



# HERITAGE *People*



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**Sunil H. Patel, D.O.**





# 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!

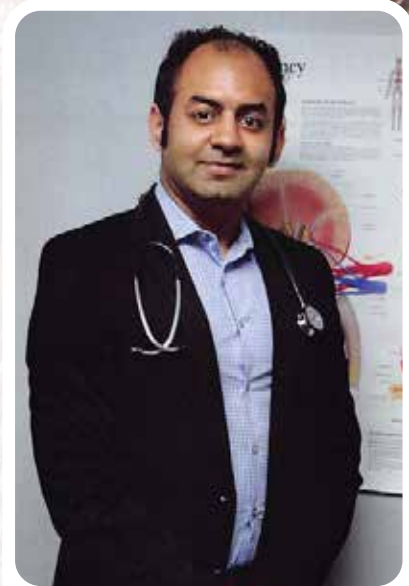


**DR. SUNIL PATEL** of Advanced Medical and Kidney Institute knows how the desert can lure us home. An alumni of Desert Knolls Elementary School and Vista Campana Middle School (Apple Valley), he grew up here, but then followed his dream of becoming a doctor-what he calls the most noble and humbling profession. This dream led him first to Nova Southeastern University, where he earned his Bachelor's in Science in Biology and where he was a Barry Goldwater Scholar. He then attended medical school at Midwestern University: Chicago College of Osteopathic Medicine, and graduated with honors. In between his undergraduate and medical school, he was also a scholar at National Institute of Health where he his focus was in research. He completed his studies in Internal Medicine from the University of Massachusetts, and finally, his training in Nephrology Fellowship from Kansas University Medical Center. At last, the siren song of desert and his desire to be near family beckoned him home in 2011, when he set up his practice in General Adult Medicine and Nephrology Specialty. Dr. Patel has a special interest in treating patients with diabetes mellitus, hypertension, and cardiovascular disease. His specialty related interests are nephrotic syndrome and autoimmune kidney disease.

Patel's practice offers comprehensive adult care, including annual adult health exams and screenings, and management of chronic illnesses. An important part of his practice is offering both in-center and at-home dialysis treatment, particularly peritoneal dialysis. He is a staunch believer in giving patients autonomy when it comes to their healthcare, adding that he believes a physician can help patients regain independence despite having a terminal illness such as kidney failure. His latest venture involves a home-care training facility known as US Renal Care-Victorville Home Dialysis, a project he feels will bring a wonderful new dimension of renal healthcare to the High Desert. Dr. Patel strongly believes individualization of medical treatments as echoed in his practice slogan: "Where treatment is science and patient care is an art." It is obvious, casually chatting with this soft-spoken and thoughtful doctor, that he really understands good medicine is both. Having the personal experience of seeing how doctors helped his own family members when they were ill sparked his desire to go into medicine, and those memories stoke his passion still.

Helping others when they are unwell is a calling, and he loves seeing how the medical profession can truly help improve a patient's life.

Luckily for us, Patel's family roots called him back to the region, where he now lives with his wife, a pharmacist who he adores for both her beauty and intellect, and his two young sons. When he is not practicing medicine, he looks forward to spending his time with his family, attending school functions, vacationing- though he also loves organizing fundraisers to give back to the community that gave him such a solid start in life.



**SUNIL H. PATEL, D.O.**  
16003 Tuscola Rd., Unit H  
Apple Valley  
(760) 810-0888





### Hello my senior friends.

I can't believe the end of the year is here already. 2023 is just speeding by. October is the start of the Annual Enrollment Period, so make sure you check our meeting schedules to attend a meeting with information on your current plans as well as others that might be better for you. This is an important decision and the more information you have the better your decision will be for you. October is also the month of our black and white ball at the Hilton Garden Inn. If you have never been to one of our dances, it is an event not to be missed. A night of dinner and dancing as well as a photo, and lots of raffle prizes, and it is all free to our seniors. On Halloween, we will be having our special trick or treat event here at Heritage. All of our suites will be decorated and we will be giving away lots of goodies,

so bring your grandchildren and have a spooky good time.

In October, we are bringing back our birthday celebrations. There will be one day each month when we celebrate our seniors with a birthday in that month with cake and ice cream here in the Resort.

In November, along with our other classes, we will be holding our Christmas in November AEP Meeting where all the plans will be discussed and we will make a special holiday craft and enjoy lots of holiday goodies. Check the calendar for more information and to sign up for this special class.

We hope you have a wonderful holiday season and that you will spend lots of time here at the Resort enjoying our many activities and events.

*Cindy*

## cooking with cindy

### HEALTHY APPETITE SLOPPY JOES

#### Ingredients:

- 2 pound extra lean ground turkey
- 1 onion, diced
- 4 cloves garlic, minced
- 1 red pepper, diced
- 1 small can pinto beans, drained and rinsed
- 1 1/2 cup tomato sauce
- 2 tablespoons tomato paste
- 1 tablespoon red wine vinegar
- 1 tablespoon molasses
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground mustard
- 3/4 teaspoon salt
- Pepper to taste
- 8 whole wheat buns

#### Directions:

Brown the meat and onion in a large nonstick skillet over medium high heat breaking the meat up as it cooks. Add the garlic, jalapeno and red pepper and cook for 5 minutes, stirring occasionally. Stir in the rest of the ingredients and simmer for 5 minutes more. Place a half cup scoop on a whole wheat bun and serve.

8 servings.



# Senior calendar

## October

## SENIOR CALENDAR 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 AEP Meeting Scan & UHC @The Resort (Door 33)	2 Chair Exercise w/Cindy @The Resort (Door 33)	3 2:00 pm Crafts w/Renee @The Resort (Door 33)	4 Chair Exercise w/Cindy @The Resort (Door 33) 11:30 am Healing Hearts Bereavement SG @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) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	7 Heritage Senior Black & White Ball Hilton Garden Inn, Victorville. Must have a ticket to attend
8 Chair Exercise w/Cindy @The Resort (Door 33) AEP Meeting Scan @The Resort (Door 33)	9 Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm AEP Meeting Scan @The Resort (Door 33)	10 Jewelry w/Renee @The Resort (Door 33) 2:00 pm October Birthday Celebration @The Resort (Door 33)	11 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	12 2:00 pm Game Day @The Resort (Door 33)	13 4-8pm Heritage Senior Black & White Ball Hilton Garden Inn, Victorville. Must have a ticket to attend	14 Heritage Senior Black & White Ball Hilton Garden Inn, Victorville. Must have a ticket to attend
15 3:00 pm AEP Meeting Scan & UHC @The Resort (Door 33)	16 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	17 2:00 pm Crochet w/Cindy @The Resort (Door 33)	18 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 11:30 am Healing Hearts Bereavement SG @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) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	21 Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)
22 Chair Exercise w/Cindy @The Resort (Door 33)	23 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	24 2:00 pm Painting w/Renee @The Resort (Door 33)	25 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	26 2:00 pm Healthy Cooking w/Cindy @The Resort (Door 33) Sign ups for November classes @The Resort (Door 33)	27 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	28 Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)
29 3:00 pm AEP Meeting Scan & UHC @The Resort (Door 33)	30 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm AEP Meeting Scan @The Resort (Door 33)	31 2:00 pm Ooey Gooney Desserts w/Cindy @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 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 hvvmg.com





# senior calendar



## NOVEMBER

## SENIOR CALENDAR 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 11:30 am Healing Hearts Bereavement SG @The Resort (Door 33)	2 10:00 am AEP Meeting in Spanish @The Resort (Door 33) 2:00 pm Bingo for Gift Cards @The Resort (Door 33)	3 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	4 12:00 pm AEP Meeting Scan & UHC @The Resort (Door 33)
5	6 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	7 10:00 am Crafts w/ Renee @The Resort (Door 33) 2:00 pm November Birthday Celebration @The Resort (Door 33)	8 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	9 2:00 pm Game Day @The Resort (Door 33)	10 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	11 12:00 pm AEP Meeting Scan & UHC @The Resort (Door 33)
12	13 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	14 10:00 am AEP Meeting Humana @The Resort (Door 33) 2:00 pm Jewelry w/Renee @The Resort (Door 33)	15 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 11:30 am Healing Hearts Bereavement SG @The Resort (Door 33)	16 10:00 am Christmas in November Craft @The Resort (Door 33)	17 9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	18
19	20 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	21 10:00 am Painting w/Renee @The Resort (Door 33) 2:00 pm Crochet w/Cindy @The Resort (Door 33)	22 10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	23 <i>Happy Thanksgiving</i>	24 <b>HVVMG IS CLOSED</b>	25
26	27 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 1:30-3:30 pm AEP Meeting Wellcare @The Resort (Door 33)	28 Sign ups for December classes @The Resort (Door 33)	29 10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm AEP Meeting UHC @The Resort (Door 33)	30 Gardening w/Cindy @The Resort (Door 33)		

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# Senior calendar



## December SENIOR CALENDAR 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3	4	5	6	7	8	9
	10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	10:00 am AEP Meeting Aetna/Anthem/Blue Shield @The Resort (Door 33) 2:00 pm Crafts w/Renee @The Resort (Door 33)	10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 11:30 am Healing Hearts Bereavement SG 2:00 pm Healthy Cooking @The Resort (Door 33)	2:00 pm Bingo for Gift Cards @The Resort (Door 33)	9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	
10	11	12	13	14	15	16
	10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	10:00 am Jewelry w/Renee @The Resort (Door 33) 2:00 pm December Birthday Celebration @The Resort (Door 33)	10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 2:00 pm Ooey Goody Deserts w/Cindy @The Resort (Door 33)	2:00 pm Game Day @The Resort (Door 33)	9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	
17	18	19	20	21	22	23
	10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	2:00 pm Painting w/Renee @The Resort (Door 33)	10:00 am Chair Exercise w/Cindy @The Resort (Door 33) 11:30 am Healing Hearts Bereavement SG @The Resort (Door 33)		9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	
24	25	26	27	28	29	30
	 Happy Holidays HVMG IS CLOSED	Sign ups for January Classes 2:00 pm Crochet w/Cindy @The Resort (Door 33)	10:00 am Chair Exercise w/Cindy @The Resort (Door 33)	2:00 pm Gardening w/Cindy @The Resort (Door 33)	9:00-11:00 am Coffee Club @The Resort (Door 33) 2:00 pm Chair Exercise w/Cindy @The Resort (Door 33)	
31						

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# 2023 MEDICARE ANNUAL ENROLLMENT WORKSHOP DATES AND LOCATIONS!

The Medicare Annual enrollment period is upon us and *Heritage Victor Valley Medical Group* wants to make sure you are informed of all the options you have when it comes to your Medicare Coverage. This year we are going on a Medicare Annual Enrollment Roadtrip, visiting more locations than ever before! Whether you are a Heritage member or not, we invite you to attend one of our workshops and stay informed! The Medicare Annual Enrollment Period is the time every year when you can make changes to your medicare coverage, whether it be adjustments to your current coverage or a whole new plan, we have the resources to help you make a confident informed decision.

**YOU DO NOT NEED TO BE A HERITAGE MEMBER TO ATTEND!**

Call us today at **800.655.9999** for more information or visit us at **[hvvmg.com/medicare](https://hvvmg.com/medicare)**

## OCTOBER

### Oct 9 @ 2PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
SCAN

### Oct 15 @ 3PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
SCAN, United Health Care

### Oct 16 @ 2PM

Percy Bakker Center  
9333 E Ave,  
Hesperia  
Wellcare, Humana

### Oct 17 @ 10AM

Mimi's Cafe  
12032 Amargosa Rd,  
Victorville  
SCAN

### Oct 17 @ 2PM

Heritage Big Bear  
42002 Fox Farm Rd St. 103,  
Big Bear  
SCAN

### Oct 18 @ 10AM

Dr. Gautams Offices\*  
930 W Main St,  
Barstow  
Aetna, Anthem, Blue Shield

### Oct 18 @ 2PM

Corky's Kitchen & Bakery  
19250 Bear Valley Rd,  
Apple Valley  
SCAN, United Health Care

### Oct 20 @ 2PM

Mimi's Cafe  
12032 Amargosa Rd,  
Victorville  
United Health Care

### Oct 23 @ 10AM

Dr. Gautams Offices\*  
930 W Main St,  
Barstow  
Wellcare

### Oct 24 @ 11AM

Heritage Big Bear  
42002 Fox Farm Rd St. 103,  
Big Bear  
SCAN

### Oct 24 @ 2PM

Heritage Big Bear  
42002 Fox Farm Rd St. 103,  
Big Bear  
United Health Care

### Oct 25 @ 10AM

Mollies Kountry Kitchen  
21851 CA-18,  
Apple Valley  
Wellcare

### Oct 25 @ 2PM

Los Domingos  
17790 Wika Rd,  
Apple Valley  
**SPANISH ONLY**

### Oct 27 @ 2PM

Percy Bakker Center  
9333 E Ave,  
Hesperia  
Aetna, Anthem, Blue Shield

### Oct 29 @ 3PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
SCAN, United Healthcare, Wellcare

### Oct 30 @ 2PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
SCAN



# NOVEMBER

## Nov 1 @ 10AM

Los Domingos  
1520 E Main St,  
Barstow  
SCAN

## Nov 1 @ 1PM

Los Domingos  
1520 E Main St,  
Barstow  
United Health Care

## Nov 2 @ 10AM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
**SPANISH ONLY**

## Nov 7 @ 11AM

Dr. Gautams Offices\*  
930 W Main St,  
Barstow  
**SPANISH ONLY**

## Nov 7 @ 2PM

Dr. Gautams Offices\*  
930 W Main St,  
Barstow  
SCAN, United Health Care, Humana

## Nov 8 @ 11AM

Los Domingos  
17790 Wika Rd,  
Apple Valley  
SCAN

## Nov 8 @ 2PM

Mimi's Cafe  
12032 Amargosa Rd,  
Victorville  
Humana, Aetna, Anthem

## Nov 11 @ 12PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
SCAN, United Health Care

## Nov 13 @ 11AM

Los Domingos  
17790 Wika Rd,  
Apple Valley  
United Health Care

## Nov 13 @ 2PM

Percy Bakker Center  
9333 E Ave,  
Hesperia  
United Health Care

## Nov 14 @ 10AM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
Humana

## Nov 15 @ 11AM

Heritage Big Bear  
42002 Fox Farm Rd St. 103,  
Big Bear  
Aetna, Anthem, Blue Shield

## Nov 15 @ 2PM

Heritage Big Bear  
42002 Fox Farm Rd St. 103,  
Big Bear  
Wellcare, Humana

## Nov 17 @ 10AM

Mimi's Cafe  
12032 Amargosa Rd,  
Victorville  
Alignment, Wellcare

## Nov 27 @ 10AM

Mollies Kountry Kitchen  
21851 CA-18,  
Apple Valley  
Aetna, Anthem, Blue Shield

## Nov 27 @ 2PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
Wellcare

## Nov 28 @ 10AM

Percy Bakker Center  
9333 E Ave,  
Hesperia  
SCAN

## Nov 28 @ 10AM

Percy Bakker Center  
9333 E Ave,  
Hesperia  
**SPANISH ONLY**

## Nov 29 @ 2PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
United Health Care

# DECEMBER

## Dec 1 @ 5PM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
SCAN

## Dec 4 @ 2PM

Percy Bakker Center  
9333 E Ave,  
Hesperia  
United Health Care, SCAN

## Dec 5 @ 10AM

The Resort at Heritage  
12424 Hesperia Rd Door 33,  
Victorville  
Aetna, Anthem, Humana

Scan for  
more info!



Call 800.655.9999

or visit us at [hvvmg.com/medicare](https://hvvmg.com/medicare)  
to RSVP today!

*\*Limited space, RSVP early to ensure your attendance*

**For accommodation of persons with special needs  
at meetings, please call 800.735.2922**





**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](http://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](mailto: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.





# 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.





# Protect Against the Cold & Flu:

## Healthy Habits to Remember

Don't let a cold get you down! Sore throat and runny nose are usually the first signs of a cold, eventually leading to coughing and sneezing. Most people get better in about 7-10 days.

**The Flu:** According to the Centers for Disease Control and Prevention, the single best way to reduce the risk of seasonal flu and is to get vaccinated each year, but good healthy habits can help stop the spread of germs.

### Healthy habits to protect yourself:

- Wash your hands often with soap and water for at least 20 seconds. Viruses that cause colds can live on your hands, and regular hand-washing can help protect you from getting sick. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick. Sick people can spread viruses that cause the common cold through close contact with others.

### Healthy habits to protect others:

- Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading the cold and flu to others.
- Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth. Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is sick. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### When to seek medical attention:

- If you are unable to drink enough fluids
- Have a fever for more than 3-5 days
- Feel better, then get a fever again
- Are short of breath or wheezing or cough up blood
- Have pain in the chest when breathing
- Have heart disease and have chest pain
- Are unable to walk or sit up, or function normally



# managing your **diabetes**

## DO YOU KNOW YOUR DIABETES GOALS?

A1c	Fasting Blood Sugar	Blood Sugar 2 Hours After Meals
< 7%	80 – 130 mg/dL	< 180 mg/dL

## HAVE YOU TAKEN YOUR MEDICATION TODAY?

Tips to remember to take your medications:

- Use a pill box
- Set a reminder on your phone for morning and evening medication doses
- Use a medication tracking app on your phone

Are you running low on your medications?

Contact your pharmacy at least one week before you run out of medication to ensure a timely refill

Are you having difficulty affording your medications?

Ask your provider about government programs and patient assistance programs that can help to cover the cost of some medications

## HAVE YOU COMPLETED YOUR ROUTINE CHECK-UPS?

	Lab Work	Eye Exam	Foot Exam
Why is this important?	To monitor your A1c and to help make decisions about your medical care	To check if there is any damage to your eyes that may be caused by long term high blood sugar	To check for any nerve damage or ulcers on your feet
How often do I need to complete this?	Complete lab work at least two times a year	Make an appointment for a diabetic eye exam at least once per year	Make an appointment for a diabetic foot exam at least once a year

## WHY IS IT IMPORTANT TO MANAGE YOUR BLOOD PRESSURE AND CHOLESTEROL?

### MANAGING HIGH BLOOD PRESSURE



Take your medication exactly as prescribed



Helps to protect your heart



Helps to protect your kidneys



Check your blood pressure regularly



Keep a log of your blood pressure and bring it with you to all appointments



Limit your salt intake to < 2 grams of salt per day

### MANAGING HIGH CHOLESTEROL



Take your medication exactly as prescribed



Helps to prevent heart attack



Helps to prevent stroke



Avoid fried and greasy foods



Reduce the amount of red meat in your diet



Incorporate more healthy fats into your diet such as fish, avocado, and nuts





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



## bamilly **matters**



**George Mangum, M.A.**  
Clinical Fitness Director

### **Sarcopenia Alert!**

The new smoking? What? Attention all Heritage members, providers, and employees. Sarcopenia is, frighteningly, destroying way too many lives, and it will do the same to us if we allow it. What is sarcopenia? In short, sarcopenia is the loss of muscle mass as we age (beginning around 40 years old), and if we don't address it, it's going to cause us severe health problems. Critical research from the University of Michigan declared that sarcopenia is "the new smoking"; it's that harmful to us. What sarcopenia does is speed up the aging process, which makes us more susceptible to disease and early mortality. That's why we should *live to lift and lift to live!* By simply having a regular schedule of doing resistance training each week, we do not allow the dangerous effects of sarcopenia to harm us. This will help us to not only live longer, but to live stronger, fitter, and better. The FIT House is equipped to provide resistance training for every age group and every level of strength. All we need now is for you to get to the FIT House each week, and we'll teach and coach you how to avoid sarcopenia. I always say that strong is never wrong, and the research confirms it. We need to be stronger than those things in life trying to harm us, so let's go Heritage!!! Let's get to The FIT House, get stronger, and live a life free of sarcopenia. **Bam!**



# healthy aging program

**Our senior wellness programming at the FIT House is second-to-none. As we continue to develop more offerings for our members, we currently have these incredible classes available, and they're changing seniors' lives each and every day. We have something for every HVVMG senior, and we're here to help you every step of the way. Here's a summary:**

**RetroFIT:** This is a fun and crazy way for seniors to get into shape. It's a faster pace, but any senior can do this if they just give it some time. We dance, we lift weights, we stretch, we balance, we compete, and we help our seniors live their best lives possible  
(T & Th @ 11am)

**Brain Train Academy:** BTA is a one-of-a-kind program, designed to help our older brains stay sharp and be resistant to dementia. At any session, you might play Pictionary, Jenga or Trouble. There are icebreakers, memory games, movement activities, meditation exercises, and more. It's important to keep our brain as healthy as our bodies, and we accomplish that every week  
(F @ 10:30am)

**Retro Recreation League:** The RRL is incredibly fun and is all about recreational activities. We play, compete, smile and laugh a lot. We play Corn Hole, indoor mini golf, Ladder Ball, Skee Ball, and more. It's always a great time for our seniors to get together and play really fun games in a super casual environment  
(W @ 10:30am)

**Gentle Yoga:** Carol Lam (HVVMG Senior Wellness program) takes attendees through simplified and easier yoga exercises. Gentle Yoga helps create flexibility, balance, and stability in a very peaceful environment  
(Th @ 2pm)





# 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 <sup>st</sup> dose	2 <sup>nd</sup> dose					3 <sup>rd</sup> dose										
Rotavirus (RV): RV1 (2-dose series), RV5 (3-dose series)			1 <sup>st</sup> dose	2 <sup>nd</sup> dose	See Notes												
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)			1 <sup>st</sup> dose	2 <sup>nd</sup> dose	3 <sup>rd</sup> dose				4 <sup>th</sup> dose			5 <sup>th</sup> dose					
<i>Haemophilus influenzae</i> type b (Hib)			1 <sup>st</sup> dose	2 <sup>nd</sup> dose	See Notes				3 <sup>rd</sup> or 4 <sup>th</sup> dose, See Notes								
Pneumococcal conjugate (PCV13)			1 <sup>st</sup> dose	2 <sup>nd</sup> dose	3 <sup>rd</sup> dose				4 <sup>th</sup> dose								
Inactivated poliovirus (IPV <18 yrs)			1 <sup>st</sup> dose	2 <sup>nd</sup> dose					3 <sup>rd</sup> dose			4 <sup>th</sup> dose					
Influenza (IIV) or Influenza (LAIV)									Annual vaccination 1 or 2 doses				Annual vaccination 1 or 2 doses		Annual vaccination 1 dose only		
Measles, mumps, rubella (MMR)					See Notes			1 <sup>st</sup> dose				2 <sup>nd</sup> dose			Annual vaccination 1 dose only		
Varicella (VAR)								1 <sup>st</sup> dose				2 <sup>nd</sup> dose			Annual vaccination 1 dose only		
Hepatitis A (HepA)					See Notes			2-dose series, See Notes							Annual vaccination 1 dose only		
Tetanus, diphtheria, acellular pertussis (Tdap ≥7 yrs)														Tdap			
Human papillomavirus (HPV)														See Notes			
Meningococcal (MenACWY-D ≥9 mos, MenACWY-CRM ≥2 mos)														*	1 <sup>st</sup> dose	2 <sup>nd</sup> 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**



# HERITAGE **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**

Our facility is a spotless clinical setting with the latest technologies.

## **Radiology & More**

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!

✓ **ER PEOPLE**

✓ **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](http://hvvmg.com/urgent-care)**



**HERITAGE**  
VICTOR VALLEY MEDICAL GROUP

# 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](http://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 PPO 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

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

## seniors

<b>aetna</b>	<b>Aetna</b>
 Alignment Healthcare	<b>Alignment Healthcare</b>
<b>Anthem</b> 	<b>Anthem Blue Cross</b>
	<b>Blue Shield</b>
 Health Net	<b>Health Net</b>
<b>Humana</b>	<b>Humana</b>
 <b>MOLINA HEALTHCARE</b>	<b>Molina</b>
 <b>scan</b> HEALTH PLAN	<b>SCAN</b>
 <b>SecureHorizons</b> by UnitedHealthcare	<b>Secure Horizons</b>
 <b>TRICARE</b>	<b>Tricare</b>
<b>UnitedHealthcare</b>	<b>United Healthcare</b>
 <b>WellCare</b> Health Plans	<b>Wellcare</b>





# primary care providers

## Apple Valley

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

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

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

Mandy Aspel, NP  
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(760) 242-6442

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

James Krider , MD  
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18182 US Highway 18, Suite 105  
(760) 242-1234

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

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(760) 810-0888

Sunil Patel, DO  
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Ziad Richard Sawan, MD  
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## Big Bear Lake

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# primary care providers

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Fadi Tahhan, MD  
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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](http://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](http://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



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