



**PARTNERING WITH YOU**  
to help reduce the risk of opioid overdose and HIV exposure.

Call 760-820-9229 extension 1920 to request a FREE Harm Reduction Kit. (Fentanyl test strips, Narcan nasal spray and a test-at-home HIV kit).

# Examples of COMMUNITY ENGAGEMENT

2025-2026

STOP BY AND PICK UP A **FREE HIV TEST KIT** from Morongo Basin Healthcare District's Outreach Team



FRIDAY **JUNE 27**  
10a - 2p  
Walgreens, YV  
Star Pharmacy, JT

**NATIONAL HIV TESTING DAY!** **JUNE 27**




Covered California has declared a Special Enrollment Period for San Bernardino County.

**What does that mean for you?**  
Click here for details.



**COMMUNITY HEALTH & RESOURCE FAIR**

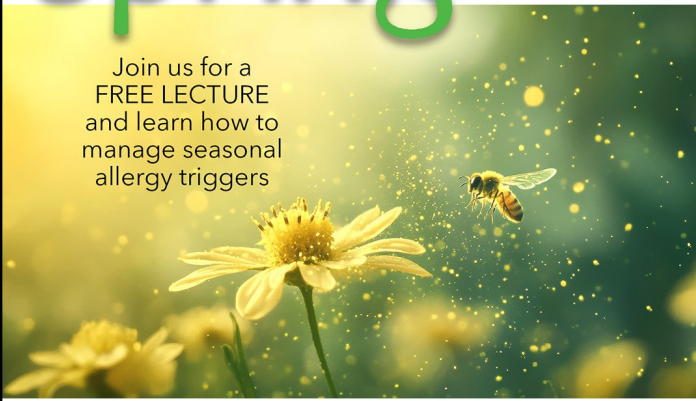
10 a.m. to 2 p.m.  
**Saturday May 2**  
Yucca Valley Community Center

*Find resources to manage your health!*

# Spring is in the air

with all of its allergy triggers

Join us for a  
**FREE LECTURE**  
and learn how to  
manage seasonal  
allergy triggers



MORONGO BASIN  
HEALTHCARE DISTRICT  
MorongoBasinHealth.org

## HEART HEALTH & NUTRITION

**FREE**  
Lecture



February 9  
Joshua Tree

February 18  
Yucca Valley

February 19  
29 Palms



MORONGO BASIN  
HEALTHCARE DISTRICT

**SEE YOU AUGUST 14**  
10 a.m. - 3 p.m.

### COMMUNITY RESOURCE DAYS

One-Stop hub for assistance.  
6171 Sunburst Ave, Joshua Tree



Our Community Outreach Team will be  
at this event with information about affordable  
medical & dental care, HIV test kits and much more.  
Stop by our booth and say "Hi!"

## PREPARE FOR WINTER



A November lecture focused on  
**Practical Preparations for  
Winter Safety and Comfort**

Joshua Tree ■ Yucca Valley ■ 29 Palms

# FLYING DOCTORS

## FREE Dental & Vision Care

### Saturday March 8 and Sunday March 9

Yucca Valley High School 8:00a.m. - 3:00p.m.



- **Free dental and vision** services will be provided to adults and children on both days.
- Patients are seen on a **"first come first served" basis**, not by appointment. Patient line-up begins at **6:00 a.m., not before**.
- The **first 150 adults and children** in line each day will be eligible to receive free dental procedures including teeth cleaning, fillings and extractions.
- The **first 50 adults and children** in line each day will receive a free eye exam and leave the event with a free pair of prescription glasses if the exam identifies the need for them.

**OPEN TO ADULTS & CHILDREN**

**PLEASE NO UNSUPERVISED CHILDREN**

### OUR SPONSORS

Partnering for the health of our communities



**Hi-Desert Star    The Desert Trail**



For more information or to volunteer at this event: [JeffGrabow.flyingdocs.LMV@gmail.com](mailto:JeffGrabow.flyingdocs.LMV@gmail.com)

# "Gentlemen, start your engines!"

Maintaining  
your health  
is like  
maintaining  
your car.



## FREE HEALTH LECTURE

The lecture will focus on the importance of routine body maintenance and repairs, topics significant to men's health. Keep running on all cylinders with information on the importance of regular check-ups and health screenings (prostate, colon and lung), the prevention of HIV and sexually transmitted infections, the risk factors and management of diabetes, how to manage high blood pressure and cholesterol numbers for heart health, and other health issues commonly experienced by men. If you are male or know a male, this full-service tune-up health talk is for you!

### MONDAY JUNE 16

Joshua Tree Senior Center  
6171 Sunburst Ave

11:30 a.m. lecture begins

### TUESDAY JUNE 17

29 Palms Senior Center  
6539 Adobe Road

10:00 a.m. lecture begins

### WEDNESDAY JUNE 25

Yucca Valley Senior Center  
57088 29 Palms Hwy

11:30 a.m. lecture begins



A resource table will be available before and after the lecture.



*This health lecture is provided by*

**MORONGO BASIN  
HEALTHCARE DISTRICT**

**NO REGISTRATION REQUIRED**



# FALL PREVENTION HOME SAFETY & SCAM AWARENESS LECTURES



Monday **SEPTEMBER 15**

JOSHUA TREE COMMUNITY CENTER @ 6171 Sunburst Ave  
Resource table available between 10:00 a.m. and Noon  
Lecture begins at 10:30 a.m.

Wednesday **SEPTEMBER 17**

YUCCA VALLEY SENIOR CENTER @ 57088 29 Palms Hwy  
Resource table available between 10:00 a.m. and Noon  
Lecture begins at 11:30 a.m.

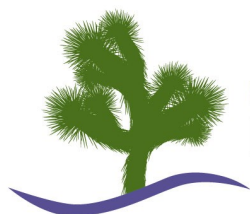
Friday **SEPTEMBER 19**

29 PALMS SENIOR CENTER @ 6539 Adobe Road  
Resource table available between 10:00 a.m. and Noon  
Lecture begins at 10:00 a.m.

**Registration is not required to attend these lectures.**

## IT'S ABOUT YOUR SAFETY

These lectures will focus on safety in the home. Specifically, trip and fall hazards you may not have noticed in your home; safety devices and tools you need to secure your home environment; and finally, how to protect yourself from credit card, bank and online scams that can steal your resources and personal information.  
**Be informed. Be safe.**



**MORONGO BASIN**  
HEALTHCARE DISTRICT

[MorongoBasinHealth.org](http://MorongoBasinHealth.org)

*Improving the health and wellness of the communities we serve*

# Join us for a COMMUNITY HEALTH FORUM

Your Voice. Your Health. Your Community.

*Together, we can shape healthier communities where we live, learn, work, and play.*



## Your Voice Matters:

A few years ago, you helped identify key health issues that mattered most to you:

- Behavioral Health
- Chronic Disease
- Injury and Violence Prevention

## Now We'd Like to Listen:

We'd like to find out if these issues are:

- Still affecting you, your family, and your community
- How they may have changed, and what your experience has been
- What new issues and concerns have developed



## Join Us in a Conversation about the Health Issues that Matter Most to You!

Your experience and input will help shape community solutions that reflect the needs and priorities of our communities.

## Meeting Details

**Date:** Wednesday, **JANUARY 14, 2026**

**Location:** Morongo Basin Healthcare District

**Address:** 6540 La Contenta Road, Suite 600,  
Yucca Valley

**Check-in:** 5:00 p.m.

**Meeting Event:** 5:30 p.m. to 7:30 p.m.  
A light dinner will be provided.

## RSVP Now By:

1. Using the link:  
[CommunityHF.eventbrite.com](https://CommunityHF.eventbrite.com)
2. Or scanning the QR code
3. Or by calling 909-520-1410



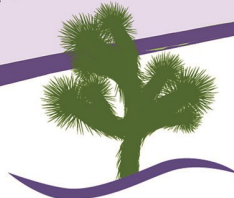
This event is sponsored by the San Bernardino County Community Vital Signs Initiative in partnership with the San Bernardino County Department of Public Health.



# COMMUNITY HEALTH & RESOURCE FAIR

SATURDAY MAY 2  
10 a.m. - 2 p.m.

YUCCA VALLEY COMMUNITY CENTER



MORONGO BASIN  
HEALTHCARE DISTRICT

[MorongoBasinHealth.org](http://MorongoBasinHealth.org)

*Partnering for the Health and Wellness of our communities*

## GET RESOURCES TO MANAGE YOUR HEALTH AND JOIN US FOR A DAY OF FUN AND HEALTH FOR THE FAMILY



Get free confidential health screenings including blood pressure, BMI, glucose or A1c. Take home a free HIV test kit or harm-reduction kit; get information on diabetes, breast health and nutrition. Chat with our healthcare providers!



Local businesses and agencies bring unique information and resources in one convenient location. Connect with regional and local representatives for nearby resources you can use.



The Town of Yucca Valley's Youth Commission is coordinating the "Fun Zone" for the younger crowd. Activities are fun, varied and diverse to challenge children and teens!

*For agencies and organizations wishing to present as a vendor at this event, visit [MorongoBasinHealth.org](http://MorongoBasinHealth.org) to download an application form.*

This event is brought to you by Morongo Basin Healthcare District, Town of Yucca Valley, and Morongo Unified School District who have partnered for your health and wellness.

This health section is brought to you  
by Morongo Basin Healthcare District

California's Healthcare Safety Net

# COVERED CA Health Plans Have You Covered

Covered California is the only place where you can get financial help based on household size and income for brand-name health, dental and vision coverage.

Covered California is a free service that connects Californians with the Medi-Cal program or offers insurance plans for brand-name health, dental and vision coverage. This marketplace makes health insurance more accessible for Californians, especially those without coverage from government programs or employers. Visit **CoveredCA.com** to compare insurance plans and get a financial quote for coverage. All plans cover essential health benefits; most have preventive services and a customized network of doctors and hospitals.

Comparing health insurance plans and determining which product best meets your needs can be confusing. Morongo Basin Healthcare District offers free assistance to navigate this process. **Sheree Fansler**, a Covered California Certified Enrollment Counselor, helps residents enroll in the Covered California program. She is available by appointment at **760-365-9305 ext 1546**.

There are many reasons why it's important to maintain health insurance. A comprehensive health insurance plan can cover most or all medical and hospital expenses if you are injured, sick or require surgery. It can also offset costs for preventative care like screenings, check-ups and vaccines that are essential for maintaining long-term health. Additionally, as of 2022, California residents are required to declare annual proof of health insurance coverage on state taxes. The penalty for not having health insurance is significant.

Covered California sets limits on who can receive financial assistance. Consumers are required to have a household income between 0% and 400% of the Federal Poverty Level (FPL) to qualify for government health insurance plan assistance. (See below for information about federal poverty level.)

Adults can qualify for the Medi-Cal insurance program with an average household income of less than 138% of the FPL. Children who enroll in Covered California plans may qualify for Medi-Cal when the family has a household income of 266% or less. Children must be under 19 years of age to qualify.

Proof of income is required with the Covered California application.

Learn more at **CoveredCA.com** or contact Sheree Fansler at **760-365-9305 ext 1546**.



## WHAT IS THE FEDERAL POVERTY LEVEL?

Individual government programs grant discounts for their programs based on household income and size as measured against the federal poverty level. It is always best to check with the specific program about their definition of household size and income when applying for financial assistance.

The FPL is published annually by the Department of Health and Human Services. For 2025, levels begin at \$15,650 for a household of one, adding \$5,500 for each additional household member.



MorongoBasinHealth.org



Morongo Basin Community Health Center, with offices in 29 Palms and Yucca Valley, makes navigating your health convenient.

- Primary MEDICAL SERVICES for adults and children are available with or without an appointment, Monday through Friday. To avoid wait-time, appointments may be scheduled at **760-365-9305**.
- LAB SERVICES are onsite for lab draws, Monday through Friday. Service is not restricted to health center patients, but is available to the community.
- Most private insurances, Medicare, IEHP, and Medi-Cal are accepted. The uninsured are welcome. A Sliding-Fee Discount Program is available to those who qualify (see article on this page).
- If TRANSPORTATION to your appointment is a problem, call our Wellness Wheels program at **760-366-5438** for free transportation to/from your appointment.

**YOUR HEALTH. OUR MISSION.**



## SLIDING FEE PROGRAM AT MORONGO BASIN COMMUNITY HEALTH CENTER

Morongo Basin Healthcare Community Health Center (CHC) offers a sliding fee discount to its patients who face financial barriers that would hinder access to healthcare. Patients must meet eligibility requirements. The program is designed to ensure that health center patients have access to all services provided by CHC, regardless of the patient's ability to pay.

Based on household size and income, the program uses a sliding fee schedule to calculate a basic discount using the current federal poverty guidelines as established by the U.S. Department of Health and Human Services.

HOUSEHOLD INCOME is defined as all gross income from all persons residing within a housing unit (income from all persons residing in the household).

HOUSEHOLD SIZE is the total of all persons sharing the same housing unit and dependents declared on tax returns who do not physically live in the housing unit (such as a child away at college).

The program is designed to assist patients with payment when they do not have resources to pay for healthcare. All patients are eligible to apply for the program to assist with any unmet portion of their bill, including those with insurance benefits. The discount can apply to patient deductibles, co-pays, coinsurance and non-covered services.

Patients with annual household incomes above 200% of the Federal Poverty Guidelines are not eligible for the program. Patients with annual Household incomes at or below 100% of the Federal Poverty Guidelines will be charged a nominal fee. Patients with annual household incomes at or below 200% will be charged based on gradation in income.

Applicants to the program must be at least 18 years of age or emancipated by the court. Proof of identity is required as per California and Federal Fraud, Waste and Abuse policies.

## GIVE YOUR IMMUNE SYSTEM A BOOST

Consider these practical, common sense ways to support your body's immunity.

**If you use tobacco, quit.** Smoking is bad for your overall health. It irritates your respiratory system and lowers your body's ability to fight airborne illness.

**Wash your hands frequently.** Wash with soap and warm water covering top and palm of hand.

**Manage stress.** High stress over the long-term wears down the body's immune system. Practice stress management techniques and try to retain a calm and positive attitude.

**Sleep more.** Rest is your body's defense against illness. Make sleep a priority and listen to your body's signals. Allow yourself to rest.

**Eat well.** Fruits and vegetables provide micronutrients that have been found to strengthen the immune system.

