



HERITAGE



People

ISSUE 12 | Qtr 3 2023

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provider **spotlight**

Marcus Barber, 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 did Marcus Barber become a pediatrician? We have to go back to around 2nd grade, growing up in the Bay Area, when my teacher asked everyone what they wanted to be, I said, “A pediatrician.” My own experiences of going to the doctor in an underserved neighborhood that helped shape my future. It was great growing up in Oakland, being a fan of the Oakland As, Golden State Warriors, and Oakland Raiders. Also, I had the greatest mother in the world who pushed for higher education for myself and my two siblings. It was a dream story to have three kids raised in East Oakland to become a pediatrician, dentist and oral surgeon.

I started my career journey in Las Vegas and worked for 27 years in private practice, HMO, and Community Health Center taking care of the indigent and homeless. What better feeling than seeing kids of all ages and making an impact on them and their families? I have always stressed making sure the child is developing properly, and emphasized the importance of safety every visit. I let parents know everything I am telling them is in an effort to protect against what I have seen happen. I see it as a key part of the visit. I have parents I’m still in touch with who say they loved the safety speech, especially for their teenagers.

When I meet a family, it is a beginning of a journey. I have to make the parents comfortable and try to make the child as comfortable as possible which isn’t the easiest task in a child from around one year of age to four to five years of age. You have to think how that little one must feel. So scared. Worried about the possible immunizations needed. So I try to make the rooms as friendly as possible with life-size wall decals of LeBron James in one room and Disney princesses in another. I wear Spider-Man ties and Mickey Mouse shirts. Being a big sports and music fan helps bridge that gap with older kids. It’s important to make the visit more than just listening to heart, then sending them off with, “Your child looks good, and see you next visit.” You need to bond with the parent. If the parent thinks her other child needs to get seen, go check the child in. If you call me at night with your child sick, be there at 8 am the next morning and tell them I said I will see you. I check on kids after hours if they had to go to ER, were hospitalized, or I feel they just need to be checked on. Again you have to put yourself in that parent’s situation.

Covid had a major impact on children. From teenagers experiencing depression, grades dropping, developing obesity, to so many kids no longer playing sports. I try to get them and the family back on track. It will take time to heal. With the rise of autism and kids with other special needs, parents need someone who will help them get the care their child needs.

The greatest joy is seeing the kids grow up. I cared for a girl in Las Vegas who was a bad asthmatic, and probably took care of her until she was around the 4th grade, but I then left Las Vegas and came to the High Desert. I stayed in contact with her family and many other families I took care of. When I left in 2018 I would hear from so many kids and parents, “Dr. Barber you can’t leave. The Raiders are coming to Las Vegas!” They knew my Oakland roots. Well, this asthmatic little girl is now about to enter 11th grade and she is a great basketball player. She was one of 40 girls across the United States to make the Stephen Curry Under Armour Basketball Tournament held in Oakland this past February. I went to the tournament, and it was like we didn’t miss a beat. It was so great to see her father again, and so rewarding to see her take a picture with Stephen Curry of the Golden State Warriors, one of the greatest of all time. Doing this for me is more than just what happens between the four walls in the examine room.

I have a loving wife who is a pharmacist, and a son and daughter who are great kids and both grown-up now. I often tell parents, “Yeah I remember those days.”

I have a phenomenal following in the High Desert, and look forward to providing this same care at Heritage in July 2023.



Marcus Barber, M.D.
Pediatrics

Heritage Victor Valley
Medical Group
12408 Hesperia Road
Suite 21
Victorville 92395
(760) 553-7000



Hello my senior friends.

Now that the hot weather is here, I know that it can sometime be harder to continue our healthy eating habits. I know that I am less likely to want to eat when the weather gets hot. As we age it's very important to keep a consistent healthy diet. Better nutrients can help with memory, bone health, heart health and healthy weight. Maintaining a healthy weight can help prevent falls and help us fight off sickness. If you have a loss of appetite, physical activity can help increase your appetite as well as improve your mood.

Make sure to eat your fruit and vegetables, especially dark green vegetables like broccoli and kale. Fruits like berries and cherries can be used as a snack or added to cereal for extra nutrition in the morning to start your day out right. Omega-3 fatty acids like fish and nuts are great for your brain power.

Make sure to watch the calendars for information on how to sign up for our next members only bus trip in August. We always have a great time, and our bus trips are a privilege of membership just for Heritage members. If you aren't a Heritage member, just ask me how to join so you can join us on our bus trips.

Whatever you decide to do this summer we hope you will make the Resort part of your plans.

Cindy

cooking with **cindy**

PORK CHOPS WITH APPLES AND SAGE

Ingredients:

- 4 boneless pork chops
- 2 teaspoons chopped fresh sage
- 3 teaspoons olive oil
- 1 large red onion cut into 1/4 inch wedges
- 2 Granny Smith apples cut into 1/2 inch pieces
- 3/4 cup apple cider
- Salt and pepper to tasted

Directions:

Rub both sides of the pork chops with the sage and salt and pepper. Heat a large skillet over high heat and add 1 teaspoon of the olive oil and sear the pork chops until golden on both sides. Transfer the pork chops to a plate. Wipe out the skillet. Add the remaining olive oil, the onions and the apples and cook over medium high heat until browned. Season with salt and pepper and stir in the apple cider.

Return the chops to the skillet. Cover and cook, turning once until pork is cooked through.

Serve with onion and apples and sauce.

4 servings.

Senior calendar



JULY SENIOR CALENDAR 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 member seniors, unless otherwise specified.</p> <p>For more information call: (442)242-6724 or (442)242-6722</p>						
2	3 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	4 HAPPY 4TH JULY HVVVG IS CLOSED	5 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm Crafts w/Renee @The Resort (Door 33)	6 2:00 pm Bingo for Gift Cards @The Resort (Door 33)	7 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	8
9	10 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	11 2:00 pm Crochet w/Cindy @The Resort (Door 33)	12 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm Jewelry w/Renee @The Resort (Door 33)	13 10:00 am Medicare 101 @The Resort (Door 33) 2:00 pm Ooey Gooney Deserts w/Cindy @The Resort (Door 33)	14 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	15
16	17 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	18 2:00 pm Painting w/Renee @The Resort (Door 33)	19 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	20 2:00 pm Gardening w/Cindy @The Resort (Door 33)	21 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	22
23	24 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) Sign ups for August Classes @The Resort (Door 33)	25 2:00 pm Healthy Cooking w/Cindy @The Resort (Door 33)	26 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm Game Day @The Resort (Door 33)	27 1:00 pm Gentle Chair Yoga w/Carol Lam @The Resort (Door 33)	28 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	29
30 	31 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)					

BE ON THE LOOKOUT FOR OUR MEMBERS ONLY BUS TRIP IN AUGUST!! SIGN UPS ON AUGUST 2nd.

12424 Hesperia Rd. (Door 33) Victorville, CA 92395 P: 442-242-6724 or 442-242-6722 hvvmg.com



senior calendar



Goodbye July...
ALOHA August!

AUGUST

SENIOR CALENDAR 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 Goodbye July... ALOHA August!	7 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	8 2:00 pm Crochet w/Cindy @The Resort (Door 33)	9 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm Jewelry w/Renee @The Resort (Door 33)	10 10:00 am Medicare 101 @The Resort (Door 33) 2:00 pm Game Day @The Resort (Door 33)	11 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	12
13	14 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	15 2:00 pm Ooey Goey Desserts w/Cindy @The Resort (Door 33)	16 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	17 2:00 pm Gardening w/Cindy @The Resort (Door 33)	18 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	19
20	21 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	22 2:00 pm Healthy Cooking w/Cindy @The Resort (Door 33)	23 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	24 1:00 pm Gentle Chair Yoga w/ Carol Lam @The Resort (Door 33)	25 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	26
27	28 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	29 2:00 pm Painting w/Renee @The Resort (Door 33) Sign ups for September classes @The Resort (Door 33)	30 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	31 Members Only Bus Trip Long Beach Aquarium must be @The Resort by 7:30 am bus leaves @7:45 am SHARP!!		

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 member seniors, unless otherwise specified. For more information call: (442)242-6724 or (442)242-6722

12424 Hesperia Rd. (Door 33) Victorville, CA 92395 P: 442-242-6724 or 442-242-6722 hwmvg.com



Senior calendar

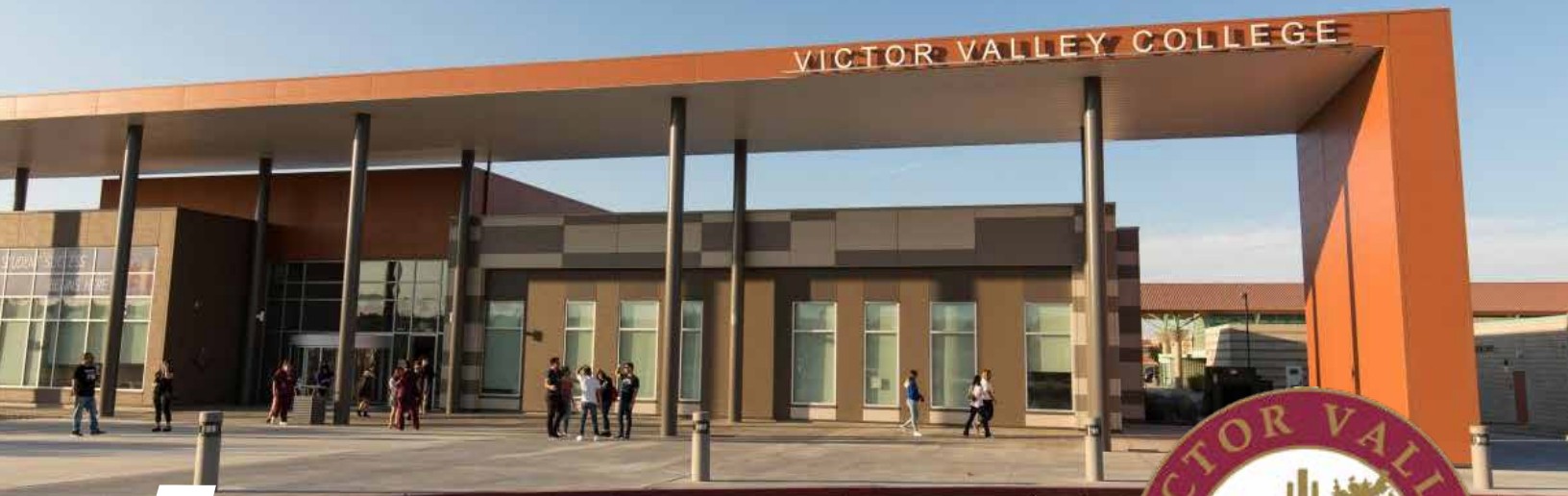
September SENIOR CALENDAR 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 3	 4 HVVMG IS CLOSED	5 10:00 am Crafts w/ Renee @The Resort (Door 33)	6 10:00 am Chair Exercise w/ Cindy @The Resort (Door 33)	7 Heritage Black-n-White Senior Ball October 13th Tickets available Sept. 28th 2:00 pm Bingo @The Resort (Door 33)	1 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/ Cindy @The Resort (Door 33)	2
10	11 10:00 am Chair Exercise w/ Cindy @The Resort (Door 33)	12 2:00 pm Jewelry w/ Renee @The Resort (Door 33)	13 10:00 am Chair Exercise w/ Cindy @The Resort (Door 33) 2:00 pm Healthy Cooking w/ Cindy @The Resort (Door 33)	14 10:00 am Medicare 101 @The Resort (Door 33) 2:00 pm Game Day @The Resort (Door 33)	15 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/ Cindy @The Resort (Door 33)	16
17	18 10:00 am Chair Exercise w/ Cindy @The Resort (Door 33)	19 2:00 pm Crochet w/ Cindy @The Resort (Door 33)	20 10:00 am Chair Exercise w/ Cindy @The Resort (Door 33)	21 2:00 pm Gardening w/ Cindy @The Resort (Door 33)	22 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/ Cindy @The Resort (Door 33)	23 It's Fall y'all
24	25 10:00 am Chair Exercise w/ Cindy @The Resort (Door 33)	26 10:00 am Painting w/ Renee @The Resort (Door 33) Sign ups for October classes @The Resort (Door 33)	27 10:00 am Chair Exercise w/ Cindy @The Resort (Door 33) 2:00 pm Ooey Gooney Desserts w/ Cindy @The Resort (Door 33)	28 Dance Tickets available for pick-up 1:00 pm Gentle Chair Yoga w/ Carol Lam @The Resort (Door 33)	29 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/ Cindy @The Resort (Door 33)	30

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You MUST be signed up to attend any classes @The Resort. All classes require a RSVP to attend. NO walk-in!! Activities are open to ALL Senior members & Non member seniors, unless otherwise specified. For more information call: 442-242-6724 or 442-242-6722



HERITAGE
VICTOR VALLEY MEDICAL GROUP



Heritage Victor Valley Medical Group is excited to announce a new partnership with Victor Valley College. HVVMG Members can now take non-credit classes ***absolutely free of charge!***

Simply select one of the suggested classes from the following page, or visit catalog.vvc.edu for additional options, fill out the top portion of the back side of the sheet and return to The Resort. Earlier submissions have a higher chance of enrollment! If the class has space available, a VVC Representative will then contact you with your next steps!

At Heritage, we strive to provide you with both a healthy body and a healthy mind! We're pleased to offer yet another exciting benefit to our members!

If you have any questions about the program, please email Bryan Liddi at bmliddi@hvvmg.com

☐ **AHOM-20 Beginning Clothing Construction**

Designed to teach basic sewing skills and equipment use. Emphasis on fundamentals, including use of equipment, knowledge of fabrics, and construction techniques. This course will not apply to the Associate Degree.

☐ **Phot-10 Cell Phone Photography**

This course will present cell phone basics that can be applied to a variety of situations in which better cell phone photography is the goal

☐ **Phot-111 Beginning Digital Photography**

This beginning digital photography course will cover imaging basics such as exposure control using shutter speeds and apertures, composition and lighting. Topics include the integration of traditional design, color and compositional principles utilizing contemporary digital methods and tools. This course will also use the computer to further manipulate digital images. The controls of digital cameras, scanning, editing, output and image enhancement will be covered

☐ **Geog-103 Geography of California**

A study of California's physical and cultural characteristics. Physical topics covered include earthquakes, fires, landslides, floods and volcanoes. Cultural topics include diversity, immigration, urbanization, agriculture and economics.

☐ **CIS-101 Computer Literacy**

This is a survey course which provides an overview of computer technology for multidisciplinary majors. Using laboratory projects supported by the lecture, the student gains "hands-on" familiarity with different operating systems, word processors, spreadsheets, database management systems, programming, networks and the use of the Internet. Recommended preparation: Mouse skills: know difference between, be able to perform, and know when to utilize: left click, right click, single click, double click, and drag and drop motion. Keyboarding skills: nominal typing speeds of about 30 words per minute (WPM)

☐ **HLTH-102 Personal / Community Health Problems**

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.





Victor Valley College
Admissions and Records Office
COURSE AUDIT FORM

Student Name _____
Last First MI

Student ID# _____

Address _____

Phone No. _____

City _____ State _____ Zip Code _____

STUDENTS **MUST** attend first day of class and instructor **MUST** sign audit form allowing student to attend the class. Submit this form immediately to the Admissions and Records Office for processing. (Refer to back of this form for auditing provisions.)

☐ Fall ☐ Winter ☐ Spring ☐ Summer Year 20 _____

Course Title _____ Section No. _____ Number of Units _____

PERMISSION TO AUDIT A COMMUNITY COLLEGE COURSE

Instructor's Signature

Instructor's Name (Please Print)

Date

Student Signature

Date

Received by: _____
Date _____

Rev 3/31/20

Victor Valley College
AUDITING OF COURSES

The Board of Trustees authorizes the superintendent/president to develop procedures to allow students to audit credit courses at Victor Valley College. These procedures are to include the following provisions:

1. Students enrolled in up to 10 units will be charged the maximum audit fee allowed by the Education Code.
2. Students enrolled in ten or more semester units will be permitted to audit up to 3 units at no charge.
3. Students auditing courses cannot change their enrollment status to receive credit for those courses.
4. Priority in class enrollment shall be given to students desiring to take courses for credit toward degree or certificate completion.
5. Attendance of students auditing courses will not be computed for apportionment purposes.
6. Students auditing courses must meet course prerequisites and matriculation requirements.
7. Courses in which students may audit are to be identified through the curriculum development and approval process.
8. The auditing fee may be waived for retired staff members who wish to enroll in college classes.
9. Students must attend first day of class and instructor must sign audit form allowing student to attend the class.





**TURNING 65 OR NEW TO MEDICARE?
QUESTIONS ABOUT THE ENROLLMENT PROCESS?
COME JOIN US FOR OUR MEDICARE 101 CLASS!**

*Enrolling in Medicare can be a confusing process,
Let us help you along the way!*

In this class we will cover the four parts of Medicare and all your options.

Get all your questions answered in a relaxing environment with
knowledgeable specialists.

Join us at The Resort, 12424 Hesperia Rd, Door 33, in Victorville.

JULY
13
10A

AUG
10
10A

SEPT
14
10A

Call Patricia at 760.261.5202 for more information





What is an OBGYN?

I was recently asked by a nurse friend, “Why did you change specialties?” I have to admit I was surprised by her question and asked her what made her ask. She explained she hadn’t seen me in the hospital for a while and she heard I was doing Family Practice now. When I remembered I needed to write this article, I thought a good topic would be: I am an OBGYN and this is what I do.

The specialty of OBGYN allows me to care for women as primary care, as an obstetrician and as a gynecologist. We do prenatal care and deliveries both vaginal and surgical. We refer pregnant patients to primatologists, OBGYN who specialize in consulting on high risk pregnancies. We often read and perform ultrasounds. We do gyn surgery which may include hysterectomies: vaginal, abdominal, laparoscopic and robotic. We do surgery on the ovary, fallopian tube and uterus for benign and cancerous issues. With abnormal pap smears, we may need to biopsy the cervix and possibly do special treatments in the office, or sometimes in the hospital.

As an OBGYN, I can be a primary doctor for women. You will need the care of a family practitioner or internist when you have multiple medical conditions, take multiple medications or if that is your preference. A forty year old diabetic female on oral medications and cholesterol medications may consider an OBGYN for her primary. A sixty five year old female with thyroid disease can have her OBGYN as her primary.

I want my patients to have a pelvic evaluation yearly. We assess the skin, the rectum, possible vaginal infection or abnormalities possible HPV, problems in the bladder. A pap can be done every three years if HPV is negative, and cultures are negative, but a pelvic exam should be done every year. Mammograms are done yearly, as well as evaluations for nutrition, sexual health, and mental health. Transgender men with a uterus should also have regular GYN exams.

Your OBGYN can assist, and in many instances treat you, with problems like dysfunctional uterine bleeding, contraceptive issues, sexually transmitted diseases, abnormal pap smears, difficulty with urination, “falling bladder or uterus”, osteoporosis, questions about libido and initial evaluation for depression.

OBGYN is a broad specialty that keeps me on my toes. I continue to enjoy it and patients new and old are welcome. If you would like more information about the role of an OBGYN, or information on how to see me and our many other Heritage providers, please call our member services at 800-655-9999.



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

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



The importance of Colon Cancer Screening



Thomas Nguyen, M.D.
The Gastro Group

17203 Jasmine St
Victorville, CA 92395

I would like to take this opportunity to reach out to our High Desert community to get their colorectal cancer screening (CRC) test done.

Colorectal cancer is the fourth most common cancer diagnosed in the US behind breast, prostate and lung cancer. However it is the second leading cause of cancer deaths trailing only behind lung cancer.

Most CRC originate from small adenomatous polyps that progress to larger polyps, then eventually to cancer. In general, one out of every three men and one out of every five women will have adenomatous polyps in their lifetime. On average it takes 5-10

years for polyps to develop into cancer. CRC is so common that often many of us know of a friend, neighbor or a loved one inflicted with colon cancer.

We recommend those who have no known risk factors for colon cancer (average risk) get their CRC screening beginning at age 45. Early screening in asymptomatic patients and detection of CRC have been shown to result in better treatment outcome and improve survival than compared to those with detection of cancer after developing symptoms. By identifying CRC in early stages, treatment is easier and improves survival. Some CRC screening tests can also prevent cancer from occurring by detecting and removing adenomatous polyps that would have potential to turn into cancer with time.

There are many tests available for CRC screening. This includes fecal occult blood test (FOBT), fecal immunochemical test, stool DNA test (Cologuard), CT colonography, barium enema, sigmoidoscopy. A colonoscopy however is still considered the gold standard for CRC screening. A colonoscopy is also usually recommended for follow up after a positive test using the other methods mentioned above.

A colonoscopy is a flexible endoscopy that allows doctors to look inside the entire colon while the patient is sedated. This test is advantageous over other tests since it allows the doctor to not only detect CRC but to prevent colon cancer by removing potentially adenomatous and cancerous polyps, hence, preventing them from progressing into cancer. This is the only test that can not only detect but also potentially prevents CRC cancer.

The risks associated with colonoscopy are small and in general the procedure is very safe as over 15 million procedures are performed each year in the US. The potential risks associated with colonoscopy are bleeding, infection, perforation and sedation side effects. However the benefits of the procedure clearly outweigh the risks for most individuals.

For more information please contact your primary care provider or look us up at www.hdgastro.com



mon-fri **6a-8p**
sat **8a-1p**



bam!ly matters



George Mangum, M.A.
Clinical Fitness Director

Healthspan? What exactly is Healthspan?

What are myokines? Myokines are “chemical messengers” sent throughout your body whenever you do strength or resistance training. By contracting your muscles, myokines are released to many key parts of your body. These body parts include the liver, pancreas, and heart, as well as your bones, immune system, and brain cells. Bam! Myokines are responsible for tissue regeneration and repair, maintaining healthy bodily functioning, and cell signaling. So, get to The FIT House and start getting Stronger-Fitter-Better, and we’ll be there to help you however you need. Your body, health, and wellbeing will thank you for it.

8 Great BeneFITs of Myokines:

1. Builds muscle tissue mass.
2. Decreases fat
3. Prevents bone mineral density loss
4. Improves insulin sensitivity
5. Decreases chronic, systemic inflammation
6. Inhibits mammary cancer cell growth
7. Improves pancreas, liver, and gut function
8. Aids learning and memory

fitness 411

meet nathan patton

Hi, my name is Nathan Patton, though some at the FIT House call me “surfer dude” or “Trevor”. I have been a Gym Assistant at the FIT House since March 2023, and I feel it’s a privilege to work here. I played sports in high school and enjoyed every minute of them, as I have a competitive heart and a passion to win. You could find me on the soccer field playing goalkeeper while simultaneously being my team’s top goal scorer. To be honest, I loved participating in sports, but I hated the nutrition component of it. I found that, like in my younger years, there will be aspects that you love and hate about fitness; but they are very important to our health, especially when it comes to nutrition. Regardless, the discipline you develop along your fitness journey will translate positively to all aspects of life, and I share that message to all who will listen. It’s an honor to work at the FIT House where our members truly inspire me to be better. I don’t know what my future holds, but I have always said, “I want to help others”. I thank God that this opportunity allows me to do exactly that. The FIT House is such a welcoming and warmhearted environment. I encourage you; don’t wait to experience the power of BAMily at the FIT House. You won’t regret it. There’s one final thought I feel is very important to share: Always remember that tomorrow is a gift, not a guarantee.



the **FIT**house octogenarians



(Left to Right) Gary Rheault, Kay Rheault, Ed Henry, Miriam Davis, Sharlene Baxter, Herman Strauss, Tom Trickey, Olga Quezada, Joyce Stevenson & Lupe Janeway

At the FIT House we're proud to have a group of hard working 80+ members who blow us away with their dedication and drive. Our octogenarians embody our values of maintaining a fit body and mind to stay healthy and active. We asked our members what they thought of their time working out at the FIT House:

Herman Strauss:

"I have a great time, and it keeps me going."

Kay Rheault:

"Coming to the gym keeps me young."

Gary Rheault:

"Going to the gym keeps my mind, body, and attitude great and keeps Kay happy."

Joyce Stevenson:

"Thanks to RetroFIT, I am independent."

Tom Trickey:

"I enjoy coming to the gym. It keeps me active and healthy. It's great camaraderie."

Ed Henry:

"Heritage- great place, great people working here."

Sharlene Baxter:

"The FIT House is very important to my health, both mental and physical."

Olga Quezada:

"I love the gym because it makes me feel better, and I get a strain on my legs."

Miriam Davis:

**"The FIT House is great. I get to the FIT House every chance I get.
Love the people, love the workout."**

Lupe Janeway:

**"I am so happy to be able to go to the FIT House. I enjoy the workouts and all of the people.
It has been so helpful in my life."**

DUDES & COFFEE



FITHOUSE BREW



COME ON OUT TO THE
FITHOUSE EVERY FIRST
WEDNESDAY OF THE
MONTH AT 10:30AM.

COME AND MAKE SOME
NEW LIKE-MINDED
FRIENDS. COFFEE AND
GOOD VIBES PROVIDED

Visit us in The **FIT** House
the 3rd Wednesday of every month for

Member Appreciation Day!

Enjoy snacks, fun competitions, and raffles
as our thanks to you for being a part of
Heritage Medical Group!





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) or Influenza (LAIV)									Annual vaccination 1 or 2 doses					Annual vaccination 1 dose only		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**



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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.

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Our capabilities are extensive! Ultrasound, CT Scan, and X-ray are all available on-site as well as in-house lab studies, diagnostics, EKG, pulmonary function tests and cardiac monitoring!

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✓ **ER TECHNOLOGY**

⊘ **ER WAIT**

Open 9AM-8PM

7 Days a Week

**12370 Hesperia Road Suite 15
Victorville, CA 92392**

(760) 261-5292

hvvmg.com/urgent-care



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VICTOR VALLEY MEDICAL GROUP

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Family Practice Associates

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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
 Health Net	Health Net
Humana	Humana
 MOLINA HEALTHCARE	Molina
 scan HEALTH PLAN	SCAN
 SecureHorizons by UnitedHealthcare	Secure Horizons
 TRICARE	Tricare
UnitedHealthcare	United Healthcare
 WellCare Health Plans	Wellcare



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Scan to learn more
about our doctors





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>



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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
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