



2022

MEDICAL SERVICES & DOCTORS

# DIRECTORY



HELPING GUIDE YOU  
IN THE RIGHT DIRECTION...







WE BELIEVE IN PROVIDING  
**WORLD-CLASS**  
CARE

**CLOSE TO HOME**



# DEAR FRIENDS

As we move into spring 2022, our team at Ridgecrest Regional Hospital is seeing evidence that the biggest surge of the COVID pandemic may finally be behind us. And while COVID remains a part of our daily life, we continue to offer a full spectrum of services aimed at keeping our community as healthy as possible. Throughout it all, RRH remains financially strong and committed to protecting and expanding world-class care to you and your family.

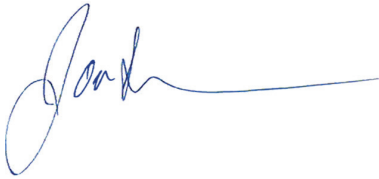
Just a few of the updates we are excited to announce are the board approval of new clinical equipment and information technology software, a potential partnership with University of Southern California for ophthalmology and neurology services, and continued expansion of our cancer-care program with the potential addition of radiology-oncology services.

In our ongoing efforts to improve patient convenience, we now offer text-message reminders for appointments for most services. You can enroll in appointment text reminders by texting RHC1 to 622622.

I would also like to applaud our Ridgecrest Regional Hospital Foundation for achieving a major milestone. Since its founding 2013, the RRH Foundation has raised more than \$1.13 million. Despite pandemic restrictions, the foundation raised \$181,634 in 2021 alone — including \$56,000 from our Butterfly Boutique. Thank you to Foundation Director Kimberly Metcalf, the Foundation Board of Directors, and all our wonderful volunteers for all that they do.

More good news on the horizon are the return to in-person services for our outreach programs. I want to also commend Tera Moorehead for transitioning to virtual platforms during the peak of pandemic. But we know that our residents are appreciating the opportunity to attend exercise classes, support groups and other wellness programs in person again. We are even planning to bring back the Annual Health Fair as soon as it is safe. Watch our social media for details!

For almost two years our community, our country, and our world have felt the frustration and despair that have come with the restrictions and losses of pandemic culture. We hope that the gains we have made toward new growth and vitality in community wellness are in keeping with sense of rebirth that come with the spring season.



**JAMES SUVER, FACHE**  
President/Chief Executive Officer



## BOARD OF DIRECTORS

2021-2022

**Bud Haslam**  
CHAIR

**Dana Lyons**  
VICE CHAIR

**Chris Ellis**  
SECRETARY

**Don Zdeba**  
TREASURER  
**Shrooq Abu-Issa**

**Margie Hannon**

**Walter Martin**

**Rita Read**

**Jim Rizzardini**

**Paige Sorbo**

**KIM METCALF**  
RRH Foundation Director



RIDGECREST REGIONAL HOSPITAL

## FOUNDATION

PHONE (760) 499-3955

Ridgecrest Regional Hospital Foundation was established to support and advance the mission of Ridgecrest Regional Hospital. Our success comes from the positive relationships between the Foundation, physicians, hospital staff, volunteers, and patients

Together we will continue to make a difference in our local healthcare. Thank you for your support.

### THERE ARE MANY WAYS TO SUPPORT RIDGECREST REGIONAL HOSPITAL THROUGH THE FOUNDATION:

- Major gifts and pledges, which can be made over a period of years and given in the form of cash, securities, real estate or personal property.
- Participation in annual fundraising signature events
- Gifts through retirement plans or insurance policies
- Gift annuities and charitable remainder-trusts that provide income to the donor or designated beneficiary for life or a period of years, and a gift to Ridgecrest Regional Hospital Foundation in the future
- Bequests in a will or living trust
- Shop at and donate to the Butterfly Boutique

LOCATION 330 E. Ridgecrest Blvd.

EMAIL [kimberly.metcalf@rrh.org](mailto:kimberly.metcalf@rrh.org)



# USEFUL NUMBERS

# DOCTORS

15	Allwein, Alex.....	(760) 446-3551	05	Lam, Gordon.....	(760) 371-1300
14	Ahmadi, Shahryar.....	(760) 446- 8692	05	Lashgari, Ali.....	(760) 446-6404
13	Anwar, Gul I.....	(760) 446-6404	05	Ledesma, David.....	(760) 463-8930
05	Bhambi, Brijesh....1 (800)-HEART24	(760) 499-3277	10	Liu, John.....	(760) 499-3366
15	Bhanvadia, Sumeet.....	(760) 463-8930	15	Loh-Doyle, Jeffrey.....	(760) 463-8930
07	Beblawi, Ihab.....	(760) 446-0121	13	Lusk, David.....	(760) 446-4571
07	Bilkhu, Gurtejbir.....	(760) 446-3551	09	Lwin, May Hnin.....	(760) 463-8930
12	Briones, Carmen.....	(760) 499-3846	14	McNutt, Lawrence.....	(760) 499-3702
14	Cannata, William.....	(760) 446-8692	11	Merla, Amartej.....	(760) 499-3360
07	Carter, Scott.....	(760) 446-3551	05	Mohsen, Ghassan.....	(760) 499-3277
12	Cendana, Luigi.....	(760) 499-3846	05	Mondkar, Avinash.....	(760) 446-0018
13	Chaabo, Hani.....	(760) 499-3855	15	Nabhani, Jamal.....	(760) 463-8930
07	Chen, Tim.....	(760) 446-0121	12	Nguyen, JoAnna.....	(760) 463-8930
06	Cho, Anthony.....	(760) 446-3551	15	Nseyo, Unwanabong.....	(760) 463-8930
05	Chong, Michael.....	(760) 499-3296	07	Pan, Dana.....	(760) 446-0121
05	Chung, William.....	(760) 499-3296	09	Pastor-Soler, Nuria Maria.....	(760) 463-8930
08	Cramer, Joseph.....	(760) 446-3551	08	Prince, Jennifer.....	(760) 499-3846
06	Crapo, Stephanie.....	(760) 446-3551	09	Qazi, Yasir A.....	(760) 463-8930
08	Davis, William.....	(760) 446-3551	09	Rajani, Roshan.....	(760) 463-8930
08	Dalal, Sunit.....	(760) 446-3551	14	Reen, Amikjit.....	(760) 463-1613
08	De Guzman, Ernest.....	(760) 499-3863	13	Repetto Frenette, Jimena.....	(760) 446-6404
11	Desai, Healthy.....	(760) 446-8692	12	Rivello, George.....	(760) 446-0121
11	DeSilva, Udaya S.....	(760) 446-7246	14	Roberts, Jr., Douglas.....	(760) 446-4571
07	Dusol, Maurice.....	(760) 446-0121	15	Rosenberg, Shilo.....	(760) 463-8930
14	Flanigan, Kevin.....	(760) 499-3855	08	Sachdeva, Aadesh.....	(760) 446-3551
13	Frenette, Paul.....	(760) 446-6404	11	Satou, Gary.....	(310) 267-7667
07	Frey, Eric.....	(760) 446-0121	12	Schauf, Victoria B.....	(760) 446-7978
08	Garewal, Jagdeep.....	(760) 499-3863	15	Schuckman, Anne.....	(760) 463-8930
09	Ghaffari, Arshia.....	(760) 463-8930	10	Sharma, Neeraj.....	(760) 463-8930
10	Goldstein, Dawn.....	(760) 499-3640	07	Shindy, Waleed W.....	(760) 446-0121
08	Goyle, Simmi.....	(760) 446-3551	06	Shull, Charles A.....	(760) 446-3551
10	Guerra, Billie.....	(760) 499-3640	14	Singh, Harmandeep.....	(760) 499-3766
09	Hallows, Kenneth R.....	(760) 463-8930	13	Singh, Love.....	(760) 446-6404
08	Hamzeh, Rabih.....	(760) 446-3551	10	Smogorzewski, Miroslaw J.....	(760) 463-8930
05	Havistin, Ruby.....	(760) 499-3277	14	Stemmer, Paul F.....	(760) 446-3700
07	Hepps, Kenneth.....	(760) 446-0121	10	Stone, Rose.....	(760) 499-3640
10	Hsieh, Patrick.....	(760) 499-3366	11	Tadros, Reda.....	(760) 446-3551
11	Hughes, Everard.....	(760) 499-3360	08	Thakore, Devanshu.....	(760) 446-3551
10	Ibrahim, Nuha.....	(760) 463-8930	08	Thomas, Jeffery.....	(760) 446-3551
08	Kanchananakhin, Phacharawut.....	(760) 499-3863	10	Voorra, Santhi.....	(760) 463-8930
07	Kao, James.....	(760) 446-0121	07	Walia, Sukhpreet S.....	(760) 446-0121
06	Kimball, Kerilyn.....	(760) 446-3551	13	Wildenberg, Hope A.....	(760) 446-6404
07	Kogan, Mark.....	(760) 446-0121	06	Woolf, Anthony.....	(760) 446-3551
06	Lai, Mai.....	(760) 446-3551	14	Ziaei, Salman.....	(760) 499-3855



# BY SPECIALTY

# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

DOCTORS/PHYSICIANS

PROVIDERS

## CARDIOLOGY



Mohsen, Ghassan MD

*Board Certified in Cardiovascular Disease*

**(760) 499-3277**

Cardiology Clinic: 1111 N. China Lake Blvd., Suite 501, Ridgecrest



Havistin, Ruby MD

*Board Certified in Cardiovascular Disease*

**(760) 499-3277**

Cardiology Clinic: 1111 N. China Lake Blvd., Suite 501, Ridgecrest

Bhambi, Brijesh MD

*Board Certified in Cardiovascular Disease, Interventional Cardiology and Internal Medicine*

**(760) 499-3277/ 1-800-HEART24**

Rural Health Clinic: 1111 N. China Lake Blvd., Suite 501 Ridgecrest

Mondkar, Avinash MD

*Cardiologist*

**(760) 446-0018**

1661 Triangle Dr., Ridgecrest

## CHIROPRACTIC



Lam, Gordon DC

*Chiropractic*

**(760) 371-1300**

Chiropractic and Massage Clinic: 840 N. Norma St. #B, Ridgecrest



Ledesma, David DC, CCSP

*Chiropractic and Sports Medicine*

**(760) 463-8930**

Southern Sierra Medical Clinic: 2nd floor 105 Sydnor Ave., Ridgecrest

## DENTISTRY



Chong, Michael DDS

*Dentistry*

**(760) 499-3296**

Rural Health Clinic: 1111 N. China Lake Blvd., Suite 501, Ridgecrest



Chung, William DDS

*Dentistry*

**(760) 499-3296**

Rural Health Clinic: 1111 N. China Lake Blvd., Suite 501, Ridgecrest

## DERMATOLOGY

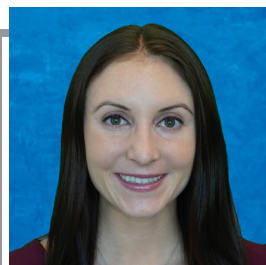


Lashgari, Ali R. MD

*Board Certified in Dermatology*

**(760) 446-6404**

Southern Sierra Medical Clinic: 105 E. Sydnor Ave., Ridgecrest



Trask, Chelsea PA

*Physician Assistant*

**(760) 446-6404**

Southern Sierra Medical Clinic: 105 E. Sydnor Ave., Ridgecrest



# DOCTORS & PROVIDERS

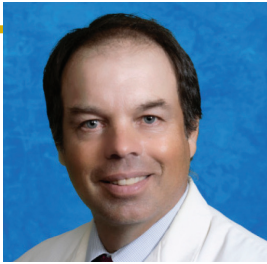
WITH ACTIVE PRIVILEGES

## BY SPECIALTY

DOCTORS/PHYSICIANS

PROVIDERS

### EMERGENCY MEDICINE



Allwein, Alex MD

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Cho, Anthony MD

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Crapo, Stephanie MD

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Dalal, Sunit MD

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Kimball, Kerilyn DO

*Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest

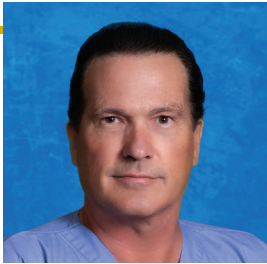


Lai, Mai MD

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Shull, Charles A. MD

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Woolf, Anthony MD

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Doty, Kelly PA

*Physician Assistant*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Kendall, Carol NP

*Nurse Practitioner*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Pritchett, David PA

*Physician Assistant*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



Rowland, Todd NP

*Nurse Practitioner*

**(760) 446-3551**

RRH Emergency Department:  
1081 N. China Lake Blvd., Ridgecrest



# BY SPECIALTY

# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

DOCTORS/PHYSICIANS

PROVIDERS

## EMERGENCY MEDICINE

**Bilkhu, Gurtjbir MD**

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department: 1081 N. China Lake Blvd., Ridgecrest

**Carter, Scott MD**

*Board Certified in Emergency Medicine*

**(760) 446-3551**

RRH Emergency Department: 1081 N. China Lake Blvd., Ridgecrest

## GASTROENTEROLOGY



**Dusol, Maurice MD**

*Board Certified in Gastroenterology and Internal Medicine*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest

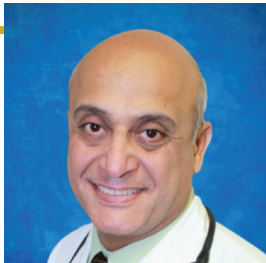


**Frey, Eric MD**

*Board Certified in Gastroenterology and Internal Medicine*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest

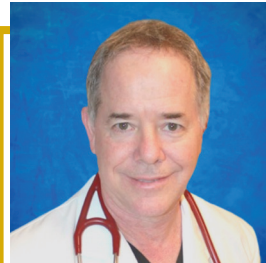


**Beblawi, Ihab MD**

*Board Certified in Gastroenterology and Internal Medicine*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest



**Hepps, Kenneth MD**

*Board Certified in Gastroenterology and Internal Medicine*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest



**Chen, Tim (Tien-Chun) MD**

*Board Certified by the ABIM in Gastroenterology*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest



**Kogan, Mark MD**

*Board Certified in Gastroenterology and Internal Medicine*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest



**Pan, Dana MD**

*Board Certified in Gastroenterology and Internal Medicine*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest



**Shindy, Waleed W. MD**

*Board Certified by the ABIM in Gastroenterology*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest



**Walia, Sukhpreet S. MD**

*Board Certified by the ABIM in Gastroenterology*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest

**Kao, James, MD**

*Board Certified in Gastroenterology and Internal Medicine*

**(760) 446-0121**

RRH South Medical Plaza: 1041 N. China Lake Blvd., Suite B, Ridgecrest



# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

## BY SPECIALTY

DOCTORS/PHYSICIANS

PROVIDERS

### HOSPITALISTS



Goyle, Simmi MD

*Board Certified in Internal Medicine*

**(760) 446-3551**

RRH Main Tower:  
1081 N. China Lake Blvd., Ridgecrest



Thakore, Devanshu MD

*Board Certified in Internal Medicine*

**(760) 446-3551**

RRH Main Tower:  
1081 N. China Lake Blvd., Ridgecrest



Thomas, Jeffery MD

*Board Certified in Internal Medicine*

**(760) 446-3551**

RRH Main Tower:  
1081 N. China Lake Blvd., Ridgecrest



Cramer, Joseph MD

*Board Certified in Pediatrics*

**(760) 499-3846**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Hamzeh, Rabih MD

*Board Certified in Pediatrics*

**(760) 499-3846**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Prince, Jennifer DO

*Pediatric Medical Director*

**(760) 499-3846**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

Davis, William MD

*Board Certified in Internal Medicine*

**(760) 446-3551**

RRH Main Tower: 1081 N. China Lake Blvd., Ridgecrest

Sachdeva, Aadesh MD

*Board Certified in Internal Medicine*

**(760) 446-3551**

RRH Main Tower: 1081 N. China Lake Blvd., Ridgecrest

### INFECTIOUS DISEASE



Schauf, Victoria B. MD

*Board Certified in Internal Medicine  
and Pediatrics*

**(760) 446-7978**

1133 N. Chelsea St., Ridgecrest

### MENTAL HEALTH - TELEMEDICINE



De Guzman, Ernest MD

*Telepsychiatry*

**(760) 499-3863**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Garewal, Jagdeep S. MD

*Board Certified in Psychiatry*

**(760) 499-3863**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

Kanchananakhin, Phacharawut MD

*Board Certified in Psychiatry*

**(760) 499-3863**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Clay, Sharon NP-C

*Nurse Practitioner - Certified*

**(760) 499-3863**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



# BY SPECIALTY

# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

DOCTORS/PHYSICIANS

PROVIDERS

## MENTAL HEALTH - THERAPY



Cameron, Cierra APCC

*Associate Professional Clinical Counselor*

**(760) 499-3863**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Lockie, Amanda LCSW

*Licensed Clinical Social Worker*

**(760) 446-6404**

Southern Sierra Medical Clinic:  
105 E. Sydnor Ave., Ridgecrest



Llamas, Maria LMFT

*Licensed Marriage and Family Therapist*

**(760) 499-3863**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Arbalaez, Janine LMFT

*Licensed Marriage and Family Therapist*

**(760) 499-3296**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Patton, Walter SUDCC II

*Substance Use Disorder Certified Counselor II*

**(760) 499-3863**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

## NEPHROLOGY



Hallows, Kenneth R. MD

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza:  
2nd Floor, 105 E. Sydnor Ave., Ridgecrest

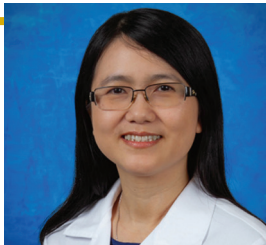


Ghaffari, Arshia DO

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza:  
2nd Floor, 105 E. Sydnor Ave., Ridgecrest

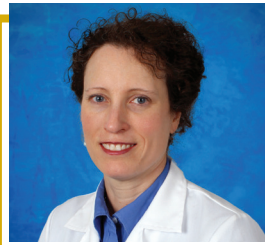


Lwin, May Hnin MD

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza:  
2nd Floor, 105 E. Sydnor Ave., Ridgecrest



Pastor-Soler, Nuria Maria MD

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza:  
2nd Floor, 105 E. Sydnor Ave., Ridgecrest



Qazi, Yasir A. MD

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza:  
2nd Floor, 105 E. Sydnor Ave., Ridgecrest



Rajani, Roshan D. MD

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza:  
2nd Floor, 105 E. Sydnor Ave., Ridgecrest



# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

## BY SPECIALTY

DOCTORS/PHYSICIANS

PROVIDERS

### NEPHROLOGY

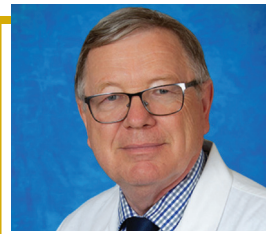


Sharma, Neeraj MD

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza: 2nd Floor,  
105 E. Sydnor Ave., Ridgecrest



Smogorzewski,  
Miroslaw J. MD

**(760) 463-8930**

East Medical Plaza: 2nd Floor,  
105 E. Sydnor Ave., Ridgecrest



Voora, Santhi

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza: 2nd Floor, 105 E.  
Sydnor Ave., Ridgecrest

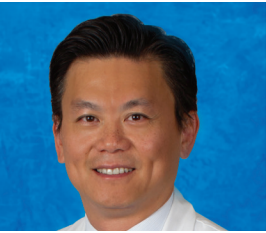
Ibrahim, Nuha MD

*Board Certified in Internal Medicine and Nephrology*

**(760) 463-8930**

East Medical Plaza:  
2nd Floor, 105 E. Sydnor Ave., Ridgecrest

### NEUROSURGERY-SPINE

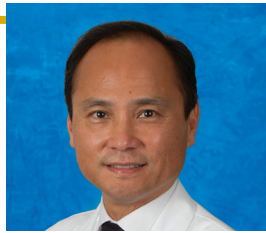


Hsieh, Patrick MD

*Board Certified in Neurological Surgery*

**(760) 499-3366**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest



Liu, John MD

*Board Certified in Neurological Surgery*

**(760) 499-3366**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest



Schwartz, Christian PA-C

*Physician Assistant - Certified*

**(760) 499-3366**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest

### Ridgecrest Regional Hospital NEUROSURGERY & SPINE

*in alliance with*

Keck Medicine of USC

USC Neurosurgery

### OBSTETRICS & GYNECOLOGY



Guerra, Billie DO

*Women's Health*

**(760) 499-3640**

Women's Health Clinic:  
1011 N. China Lake Blvd., Ridgecrest



Goldstein, Dawn MD, FACOG

*Board Certified in OB/GYN*

*Women's Health Medical Director*

**(760) 499-3640**

Women's Health Clinic:  
1011 N. China Lake Blvd., Ridgecrest



Stone, Rose MD

*Board Certified in OB/GYN*

**(760) 499-3640**

Women's Health Clinic:  
1011 N. China Lake Blvd., Ridgecrest



Siler, Alessa FNP-C

*Family Nurse Practitioner - Certified*

**(760) 499-3640**

Women's Health Clinic:  
1011 N. China Lake Blvd., Ridgecrest

# BY SPECIALTY

DOCTORS/PHYSICIANS

PROVIDERS

# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

## OBSTETRICS & GYNECOLOGY



Bromley, Windy WHNP

Women's Health Nurse Practitioner

**(760) 499-3640**

Women's Health Clinic:  
1011 N. China Lake Blvd., Ridgecrest

## OCCUPATIONAL HEALTH



Rowland, Leslie NP

Nurse Practitioner

**(760) 499-3580**

Urgent Care:  
1111 N. China Lake Blvd., Ridgecrest

## ONCOLOGY & HEMATOLOGY



Hughes, Everard MD

Board Certified in Hematology and  
Oncology

**(760) 499-3360**

RRH Cancer Center:  
1011 N. China Lake Blvd., Ridgecrest



Merla, Amartej MD

Board Certified in Hematology and  
Oncology

**(760) 499-3360**

RRH Cancer Center:  
1011 N. China Lake Blvd., Ridgecrest

## ORTHOPEDICS & SPORTS MEDICINE



Desai, Healthy MD

Orthopedics

**(760) 446- 8692**

Healthy Bone & Joint Center:  
1041 N. China Lake Blvd., Suite C,  
Ridgecrest



Schwartz, Christian PA-C

Physicians Assistant

**(760) 446-8692**

Healthy Bone & Joint Center:  
1041 N. China Lake Blvd., Suite C,  
Ridgecrest

Ahmadi, Shahryar, MD

Orthopedic Surgeon

**(760) 446- 8692**

Healthy Bone & Joint Center: 1041 N. China Lake Blvd., Suite C, Ridgecrest

## PAIN MANAGEMENT



DeSilva, Udaya MD

Board Certified in Anesthesiology

**(760) 446-7246**

RRH East Medial Plaza - Second  
Floor:105 E. Sydnor Ave., Suite 204,  
Ridgecrest

Finley, May C NP

Nurse Practitioner

**(760) 446-3551**

RRH East Medial Plaza - Second Floor:  
105 E. Sydnor Ave., Suite 204, Ridgecrest

## PATHOLOGY

Tadros, Reda MD

Board Certified in Clinical, Anatomical Pathology and Cytopathology

**(760) 446-3551**

RRH Main Tower: 1081 N. China Lake Blvd., Ridgecrest

## PEDIATRIC CARDIOLOGY



Satou, Gary MD

Board Certified in Pediatrics and  
Pediatric Cardiology

**(310) 267-7667**

UCLA Medical Center:  
200 Medical Plaza Way, Los Angeles



# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

## BY SPECIALTY

DOCTORS/PHYSICIANS

PROVIDERS

### PEDIATRICS



Prince, Jennifer DO

*Pediatric Medical Director*

**(760) 499-3846**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Briones, Carmen MD

*Board Certified in Pediatrics*

**(760) 499-3846**

Rural Health Clinic: 1111 N. China Lake  
Blvd., Suite 301, Ridgecrest



Cendana, Luigi DO

*Board Certified in Pediatrics*

**(760) 499-3846**

Rural Health Clinic: 1111 N. China Lake  
Blvd., Suite 301, Ridgecrest



Schauf, Victoria MD

*Board Certified in Internal Medicine  
and Pediatrics*

**(760) 446-7978**

1133 N. Chelsea St., Ridgecrest



Ott, Sherel FNP-C

*Family Nurse Practitioner*

**(760) 499-3846**

Rural Health Clinic: 1111 N. China Lake  
Blvd., Suite 301, Ridgecrest



Magnuson, Deborah PNP

*Pediatric Nurse Practitioner*

**(760) 499-3846**

Rural Health Clinic: 1111 N. China Lake  
Blvd., Suite 301, Ridgecrest



Ebor, Karisma PNP

*Pediatric Nurse Practitioner*

**(760) 499-3846**

Rural Health Clinic: 1111 N. China Lake  
Blvd., Suite 301, Ridgecrest

### PLASTIC SURGERY



Nguyen, JoAnna MD

*Board Certified in Plastic &  
Reconstructive Surgery*

**(760) 463-8930**

East Medical Plaza: Second Floor,  
105 E. Sydnor Ave., Ridgecrest



Rivello, George DPM

*Board Certified in Podiatric Medicine*

**(760) 446-0121**

RRH South Medical Plaza:  
1041 N. China Lake Blvd., Ridgecrest

### PODIATRY



# BY SPECIALTY

# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

DOCTORS/PHYSICIANS

PROVIDERS

## PRIMARY CARE - ADULT MEDICINE



Ott, Sheryl FNP-C

*Family Nurse Practitioner*

**(760) 499-3855**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Zerby, Ruth NP

*Nurse Practitioner*

**(760) 499-3855**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Bell, Jacqueline NP

*Nurse Practitioner*

**(760) 499-3855**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

## PRIMARY CARE - FAMILY MEDICINE



Anwar, Gul I. MD

*Board Certified in Family Medicine*

**(760) 446-6404**

Southern Sierra Medical Clinic:  
105 E. Sydnor Ave., Ridgecrest



Chaabo, Hani MD

*Board Certified in Family Medicine*

**(760) 499-3855**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



Frenette, Paul MD

*Board Certified in Family Medicine*

**(760) 446-6404**

Southern Sierra Medical Clinic:  
105 E. Sydnor Ave., Ridgecrest



Repetto Frenette, Jimena MD

*Board Certified in Family Medicine*

**(760) 446-6404**

Southern Sierra Medical Clinic:  
105 E. Sydnor Ave., Ridgecrest

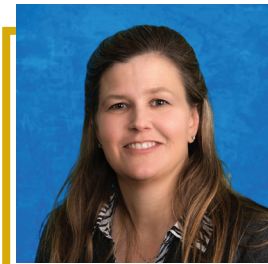


Singh, Love MD

*Board Certified in Family Medicine*

**(760) 446-6404**

Southern Sierra Medical Clinic:  
105 E. Sydnor Ave., Ridgecrest



Wildenberg, Hope A. MD

*Board Certified in Family Medicine*

**(760) 446-6404**

Southern Sierra Medical Clinic:  
105 E. Sydnor Ave., Ridgecrest

Lusk, David MD

*Board Certified in Family Medicine*

**(760) 446-4571**

900 N. Heritage Dr., Building E, Ridgecrest



# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

## BY SPECIALTY

DOCTORS/PHYSICIANS

PROVIDERS

### PRIMARY CARE - INTERNAL MEDICINE



Ziaei, Salman MD

*Board Certified in Internal Medicine*

**(760) 499-3855**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgcrest



Flanigan, Kevin MD

*Board Certified in Internal Medicine*

**(760) 499-3855**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgcrest

Roberts, Douglas MD

*Board Certified in Internal Medicine*

**(760) 446-4571**

Heritage Plaza: 900 N. Heritage Dr., Ridgcrest

Reen, Amikjit MD

*Internal Medicine*

**(760) 463-1613**

Reen Medical Group: 129 E. Ridgcrest Blvd., Ridgcrest

### RADIOLOGY



McNutt, Lawrence MD

*Board Certified in Radiology*

**(760) 499-3702**

RRH Main Tower:  
1081 N. China Lake Blvd., Ridgcrest

### SLEEP MEDICINE

Singh, Hermandeep MD

*Board Certified in Psychiatry and Sleep Medicine*

**(760) 499-3766**

RRH Main Tower: 1081 N. China Lake Blvd., Ridgcrest

### SURGERY



Cannata, William MD

*Board Certified in Surgery*

**(760) 446-8692**

RRH South Medical Plaza Specialty:  
1041 N. China Lake Blvd., Ridgcrest



Stemmer, Paul F. MD

*Board Certified in General Surgery*

**(760) 446-3700**

Stemmer Clinic:  
900 Heritage Dr., Suite A, Ridgcrest

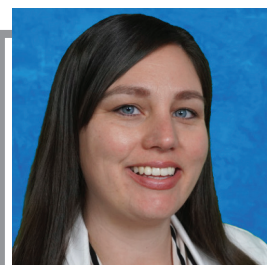


Tonsekar, Kishore MD

*Board Certified in Surgery*

**(760) 446-0121**

RRH South Medical Plaza Specialty:  
1041 N. China Lake Blvd., Ridgcrest



Lavarreda, Charise FNP-C

*Family Nurse Practitioner*

**(760) 446-3700**

Stemmer Clinic:  
900 Heritage Dr., Suite A, Ridgcrest

Ahmadi, Shahryar, MD

*Orthopedic Surgeon*

**(760) 446-8692**

Healthy Bone & Joint Center: 1041 N. China Lake  
Blvd., Suite C, Ridgcrest

Finley, May C NP

*Nurse Practitioner*

**(760) 446-3551**

RRH East Medial Plaza - Second Floor:  
105 E. Sydnor Ave., Suite 204, Ridgcrest

# BY SPECIALTY

# DOCTORS & PROVIDERS

WITH ACTIVE PRIVILEGES

DOCTORS/PHYSICIANS

PROVIDERS

## TCRU - SKILLED NURSING FACILITY



Rowland, Todd FNP-C

Family Nurse Practitioner

**(760) 499-3800**

Bella Sera / TCRU Skilled Nursing Facility:  
1081 N. China Lake Blvd., Ridgecrest

## URGENT CARE



Allwein, Alex MD

Urgent Care Medical Director - Board  
Certified in Emergency Medicine

**(760) 499-3800**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

## URGENT CARE



Doty, Kelly PA

Physician Assistant

**(760) 499-3800**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

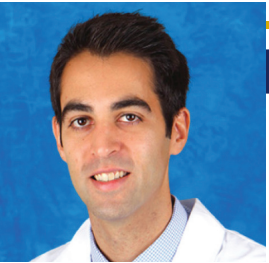
De Jesus, Julie NP

Nurse Practitioner

**(760) 499-3800**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

## UROLOGY



Nabhani, Jamal MD

Board Certified in Urology

**(760) 463-8930**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest



Bhanvadia, Sumeet K. MD

Board Certified in Urology

**(760) 463-8930**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest



Rosenberg, Shilo MD

Board Certified in Urology

**(760) 463-8930**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest



Loh-Doyle, Jeffrey MD

Board Certified in Urology

**(760) 463-8930**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest



Schuckman, Anne MD

Board Certified in Urology

**(760) 463-8930**

RRH East Medical Plaza - Second  
Floor: 105 E. Sydnor Ave., Ridgecrest

Nseyo, Unwanabong MD

Board Certified in Urology

**(760) 499-3800**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest

Attalla, Raafat PA

Physician Assistant

**(760) 499-3800**

Rural Health Clinic:  
1111 N. China Lake Blvd., Ridgecrest



in alliance with  
Keck Medicine of USC  
USC Urology



# SERVICES

<b>17</b>	All Emergency Services.....	9-1-1
<b>32</b>	Main Phone Number.....	(760) 446-3551
<b>29</b>	Alzheimer's Support Group.....	(760) 371-1445
<b>20</b>	Bella Sera.....	(760) 446-3591
<b>28</b>	Butterfly Boutique.....	(760) 371-1134
<b>21</b>	Cancer Center.....	(760) 499-3360
<b>22</b>	Cardiac Testing.....	(760) 499-3773
<b>22</b>	Cardiopulmonary Rehab.....	(760) 499-3772
<b>22</b>	Cardiovascular Services.....	(760) 499-3825
<b>29</b>	Caregiver Support Group.....	(760) 499-3277
<b>20</b>	Center Pharmacy.....	(760) 446-4141
<b>30</b>	CHF Support Group.....	(760) 499-3855
<b>29</b>	Childbirth Classes.....	(760) 499-3032
<b>25</b>	China Lake Community Health.....	(760) 446-0121
<b>21</b>	Chiropractic & Massage Care.....	(760) 371-1300
<b>28</b>	Community Wellness Program.....	(760) 499-3825
<b>30</b>	Coping Together Support Group.....	(760) 499-3427
<b>22</b>	Dental Services.....	(760) 499-3296
<b>22</b>	Dermatology.....	(760) 446-6404
<b>30</b>	Diabetes Support Group & DEEP.....	(760) 499-3825
	Education Department.....	(760) 499-3831
<b>17</b>	Emergency Care Services.....	(760) 446-3551
<b>22</b>	Food & Nutrition Services.....	(760) 499-3781/3783
<b>30</b>	Freedom From Smoking.....	(760) 499-3584
<b>23</b>	Gastroenterology.....	(760) 446-0121
<b>31</b>	Grief Support Group.....	(760) 499-3617
<b>20</b>	Hospice.....	(760) 499-3617
<b>18</b>	Intensive Care Unit.....	(760) 499-3501
<b>31</b>	Journey to Happiness Seniors Group....	(760) 499-3825
<b>19</b>	Laboratory.....	(760) 499-3998
<b>17</b>	Liberty Ambulance.....	(760) 375-6531
<b>27</b>	Maternal/Child Services.....	(760) 499-3131
<b>19</b>	Medical Records/Health Information Management.....	(760) 499-3668
<b>26</b>	Mental Health Care.....	(760) 499-3863

# USEFUL NUMBERS

<b>25</b>	Mobile Health Unit.....	(760) 499-3853
<b>18</b>	Mountain View.....	(760) 499-3332
<b>23</b>	Nephrology.....	(760) 463-8930
<b>23</b>	Neurosurgery-Spine.....	(760) 499-3366
<b>24</b>	Occupational Health Clinic.....	(760) 499-3580
<b>24</b>	Orthopedics & Sports Medicine.....	(760) 446-8692
<b>24</b>	Outpatient Rehabilitation Services.....	(760) 499-3631
<b>24</b>	Pain Management.....	(760) 446-7246
<b>19</b>	Patient & Visitor Services.....	(760) 446-3551
<b>25</b>	Pediatrics.....	(760) 499-3846
<b>27</b>	Perinatal Care Services.....	(760) 499-3032
<b>21</b>	Personal Care Services.....	(760) 499-3617
<b>25</b>	Podiatry.....	(760) 446-0121
<b>25</b>	Primary Care.....	(760) 446-6404/499-3855
<b>25</b>	Pulmonary Care Respiratory Therapy..	(760) 499-3766
<b>19</b>	Radiology.....	(760) 499-3703
<b>30</b>	Rock Steady Boxing.....	(760) 499-3825
<b>03</b>	RRH Foundation.....	(760) 499-3955
<b>25</b>	Rural Health Clinic.....	(760) 499-3855
<b>31</b>	Seniors Gentle Chair Yoga.....	(760) 499-3825
<b>20</b>	Seniors Services.....	(760) 371-1445
<b>31</b>	Senior Fitness.....	(760) 499-3825
<b>26</b>	Sleep Lab.....	(760) 499-3766
<b>25</b>	Southern Sierra Medical Clinic.....	(760) 446-6404
<b>26</b>	Spiritual Care.....	(760) 446-3551
<b>18</b>	Surgery & Outpatient Services.....	(760) 499-3431
<b>20</b>	Transitional Care & Rehab Unit.....	(760) 499-3380
<b>26</b>	Telepsychiatry.....	(760) 499-3863
<b>25</b>	Trona Clinic.....	(760) 372-4728
<b>17</b>	Urgent Care.....	(760) 499-3800
<b>26</b>	Urology.....	(760) 463-8930
<b>21</b>	Visiting Nurse Services.....	(760) 499-3617
<b>27</b>	Women's Health Services.....	(760) 499-3640
<b>19</b>	Women's Imaging.....	(760) 499-3820

# EMERGENCY SERVICES +

PHONE (760) 446-3551

HOURS 24/7

LOCATION 1081 N CHINA LAKE BLVD



## EXAMPLES OF THE CONDITIONS & SYMPTOMS FOR WHICH YOU MAY NEED TO ACCESS EMERGENCY SERVICES ARE:

- Chest Pain or Pressure
- Large Open Wounds
- Major Burns
- Uncontrolled Bleeding
- Change in Mental Status
- Sudden Dizziness/Weakness
- Sudden or Severe Pain
- Sudden Change in Vision
- Severe Injuries
- Coughing or Vomiting Blood
- Difficulty in Breathing
- Loss of Consciousness

*If a condition arises suddenly and you believe that a life is in jeopardy CALL 9-1-1*

# LIBERTY AMBULANCE

PHONE (760) 375-6531

HOURS 24/7

- Chest Pain or Pressure
- Large Open Wounds
- Uncontrolled Bleeding
- Change in Mental Status
- Sudden or Severe Pain
- Sudden Change in Vision
- Coughing or Vomiting Blood
- Difficulty in Breathing
- Severe Injuries
- Major Burns
- Loss of Consciousness
- Sudden Dizziness/Weakness

It's important to call 9-1-1 in any medical emergency for immediate transportation to your nearest emergency room. Do not drive yourself or someone else to the hospital in the event of a life-threatening emergency (for non-emergency situations, call (760) 375-6565.



# URGENT CARE +

PHONE (760) 499-3800

LOCATION 1111 N CHINA LAKE BLVD

HOURS 7AM-6:30PM: MON-SUN  
8AM-3:30PM: HOLIDAYS

## VISIT URGENT CARE FOR:

- COVID-19 Screening & Testing
- Minor Infections
- Small Cuts
- Sore Throats
- Minor Burns
- Sprains & Strains
- Rashes
- Minor Broken Bones
- Mild Asthma Attacks





# SURGERY & OUTPATIENT SERVICES +

PHONE (760) 499-3431

HOURS 6AM - 6:30PM: MON - FRI: 8AM - 12PM: SAT-SUN

LOCATION 1011 N CHINA LAKE BLVD

## RRH PROVIDES THE FOLLOWING SERVICES, THERAPIES & TREATMENTS

- Initiate Pre/Post Op Teaching
- Private Rooms and 3 Chair Lounges
- Light Meals
- Phase II Recovery - patients go home when fully recovered
- Iron Infusions
- Blood Transfusions
- Wound Care
- IV Hydration
- Catheter Care
- Needle Directed Biopsies
- IV Antibiotics Therapy
- PICC Lines



## + GENERAL SURGERY

HOURS 8AM - 5PM: MON - THURS  
FRI: APPOINTMENT ONLY

PHONE DR CANNATA: (760) 446-8692  
DR STEMMER: (760) 446-3700  
DR TONSEKAR: (760) 446-0121



## + MOUNTAIN VIEW MEDICAL & SURGICAL SERVICES

MOUNTAIN VIEW SPECIFIC SERVICES INCLUDE:

PHONE (760) 499-3332

LOCATION 1011 N CHINA LAKE BLVD

- Cardiac Monitoring
- Diabetes Care and Teaching
- Care of Respiratory Disorder such as COPD and Asthma
- Gastrointestinal Disorders
- Orthopedics: joint replacement and surgical repair of fractures
- Blood Transfusions
- Treatment for Infectious Diseases
- Wound Management



## INTENSIVE CARE UNIT (ICU)

PHONE (760) 499-3501

HOURS 24/7

LOCATION 1081 N CHINA LAKE

ICU SERVICES ARE FOR PATIENTS NEEDING:

- Ventilator Support (artificial breathing, sometimes called Life Support)
- Cardiac Monitoring
- Extensive Surgical Procedures
- Critically ILL Pediatric Patients
- Hemodynamic Monitoring (observing how the cardiovascular system responds to illness, injury, and therapeutic intervention)



# LABORATORY SERVICES +

You can now skip the wait time - Online lab appointment booking now available at [RRH.ORG](http://RRH.ORG)



<b>LOCATION</b>	<b>PATIENT SERVICE CENTER</b>
	<b>1109 N CHINA LAKE BLVD</b>
<b>HOURS</b>	<b>6AM-6PM: MON-FRI;</b>
	<b>8AM - 12PM: SAT</b>
<b>PHONE</b>	<b>(760) 499-3998</b>

<b>LOCATION</b>	<b>OUTPATIENT PAVILION</b>
	<b>1011 N. CHINA LAKE BLVD.</b>
<b>HOURS</b>	<b>6AM - 2:30PM: MON - FRI</b>
<b>PHONE</b>	<b>(760) 499-3998</b>

## + BILLING

Contact our Patient & Visitor Services departments by visiting: [www.rrh.org/contact-us](http://www.rrh.org/contact-us)

<b>HOURS</b>	<b>8AM - 4PM: MON-FRI</b>
<b>PHONE</b>	<b>(760) 499-3189</b>
<b>LOCATION</b>	<b>1081 N CHINA LAKE</b>

### PAYMENTS

- Pay Online at [WWW.RRH.ORG](http://WWW.RRH.ORG)
- Pay By Phone: **(760) 499-3189**
- Pay By App: **Download Papaya Mobile Bill Payment**

### INSURANCE/PROVIDER PHONE NUMBER

- Commercial (760) 499-3003, (760) 499-3012
- Medical (760) 499-3007, (760) 499-3008
- Medicare (760) 499-3004/ 9760) 499-3011
- Worker's Compensation and Veterans (760) 499-3057

## + PATIENT/VISITOR SERVICES

**PHONE** **(760) 446-3551**

### LANGUAGE ASSISTANCE SERVICES

Ridgecrest Regional Hospital will provide for the use of interpreter whenever a language or communication barrier exists

### VETERANS CHOICE PROGRAM

The Veterans Choice Program allows Veterans to receive care from a community provider, paid for by the Department of Veterans Affairs (VA), rather than waiting for a VA appointment or traveling to a VA facility.

### PATIENT ADVOCACY

The Patient Advocate is a liaison between patients and their care team. The mission of the Patient Advocate is to improve communication, access information, resolve conflicts and address the patient's specific concerns.

# RADIOLOGY

## DIAGNOSTICS & WOMEN'S IMAGING SERVICES OFFERED AT RRH:

<b>LOCATION</b>	<b>DIAGNOSTIC IMAGING: 1081 N CHINA LAKE</b>
	<b>WOMEN'S IMAGING: 1111 N CHINA LAKE BLVD</b>
<b>HOURS</b>	<b>24/7: X-RAY, CT SCANS &amp; ULTRASOUND</b>
	<b>OUTPATIENT: 7AM - 6PM: MON - FR; 8AM - 4PM: SAT</b>
	<b>WOMEN'S: 8AM - 6PM: MON - THURS; 8AM - 4PM: FRI</b>
<b>PHONE</b>	<b>DIAGNOSTIC IMAGING: (760) 499-3702</b>
	<b>WOMEN'S IMAGING: (760) 499-3820</b>

- X-Rays
- Ultrasound (High-def)
- CT Scans
- Advanced MRI/MRA
- Orthopedic & Sports
- Pediatric
- Vascular Imaging
- Bone Densitometry
- Oncologic Imaging
- Cardiac Imaging
- Brain and Spinal Imaging
- Nuclear Imaging
- Abdominal Imaging
- 2D/3D Mammography
- ABUS (Automated Breast Ultrasound System)
- DEXA Scans
- OB & Pelvic Ultrasound

RRH is a leader in medical imaging in the Southern Sierra region by introducing innovative and important new technology in the area. Our facility hosts the GE Signa HDxT 1.5 T MRI and the GE Optima 660 CT system

*To support the low income families in our community, we are now offering reduced cash price. We also offer a choice to our patients with insurance to opt for special cash price for qualifying procedures. Call us to find out more.*



# BELLA SERA SKILLED NURSING FACILITY +



PHONE (760) 446-3591 HOURS 24/7

LOCATION 1131 N. CHINA LAKE BLVD

## BELLA SERA SERVICES PROVIDED CONSIST OF:

- Wound Care
- Social Services: Counseling & Grief Intervention
- Hospice
- Activities: Group Setting or One-On-One if Needed
- Occupational & Physical Therapy



## TCRU

HOURS 24/7

PHONE (760) 499-3380

LOCATION 1081 N CHINA LAKE BLVD

The Transitional Care and Rehab Unit (TCRU) is a long-term care, skilled nursing facility as a distinct part of the hospital serving our elderly population.



## SENIOR SERVICES

PHONE (760) 371-1445

HOURS 8AM - 4PM: MON - FRI

LOCATION 417 DRUMMOND AVE.

Providing community outreach services to seniors sixty and over.

*Partial funding for Senior Services is provided through the Kern County Department of Aging.*

# CENTER PHARMACY

PHONE (760) 446-4141

LOCATION 1109 N CHINA LAKE BLVD

HOURS MON-FRI 9AM - 6PM; SAT 10AM - 3PM



Center Pharmacy has offered fast, friendly service to the IWW community for almost 50 years. Our retail store offers a wide selection of over-the-counter medications, first-aid supplies, health/beauty aids, sunscreen products, gifts, and more. Medi-Cal Rx and many private prescription insurance plans are accepted. Center Pharmacy is centered on you.

# HOSPICE



PHONE (760) 499-3617 HOURS 24/7

LOCATION 1653 TRIANGLE DRIVE

## HOSPICE SERVICES PROVIDED CONSIST OF:

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Services
- Certified Home Health Aides
- Spiritual Counselors
- Hospice Volunteers
- Durable Medical Equipment
- Respite Care Services
- Medications for Comfort
- Bereavement Counseling



# PERSONAL CARE SERVICES

PHONE (760) 499-3617

HOURS BY APPOINTMENT ONLY

LOCATION 1653 TRIANGLE DRIVE

- Companionship and socialization
- Bathing, grooming & dressing assistance
- Activity and exercise promotion
- Housekeeping services
- Shopping and meal preparation
- Errand running
- Medication Reminders
- Transportation to appointment



# VISITING NURSE SERVICES

HOURS 24/7

PHONE (760) 499-3617

LOCATION 1653 TRIANGLE DRIVE

Visiting Nursing Services (VNS) is health care that is given at home by our registered and specially trained nurses, therapists and specialists who work in teams to provide you with comprehensive care while recovering from an illness or injury.



# CANCER CENTER

PHONE (760) 499-3360

HOURS 8AM-5PM: MON-FRI

LOCATION 1011 N CHINA LAKE BLVD

Ridgecrest Regional Hospital is proud to offer the RRH Cancer Center, providing board-certified medical oncologists based in Ridgecrest. Our team of expert staff are here to support you every step of the way from your diagnosis to treatment.

## FULL TIME MEDICAL ONCOLOGY CARE & SUPPORT:

- Biopsy
- Immunotherapy
- IV Therapy and Hydration
- On-site Laboratory Testing
- Chemotherapy
- Diagnosis and Prognosis
- Expert Oncology Nursing
- Post Chemo Care and Support



# CHIROPRACTIC & MASSAGE CARE

## THERAPEUTIC PAIN MANAGEMENT SERVICES

PHONE (760) 371-1300

HOURS 9AM-6PM: MON - FRI

LOCATION 840 N. NORMA ST. SUITE B

## COMMON REASONS FOR CHIROPRACTIC TREATMENT:

- Chronic migraine headaches
- Neck and/or back pain
- Poor posture that has led to joint and muscle stiffness
- Aches & pains from exercising
- Shooting pain in the legs
- Sitting for long periods at work has caused aches & pains



# CARDIOVASCULAR DISEASE SERVICES +

PHONE (760) 499-3277

HOURS 8AM-5PM: MON-FRI

LOCATION 1081 N CHINA LAKE BLVD



## DO YOU HAVE ANY OF THE FOLLOWING:

- Chest pain
- Leg swelling
- Fatigue/SOB
- Palpitations
- Leg cramp
- Leg ulcers

## OUR CENTER OFFERS:

- Full-time outpatient cardiac care
- Non-invasive cardiology testing
- Non-invasive vascular testing
- Pacemaker Clinic and pacemaker/defibrillator device surgical implantation
- Cardiopulmonary Rehabilitation
- Cardiac consultation for patients admitted to RRH

## + CARDIAC TESTING

PHONE (760) 499-3773

HOURS 8AM-4PM: MON-FRI

LOCATION 1081 N CHINA LAKE

### WHAT WE OFFER:

- Cardiac Stress Test
- Holter Monitor
- ABI
- Echocardiogram
- Cardiac Monitoring

## + CARDIOPULMONARY REHAB

PHONE (760) 499-3772

HOURS 8AM-4PM: MON - FRI

LOCATION 1081 N CHINA LAKE

## DERMATOLOGY

PHONE (760) 446-6404

HOURS 8AM-5PM: MON-FRI

LOCATION 105 E SYDNOR AVE

### SERVICES INCLUDE:

- General Dermatology
- Laser Dermatology
- Surgical Removal of Skin Cancers - Including MOHS Surgery
- Cosmetic Procedures such as Botox® and Fillers

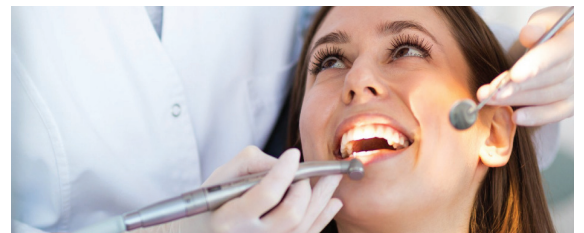
## DENTISTRY

HOURS 8AM-6PM: MON-FRI

LOCATION 1111 N CHINA LAKE BLVD

### SERVICES INCLUDE:

- Restorative Dentistry
- Preventive and Deep Cleanings
- Root Canals
- Nitrous Oxide Sedations
- Dentures
- Extractions (including wisdom teeth)



## FOOD & NUTRITION SERVICES

PHONE CAFE/NUTRITION: (760) 499-3781/3783

REGISTERED DIETITIAN: (760) 499-3780

HOURS CAFE HOURS: 7AM-3PM: WEEKDAYS

WEEKENDS: 10:30AM - 1:30PM

LOCATIONS 1081 N CHINA LAKE BLVD

### WHO CAN HELP ME IF I NEED NUTRITIONAL SERVICES?



RRH has Registered Dietitians who provides a wide variety of nutrition services:

- Medical Nutrition Therapy
- Diabetes Education
- Senior Meals - low cost dinner meals offered daily. Must sign up
- Available to speak at community groups
- Progressive nutrition education for patients, staff and community



# RRH COFFEE CLINIC

HOURS VARIES

LOCATIONS 1081 N CHINA LAKE BLVD



## GASTROENTEROLOGY

PHONE (760) 446-0121 HOURS 8AM-5PM: MON- THURS

LOCATION 1041 N CHINA LAKE BLVD

### SERVICES WE OFFER:

- Gastrointestinal disorders
- Colon cancer screening
- Inflammatory & irritable bowel disease
- Gallstones
- Crohn's Disease
- Irritable Bowel Syndrome
- Acid reflux & gastritis
- Disorders of the liver and gallbladder
- Stomach Pain
- Constipation
- Ulcers
- Acid Reflux
- GERD



## NEPHROLOGY

PHONE (760) 463-8930

LOCATIONS EAST MEDICAL PLAZA, 2ND FLOOR, 105 E. SYDNOR AVE., SUITE 204

HOURS MON TO FRI: 8:00AM TO 4:00PM

### SOME SYMPTOMS OF KIDNEY DISEASE TO WATCH FOR:

- Nausea
- Vomiting
- Difficulty urinating
- Flank pain near the kidneys
- Insomnia and/or fatigue
- A "metallic" taste in the mouth
- Muscle twitches and cramps
- Swelling in the feet and ankles
- Persistent itching
- Shortness of breath



## NEUROSURGERY-SPINE

LOCATION EAST MEDICAL PLAZA, 2ND FLOOR  
105 E. SYDNOR AVE., SUITE 204

HOURS APPOINTMENTS: 8AM-5PM: MON-FRI  
CLINIC DAYS: TUES & THURS ONLY

PHONE (760) 499-3366

Ridgecrest Regional Hospital has teamed up with USC Neurosurgery, part of Keck Medicine of USC to create a state-of-the-art Neurosurgery Spine Clinic, specializing in spinal care.

### SOME CONDITIONS THAT CAN BE TREATED BY NEUROSURGERY:

- Herniated Discs
- Spinal Stenosis
- Peripheral Nerve Injuries
- Multiple Sclerosis
- Spinal Tumors
- Spinal Cord Injuries
- Huntington's Disease





# OCCUPATIONAL HEALTH



**HOURS** 8AM-5PM: MON-FRI

CLOSED 12PM-1PM FOR LUNCH

**PHONE** (760) 499-3580

**LOCATION** 1111 N CHINA LAKE BLVD

## SERVICES WE OFFER:

- Blood borne pathogen screening
- Post-accident screening and testing
- Return to work and fitness for duty exams
- EKGs
- X-rays
- Hearing test
- Flu shots
- Immunizations
- Lab work, including blood testing
- Worker's compensation
- Sports physicals
- Respiratory surveillance and evaluations
- DOT physical exam / DMV licensing
- HazMat physical exams
- Flight physicals
- Pre-employment physicals



# ORTHOPEDICS

**ALL SURGERIES ARE PERFORMED LOCALLY:**

- Orthopedics & Hand Surgery
- Sports Medicine & Injuries
- Arthroscopic & Arthroplasty
- Joint replacement surgery
- ACL and ligament reconstruction
- Pediatrics & Congenital

**LOCATION** 1041 N CHINA LAKE BLVD

**PHONE** (760) 446-8692

**HOURS** 7AM-5PM: MON-THURS

8AM-2PM: FRI



# OUTPATIENT REHABILITATION SERVICES

**PHONE** (760) 499-3631/3632

**HOURS** 8AM-5PM: MON-FRI

**LOCATION** 540 PERDEW AVE. SUITE B

## OUR MULTI-DISCIPLINARY APPROACH INCLUDES TREATMENT FOR:

- Orthopedics Conditions
- Work Related Injuries
- Neurological Disorders
- Stroke & Traumatic Brain Injury
- Head Injury & Trauma
- Acute & Chronic Pain Disorders
- Linguistic/Swallowing Difficulties
- Vestibular and Balance Disorders
- Muscle/Joint Sprains & Strains
- Pediatric Developmental Delay
- Post-operative Joint/Tendon Repair
- Spinal Cord Injury

*A full evaluation will be conducted to determine the best form of treatment and care. Each patient will have an individual care plan that is developed in conjunction with the attending physician to meet every person's particular needs.*



# PAIN MANAGEMENT

**PHONE** (760) 446-7246

**HOURS** 8AM-4PM: MON-FRI

**LOCATION** 105 E SYDNOR AVE

SECOND FLOOR, SUITE 204

## PAIN MANAGEMENT TREATMENTS MAY INCLUDE:

- Medications
- Physical therapy
- Nerve blocks
- Stress management
- Joint injections



# PEDIATRICS



PHONE (760) 446-7246

HOURS 8AM-5PM: MON-FRI

LOCATION RRH NORTH MEDICAL PLAZA

URGENT CARE AVAILABLE 7 DAYS A WEEK

AS YOUR CHILD'S PRIMARY CARE PROVIDER, OUR PEDIATRICIANS WILL PROVIDE:

- Annual check-ups
- Asthma and allergy care
- Vaccinations
- Treatment for minor injuries and illnesses
- School and sports physicals
- Early detections of behavioral health disorders



# PODIATRY

PHONE (760) 446-0121

HOURS 8AM-5PM: MON-FRI

LOCATION 1041 N CHINA LAKE

COMMON PROBLEMS TREATED:

- Bunion Pain
- Heel Pain (Plantar Fasciitis)
- Ingrown Toenail (High-def)
- Flat Foot in Children and Adults
- Tendon Injuries
- Fractures of the Foot/Ankle
- Complex Deformities of the Foot/Ankle
- Diabetic Foot Conditions



# MOBILE HEALTH UNIT

HOURS BY APPOINTMENT

PHONE (760) 499-3853



# TRONA CLINIC

PHONE (760) 372-4728

HOURS CALL TO MAKE AN APPOINTMENT FOR LAB DRAW & HOURS

LOCATION 82820 TRONA RD., TRONA



## FAMILY PRACTICE & INTERNAL MEDICINE

# PRIMARY CARE

### RURAL HEALTH CLINIC

LOCATION 1109 N CHINA LAKE BLVD

HOURS 8AM-5PM: MON-FRI

WITH URGENT CARE 7 DAYS A WEEK

PHONE (760) 499-3855

### SOUTHERN SIERRA MEDICAL CLINIC

LOCATION 105 E SYDNOR AVE

HOURS ON CALL: 24/7; 8AM-7PM MON-TUE

8AM-5PM WED-FRI

PHONE (760) 446-6404

### CHINA LAKE COMMUNITY HEALTH

LOCATION 1041 N CHINA LAKE BLVD

PHONE (760) 446-0121

HOURS 9AM-5PM: MON-FRI

We accept Medicare, Medi-Cal and most major PPO/EPO insurance

# PULMONARY CARE

## RESPIRATORY THERAPY

PHONE (760) 499-3766

HOURS 8AM-4PM: MON-FRI

LOCATION 1081 N CHINA LAKE BLVD

We use state-of-the-art Pulmonary Function Testing equipment with highly trained staff. We use a complete array of tests that can determine the condition of your airways, the resistance of airflow, lung volumes, the ability of your lungs to absorb and release oxygen and CO<sub>2</sub>, and how well your airways respond to breathing medications.





# SLEEP LAB



PHONE (760) 499-3766

HOURS 8AM-4PM: MON-FRI

LOCATION 1081 N CHINA LAKE BLVD

## SOME EXAMPLES OF SLEEPING DISORDERS INCLUDE:

- Snoring
- Sleep Apnea
- Excessive Daytime Sleepiness
- Insomnia
- Restless Leg Syndrome



# SPIRITUAL CARE



HOURS 24/7 ACCESS TO LAY CHAPLAINS

PHONE (760) 446-3551

LOCATION 1081 N CHINA LAKE BLVD

## OUR CHAPLAINS CAN PROVIDE YOU WITH:

- Support through anxiety, fear and depression
- A listening ear from someone who understands your feelings
- Emotional and spiritual support
- A partner and guide through prayer
- Guidance as you make difficult decisions
- Support through the grieving process
- Camaraderie during uplifting events such as birth of a child

# TELEPSYCHIATRY + MENTAL HEALTH

PHONE (760) 499-3863

HOURS 8AM-5PM: MON-FRI

## ARE YOU FEELING SAD, ANXIOUS, DEPRESSED?

Our compassionate team of mental health professionals are here to help. We know that it can be hard to make yourself get out of the house to go to an appointment when you're feeling anxious or depressed.



# UROLOGY

PHONE (760) 463-8930

LOCATIONS 8AM-4PM: MON-FRI

HOURS 105 E SYDNOR AVE, SECOND FLOOR, SUITE 204



A joint venture in collaboration with Keck Medicine of University of Southern California (USC), bringing urology services to Ridgecrest.

This collaboration with Keck Medicine of USC will provide RRH patients with access to a world renowned program. With the support and coordination of Keck Medicine of USC RRH Urology is now able to offer patient evaluation and treatment, as well as some surgical procedures.

# WOMEN'S HEALTH SERVICES

COMPREHENSIVE HEALTH & WELLNESS FOR WOMEN OF ALL AGES

PHONE (760) 499-3640

HOURS 8AM-5PM: MON-FRI

LOCATIONS 1011 N CHINA LAKE BLVD, 2ND FLOOR

## OUR WOMEN'S HEALTH SERVICES INCLUDE:

- Birth Control
- Reproductive Health
- Pregnancy & Childbirth
- Osteoporosis: Diagnosis & Treatment
- Menopause Assistance
- Screenings for Gynecological Cancers
- STD Screening
- Breast Care



# MATERNAL CHILD SERVICES



PHONE (760) 499-3131

HOURS 24/7

LOCATIONS 1081 N CHINA LAKE BLVD

RRH Maternal/Child staff are specially trained in Obstetrics, Pediatrics, and Newborn Nursery care. We provide routine antenatal testing and obstetrical care to our patients. We are pleased and proud to provide Labor/Delivery/Recovery rooms as well as private post partum rooms with rooming in and private bathrooms.

# PERINATAL EDUCATION

PHONE (760) 499-3120

HOURS AVAILABLE WHEN NEEDED

LOCATIONS 1081 N CHINA LAKE BLVD

A dedicated and caring team of professionals provides individual care appropriate for each mother and her family's needs. We are available as and when needed.

Patient Education - We offer Childbirth, Infant CPR, and Breastfeeding classes. After the birth of your baby, lactation help is available by a team of certified counselors and registered nurses.





# BUTTERFLY BOUTIQUE +

PHONE (760) 371-1134

HOURS 11AM-3PM: WED-SAT

LOCATION 253 N. BALSAM ST.

All proceeds of the Butterfly Boutique will benefit Ridgecrest Regional Hospice.

*Need a little extra room at home? We happily accept gently used items, including furniture, housewares, clothing and books. Drop off your donations during store hours or call us at (760) 371-1134. We provide tax receipts.*



## CLASSES & PROGRAMS

### COMMUNITY WELLNESS PROGRAM +

PHONE (760) 499-3825

LOCATION 330 E. RIDGECREST BLVD

#### WHAT WE OFFER:

- Ongoing health education through free seminars and resource guides
- Workplace Wellness prevention and early detection programs
- Virtual Wellness Program
- Senior Yoga
- Silver Sneakers
- School Health/Nutrition Programs
- Health & Nutrition Presentations for Workplaces, Organizations and Businesses
- Annual Community Health Fair
- Community Health Events
- Journey to Happiness
- Rock Steady Boxing
- Community Wellness
- Support Groups



# CLASSES & PROGRAMS



## ALZHEIMER'S SUPPORT GROUP

PHONE (760) 371-1445

HOURS 1PM-2:30PM: FIRST WED/MONTH

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources



## JOURNEY TO HAPPINESS CAREGIVER SUPPORT GROUP

PHONE (760) 499-3825

HOURS 6PM: EVERY 2ND & 4TH TUES/MONTH

The Journey to Happiness Caregiver Support Group will be a place to talk, recharge, smile and learn! After all, the happier the caregiver, the happier the care-receiver!



## CHILDBIRTH CLASSES

PHONE (760) 446-3591

HOURS CALL FOR MORE INFORMATION

LOCATION SOUTH EDUCATION CLASSROOM (ABOVE URGENT CARE), 1111 N CHINA LAKE BLVD

### RRH CHILDBIRTH CLASSES INFORMATION:

- Pre-registration is required - classes fill up quickly
- Flat fee of \$50 (cash) covers all 7 sessions - to be paid first night
- Please no children - Face masks required





# CLASSES & PROGRAMS



## CHF SUPPORT GROUP

PHONE (760) 499-3835

LOCATION 1109 N CHINA LAKE BLVD  
DAVID MECHTENBERG  
CONFERENCE ROOM

HOURS 6PM: THIRD TUES/MONTH

Talk from your heart about your heart at a patient and family-focus education class.



## COPING TOGETHER

PHONE (760) 499-3427

LOCATION 1109 N CHINA LAKE BLVD  
DAVID MECHTENBERG  
CONFERENCE ROOM

HOURS 6PM: THIRD THURS/MONTH

This group aims to create a safe and helpful place to share information about cancer and the issues surrounding cancer care.

- Helps participants address the needs they have concerning cancer related care
- Information and literature will be provided
- Guest speakers



## D.E.E.P DIABETES EDUCATION EMPOWERMENT PROGRAM

PHONE (760) 499-3825

OFFERING SUPPORT FOR:



- Understand the human body
- Medications
- Diabetes risk factors and complications
- Nutrition education and meal planning
- Accessing your health team
- Weight-loss strategies
- Physical Activity



## DIABETES SUPPORT GROUP

PHONE (760) 499-3825

HOURS 5:30PM: 4TH THURS/MONTH

- Learn more about diabetes and how it affects your body.
- Improve blood sugar control
- Learn about new medications
- Share day-to-day struggles
- Learn problem solving techniques



## FREEDOM FROM SMOKING

PHONE (760) 499-3584

Our program is a 7 week, 8 session program done in a group format. Please call for current meeting times and information. This program is directed to people who are seriously thinking about quitting or are ready to quit.



# CLASSES & PROGRAMS



## GRIEF SUPPORT GROUP

PHONE (760) 499-3617

LOCATION 417 DRUMMOND AVE.

Helping guide you through the process of grief. Please call for the current support group meeting schedule.

This group will provide educational information about loss and grief and encourage healthy coping and adapting skills.



## JOURNEY TO HAPPINESS SENIORS GROUP



PHONE (760) 499-3825

HOURS 10AM-11:30AM: EVERY WED

The Journey to Happiness Seniors Group, sponsored by RRH, is a weekly meetup group and is offered to all seniors of the community at no cost. It provides an opportunity for seniors to come together on a journey of maintaining happiness, joy and quality of life.

*Brought to you by Dr. Megan Stone and facilitated by Life and Health Coach Darrell Price.*



## ROCK STEADY BOXING

Rock Steady Boxing is a unique exercise program for those with Parkinson's disease.

PHONE (760) 499-3825

HOURS CALL FOR CLASS TIMES & INFORMATION

### THIS IS A NON-CONTACT EXERCISE PROGRAM THAT FOCUSES ON:

- Balance
- Hand-Eye Coordination
- Speed of Movement
- Agility
- Muscle Power
- Mental Focus
- Rhythm



## SENIORS FITNESS

PHONE (760) 499-3825

HOURS **CARDIO:** 8AM: MON-THURS  
**CLASSIC:** 9AM & 10AM: MON-THURS

RRH OFFERS THE SILVERSNEAKERS PROGRAM, the nation's leading exercise program for active older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.



## SENIORS GENTLE CHAIR YOGA

PHONE (760) 499-3825

HOURS 11AM: MON- THURS

### GENTLE CHAIR YOGA FOR SENIORS:

#### HELPS IMPROVE:

- Mobility
- Strength
- Balance





# RRH RESOURCES

**Ridgecrest**  
REGIONAL HOSPITAL  
1081 N. CHINA LAKE BLVD  
RIDGECREST, CA 93555



## PATIENT PORTAL

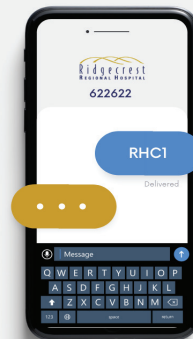
LINK [RRH.ORG/PORTAL](https://RRH.ORG/PORTAL)

This enhanced portal experience will bring all of your Electronic Health Records for RRH clinics and hospital services together into a single platform for quick and easy access to your health information, when and wherever you need it.

## APPOINTMENT REMINDERS

TEXT [RHC1 to 622622](https://RRH.ORG/PORTAL)

Text message reminders are now available for RRH Clinics, Radiology, Women's Imaging, Cardiac Rehab, and Cardiac testing departments. You can now opt in for text messages. All you have to do is text RHC1 to 622622 to opt in.



## RRH CAREERS

LINK [RRH.ORG/CAREERS](https://RRH.ORG/CAREERS)

When you make the commitment to work with us, you are not only joining a team, but becoming part of a family.



### CONTACT THE MAIN HOSPITAL LINE

PHONE: (760) 446-3551

TDD: (760) 446-7505

   [RRH.ORG](https://RRH.ORG)