr. Mike's Walk-In Clinic

Hesperia

15791 Bear Valley Rd
Hesperia, CA 92345
760.949.1231

7 Days a Week
8am to 8pm

Mikel Alwis, M.D. | Joseph Oel, M.D. | Rosina Frize, PA-C

Victorville

15626 Hesperia Rd
Victorville, CA 92395
760.952.0244

Monday - Friday: 8am to 9pm
Saturday: 9am to 5pm
Sunday: 1pm to 5pm

Bear Mountain Urgent Care

Big Bear Lake

41949 Big Bear Blvd
Big Bear Lake, CA 92315
909.878.3696

Monday - Friday: 9am to 6pm
Saturday: 10am to 5pm
Sunday: 10am to 4pm

Meridian Urgent Care

Barstow

705 East Virginia Way, Suite N
Barstow, CA 92311
760.255.3200

Monday - Friday: 9am to 5pm
Saturday: 9am to 3pm
Sunday: 9am to 1pm

**There is no cost to receive these membership benefits!
Simply switch your current doctor to a Heritage doctor
and keep your current health insurance!**



Our fully loaded, state-of-the-art gym, extensive fitness programs and a thriving social community.

HOW DO I SWITCH?

I have HMO health insurance

- 1.** Visit hvvmg.com and choose a Heritage physician or call member services for their assistance.
- 2.** Contact your insurance carrier.
- 3.** Request a primary care physician change.
- 4.** Your insurance provider will send an effective date.

I have HMO health insurance

Call membership services and they will assist you.

Fast Track Referrals

Our paperless automated processing delivers speedy referrals.

Provider Options

An extensive selection of Primary Care Doctors and hundreds of Physician Specialists across the Greater High Desert.

Best Hospitals

Total coordinated care and access to the best tertiary hospital care in Southern California.

Senior Programming

The most highly attended, diverse, senior activity & fitness programming in the region.







Wellness Center

Health Evaluations, Prescriptive Fitness, Optometry, Health Education and Pharmacy Consulting, all in one convenient location.












insurance plans



families & individuals

aetna	Aetna
Anthem 	Anthem Blue Cross
	Blue Shield
 Cigna	Cigna
 Health Net  COVERED CALIFORNIA	Health Net / Covered California
 MOLINA HEALTHCARE	Molina
 TRICARE	Tricare
UnitedHealthcare	United Healthcare

seniors

aetna	Aetna
 Alignment Healthcare	Alignment Healthcare
Anthem 	Anthem Blue Cross
	Blue Shield
 GOLDEN STATE MEDICARE HEALTH PLAN	Golden State Medicare Health plan
 Health Net	Health Net
Humana	Humana
 Inland Empire Health Plan	IEHP
 Inter Valley Health Plan Medicare plans for health. Not for profit.	Inter Valley Health Plan
 MOLINA HEALTHCARE	Molina
 scan HEALTH PLAN	SCAN
 SecureHorizons by UnitedHealthcare	Secure Horizons
 TRICARE	Tricare
UnitedHealthcare	United Healthcare
 WellCare Health Plans	Wellcare



primary care providers

Apple Valley

Bikramjit Ahluwalia, MD
Internal Medicine
Rheumatology
16143 Kokanee Road, Suite C
Apple Valley 92307
(760) 242-6442

James Krider, MD
General Practice
18182 US Highway 18, Suite 105
Apple Valley 92307
(760) 242-1234

Laura Peterson, FNP
Family Practice
16143 Kokanee Road, Suite C
Apple Valley 92307
(760) 242-6442

Lu-Wei (Teddy) King, MD
OB/GYN
High Desert Women
Memorial Medial Center
18182 US Highway 18, Suite 101
Apple Valley 92307
(760) 242-3539

Michelle Oropeza, PA-C
Pediatrics
Kid's 1st Pediatric's Inc.
18002 Wika Road
Apple Valley 92307
(760) 946-9600

Mohinder Ahluwalia, MD
Internal Medicine
Pulmonary Disease
16143 Kokanee Road, Suite A
Apple Valley 92307
(760) 242-9577

Orawan Sukavachana, MD
Pediatrics
Kid's 1st Pediatric's Inc.
18002 Wika Road
Apple Valley 92307
(760) 946-9600

Sunil Patel, DO
Internal Medicine
Nephrology
16003 Tuscola Road, Suite H
Apple Valley 92307
(760) 810-0888

Yusra Khan, MD
Pediatrics
Kid's 1st Pediatric's Inc.
18002 Wika Road
Apple Valley 92307
(760) 946-9600

Ziad Richard Sawan, MD
General Practice
16003 Tuscola Road, Suite F
Apple Valley 92307
(760) 242-8221

Mikel Alwis, MD
General Practice
Urgent Care
Dr. Mike Walk In Clinic
12143 Navajo Road
Apple Valley 92308
(760) 240-1144

Barstow

Donald Case, MD
Pediatrics
412 S. Sixth Avenue
Barstow 92311
(760) 256-0213

Eloise, L. Skelton, MD
OB/GYN
500 South 7th Avenue
Barstow 92311
(760) 256-1777

Festus Idahosa-Eresa, PA-C
Family Practice
Urgent Care
Dr. Mikel Walk in Clinic
716 E. Main Street
Barstow 92311
(760) 256-6426

Kenneth Terry, DO
Family Practice
Heritage Victor Valley Medical Group
500 South 7th Avenue
Barstow 92311
(760) 256-1777

Leovino Clomera, PA
Internal Medicine
930 W. Main Street
Barstow 92311
(760) 256-1004

Mikel Alwis, MD
General Practice
Urgent Care
Dr. Mike Walk In Clinic
716 E. Main Street
Barstow 92311
(760) 256-6426

Mohan Mallam, MD
Internal Medicine
Geriatrics
303 East Buena Vista
Barstow 92311
(760) 256-4601

Ravindra Gautam, MD
Internal Medicine
930 W. Main Street
Barstow 92311
(760) 256-1004

Ross Quinn, MD
Internal Medicine/ Geriatric Medicine
930 W. Main Street
Barstow 92311
(760) 256-1004

Veena Muangprasert, NP-C
Internal Medicine
303 East Buena Vista
Barstow 92311
(760) 256-4601

Big Bear Lake

Benjamin Lutz, PA-C
Family Medicine
Bear Mountain Family Medicine
41949 Big Bear Blvd
Big Bear Lake 92315
(909) 878-3696

Christopher Fagan, MD
General Practice
Emergency Medicine
41945 Big Bear Blvd. Ste. 200
Big Bear Lake 92315
(909) 866-5868

Cynthia Raymond, FNP-C
Family Practice
Heritage Victor Valley Medical Group
42002 Fox Farm Road, Suite 201
Big Bear Lake 92315
(909) 878-8000

David Horner, MD
Family Medicine
Heritage Victor Valley Medical Group
42002 Fox Farm Road, Suite 201
Big Bear Lake 92315
(909) 878-8000

Joseph Tate, PA
General Practice
42002 Fox Farm Road, Suite 200
Big Bear Lake 92315
(909) 866-5808

Kellie Ploense, NP
Family Practice
Bear Mountain Family Practice
41945 Big Bear Blvd., Suite 200
Big Bear Lake 92315
(909) 866-5868

Steven Knapik, DO
Internal Medicine
Heritage Victor Valley Medical Group
42002 Fox Farm Road, Suite 201
Big Bear Lake 92315
(909) 878-8000

Helendale

Ravindra Gautam, MD
Internal Medicine
15065 Vista Drive, Building B7
Helendale 92342
(760) 243-9944

Hesperia

Arun Chakrabarty, MD
Internal Medicine
Dr. Mikel Walk in Clinic
15791 Bear Valley Road
Hesperia 92345
(760) 949-1231

Bikramjit Ahluwalia, MD
Internal Medicine
Rheumatology
17450 Main Street, Suite G
Hesperia 92345
(760) 244-4839

Blaise N. Djeugoue, NP-C
General Practice
Keen Medical Group
12021 Jacaranda Road, Suite 101
Hesperia 92345
(760) 956-5057

Bruce Jackson, PA-C
General Practice
Family Practice Associates
11919 Hesperia Road
Hesperia 92345
(760) 948-1454

Dineshchandra Ghael, MD
Pediatrics
Family Practice Associates
11919 Hesperia Road
Hesperia 92345
(760) 948-1454

Halima Zainab, FNP
Family Practice
Keen Medical Group
12021 Jacaranda Road, Suite 101
Hesperia 92345
(760) 956-5057

Joseph Tate, PA
General Practice
Family Practice Associates
11919 Hesperia Road
Hesperia 92345
(760) 948-1454

Keith Wilson, PA-C
Family Practice Urgent Care
Dr. Mikel Walk In Clinic
15791 Bear Valley Road
Hesperia 92345
(760) 949-1231

Khalid Sanadiki, MD
Pediatrics
Dr. Mike Walk In Clinic
15791 Bear Valley Road
Hesperia 92345
(760) 949-1231

primary care providers

Hesperia cont.

Mandy Aspel, NP
Internal Medicine
16143 Kokanee Road, Suite C
Hesperia 92345
(760) 242-6442

Mikel Alwis, MD
General Practice
Urgent Care
Dr. Mike Walk In Clinic
15791 Bear Valley Road
Hesperia 92345
(760) 949-1231

Mohinder Ahluwalia, MD
Internal Medicine
Pulmonary Disease
17450 Main Street, Suite G
Hesperia 92345
(760) 244-4839

Ravindra Gautam, MD
Internal Medicine
17450 Main Street, Suite G
Hesperia 92345
(760) 983-1377

Rodrick Meraz, PA
Family Practice
Family Practice Associates
11919 Hesperia Road
Hesperia 92345
(760) 948-1454

Saagar Raju, MD
Family Medicine
Family Practice Associates
11919 Hesperia Road
Hesperia 92345
(760) 948-1454

Salvador Villalon, MD
Internal Medicine
Dr. Mikel Walk In Clinic
15791 Bear Valley Road
Hesperia 92345
(760) 949-1231

Samuel Wilson, MD
General Practice
Emergency Medicine
Keen Medical Group
12021 Jacaranda Road, Suite 101
Hesperia 92345
(760) 956-5057

Oak Hills

Diana Martinez, FNP-C
Family Practice
13312 Ranchero Road, Suite 16
Oak Hills 92345
(760) 981-0132

Peter Stoops, DO
Family Practice
13312 Ranchero Road, Suite 16
Oak Hills 92345
(760) 981-0132

Phelan

Bikramjit Alhuwalia, MD
Internal Medicine
Rheumatology
Heritage Victor Valley Medical Group
3936 Phelan Road, Suite F-1
Phelan 92371
(760) 242-6442

Randolph Leon-Guerrero, MD
Internal Medicine
Heritage Victor Valley Medical Group
3936 Phelan Road, Suite F-1
Phelan 92371
(760) 868-6622

Vivek Gill, MD
Internal Medicine
9723 Sierra Vista Road, Suite A
Phelan 92371
(760) 868-1990

Victorville

Anthony Sutton, PA-C
Family Practice
Heritage Victor Valley Medical Group
12370 Hesperia Road, Suite 15
Victorville 92395
(760) 261-5292

Arthur Jimenez, MD
Family Practice
15381 7th Street, Suites 2 & 3
Victorville 92395
(760) 245-2380

Babajide Fajemisin, PA-C
General Practice
Urgent Care
Dr. Mike Walk in Clinic
15626 Hesperia Road
Victorville 92395
(760) 952-0244

Brent North, PA-C
Family Practice
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 21
Victorville 92395
(760) 553-7000

Carol Lam, PA-C
Family Medicine
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 28
Victorville 92395
(760) 261-6422

Chansa Cha, MD
Pediatrics
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 21
Victorville 92395
(760) 553-7000

Elizabeth Pagler, MD
Family Medicine
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 21
Victorville 92395
(760) 553-7000

Emili Hun, PA
Pediatrics
Victor Valley Pediatrics
15237 11th Street, Suite A
Victorville 92395
(760) 662-7420

Esther Fermin, MD
Internal Medicine
15203 11th Street, Suite A
Victorville 92395
(760) 245-6455

Ezzat Nashed, MD
Internal Medicine (PCP)
16200 Bear Valley Road, Suite 102
Victorville 92395
(760) 962-0077

John Nicolaisen, PA-C
Family Practice
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 21
Victorville 92395
(760) 553-7000

Jonathan Roy, PA-C
Internal Medicine
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 23
Victorville 92395
(760) 952-1222

Kesha Hudson, PA-C
Family Medicine
Heritage Victor Valley Medical Group
12370 Hesperia Road, Suite 15
Victorville 92395
(760) 261-5292

Marcus Barber, MD
Pediatrics
Victor Valley Pediatrics
15237 11th Street, Suite A
Victorville 92395
(760) 662-7420

Mikel Alwis, MD
General Practice
Urgent Care
Dr. Mike Walk In Clinic
15626 Hesperia Road
Victorville 92395
(760) 952-0244

Namita Mohideen, MD
Pediatrics
Victor Valley Pediatrics
15237 11th Street, Suite A
Victorville 92395
(760) 662-7420

Rachel Ryan, FNP-C
Family Medicine
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 23
Victorville 92395
(760) 952-1222

Roger Moushabek, MD
Internal Medicine
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 23
Victorville 92395
(760) 952-1222

Sharon Satchell, NP
General Practice
15381 7th Street, Suites 2 & 3
Victorville 92395
(760) 245-2380

Sourav Das, MD
Family Medicine
Sports Medicine
Heritage Victor Valley Medical Group
12408 Hesperia Road, Suite 21
Victorville 92395
(760) 553-7000

Williane Mendiola, FNP-C
Family Practice
Heritage Victor Valley Medical Group
12370 Hesperia Road, Suite 15
Victorville 92395
(760) 261-5292



frequently asked questions

What is a medical group and what are the benefits of belonging to one?

Health plans contract with groups of doctors to provide health care. These groups of doctors are called medical groups. Medical groups can range from small practices with several doctors to very large organizations with hundreds of doctors. While a small number of health plans – fewer than twenty – insure most people in California, there are hundreds of medical groups in the state.

The difference between a medical group and a health plan sometimes isn't clear. The medical group's job is to care for patients – this work is done by the doctors, nurses, therapists and other professionals in the medical group. The health plan is responsible for seeing that its members receive care easily by contracting with enough medical groups and their doctors in a local area so it is convenient for members to find nearby care. (CA.GOV)

How do I become a Heritage Member and receive benefits?

Keep your current insurance, just switch to a Heritage doctor. There is no cost. All benefits are included in membership. **1(800) 655-9999**

Becoming a member is as easy as selecting one of our Heritage primary care physicians. This can be done by contacting our Member Services department or by contacting your current health plan and making the request for a new PCP.

What is the difference for the patient between HMO and PPO insurance?

Health Maintenance Organization (HMO) plans:
Comprehensive coordinated care.

A health maintenance organization (HMO) contracts with health care professionals and facilities to create a "provider network." If you choose HMO insurance, you'll typically pay a small co-payment if you visit a physician or hospital within the plan network. HMO insurance often features lower premiums and co-pays than other plans.

Preferred Provider Organization (PPO) plans:
Self coordinated care.

A preferred provider organization (PPO) also enters into contractual agreements with health care providers and creates a "provider network." But unlike HMOs, PPO health insurance will cover some – but not all – of the cost of care administered by out-of-network providers, and patients take on more responsibility to coordinate their care.

What is coordinated care?

Navigating through the healthcare system can be very difficult for even the most informed individuals. Coordinated care is a way that a medical group assists you in finding the right care by the right doctor.

How many doctors does Heritage have, and where are they located?

Heritage has forty-five doctors located across the High Desert and Mountain Communities.



How do I know what doctor is a Heritage Primary Care Physician?

Visit www.hvvmg.com and click on the Doctor's page.

How is Heritage different from other medical groups?

Heritage has many benefits and resources that other medical groups in our area do not have. These benefits include fast track referrals, free fitness, senior activities and more. Heritage also has an Urgent Care facility for members with near-emergency-room levels of care (known as high acuity care), capable of handling even serious injuries.

What health insurance plans does Heritage accept?

Heritage accepts most health plans. Contact our member services to see if we are contracted with your health plan.
1(800) 655-9999

How many specialists are available to Heritage members?

Because Heritage is part of the Heritage Provider Network - one of Southern California's largest medical groups - our members have access to over 200 local specialists as well as many specialists throughout Southern California. We can assure you are receiving the best possible care.

What is the referral process and how long does it take?

Heritage uses an automated system to process fast track referrals in hours - not weeks!

What are Heritage's Urgent Care and hospital affiliations?

Heritage has its own Urgent Care Plus high acuity urgent care facility with services including on-site Labs, x-ray, wound care and infusion services. Heritage Medical Group is contracted with four High Desert urgent care facilities and is contracted with hospitals in the High Desert and Southern California.

Covid 19 Information

Heritage Victor Valley Medical Group follows CDC guidelines for coronavirus exposure prevention. The majority of people exposed to COVID-19 only experience minor to moderate symptoms. Call Us at 760-553-7000 Before Entering an HVVMG Primary Care Clinic Site, at 760-261-5292 before entering the Heritage Urgent Care or at 760-245-4747 before entering any other HVVMG service site if:

- You traveled in regions impacted by coronavirus (foreign and domestic- check CDC www.cdc.gov)
- You have been exposed to someone known to be infected
- You have symptoms of: temperature, coughing, sneezing or other flu-like symptoms

Please call ahead to let your care provider know you may have been exposed to the coronavirus so that we can offer special attention to protect You and the Community. HVVMG is serious about preventing the spread of the coronavirus. A team member will meet you at the door and escort you to a room with proper protections.

The coronavirus (COVID-19) outbreak is changing life for all of us. You may feel anxious, stressed, worried, sad, bored, depressed, lonely or frustrated in these circumstances.

For strategies and support visit <https://covid19.ca.gov/resources-for-emotional-support-and-well-being>



12370 Hesperia Road, Suite 9
Victorville, CA 92395

PRSRD STD
U.S. Postage
PAID
Victorville, CA
Permit No. 162

contact us!

Heritage General Information	(760) 245-4747
Urgent Care Plus	(760) 261-5292
Member Services	1(800) 655-9999
Primary Care Physicians	1(800) 655-9999
Specialists	1(800) 655-9999
Referrals	1(800) 655-9999
Hearing Impaired TTY/TDD	1(800) 735-2922

Senior Services	(442) 242-6724
Heritage LifeFit Fitness Department	(760) 261-5257
Case Management	1(800) 655-9999
Wellness Center and Health Education Department	(760) 261-6497
Prescriptive Fitness	(760) 952-1222
Industrial / Occupational Medicine	(760) 952-1222
Behavioral Health Service	1(800) 655-9999

Referral Management Operating Hours:
(8-5 Mon-Fri)

After-Hours Referrals - Heritage Urgent Care Plus:
(760) 261-5292 (or your provider's after hours call lines)

Discuss a Referral:
1(800) 655-9999

Referral Management Team
1(800) 655-9999



1 (800) 655-9999
www.hvvmg.com
members@hvvmg.com
Get Social!  

Come Experience The Heritage Difference!

hvvmg.com

