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.

KIM METCALF
RRH Foundation Director

RIDGECREST REGIONAL HOSPITAL FOUNDATION

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
### Doctors

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Allwein, Alex</td>
<td>(760) 446-3551</td>
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<tr>
<td>Ahmadi, Shahryar</td>
<td>(760) 446-8692</td>
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<tr>
<td>Anwar, Gul I</td>
<td>(760) 446-6404</td>
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<tr>
<td>Bhambri, Brijesh 1</td>
<td>(800)-HEART24/(760) 499-3277</td>
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<td>(760) 463-8930</td>
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<td>Ziaeai, Salman</td>
<td>(760) 499-3855</td>
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</table>
**DOCTORS & PROVIDERS WITH ACTIVE PRIVILEGES**

### 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

- **Lashgari, Ali R. MD**  
  Board Certified in Dermatology  
  (760) 446-6404  
  Southern Sierra Medical Clinic: 105 E. Sydnor Ave., 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

- **Trask, Chelsea PA**  
  Physician Assistant  
  (760) 446-6404  
  Southern Sierra Medical Clinic: 105 E. Sydnor Ave., Ridgecrest
# DOCTORS & PROVIDERS

**WITH ACTIVE PRIVILEGES**

## EMERGENCY MEDICINE

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<td>Allwein, Alex MD</td>
<td>Board Certified in Emergency Medicine</td>
<td>(760) 446-3551</td>
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<td>Cho, Anthony MD</td>
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<td>Kimball, Kerilyn DO</td>
<td>Emergency Medicine</td>
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<td>Lai, Mai MD</td>
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<td>Doty, Kelly PA</td>
<td>Physician Assistant</td>
<td>(760) 446-3551</td>
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<tr>
<td>Kendall, Carol NP</td>
<td>Nurse Practitioner</td>
<td>(760) 446-3551</td>
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**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

**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
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<td>(760) 499-3846</td>
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<td>Schauf, Victoria B. MD</td>
<td>Board Certified in Internal Medicine and Pediatrics</td>
<td>(760) 446-7978</td>
<td>1133 N. Chelsea St., Ridgecrest</td>
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<td>Clay, Sharon NP-C</td>
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DOCTORS & PROVIDERS
WITH ACTIVE PRIVILEGES

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

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

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
<table>
<thead>
<tr>
<th>Provider</th>
<th>Specialty</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bromley, Windy WHNP</td>
<td>Women’s Health Nurse Practitioner</td>
<td>(760) 499-3640; Women’s Health Clinic: 1011 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Rowland, Leslie NP</td>
<td>Nurse Practitioner</td>
<td>(760) 499-3580; Urgent Care: 1111 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Hughes, Everard MD</td>
<td>Board Certified in Hematology and Oncology</td>
<td>(760) 499-3360; RRH Cancer Center: 1011 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Merla, Amartej MD</td>
<td>Board Certified in Hematology and Oncology</td>
<td>(760) 499-3360; RRH Cancer Center: 1011 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Desai, Healthy MD</td>
<td>Orthopedics</td>
<td>(760) 446-8692; Healthy Bone &amp; Joint Center: 1041 N. China Lake Blvd., Suite C, Ridgecrest</td>
</tr>
<tr>
<td>Schwartz, Christian PA-C</td>
<td>Physicians Assistant</td>
<td>(760) 446-8692; Healthy Bone &amp; Joint Center: 1041 N. China Lake Blvd., Suite C, Ridgecrest</td>
</tr>
<tr>
<td>Ahmadi, Shahryar, MD</td>
<td>Orthopedic Surgeon</td>
<td>(760) 446-8692; Healthy Bone &amp; Joint Center: 1041 N. China Lake Blvd., Suite C, Ridgecrest</td>
</tr>
<tr>
<td>DeSilva, Udaya MD</td>
<td>Board Certified in Anesthesiology</td>
<td>(760) 446-7246; RRH East Medical Plaza - Second Floor: 105 E. Sydnor Ave., Suite 204, Ridgecrest</td>
</tr>
<tr>
<td>Finley, May C NP</td>
<td>Nurse Practitioner</td>
<td>(760) 446-3551; RRH East Medical Plaza - Second Floor: 105 E. Sydnor Ave., Suite 204, Ridgecrest</td>
</tr>
<tr>
<td>Tadros, Reda MD</td>
<td>Board Certified in Clinical, Anatomical Pathology and Cytopathology</td>
<td>(760) 446-3551; RRH Main Tower: 1081 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Satou, Gary MD</td>
<td>Board Certified in Pediatrics and Pediatric Cardiology</td>
<td>(310) 267-7667; UCLA Medical Center: 200 Medical Plaza Way, Los Angeles</td>
</tr>
</tbody>
</table>
**DOCTORS & PROVIDERS**

**WITH ACTIVE PRIVILEGES**

### 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

**Ebora, 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

### PODIATRY

**Rivello, George DPM**
*Board Certified in Podiatric Medicine*
(760) 446-0121
RRH South Medical Plaza: 1041 N. China Lake Blvd., Ridgecrest
DOCTORS & PROVIDERS
WITH ACTIVE PRIVILEGES

BY SPECIALTY

DOCTORS/PHYSICIANS

PRIMARY CARE - ADULT MEDICINE

Ott, Sherel FNP-C
Family 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

Zerby, Ruth 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

PG. 13
## PRIMARY CARE - INTERNAL MEDICINE

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialty</th>
<th>Phone Number</th>
<th>Address</th>
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<tbody>
<tr>
<td>Ziaei, Salman MD</td>
<td>Board Certified in Internal Medicine</td>
<td>(760) 499-3855</td>
<td>Rural Health Clinic: 1141 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Roberts, Douglas MD</td>
<td>Board Certified in Internal Medicine</td>
<td>(760) 446-4571</td>
<td>Heritage Plaza: 900 N. Heritage Dr., Ridgecrest</td>
</tr>
<tr>
<td>Flanigan, Kevin MD</td>
<td>Board Certified in Internal Medicine</td>
<td>(760) 499-3855</td>
<td>Rural Health Clinic: 1141 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Reen, Amikjit MD</td>
<td>Internal Medicine</td>
<td>(760) 463-1613</td>
<td>Reen Medical Group: 129 E. Ridgecrest Blvd., Ridgecrest</td>
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## RADIOLoGY

<table>
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<th>Name</th>
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<tbody>
<tr>
<td>McNutt, Lawrence MD</td>
<td>Board Certified in Radiology</td>
<td>(760) 499-3702</td>
<td>RRH Main Tower: 1081 N. China Lake Blvd., Ridgecrest</td>
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## SLEEP MEDICINE

<table>
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<th>Name</th>
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<tbody>
<tr>
<td>Singh, Hermandeep MD</td>
<td>Board Certified in Psychiatry and Sleep Medicine</td>
<td>(760) 499-3766</td>
<td>RRH Main Tower: 1081 N. China Lake Blvd., Ridgecrest</td>
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## SURGERY

<table>
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<tr>
<th>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Cannata, William MD</td>
<td>Board Certified in Surgery</td>
<td>(760) 446-8692</td>
<td>RRH South Medical Plaza Specialty: 1041 N. China Lake Blvd., Ridgecrest</td>
</tr>
<tr>
<td>Stemmer, Paul F. MD</td>
<td>Board Certified in General Surgery</td>
<td>(760) 446-3700</td>
<td>Stemmer Clinic: 900 Heritage Dr., Suite A, Ridgecrest</td>
</tr>
<tr>
<td>Tonsekar, Kishore MD</td>
<td>Board Certified in Surgery</td>
<td>(760) 446-0121</td>
<td>RRH South Medical Plaza Specialty: 1041 N. China Lake Blvd., Ridgecrest</td>
</tr>
</tbody>
</table>

## OTHERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialty</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Ahmadz, Shahryar, MD</td>
<td>Orthopedic Surgeon</td>
<td>(760) 446-8692</td>
<td>Healthy Bone &amp; Joint Center: 1041 N. China Lake Blvd., Suite C, Ridgecrest</td>
</tr>
<tr>
<td>Lavarrede, Charise FNP-C</td>
<td>Nurse Practitioner</td>
<td>(760) 446-3700</td>
<td>Stemmer Clinic: 900 Heritage Dr., Suite A, Ridgecrest</td>
</tr>
<tr>
<td>Finley, May C NP</td>
<td>Nurse Practitioner</td>
<td>(760) 446-3551</td>
<td>RRH East Medical Plaza - Second Floor: 105 E. Sydnor Ave., Suite 204, Ridgecrest</td>
</tr>
</tbody>
</table>
BY SPECIALTY

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

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

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
| 17 | All Emergency Services | 25 | Mobile Health Unit | (760) 499-3853 |
| 32 | Main Phone Number | 18 | Mountain View | (760) 499-3332 |
| 29 | Alzheimer’s Support Group | 23 | Nephrology | (760) 463-8930 |
| 20 | Bella Sera | 23 | Neurosurgery-Spine | (760) 499-3366 |
| 28 | Butterfly Boutique | 24 | Occupational Health Clinic | (760) 499-3580 |
| 21 | Cancer Center | 24 | Orthopedics & Sports Medicine | (760) 446-8692 |
| 22 | Cardiac Testing | 24 | Outpatient Rehabilitation Services | (760) 499-3631 |
| 22 | Cardiopulmonary Rehab | 24 | Pain Management | (760) 446-7246 |
| 22 | Cardiovascular Services | 19 | Patient & Visitor Services | (760) 446-3551 |
| 29 | Caregiver Support Group | 25 | Pediatrics | (760) 499-3846 |
| 20 | Center Pharmacy | 27 | Perinatal Care Services | (760) 499-3032 |
| 30 | CHF Support Group | 21 | Personal Care Services | (760) 499-3617 |
| 29 | Childbirth Classes | 25 | Podiatry | (760) 446-0121 |
| 25 | China Lake Community Health | 25 | Primary Care | (760) 499-3953/499-3855 |
| 21 | Community Wellness Program | 25 | Pulmonary Care Respiratory Therapy | (760) 499-3766 |
| 28 | Coping Together Support Group | 19 | Radiology | (760) 499-3703 |
| 22 | Dental Services | 30 | Rock Steady Boxing | (760) 499-3825 |
| 22 | Dermatology | 03 | RRH Foundation | (760) 499-3955 |
| 30 | Diabetes Support Group & DEEP | 25 | Rural Health Clinic | (760) 499-3855 |
| 17 | Education Department | 31 | Seniors Gentle Chair Yoga | (760) 499-3825 |
| 22 | Emergency Care Services | 20 | Seniors Services | (760) 371-1445 |
| 22 | Food & Nutrition Services | 31 | Senior Fitness | (760) 499-3825 |
| 30 | Freedom From Smoking | 25 | Sleep Lab | (760) 499-3766 |
| 23 | Gastroenterology | 26 | Southern Sierra Medical Clinic | (760) 446-6404 |
| 31 | Grief Support Group | 26 | Spiritual Care | (760) 446-3551 |
| 20 | Hospice | 18 | Surgery & Outpatient Services | (760) 499-3431 |
| 18 | Intensive Care Unit | 20 | Transitional Care & Rehab Unit | (760) 499-3380 |
| 31 | Journey to Happiness Seniors Group | 26 | Telespsychiatry | (760) 499-3863 |
| 19 | Laboratory | 25 | Trona Clinic | (760) 372-4728 |
| 17 | Liberty Ambulance | 17 | Urgent Care | (760) 499-3800 |
| 27 | Maternal/Child Services | 26 | Urology | (760) 463-8930 |
| 19 | Medical Records/Health Information Management | 21 | Visiting Nurse Services | (760) 499-3617 |
| 26 | Mental Health Care | 27 | Women’s Health Services | (760) 499-3640 |
| 19 | Women’s Imaging |
Examples of the conditions & symptoms for which you may need to access emergency services are:

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

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

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.)

Visit Urgent Care For:

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

PHONE (760) 499-3431
LOCATION 1011 N CHINA LAKE BLVD
HOURS 6AM - 6:30PM: MON - FRI; 8AM - 12PM: SAT-SUN

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

Mountain View Medical & Surgical Services

PHONE (760) 499-3332
LOCATION 1011 N CHINA LAKE BLVD

Mountain View Specific Services Include:

- 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
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

<table>
<thead>
<tr>
<th>Location</th>
<th>Outpatient Pavilion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1109 N China Lake Blvd</td>
<td>1011 N. China Lake Blvd</td>
</tr>
<tr>
<td>HOURS</td>
<td>6AM - 2:30PM: Mon - Fri</td>
</tr>
<tr>
<td>Phone</td>
<td>(760) 499-3998</td>
</tr>
</tbody>
</table>

Diagnostics & Women’s Imaging Services Offered at RRH:

- 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

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.

Radiology

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.

Billing

Contact our Patient & Visitor Services departments by visiting: www.rrh.org/contact-us

- Pay Online at 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

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 Advocate

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.
**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  
**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 IWV 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  
**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
• Aches & pains from exercising
• Shooting pain in the legs
• Poor posture that has led to joint and muscle stiffness
• Sitting for long periods at work has caused aches & pains
**CARDIOVASCULAR DISEASE SERVICES**

**Cardiovascular Disease services**
- Full-time outpatient cardiac care
- Non-invasive cardiology testing
- Non-invasive vascular testing
- Pacemaker Clinic and pacemaker/defibrillator device surgical implantation

**WHAT WE OFFER:**
- Chest pain
- Leg swelling
- Fatigue/SOB
- Palpitations
- Leg cramp
- Leg ulcers

**DO YOU HAVE ANY OF THE FOLLOWING:**

**OUR CENTER OFFERS:**
- 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 Blvd

**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 Blvd

**SERVICES INCLUDE:**
- Cardiopulmonary Rehabilitation
- Cardiac consultation for patients admitted to RRH

**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**

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

**FIND A LOCATION**

**Phone** (760) 499-3296

**Location** 1111 N China Lake Blvd

**Cafe/Nutrition**

**Phone** (760) 499-3781/3783

**Registered Dietitian** (760) 499-3780

**Location** 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
GGASTROENTEROLOGY

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

Gastrointestinal disorders
Colon cancer screening
Inflammatory & irritable bowel disease
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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

RIDGECREST REGIONAL HOSPITAL

PHONE (760) 499-3366
LOCATIONS EAST MEDICAL PLAZA, 2ND FLOOR
105 E. SYDNOR AVE., SUITE 204
HOURS APPOINTMENTS: 8AM-5PM: MON-FRI
CLINIC DAYS: TUES & THURS ONLY

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
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

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.

LOCATION: 540 PERDEW AVE, SUITE B
PHONE: (760) 499-3631/3632
HOURS: 8AM-5PM: MON-FRI

PAIN MANAGEMENT

Pain management treatments may include:

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

LOCATION: 105 E SYDNOR AVE
SECOND FLOOR, SUITE 204
PHONE: (760) 446-7246
HOURS: 8AM-4PM: MON-FRI
AS YOUR CHILD'S PRIMARY CARE PROVIDER, OUR PEDIATRICIANS WILL PROVIDE:

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

FAMILY PRACTICE & INTERNAL MEDICINE

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

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 CO2, and how well your airways respond to breathing medications.

PODIATRY

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

TRONA CLINIC
PHONE (760) 372-4728
HOURS CALL TO MAKE AN APPOINTMENT FOR LAB DRAW & HOURS
LOCATION 82820 TRONA RD., TRONA

MOBILE HEALTH UNIT
HOURS BY APPOINTMENT
PHONE (760) 499-3853

PRIOR CARE

SOUTHERN SIERRA MEDICAL CLINIC
LOCATION 105 E SYDNOR AVE
PHONE (760) 446-6404

URGENT CARE AVAILABLE 7 DAYS A WEEK
SLEEP LAB

PHONE (760) 499-3766  HOURS 8AM-4PM: MON-FRI
LOCATION 1081 N CHINA LAKE BLVD

SOME EXAMPLES OF SLEEPING DISORDERS INCLUDE:
- Snoring
- Insomnia
- Sleep Apnea
- Restless Leg Syndrome
- Excessive Daytime Sleepiness

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  LOCATION 105 E SYDNOR AVE, SECOND FLOOR, SUITE 204
HOURS 8AM-4PM: MON-FRI

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.
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.

Ridgecrest Regional Hospital

Classes & Programs

Community Wellness Program

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
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!

CHILD BIRTH 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
**CHF SUPPORT GROUP**

**PHONE** (760) 499-3835  
**LOCATION** 1109 N CHINA LAKE BLVD  
**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  
**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.
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

PHONE (760) 499-3825
HOURS CALL FOR CLASS TIMES & INFORMATION

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

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
PATIENT PORTAL

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

APPOINTMENT REMINDERS

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

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.

Contact The Main Hospital Line

PHONE: (760) 446-3551
TDD: (760) 446-7505

RRH.ORG/CAREERS

LINK

RR.H.ORG/PORTAL

LINK