

NATIVE VOICE

RIVERSIDE SAN BERNARDINO COUNTY INDIAN HEALTH, INC.

Baby-N-Me Fair



On Tuesday, June 11 2024 RSBCIHI hosted it's second "Baby N Me" Fair.

It was a fun day and a huge success, with over 55 families and over 190 individuals attending. We were able to share many different resources on preconception, pregnancy, breastfeeding, and child rearing.

RSBCIHI has numerous avenues to support and educate our community on planning for and growing young healthy families. We were overjoyed to be able to share this with you all.

Thank you to the nutrition department for planning a fun day with delicious food, prizes, face painting, self-care baskets, massages, booths, and many giveaways such as clothes from the gently used newborn clothes boutique.

Baby-n-Me Fair

Continued on page 16

LATE ARRIVAL APPOINTMENT:

Patients are asked to arrive to their appointments on time; preferably early. Arriving early allows sufficient time for registration and check-in to be completed.

Should a patient encounter unforeseen circumstances causing tardiness, the patient is given 15 minutes of grace period. This period begins at the scheduled appointment time. Priority will be given to the patients who arrive on time and late patients will be worked into schedule. Please call the clinic if you are expecting to be late.

A patient arriving beyond the 15 minute grace period will be given the option to wait for the next available appointment—such as if the next scheduled patient cancels or no-shows. Should no openings be available, patient will be asked to reschedule.

REIMBURSEMENT:

Should you directly receive payment from your insurance carrier for services provided by and billed for by RSBCIHI, such payment is to be submitted to RSBCIHI upon receipt. Otherwise, you will be responsible to reimburse RSBCIHI for the amount of the payment.

Attention Purchase Referred Care Patients (PRC):

You must have a referral from your clinic provider for each and every visit to an outside provider



Dear Tribal Members:

RSBCIHI is committed to providing quality Purchased Referred Care (PRC) services to our consortium tribal members and their families.

PRC is a special fund that is used to supplement other healthcare resources for eligible Natives. Resources such as health insurance, Medi-Cal, Medicare, etc. However, the PRC fund is limited to services that are medically necessary. If any service is reasonably accessible and available at a RSBCIHI clinic it is not covered through PRC. This fund is governed by federal regulations contained at 42.C.F.R Section 36.23, effective August 4, 1978.

By Federal Law RSBCIHI, Inc. as an IHS contractor is the “Payer of Last Resort”. (This means that all other sources of payment for eligible health care must be billed first, such as: Private insurance, state health programs, and other federal programs).

Eligible consortium members must reside in Riverside or San Bernardino county to receive PRC benefits. Our program would like to encourage each consortium member to contact RSBCIHI staff any time you have a question regarding services. Remember: In order to receive any type of service through RSBCIHI, you must be an enrolled member from a federally recognized tribe or linked to a native; living in Riverside or San Bernardino County and be able to provide proof of Indian lineage or residency.



RSBCIHI 2024 HOLIDAY SCHEDULE

Date off

January 1, Monday

January 15, Monday

February 19, Monday

May 27, Monday

June 19, Wednesday

July 4, Thursday

July 5, Friday

September 2, Monday

September 27, Friday

November 11, Monday

November 27, 1/2 day Wednesday

November 28, Thursday

November 29, Friday

December 24, 1/2 day Tuesday

December 25, Wednesday

December 31, 1/2 day Tuesday

Holiday

New Years Day

Martin Luther King Jr

President's Day

Memorial Day

Juneteenth

Independence Day

Labor Day

California Indian Day

Veterans Day

Thanksgiving Holiday

Christmas Holiday

New Years Eve 2025

PLEASE NOTE: Schedule is subject to change



RefillPro is a mobile application that allows you to refill your prescriptions on your smartphone or tablet.

The app is free for to download and makes refilling their prescriptions easier than ever.

Use the number's below to find your pharmacy and order your prescription refills

1. Click on the App Store on your device
2. Search for "RefillPro"
3. Click on "get" to install
4. After installed, use your pharmacy phone number to login
5. Click on "Order Refills" icon to enter your prescription number or scan your vial barcode to order a refill

San Manuel: 909-264-2688
Morongo: 951-849-0229
Soboba: 951-487-0306
Pechanga: 951-216-7443
Cahuilla: 951-763-4935
Torres-Martinez: 760-397-4476



For additional help, contact your RSBCIHI pharmacy.



Better screening, Better health

RSBCIHI utilizes **Screendox** to screen our patients before each visit.

When you arrive for your appointment, you'll be asked to complete the Screendox survey on a tablet or kiosk. This survey assesses key aspects of your health, such as anxiety, depression, substance use, domestic



violence, gambling addiction, and suicidal ideation, giving us a better understanding of your needs and how to best serve you.



Simple, Easy, Fast

Screendox uses a handheld tablet or kiosk station to make routine information gathering simple, easy, fast, and more discreet.



What to Expect

After completing the survey, your responses are analyzed to identify any areas that may need attention. If any concerns are flagged, you'll have the opportunity to address them with a member of our health care team.

Your personal Screendox information is automatically exported to your electronic health record, allowing your health care team to save time on charting and give you more time for patient care.

"Your Choice. Your Care. You have the power to decide whether you'd like to connect with a provider immediately, a later date, or to decline a meeting altogether. Our goal is to ensure you receive the care you need in a manner that's most comfortable for you."
— James Ward, *developer of Screendox*



PUBLIC HEALTH NEWS

CDPH Launches New Opioid Resource Website

[Opioids.ca.gov](https://opioids.ca.gov)

In 2021, there were 1,358 American Indian and Alaska Native people who died by overdose, which was the highest rate of any racial or ethnic group.

Opioids are narcotic drugs that relieve pain by decreasing pain signals that reach the brain. Some opioids may be prescribed by a doctor and others are illegal.

Rates of overdose deaths involving opioids among American Indian and Alaskan Natives has continued to rise at alarming rates in the last few years.

California is doubling down to combat the opioid crisis and save lives. The website is part of Governor Newsom's multi-pronged approach to connect Californians with treatment and information to prevent and reduce overdoses and deaths and compassionately support those struggling with substance use and addiction.

Get the latest information on the opioid epidemic, the state's efforts to save lives, and life-saving resources.

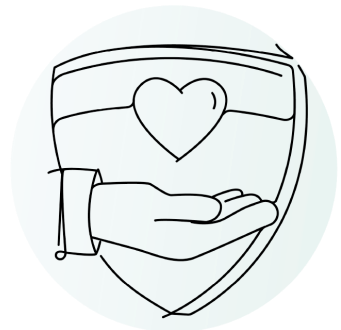
"Spreading awareness saves lives, and for the first time we are pulling together all of our opioid information in one place to help educate and protect our families and communities,"

- CDPH Director and State Public Health Officer, Dr. Tomás Aragón.

*For more information, contact our Behavioral Health Department at EXT 4709,
Or visit the following government websites:*

<https://www.cdph.ca.gov/Programs/OPA/Pages/NR23-033.aspx>

<https://www.cdc.gov/injury/budget/opioidoverdosepolicy/TribalCommunities.html>



RSBCIHI After Hours

What to do if you need medical attention outside our normal clinic hours?

Emergency Care:

Our health centers are NOT equipped or staffed to treat life-threatening emergencies. Patients having symptoms of severe shortness of breath, severe chest pain, major trauma or bleeding, should PROCEED DIRECTLY to the nearest hospital emergency department or call 911. For home treatment of minor medical problems, you may be referred to the Outreach Department to be seen by one of our Public Health Nurses.

General After Hours Care:

RSBCIHI has an on-call physician available via telephone 24 hours/day, 7 days/week.

Simply dial the clinic's phone number to reach the After Hours Service.

RSBCIHI Physicians cannot diagnose over the telephone but will advise patients regarding their present medical concerns.

Did You Know?

Behavioral Health Services has a 24-hour on-call services that allows RSBCIHI patients in a crisis to connect with a BHS provider, even after hours and on weekends and holidays? Simply call your regular Indian Health Clinic, wait on the line, and ask for the BHS on-call provider.



The BHS on-call service is available to all RSBCIHI patients 24 hours a day, 7 days a week.

RSBCIHI Patient Portal:

We are excited to announce that our **Patient Portal** is now available!

This new patient care option allows patients to access many important health care resources online.

- Request and view upcoming appointments
- View past appointment details
- Send and receive messages from your health care team
- Access and view your medical history including:
 - Lab Test Results
 - Prescription Medications
 - Immunization Record
 - Visit summaries
- Send questions to clinical departments
- Access a variety of patient education resources on various health conditions
- Complete forms and other paperwork

To be eligible for an account: A patient must be 18 years old or older, have been seen within the last 3 years and have the required fields completed to be eligible for a portal account. Required: First & Last Name, Birthdate, Birth sex, E-mail, and Zip code

For more information or any other questions contact your clinic's HIM Clerk:

Morongo | TM : Joanne Downs Ext.1211

San Manuel | Barstow : Kimberly Rojas Ext 4743

Soboba : Sonia Anaya Ext. 4261

Pechanga | Santa Rosa | Cahuilla: Cheyenne Hoskins Ext. 2505

RSBCIHI Call Center

RSBCIHI has created a "Call Center" line to expedite the scheduling process for any medical appointments at any of the RSBCIHI clinics.

Reach the call center at **Ext 7111** for any medical appointment needs.

We are working on incorporating other department appointments into the call center in the near future.

HEALTHY CHOICES

Up to \$80 per Person in Fresh Groceries Each Month



Apply and Receive Same Day Approval and Groceries



Faster Approval than CalFresh!!

(951) 845-3955

Apply for benefits today

23123 Soboba Rd, San Jacinto, CA 92583

Delivery also available to elders and those in Torres-Martinez, Anza, Calhulla and Santa Rosa



A NOTE FROM THE EDITOR:

The Native Voice Newsletter is issued by the Administrative Department of RSBCIHI on a quarterly basis. Its mission is to contain current and relevant information regarding health care and organizational happenings. We welcome suggestions for articles, community updates, and feedback. Contact Hannah Hughes at hhughes@rsbcihi.org with any input.



Protecting Our Own

If you or someone you care about is affected by gambling issues, take action.

RECEIVING HELP IS OUR RIGHT.

RSBCIHI provides **no-cost** counseling for gamblers and affected individuals.

Call (909) 864-1097 x 4709 for confidential support.

We are stronger together.



RSBCIHI
RIVERSIDE - SAN BERNARDINO COUNTY
INDIAN HEALTH, INC.



The Truth About Problem Gambling

What is Problem Gambling?

Problem gambling, also known as gambling addiction or gambling disorder, occurs when a person is unable to resist impulses to gamble and continues to gamble despite harmful consequences. Gambling disorder is classified as an addiction and its essential features include loss of control over gambling, preoccupation with gambling, the increasing need to bet more money, and an inability to stop or cut back gambling. In severe cases, gambling disorder can result in financial ruin, legal problems, loss of career or family, and even suicide.

Can Problem Gambling Affect Your Health?

Yes. Problem gamblers have been found to have poorer overall health. They visit emergency rooms more often for physical and mental health conditions, smoke more than one pack per day, are more likely to be obese, avoid regular exercise, and are likely to put off medical care due to financial problems.

Don't Ignore the Signs

Have you or someone you care about ever:

- Tried to cut down or control your gambling?
- Lied to family members, friends, or others about how much you/they gamble or how much money was lost gambling?
- Had periods lasting 2 weeks or longer when you/they spent a lot of time thinking about gambling experiences or planning out future gambling ventures or bets?

▶ If you answered yes to any of these questions, you/they may have a gambling problem. Call (909) 864-1097 x 4709 to get a more detailed assessment.

You are not alone, problem gambling affects more than one million Californians.



2024
WOMEN'S
CONFERENCE

"STRONG WOMEN, STRONG MINDS"
AUGUST 17-18, 2024

\$125

REGISTRATION FEE
(PER PERSON)

HOTEL INCLUDED

-LIMITED ROOMS AVAILABLE-
PRIORITY GIVEN TO THOSE PARTICIPANTS OVER 30 MILES
MUST BE 21 + TO CHECK INTO HOTEL ROOM

THIS CONFERENCE WILL BE HELD AT:



SOBOBA CASINO RESORT

FOR MORE INFORMATION CALL, KESTI TSOSIE AT 951-849-4761 EXT:1429

2024
WOMEN'S
CONFERENCE

"STRONG WOMEN, STRONG MINDS"

AUGUST 17-18, 2024

ONE FORM PER PERSON

INDIVIDUAL REGISTRATION - \$125

**\$50 PER NIGHT FOR INCIDENTALS WILL BE CHARGED TO
GUEST CREDIT CARD-CASH NOT ACCEPTED**

**REGISTRATION FILLED ON A 1ST COME 1ST SERVE BASIS
(125 PERSON PARTICIPATION- ONLY 80 ROOMS AVAILABLE)**

CASH OR MONEY ORDER ACCEPTED ONLY. NO CHECKS!

-PAYABLE TO RSBCIHI-

**REGISTRATION FEES ARE NON-REFUNDABLE - NO EXCEPTIONS
YOU WILL NOT BE REGISTERED UNTIL FULL REGISTRATION FEE IS PAID - NO
EXCEPTIONS**

**SUBMIT FORM TO: RSBCIHI/ ATTN: KESTI TSOSIE
11555 1/2 POTRERO ROAD BANNING, CA 92220 PHONE #: 951-849-4761 EXT: 1429**

FIRST /LAST NAME:

ADDRESS:

PHONE #:

EMERGENCY CONTACT:

TRIBAL AFFILIATION:

SPECIAL NEEDS:

☐ **DIABETES** ☐ **HANDICAP** ☐ **MEDICAL CONDITION** ☐ **ELDER**

THIS IS A CLEAN AND SOBER GATHERING

****ONLY PARTICIPANTS REGISTERED WILL BE GIVEN GIVE AWAY ITEMS****

ABSOLUTELY NO KIDS ALLOWED

AS A PARTICIPANT IN THE CONFERENCE, PICTURES MAY BE TAKEN





RIVERSIDE-SAN BERNARDINO COUNTY INDIAN HEALTH, INC



2024 NATIVE YOUTH MINI OLYMPICS

SATURDAY, OCTOBER 26TH

SOBOBA SPORTS COMPLEX

24340 SOBOBA ROAD, SAN JACINTO CA 92583

Registration 8:00am-9:00am | Opening Ceremony 9:00am

Events 9:30am- 4:00pm

SPECIAL GUEST SPEAKER:

KENNY DOBBS, INTERNATIONAL SLAM DUNK CHAMPION

*** Raffles * Awards * Lunch**

Olympic Events For Ages 4-17 include:

*Softball Throw * Long Jump * Rock Wall * Soccer Challenge * Basketball Shootout *
50- Meter Dash *Pickleball

EVENTS SUBJECT TO CHANGE

For more information, please contact Holly Brawner at (951) 849-4761Ext.1150

RSBCIHI DIABETES
PROGRAM PRESENTS

+ 16TH ANNUAL

HEALTHY HEART CONFERENCE

THURSDAY, AUGUST 22, 2024

8:00AM-4:00PM

PLEASE SCAN THE QR CODE TO REGISTER BY AUGUST 9TH!

FOR MORE INFORMATION PLEASE

CONTACT CLAUDIA MAGAÑA (951) 849-4761 EXT. 1151



AGUA CALIENTE CASINO RESORT SPA

32-250 BOB HOPE DRIVE

RANCHO MIRAGE, CA 92270



Baby-n-Me Fair





We hope to see you at the next Baby-N-Me Fair!

RSBCIHI DEPARTMENT SPOTLIGHT

Dental

Areas of Care:

Tooth Sensitivity and Tooth Aches
Disease Prevention
Oral Health Maintenance
Bad Breath (Halitosis)
Gum (Periodontal) Disease



Available Treatments:

- Crowns and Fillings
- Root Canals
- Dental Bridges
- Dentures and Partial
- Tooth Extractions
- Gum Disease Treatment
- Exam and Cleanings
- Mouth Sores & Oral Infections
- Oral Cancer
- TMJ Dysfunction
- Tooth Decay & Erosion
- Dental Emergencies

Dental Hygiene

Two key factors to a healthy mouth and good oral hygiene is

1. Visiting your dental provider once a year, and
2. Seeing your hygienist for regular dental cleanings.

The hardest part to getting started is showing up for that first visit. Bring children in at an early age to get them used to the dental office. A child's first dental visit should be by their first birthday. Show the younger generation that going to the dentist can be fun!

There are several important benefits from regular dental visits, such as: Diagnose and treat cavities early, education on proper brushing and flossing, prevent future issues, treat bad breath, talk about your concerns, give you peace of mind, and create a healthy smile.

Don't just visit the dentist when something hurts!

"How do I improve my oral health?"

That is one of the big questions from patients. To obtain a healthier smile and protect your oral health, we must practice good oral hygiene every day. It is important to remove plaque from your teeth daily. Plaque is a sticky film that coats teeth and contains 300+ species of bacteria. It's normal for your mouth to produce plaque and it can easily be removed with proper brushing and flossing. Dental Professionals recommend brushing thoroughly twice a day. If you're not flossing daily you miss 40% of your tooth surfaces, that's almost half of your tooth not being cleaned. When plaque is not removed it will build up on the teeth. This then causes plaque to eat away enamel, causing cavities and tooth decay. Above all, don't wait until it hurts.

- Sharon Valencia, RDA | San Manuel Dental Clinic

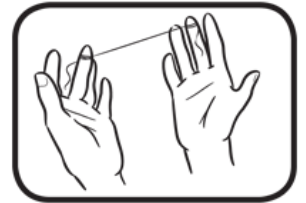
Contact your nearest Dental Clinic at: 909-849-4761

TAKE CHARGE OF YOUR HEALTH

Flossing

5 Steps for Flawless Flossing

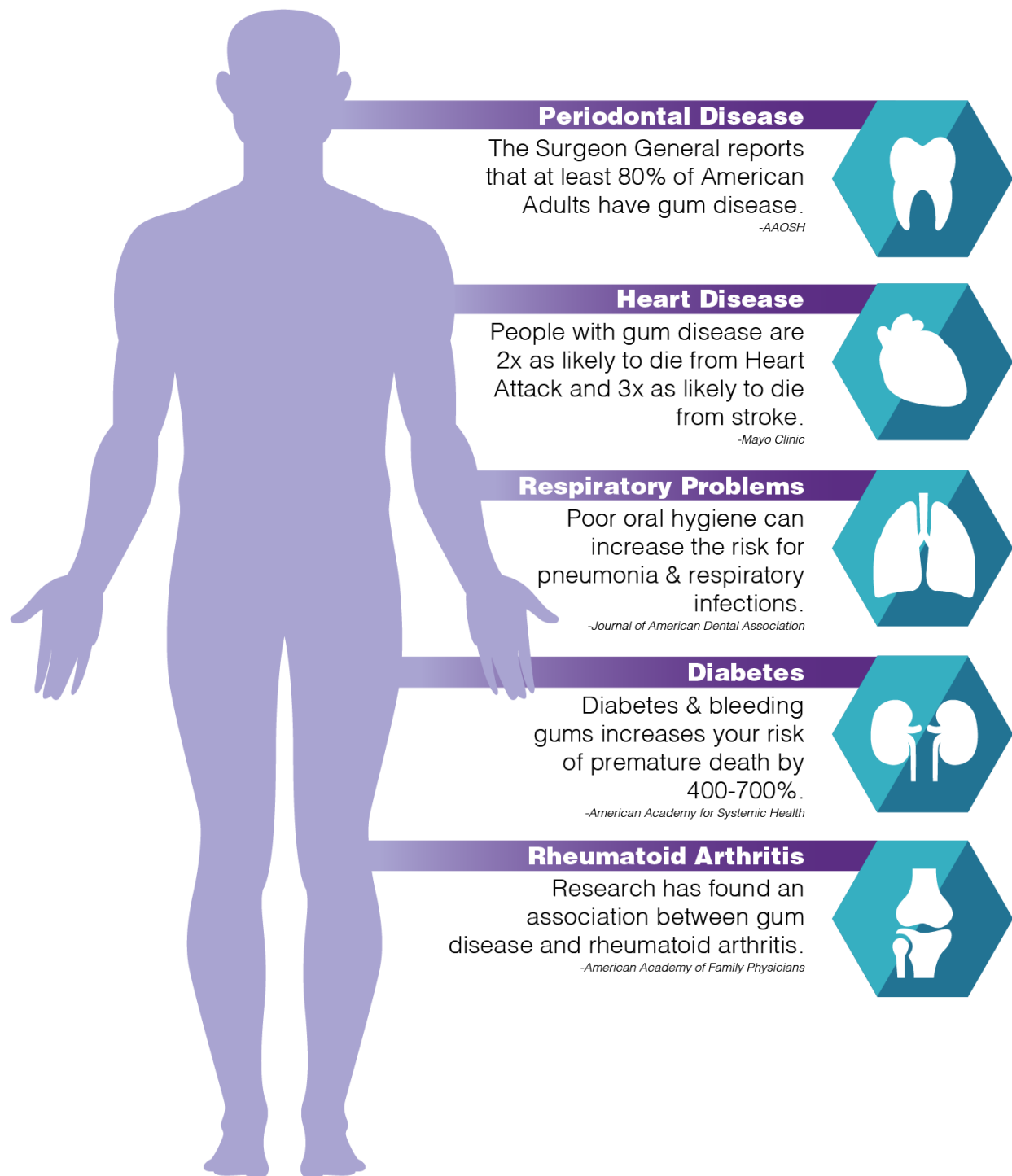
1. Break off about 18 inches of floss, wrapping most of it around one of your middle fingers. Wind the remaining floss around the same finger of the opposite hand.
2. Hold the floss tightly between your thumbs and forefingers.
3. Guide the floss between your teeth using a gentle, rubbing motion. Never snap the floss into the gums.
4. When the floss reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.
5. Hold the floss tightly against the tooth, slightly away from the gums. Gently rub the side of the tooth with an up-and-down motion, following the shape of the tooth. Repeat this method on the rest of your teeth, top and bottom. Don't forget the back side of your last teeth (at the back of your mouth).



Healthy Gums Lead to a Healthy Body

Research has linked gum disease to health problems like diabetes, heart disease, respiratory problems, arthritis, and more.

MOUTH BODY Connection



2024 Nutrition Classes & Events

January

WELL Class Part 1
Begins: (8 classes)
Commodities Food Demo
1/2/24

February

WELL Class Part 1
Ends
Commodities Food Demo
2/1/24

March

Food Fair & Conference
3/7/24
Commodities Food Demo
3/1/24

April

Commodities Food Demo
4/1/24

May

Hybrid Cooking Classes
(4 classes)
Commodities Food Demo
5/1/24

June

Sr. Nutrition BBQs
Baby & Me Fair
6/11/24
Commodities Food Demo
6/3/24

July

Commodities Food Demo
7/1/24

August

WELL Class Part 2
Begins: (8 classes)
Commodities Food Demo
8/1/24

September

WELL Class Part 2
Ends
Commodities Food Demo
9/2/24

October

Remember Me Walk
10/24/24
Commodities Food Demo
10/3/24

November

Commodities Food Demo
11/1/24

December

Commodities Food Demo
12/1/24

Call for details 909-864-1097 ext. 4840

**dates subject to change



SCAN the QR CODE to reach all our Nutrition Department Resources and get signed up for classes.

RSBCIHI ONLINE CLASSES

YOGA

Tuesdays: 9 am
Wednesdays: 9 am
Thursdays: 6 pm



Fit After 50

Wednesdays: 11 am



Diabetes Wellness Group

Wednesdays: 4 pm



For Links, Contact: **EXT 4722** | hhughes@rsbcihi.org

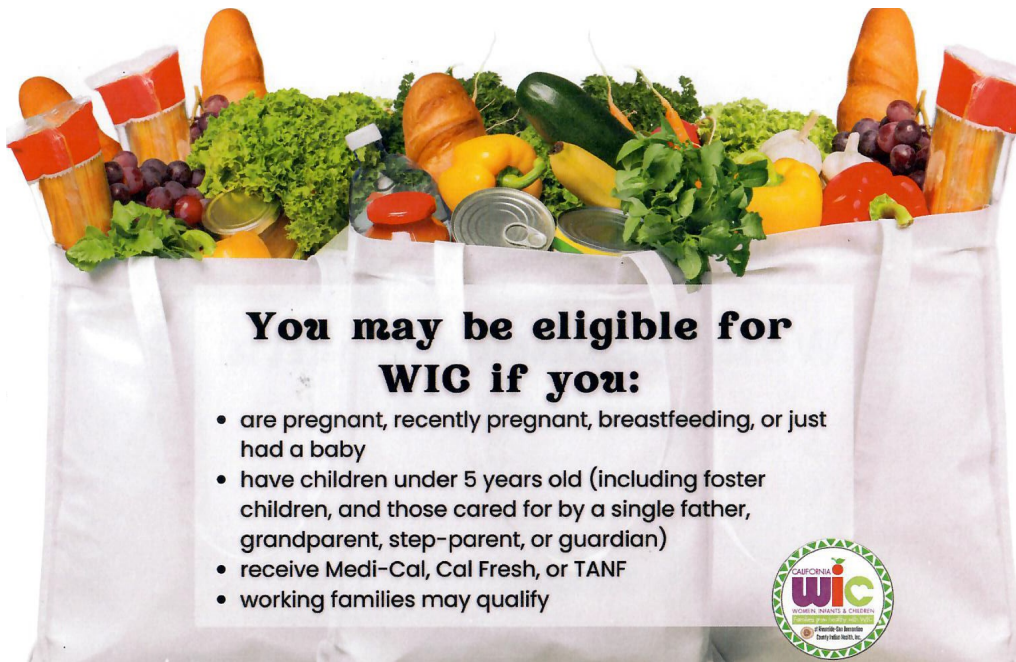
Want assistance with groceries?



WIC may be able to help!
Call or text 1-888-587-1933 to see if you qualify



RIVERSIDE - SAN BERNARDINO COUNTY
INDIAN HEALTH, INC.



You may be eligible for WIC if you:

- are pregnant, recently pregnant, breastfeeding, or just had a baby
- have children under 5 years old (including foster children, and those cared for by a single father, grandparent, step-parent, or guardian)
- receive Medi-Cal, Cal Fresh, or TANF
- working families may qualify





Serving FREE Fresh Fruit & Vegetables, Shelf Stable Foods, & Locally Grown Produce
The next anticipated Farmers Market will be in **August 2024!**

For upcoming event dates or questions :
Scan the QR Code or Call 909-864-1097 ext. 4840



Drive away with bags of groceries for the family.

Enjoy fresh fruit & vegetables like bananas, apples, salad mix, broccoli, carrots, potatoes, and more.

Take and store shelf stable foods such as rice, canned fruit, noodles, canned tuna, and more!





Wellness Art Session

A safe space to express oneself, explore wellness, and connect with others through art

- Supplies provided

Dates

- No experience needed

- 09/12/2023

- 10:00 AM - 12:00pm

- 09/26/2023

11980 Mount. Vernon Ave Building B

- 10/17/2023

Grand Terrace, CA 92313

- 10/31/2023

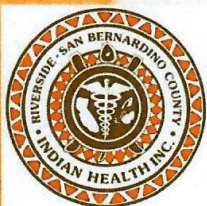
RSVP, contact below:

EMMELYN HERNANDEZ

email: e.hernandez@rsbcihi.org

or

phone: 909.864.1097 EXT.4865



Patient Advocates

The Patient Advocates are here to serve as liaisons between patients, clinics, and outside agencies to help patients overcome healthcare challenges and receive appropriate services and resources.

They are dedicated to providing Culturally Sensitive care with respect to your needs and will always put forth their best efforts when assisting you.

Leia Hernandez

*Morongo
Torres Martinez
Santa Rosa
Cahuilla
Pechanga*

Phone: 951-849-4761 Ext 1117
Email: lhernandez@rsbcihi.org



Florita Jones–Randolph

*San Manuel
Soboba
Barstow*

Phone: 909-864-1097 Ext 4860
Email: frandolph@rsbcihi.org



HERE ARE SOME OF THE WAYS OUR PATIENT ADVOCATES CAN ASSIST YOU:

- Medical applications
- Covered CA applications
- Food stamp applications
- Medicare assistance
- IEHP sign up and changes
- Help navigate RSBCIHI system
- Locate VA resources for veterans
- Home Health Care
- Legal Aid
- Social Security applications
- Free Government cell phone applications
- Provide Community Resources
- Homeless shelter and food pantry resources
- Refer to services and programs within RSBCIHI
- Assistance with housing programs
- Rental Assistance
- Burial assistance

Please contact the Patient Advocate assigned to your clinic for assistance or with any questions you may have. They will provide you with resources that are available to meet your needs or they will direct you to the appropriate person or department that can assist you.

For assistance with anything not listed, please contact your Patient Advocate and they can help you locate assistance.

Our Patient Advocates are available at different sites during the week so please call in advance.

THANK YOU FOR ALLOWING US TO ASSIST YOU!



FIT AFTER 50

AN EXERCISE PROGRAM TO HELP ELDERLY:

Prevent Falls

Increase Strength

Improve Balance

Enhance Mobility

Classes held **every Wednesday**
from **11:00am-11:30am**
at the

Morongo Senior Center

11580 Potrero Rd
Banning, CA 92220

To register or ask questions call
Cesar Barva at 951-654-0803 ext. 1155
or Senior Nutrition at ext. 1999

Thank you!

AND FAREWELL



Nadin Mansour, MD

In May we said farewell to one of our beloved Pediatricians, Dr. Mansour. For over 7 years, Dr. Mansour cared for many of our children at the Soboba and Pechanga Clinics. She provided exceptional care and was very dedicated to her patients. She will be greatly missed!



Michelle Opsahl, MD

Dr. Opsahl was one of our family medicine providers for over 11 years. Dr. Opsahl worked closely with our patients at Morongo clinic. Her philosophy was to care for the patient as a whole and poured time and effort into more than just a patient's physical health. She was loved by all and will be missed.



Anthony Mazza, RSBCH's COO

Anthony was with RSBCH for over 10 years. He's had many roles here with us, beginning as a dietitian, moving to become our community outreach director, and eventually became the COO. We are grateful for the years of leadership and professionalism Anthony provided to the company and are sad to see him go. He is heading over to IHS Desert Sage Youth Regional Treatment Center as their Administrator, and we wish him all the best.

SUMMER Native Youth Dance Class!

Women's Fancy and Jingle dress

Information:

DATE July 5th, 12th, 19th, 26th August 2nd
TIME 10:15AM-11:45AM
LOCATION 25541 Barton Frontage Rd, Loma Linda, CA
92354
AGES 18 and under (parent must be present at all times)

**Regalia not required, show up in workout
clothes and be ready to go!**



**10 Spots open
RSVP by scanning QR
code or contact # below**

**QUESTIONS?
CONTACT CECILIA WHITE**



**(909)864-1097 EXT 4865
CWHITE@RSBCIHI.ORG**



Native American Resource
Center (NARC) Presents

NATIVE KID SUMMER

CLUB

NARC will organize a
variety of activities:

- Museum day
- Craft day
- Sage picking day
- Movie day !

RSVP is required



Important Info!

- Time: 10am-12pm
- Dates: July 23rd, 25th, 30th, August 1st
- Location: Varies
- Ages: 18 or younger
- Lunch & Snacks provided
- A guardian is required to stay with child at all times



(909)864-1097 Ext 4865



cwhite@rsbcihi.org



MENTORLIFE- ALWAYS INVEST IN SOMEONE.
ALWAYS HAVE SOMEONE INVESTING IN YOU.

TRIBAL STARS®



TM



Native Challenge

(951) 849-4761 ext. 1138



Big Brothers
Big Sisters
OF COLORADO

RSBCIHI

Riverside San Bernardino County Indian Health, Inc. is committed to providing high-quality, culturally appropriate health care to the communities we serve. We believe every patient deserves to be treated with respect, dignity, and concern.

We consider you a partner in your health when you are well informed, participate in treatment decisions and communicate openly with your doctor and other health care professionals. Together, we work as partners to make positive decisions regarding your health and well-being.

RSBCIHI Mission

The mission of Riverside-San Bernardino County Indian Health, Inc. is to provide culturally sensitive healthcare, respect and abide by traditional customs of our Indian communities, and promote wellness and provide early intervention to achieve healthy lifestyles. The Board of Directors and staff are working hand in hand with Indian communities to achieve our vision.

RSBCIHI Vision

We will share our values and traditions, strengthen the body, promote peace of mind, and empower dreams to all those who come through our doors. Together, we can build a healthier way of life and a better tomorrow.

Connect with us!

We're interested in hearing from you.
Please share any RSBCIHI news or photos you'd like to spotlight,
or if you have suggestions for the Native Voice Newsletter.

Direct emails to: hhughes@rsbcihi.org

Native Voice Newsletter

RSBCIHI Clinics

San Manuel Indian Health Clinic

(909) 864-1097, (888) 268-0008
11980 Mt. Vernon Ave. Grand Terrace, CA 92313
Hours: Monday-Wednesday: 8:00-5:00
Thursday: 8:00-7:00, Friday: 8:00-2:00



Morongo Indian Health Clinic

(951) 849-4767, (800) 732-8805
11555-1/2 Potrero Rd. Banning, CA 92220
Hours: Monday, Wednesday, Thursday : 8:00-5:00
Tuesday: 8:00-7:00, Friday: 8:00-2:00



Soboba Indian Health Clinic

(951) 654-0803, (800) 851-5816
23119 Soboba Rd, San Jacinto, CA 92583
Hours: Monday, Tuesday, Thursday: 8:00-5:00
Wednesday: 8:00-7:00, Friday: 8:00-2:00

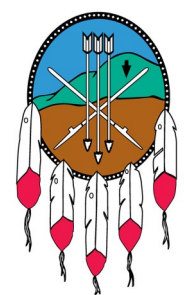


Pechanga Indian Health Clinic

(951) 676-6810, (877) 781-0333
47001 Pala Rd. Temecula, CA 92592
Hours: Monday-Thursday: 8:00-5:00
Friday: 8:00-2:00

Barstow Indian Health Clinic

(760) 256-9016, (877) 277-3101
170 Yucca Ave. Barstow, CA 92311
Hours: Monday-Thursday: 8:00-5:00
Friday: 8:00-2:00



Torres-Martinez Indian Health Clinic

(760) 397-4476, (800) 717-4476
66-655 Martinez Rd. Thermal, CA 92274
Hours: Monday-Thursday: 8:00-5:00
Friday: 8:00-2:00



Cahuilla Indian Health Clinic

(951) 763-4835, (877) 781-0555
53000 Cahuilla Rd. Anza, CA 92539
Hours: Monday-Thursday: 8:00-5:00
Friday: 8:00-2:00

Santa Rosa Indian Health Clinic

(951) 823-8882
65175 St. Highway 74. Mountain Center, CA 92561
Hours: Monday-Thursday: 8:00-5:00
Friday: 8:00-2:00

Palm Springs Outreach Office

Please contact the Morongo Clinic
Suite A204. 901 E. Tahquitz Way. Palm Springs, CA 92262
Hours: By Appointment Only

Commodities Warehouse

23123 Soboba Rd. San Jacinto, CA 92583
(951) 845-3955
Hours: Monday-Thursday: 8:00-5:00
Friday: 8:00-2:00