



30 Years
OF
Senior Expo

HIGH DESERT MEDICAL GROUP

HDMG

HERITAGE HEALTH CARE

An Affiliate of Heritage Provider Network



Memories from Seniors in the Community!

Submitted by: Naomi Moraga

To HDMG Marketing department who care enough to pamper us women with free make-up, manicures, haircuts, massages, wellness check-ups, photo ops and much more! Kudos to you for your compassion. May your tribe increase!

Submitted by: Fumiko Kuwahara

It is wonderful that once a year I could indulge myself. Have a free haircut, manicure, massage, make-up and a photo afterwards! I can never thank HDMG Senior Expo enough for recognizing and providing for our needs as women. More power to HDMG! I also got to meet MaryAnn from Gilligan's Island!!!

Submitted by: Mattie Hector

The Senior Expo at the AV Fairgrounds has so much to see and do! They should do it more often and for more days and why not on a weekend?

Submitted by: Katharina Yoshimura

My brother Mike likes the information updates from the vendors; his wife Sunny likes the entertainment, while I like the manicures from Lancaster Beauty School, haircuts from Cuts & Colors and the massage and photo after! On top of these services, we can enjoy our different interests from 9am to 3pm because lunch is provided by the City of Lancaster. All this in one place... HDMG's Senior Expo. Keep it going!

Submitted by: E. Sarmiento

I look forward to going to the fairgrounds for Senior Expo every year during the month of October. I ride the bus from the AV Senior Center. The ride and Senior Expo is free! My cousin and I go there and have a wonderful time. I had my picture taken, wow, that was the best picture ever! There is more free stuff like, giveaways from various vendors, lunch, and I even had my blood sugar and cholesterol checked!

Submitted by: Jeanette Scheper

Every year for the last twenty years or so we have seen and heard a parade of celebrity guests at the Senior Expo like; Cyd Charisse, Barbara Eden, Debbie Reynolds, Pat Boone, Rita Moreno, Lucie Arnaz and Dawn Wells! We seniors watched and listened to their stories and got a kick that we have these opportunities right here in the Antelope Valley through High Desert Medical Group's Senior Expo. What a blast! More, more, more!

Submitted by: Robert Yoshimura

I've been to many "expositions" (short Expo) before, but then we have one that's just a few miles from home, so I go and get to enjoy the free giveaways from vendors, free blood check-ups and a free photograph!

(Continued throughout the book!)

“As the Medical Director of HDMG, it has been my pleasure to host Senior Expo for many years. I believe that this event has placed HDMG in the forefront of leadership in healthcare by bringing health and wellness resources to all the seniors in the community. I look forward to continuing to develop innovative programs and services that meet the healthcare needs of the Antelope Valley. Thank you, Dr. Merkin for establishing this wonderful event.”

*Charles Lim, M.D.,
HDMG Medical Director*

“30 years of Senior Expo! 30 years of supporting physicians, patients and our community of the Antelope Valley! More than congratulations, we thank you, Dr. Merkin, for your generosity, support and innovations in medicine which has improved and transformed medicine in the High Desert and throughout the country.”

*Don Parazo, M.D.,
Assoc. Medical Director,
Family Medicine*

“I have participated in Senior Expo for many years. Senior Expo has been an integral resource to serve the community and share many new healthcare developments. I am excited to see the senior community so pro-active in taking preventative measures for their health; this is evident by how many flu shots and health screenings we give away each year. I am also proud to have awarded many deserving individuals our prestigious Senior of the Year and Veteran community awards. I look forward to many more Senior Expos to come.”

*Anthony Dulgeroff, M.D.,
Assoc. Medical Director,
Internal Medicine*

Each year our Senior Expo carries a festive theme
and arranges a special guest appearance
by a top box office celebrity.

- 2020** “The Times of Your *Life...*”, **Shirley MacLaine**
- 2019** “Seas the Day!”, **Dawn Wells**
- 2018** “Memories...the Music in Your Heart”, **Lucie Arnaz**
- 2017** “A New Dawn... A New Day... A New *Life...*”, **Rita Moreno**
- 2016** “The Game of *Life...*”, **Peter Marshall**
- 2015** “Tell Us ‘Bout The Good Ole Days”, **Naomi Judd**
- 2014** “Dreams Are The Key To *Life...*”, **Barbara Eden**
- 2013** “Dancing Through The Decades”, **Ben Vereen**
- 2012** “*Life...* Is A Journey”, **Florence Henderson**
- 2011** “Once Upon A Time”, **Pat Boone**
- 2010** “20th Anniversary - On Broadway”, **Debbie Reynolds**
- 2009** “The Fabulous 50’s”, **Tony Dow, June Lockhart, Elinor Donahue**
- 2008** “A Tribute To Mash”, **Jamie Farr, Loretta Switt**
- 2007** “Salute To The Stars”, **Jane Russell**
- 2006** “Love & Marriage - A Golden Celebration,” **Bob Eubanks**
- 2005** “15th Anniversary!”, **Lee Meriwether**
- 2004** “Come Spend The Day With Us!”, **Hugh O’Brian**
- 2003** “Celebrate the Music of Your *Life...*”, **Shirley Jones**
- 2002** “Come Celebrate The Golden Years Of Your *Life...*”, **Margaret O’Brien**
- 2001** “For The People Who Enjoy The Finer Things In *Life...*”, **Cyd Charisse**
- 2000** “This Is The Way It Is Supposed To Be”, **Ernest Borgnine**
- 1999** “Salute To The 40’s”, **Gloria Dehaven**
- 1998** “The Good *Life...*”, **Dick Van Patten**
- 1997** “Relax And Enjoy *Life...*”, **Michael Learned**
- 1996** “Along With Age Comes”, **Marion Ross**
- 1995** “The Golden Years”, **Pat Harrington**
- 1994** “Golden Generation Expo”, **Eddie Albert**
- 1993** “Golden Generation 93”, **Dr. George Fishbeck & Owen Harlen Mickel**
- 1992** “Senior Expo ‘92”, **Gypsy Boots**
- 1991** “Senior Expo”, **Louis Zamperini**

Life...

SENIORS OF THE YEAR:

- 2020** *April and George Ray*
- 2019** *Ron Salser*
- 2018** *Joan Osborne*
- 2017** *Harry Ward*
- 2016** *Fran Sereseres*
- 2015** *James "Jim" Harris*
- 2014** *Virgina Draper*
- 2013** *Margaret "Peggy" Brackett*
- 2012** *Don and Joyce Willey*
- 2011** *Ida Ketchum*
- 2010** *Vilma Drever*
- 2009** *Charlie Towner*
- 2008** *Irene Wilson*
- 2007** *June Kolf*
- 2006** *Adeline Davis*
- 2005** *Joyce Pearson*
- 2004** *Patty Akkad*
- 2003** *Connie Gertsen*
- 2002** *Sylvia Jones*
- 2001** *Henry Dorsett*
- 2000** *Jeanne Powers*
- 1999** *Grace Pickus*
- 1998** *Dorothy Flitton*
- 1997** *Daryl Kniss*
- 1996** *Claire Spiegel*
- 1995** *Raedell Simon*
- 1994** *Dorothy Lewellen*
- 1993** *Bob Flower*
- 1992** *Carl Bergman*

For 29 years,
we have celebrated
seniors in the
community who have
shown remarkable
volunteerism!



Life...

High Desert Medical Group

Proudly Presents
the

30TH Annual SENIOR EXPO

an affiliate of Heritage Provider Network



CELEBRATING

THE TIMES OF YOUR *Life...*



FEATURING:

- Entertainment by: Rat Pack Ricky and Jacob Nelson & the Tone Wranglers
- Living Well Resources
- Medicare 2021 Benefit and Enrollment Options
- Raffles and Prizes!
- Activities

**NOVEMBER
19th, 2020!**

log on @ 9am

Sponsored
in part by:



For more information
call: 661-951-3046,
or email: amvela@hdmg.net

Featuring Celebrity Guest
Shirley MacLaine



www.HDMGSeniorExpo.com



2020 April and George Ray, Seniors of the Year

Submitted by:
Johnette O'Neal
I love going to the Senior Expo every year. The minute the gate opens for seniors we are met with a warm welcome! It is fun and exhilarating to be at the Expo with all the entertainment, information, Bingo, Wellness Check-ups, and Celebrity Guest. I even won \$100 from a scratcher in 2015! How cool is that!



High Desert Medical Group

an affiliate of Heritage Provider Network

presents:

29th ANNUAL Senior Health Expo



Featuring: **Dawn Wells**

Health plan sales representatives will be available with 2020 enrollment information. For more information: 661-951-3043.

- Free:**
- Admission
 - Parking
 - Lunch (62+)
 - Flu Shot (62+)
 - Health Screenings



- Featuring:**
- Watercolor Art
 - Bingo
 - Giveaways & More



SEAS the DAY!

Thursday, October 17th
9:00am-3:00pm
Antelope Valley Fairgrounds



Ronald Salzer, 2019 Senior of the Year

"This is the most special meaningful thing that has ever happened to me . . . You know where you started from and you give back."

Ronald Salzer, 2019 Senior of the Year



Dawn Wells, 2019 Celebrity Guest



HIGH DESERT MEDICAL GROUP

presents

An Affiliate of Heritage Provider Network

2018
Senior Health

EXPO

Thursday
October 18th
9am - 3pm
AV Fairgrounds

Memories... the Music in your Heart

FREE

- ♫ Admission
- ♫ Parking
- ♫ Lunch (62+)
- ♫ Bingo
- ♫ Flu Shots (62+)
- ♫ Health Screenings
- ♫ Mini Makeovers
- ♫ Painting Workshop
- ♫ Dance Off
- ♫ Giveaways & More



Health plan sale representatives will be available with 2019 enrollment information.
For more information, please call 661-951-3043.



Featuring
Celebrity
Guest:

Lucie Arnaz

Photo Credit: David Dwyer

“A lot of people can’t afford all of the things we are told we’re supposed to do, so to walk in to something like this, where you can get free bone density to find out if you have Osteoporosis, free flu shots...I mean, what a great gift...”

Lucie Arnaz, 2018 Celebrity Guest



Joan Osborne, 2018 Senior of the Year

Congratulations

High Desert Medical Group on **30 Years** of The Senior Expo!

Antelope
Valley Press

661.273.0081
www.avpress.com

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Community Health Center

california *health*

www.bachc.org

43322 Gingham Avenue, Lancaster, CA 93535

HIGH DESERT MEDICAL GROUP

AN AFFILIATE OF HERITAGE PROVIDER NETWORK

presents SENIOR HEALTH

EXPO



Empowering Change...

A new dawn... A new day... A new Life...

FREE

ADMISSION | PARKING | LUNCH (62+)
FLU SHOTS (62+)

HEALTH SCREENINGS INCLUDING:

DIABETIC FOOT SCREENING • DERMASCAN • VIDEO OTOSCOPY • VISION
BONE DENSITY • CHOLESTEROL • BLOOD PRESSURE • PULSE OX • BODY FAT

Health plan sales representatives will be available with 2018 enrollment information.

For more information, call: 661.951.3043

SAVE THE DATE

THURSDAY,
OCTOBER 19th 2017
9AM-3PM
AV FAIRGROUNDS



Featuring

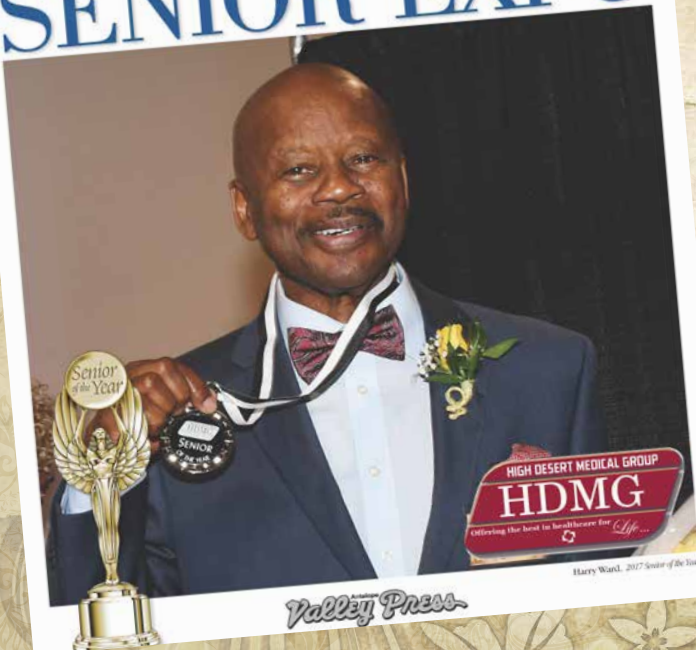
Entertainment
Inspirational Speaker
Spa Services
Preparing Smart Food
Stroke Screening
Pulmonary Screening
Fashion Show
Bingo • Vendors
Giveaways and More!

Featuring
Celebrity Guest

RITA MORENO



HIGH DESERT MEDICAL GROUP SENIOR EXPO



Harry Ward, 2017 Senior of the Year

"Thank you High Desert Medical Group. Without you, all of this wouldn't be possible."

Harry Ward, 2017 Senior of the Year

"It's been our pleasure to have participated in Senior Expo for 30 years!"

"A
GREAT
PLACE
TO CALL
HOME!"



MAYFLOWER GARDENS
retirement community

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Lancaster, CA 93536
661-943-3228
www.MayflowerGardens.com
A Project of Retirement Housing Foundation





High Desert Medical Group & Heritage Health Care

661.951.3043

Present 2016

SENIOR EXPO

THE GAME OF *Life*

Free

Made in the Antelope Valley AV

- ▲ Admission
- ▲ Parking
- ▲ Health Screenings
- ▲ Flu Shots (62+)
- ▲ Entertainment
- ▲ Lunch (62+)
- ▲ Bingo
- ▲ Giveaways & More

An HDMG Event | Multiplayer AGES Senior +

Health Plan sales representatives will be available with 2017 enrollment information.

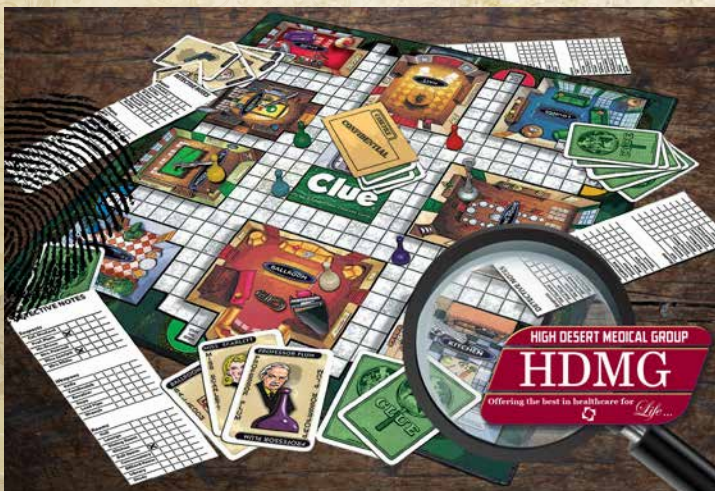
WHERE:
AV Fairgrounds

SPECIAL EDITION! **OCTOBER 20th**
9:00am-3:00pm

HAVE FUN!!!
Get creative with your costume and bring random items for a chance to play "Let's Make A Deal."

"Having this medical group-my gosh! What a wonderful thing! I live in the San Fernando Valley-could you move High Desert Medical Group to the San Fernando Valley?"

Peter Marshall, 2016 Celebrity Guest



Fran Sereseres, 2016 Senior of the Year

HDMG High Desert Medical Group & Heritage Health Care

Present **THE 25th ANNUAL SENIOR EXPO**

Tell us about the good ole days...

AV FAIRGROUNDS
Thursday, October 15th, 2015
9:00a.m. - 3:00p.m.

Free Health Screenings • Free Entertainment
Free Flu Shots (age 62+) • Free Lunch (age 62+)
Free Admission • Free Parking • Free Bingo
Vendor Booths • Giveaways & More

Silver Anniversary: enter to win 1 of 25 Silver Prizes!

Health plan sales representatives will be available in the H.W. Hunter Pavilion with 2016 enrollment information. **661.951.3046**

Featuring Celebrity Guest Naomi Judd




Dr. Richard Merkin is given the Key to the City of Lancaster by Mayor Rex Parris, 2015.

“Whenever anybody touches this community in a way that has a profound effect on all of us, what we do is we give them a key to the city. Nobody exemplifies that as much as Richard Merkin.”

**Lancaster Mayor
R. Rex Parris**

“I really appreciate what you all do- I wish more cities did this. Dr. Merkin and Dr. Parazo have got the right idea.” - Naomi Judd, 2015 Celebrity Guest

Judd talks about ‘aging gratefully’ at annual expo

Valley Press

LANCASTER — Naomi Judd said her inspirations in life were not entertainers but her patients as a registered nurse. “Working in ICU, I had people die in my arms. Those are the people that changed me from inside. These are people during their last hours that still had faith, still knew there was life after death,” Judd said.

A country superstar and best-selling health author, the 69-year-old Judd gave advice for what she calls “aging gratefully” Thursday at High Desert Medical Group’s 25th annual Senior Expo at the Antelope Valley Fairgrounds.

As a single mom in the 1970s, Judd trained and worked as a nurse before teaming with her older daughter Wynonna as The Judds, going on to sell 20 million records and videos. The Judds sold 20 million records, scored 15 No. 1 hits and received more than 60 industry awards, including six Grammys and seven consecutive Country Music Association Vocal Group of the Year trophies.

Facing the break-up of that long success run in 1991, Judd also battled back from hepatitis C, contracted from an infected needle when she was a nurse. At one time she was given three years to live, but she is now hepatitis C free.

Before their fame, Judd said she and daughters Wynonna and Ashley lived in a mountaintop home with no television and no telephone. She read to her daughters and Wynonna discovered an interest in the guitar. Judd traded a Buck knife for a guitar just to get her one.

See Judd on AS



RON SIDDLER/Valley Press

HEALTH CHAT — Country superstar and best-selling health author Naomi Judd was the guest speaker Thursday at the 25th annual Senior Expo at the Antelope Valley Fairgrounds in Lancaster.

HIGH DESERT MEDICAL GROUP

SENIOR EXPO

Senior of the Year 2015

HIGH DESERT MEDICAL GROUP
HDMG
Offering the best in healthcare for Life...

Valley Press

James “Jim” Harris, 2015 Senior of the Year

Jim Harris, 2015 Senior of the Year

HIGH DESERT MEDICAL GROUP
SENIOR EXPO



Virginia Draper, Senior of the Year



Barbara Eden, 2014 Celebrity Guest

"It's a wonderful Service! I had no idea. I knew about the flu shots. I didn't know about the bone density and the glucose screenings, its quite extensive'. WOW!"

"We love being able to interact with our seniors, we don't do that enough, this gives us that opportunity so we appreciate it."

Phyllis Fergoso, City of Lancaster



High Desert Medical Group & Heritage Health Care present
Senior Expo 2014

Dreams are the Key to Life...

Special Guest
Barbara Eden
Thursday, October 16, 2014
AV Fairgrounds ♦ 9 a.m.-3 p.m.

- Free Admission ♦ Free Parking
- Free Health Screenings
- Free Entertainment
- Free Flu Shot (age 62 +)
- Free Bingo ♦ Vendor Booths Giveaways and more!
- Free Lunch** (age 60 +)
Lunch hours- 10:30 a.m. to 1:30 p.m.
- Free Shuttle** (8:00 a.m. to 4:00 p.m.)
(from city bus stop at Ave. H, and within the fairgrounds)

For more information, call 661.951.3046

Health plan sales representatives will be available in the H.W. Hunter Pavilion with 2015 benefit options and enrollment information.

Seniors to 'Dream of Jeannie'
Star Barbara Eden headlines at 24th HDMG Senior Expo

Valley Press
LANCASTER — Thousands of Lancaster's most valued, cherished and sought-after citizens will gather at the Antelope Valley Fairgrounds for the 24th annual HDMG Senior Expo, featuring a special appearance by the High Desert Medical Group's annual Senior Expo.

In addition to hearing talks by Hollywood film and television stars, guests will see the "Senior of the Year" coronation, the 2014 annual HDMG and Heritage Health Care Senior Expo, and a special presentation of the health care services available in special interest topics for the area.

Senior of the Year winners, in collaboration with: Clara Bradford Brown of Lancaster, Mary Dinning of Lancaster, Virginia Draper of Quartz Hill, Lenita Fergoso of Lancaster and Day Fergoso of Maguire, Grand of Palmdale.

Each of the nominees will be featured in a subsequent Valley Press article in subsequent Valley Press Expo.

The Senior Expo will be a one-to-two p.m. Oct. 16 at the H.W. Hunter Pavilion at the Antelope Valley Fairgrounds, 2525 West Ave. H.

The "Senior of the Year" will be named promptly at 11 a.m. that day.

There will also be a free health screening for seniors age 60 and older, from 10:30 a.m. to 1:30 p.m. Free flu shots for people age 60 and older and free lunch. Admission is free.

A free shuttle bus will take people around the fairgrounds and also pick them up from the Antelope Valley Transit Authority bus stop at the venue.

In naming Eden as the 2014 Senior of the Year, High Desert Medical Group joined one of the nation's most enduring and respected organizations.

Lancaster's 1965 and the retirement of the U.S. space program, "Jeannie" was the first woman to have been in continuous employment for more than 40 years.

"We are delighted that Barbara Eden, the real star of 'I Dream of Jeannie,' will join us at the Senior Expo," said Russell Condit, administrator for HDMG.

People Magazine named Eden one of America's 100 greatest people of the 20th century in the 2003 issue of the magazine.

Star Barbara Eden's "Jeannie" was a magical genie.

See SENIOR on A3



High Desert Medical Group & Heritage Health Care
presents



Senior Expo 2013

DANCING through the DECADES

Featuring Legendary
Actor, Dancer & Singer
Ben Vereen

Thursday, October 3rd
AV Fairgrounds • 9 am-3 pm

- Free Admission • Free Parking
- Free Health Screenings
- Free Entertainment
- Free Flu Shot (age 62+)
- Free Bingo
- Vendor Booths
- Giveaways and more!

For more information call
661-951-3046

Health plan sales representatives will be available
in the H.W. Hunter Pavilion with 2014 benefit
options and enrollment information.



“My senior patients look forward to ‘Senior Expo’ and enjoy attending this event every year. Thank you Dr. Merkin for starting this wonderful event for my seniors.”

- Vincent Ho, M.D.

“Now I can go home and have a good heart about what I have done...”

**Peggy Brackett,
2013 Senior of the Year**



**TRADITIONS
HEALTH**

Formerly
ProCare Hospice



CELEBRATING

30 Years

OF THE
HIGH DESERT MEDICAL GROUP
SENIOR EXPO!

661-951-1146 | traditionshealth.com





Submitted by: Amelia Yoston

I was at the Senior Expo and got information about the Senior Centers in Palmdale and Lancaster. Thanks to the Expo, I have places to go and fill up my day whether it is to exercise, line dance, have a nutritious lunch, attend holiday events and go on free bus trips! I went to the Getty's Museum, Arboretum, Hollywood Bowl concerts and many more wonderful places. I might have never known about the centers, were it not for the Senior Expo! Thank you HDMG for making my senior life fun and exciting. Keep up the good work!

***Congratulations,
on 30 years of Senior Expo!***



Rancho Village is an award-winning, independent senior living community.

**39630 Fairway Dr.,
Palmdale, CA 94551
(661) 276-8654**



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At our funeral home, we understand the importance of family. We believe in treating your family as we would our own. We have caring staff to guide you through your difficult journey and ensure your needs are met.

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44901-B 10th St. West in Lancaster**



It is an honor to partner with the
High Desert Medical Group
 to present the
Veterans Community Service Award!
 Congratulations and thank you for your service.



Kathryn
BARGER

Chair • Los Angeles County Board of Supervisors • 5th District

@SupervisorBarger

@KathrynBarger

@SupervisorKathrynBarger

KathrynBarger.LACounty.gov

VETERN COMMUNITY SERVICE AWARD RECIPIENTS:

"I think it is awesome that High Desert Medical Group got involved. The community cares and people in the community care."

Jerral Hancock
Iraq War Veteran

- | | |
|-------------|--|
| 2013 | <i>Pride of the Nation
- Lancaster High School</i> |
| 2014 | <i>Vets 4 Veterans</i> |
| 2015 | <i>Pointman AV</i> |
| 2016 | <i>Hogs and Horses</i> |
| 2017 | <i>Blue Star Mothers</i> |
| 2018 | <i>Coffee 4 Vets</i> |
| 2019 | <i>Homes For Families</i> |
| 2020 | <i>Steve Baker</i> |

"We have never won an award before so this is really dynamic for us!"

Mike Bertell
*Vietnam Combat Veteran,
President of PMAV
AV Wall Committee*

"Congratulations on your 30th Annual Senior Expo! Coffee4Vets is looking forward to another year of serving up Hot Coffee to all attendees."

Juan and Atherine Blanco
Coffee4Vets

"All the recognition from LA. County, from Congress, the State Assembly it's amazing. High Desert Medical Group that they recognized us is just Fantastic! I'm speechless."

Joe Probst
Hogs and Horses



**Don & Joyce Willey,
2012 Senior of the Year**

"Thank God for this group, that they are doing all of this for people and raising awareness. I may move up here..."

**Florence Henderson,
2012 Celebrity Guest**

HIGH DESERT MEDICAL GROUP & HERITAGE HEALTH CARE
Proudly presents

SENIOR EXPO

Thursday, October 4, 2012
Antelope Valley Fairgrounds
2551 W. Ave. H Lancaster, CA
9:00 a.m.—3:00 p.m.

"Life is a Journey"

Special Celebrity Guest
Florence Henderson

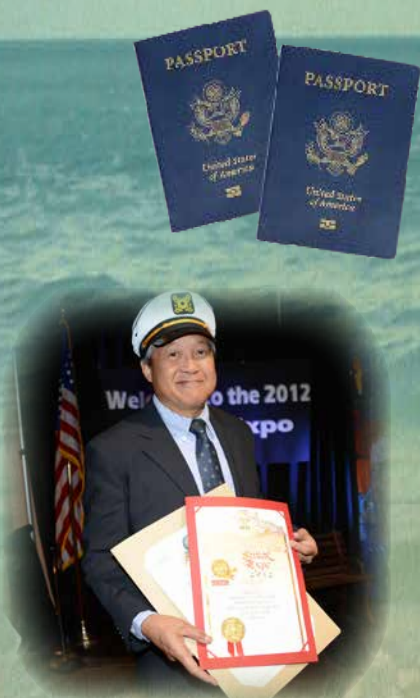
- Free Admission
- Free Parking
- Free Entertainment
- Free Health Screenings
- Free Flu Shot (age 62+)
- Senior of the Year Award
- Free Bingo
- Vendor Booths
- Giveaways and More!

For more information call 661-951-3043

Health plan sales representatives will be available in the Poppy Pavilion with 2013 benefit options and Enrollment information.

HIGH DESERT MEDICAL GROUP
HDMG Life...

Come spend the day with us!





**Ida Ketchum,
2011 Senior of the Year**

HDMG Life...
Proudly Presents
Senior Expo 2011
Once upon a time...

With Special Celebrity Guest
Pat Boone
Singing Sensation &
Feature Film Star!

Thursday, October 6, 2011
9:00 a.m. to 3:00 p.m.
Antelope Valley Fairgrounds
2551 W. Ave. H, Lancaster

- Free Admission
- Free Parking
- Free Entertainment
- Free Health Screenings in the Van Dam Pavilion
- Free Flu Shot (age 62+)
- Senior of the Year Award
- Free Bingo
- Vendor Booths
- Giveaways and More!

Health plan sales representatives will be available in the Poppy Pavilion with 2012 benefit options and enrollment information.

Come spend the day with us!

“HDMG WANTS TO KEEP YOU HEALTHY. ARE YOU GUYS GRATEFUL FOR HIGH DESERT MEDICAL GROUP?” - PAT BOONE, 2011 CELEBRITY GUEST

Dear Dr. Merkin,

Congratulations on 30 years plus in the Antelope Valley! Also congratulations on a successful founding of the Senior Expo. Such a successful event for our seniors. The people of the Antelope Valley continue to benefit from your commitment to good health care. Thank you, Dr Merkin!

Sharon Ashton, BS-PA-C
2020



Since 1975
Chapter #2195
aarp.avcmall.com
Meetings: 3rd Thursday
of the Month, 1:00pm
Legacy Commons Center
930 East Ave Q-9
Palmdale, CA 93550

“On behalf of the Palmdale Chapter of AARP, we congratulate Dr. Merkin, and all the leaders and staff who have made this a most important event in the AV for seniors. Many people look forward to this event, as it focuses on a unique population, and strives to hold activities which they appreciate. Thank you!”

Proudly Presents...

HDMG *Life...*

Senior Expo

Celebrating our 20th Anniversary on **BROADWAY**

Thursday, October 7th, 2010
9:00 a.m. — 3:00 p.m.
ANTELOPE VALLEY FAIRGROUNDS
 2551 West Avenue H, Lancaster

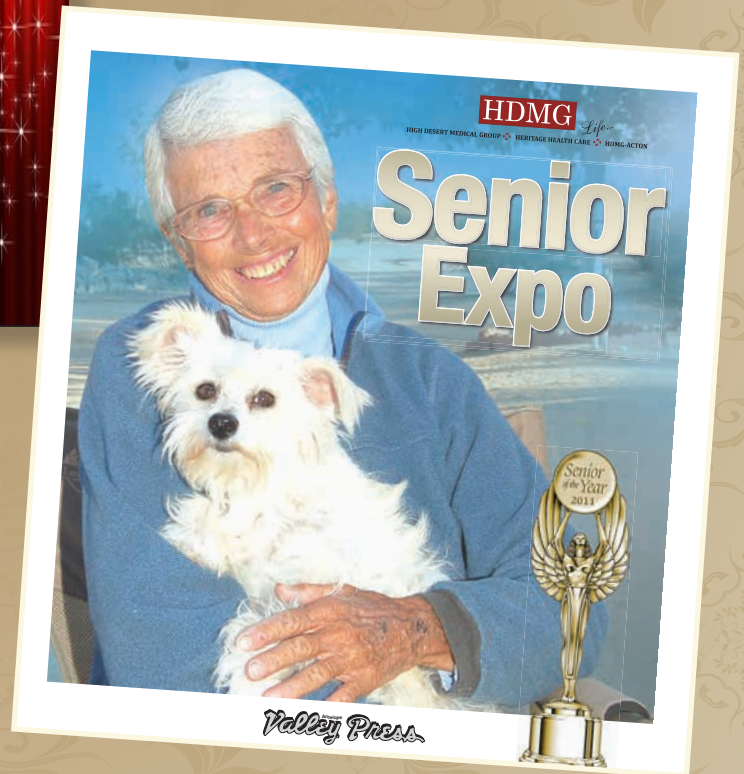
- Special Guest Appearance
- Free Admission & Parking
- Free Entertainment • Free Health Screenings
- Free Flu Shots (age 65+)
- Senior of the Year Award
- Free Bingo • Vendor Booths
 - Surprises All Day
 - Giveaways & more!

Come spend the day with us!

HIGH DESERT MEDICAL GROUP **HERITAGE HEALTH CARE**
www.hdmg.net



Debbie Reynolds,
2010 Celebrity Guest



Vilma Drever,
2010 Senior of the Year





Celebrating
20
years!



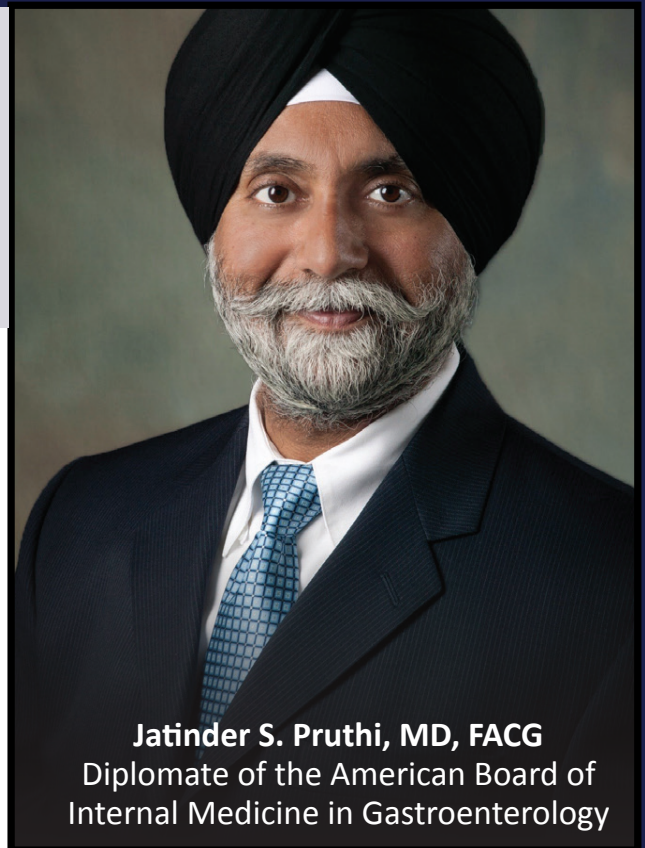
“I would like to thank Dr. Richard Merkin, all the dedicated medical professionals and the support staff at High Desert Medical Group for the opportunity to serve HDMG patients for over 20 years.” - Dr. Pruthi

Dr. Pruthi’s treatment philosophy:
“To transform lives impacted by digestive health issues through evidence-based, cutting-edge, comprehensive, personalized, and compassionate medical care delivered in a professional and kind manner.”

Providing the latest treatment for gastrointestinal issues, liver diseases and colon cancer prevention!

Specialties and Services

- Colonoscopy
- Upper Endoscopy and Esophageal Dilation
- Small Bowel Enteroscopy and Video Capsule Endoscopy
- Endoscopic Retrograde Cholangiopancreatography (ERCP)
- Percutaneous Endoscopic Gastrostomy (PEG)
- Esophageal pH Testing
- Barrx Ablation for Barrett’s Esophagus
- Transoral Incisionless Fundoplication (TIF)
- Endoscopic Mucosal Resection (EMR)
- Endoscopic Submucosal Dissection of Superficial Cancers (ESD)
- Endoluminal Stenting
- Endoscopic Ultrasound (EUS)
- Hemorrhoid Banding (HBL)



Jatinder S. Pruthi, MD, FCG
Diplomate of the American Board of Internal Medicine in Gastroenterology

Dr. Jatinder Pruthi is fellowship trained, and has extensive experience in advanced therapeutic endoscopy, ERCP, EUS, and liver disease management.

He is a certified physician investigator, and conducts numerous research studies.

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Tony Dow, June Lockheart, Eleanor Donahue, 2009 Celebrity Guests



Charlie Towner, 2009 Senior of the Year



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HDMG Life...

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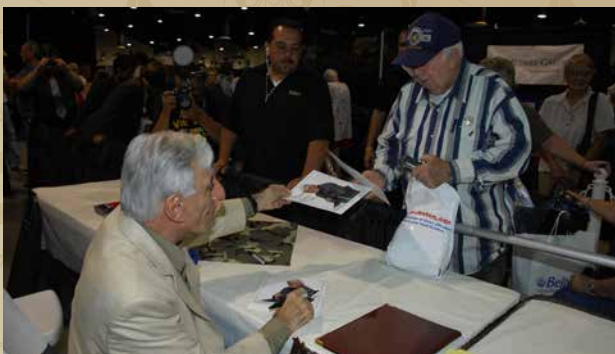
Irene Wilson, 2008 Senior of the Year



Loretta Switt 2008 Celebrity Guest



Jamie Farr, 2008 Celebrity Guest





Jane Russell, 2007 Celebrity Guest



June Kolf, 2007 Senior of the Year

2007 Salute to the Stars!





Submitted by: Mindy Boyd,
My favorite memory is from the 2018 Expo. Lucie Arnaz was the guest speaker. I was thrilled to hear and meet her. I am a big fan of her and her parents. I told her how I grew up in a home near her parents home in Chatsworth. She remembered the house. I am taking her advice from her presentation about writing about family.





Love & Marriage A Golden Celebration!

2006



Adeline Davis, 2009 Senior of the Year



Bob Eubanks, 2006 Celebrity Guest

I have been going to Senior Expo as long as I think they've had it. When I go, I see many people from the senior center. Last time that I went, I met a friend that I've known over fifty years from A.V. High School! That's the reason I enjoy going.

I enjoy going to the Senior Expo because of intermingling with people, learning new medical ideas, get body assessments where I don't feel like I am alone and the entertainment is great!



“15th Anniversary Celebration!” 2005



Joyce Pearson,
2005 Senior of the Year



Lee Meriwether,
2005 Celebrity Guest

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Come spend the day with us!



Patty Akkad, 2004 Senior of the Year



Hugh O'Brian, 2004 Celebrity Guest



Welcome to Senior Expo 2004!

BY RICHARD MERKIN, MD
Founder and CEO
High Desert Medical Group/Heritage Health Care

Welcome to our 14th annual Senior Expo! The High Desert Medical Group/Heritage Health Care Senior Expo is about honoring a vital part of our community—our seniors. Since our humble beginning, you have supported and patronized our medical group. It is because of you that High Desert Medical Group/Heritage Health Care continues to be the premier medical group in the Antelope Valley. The Senior Expo is our way of giving back to you. "We thank you for making our progress possible."

Come spend the day with us! We have a very exciting day of activities including health screenings, prizes, announcement of the Senior of the Year, and of course our guest celebrity! Our celebrity this year is Hugh O'Brian; widely known for his role as Wyatt Earp in "The Life and Legend of Wyatt Earp".

At High Desert Medical Group/Heritage Health Care, we understand that one of today's major challenges facing our nation's seniors is choosing a healthcare plan. We also understand that part of that challenge is choosing a healthcare provider that understands and is capable of taking care of your needs. That is why we strive to deliver quality, choice, and the complete satisfaction you have come to expect from us. Our staff of highly trained physicians and professionals is committed to not only your well-being, but also your quality of life. We are your partners in care.

As a valued patient of High Desert Medical Group/Heritage Health Care, your input matters. We invite you to join our Senior Advisory Committee. This committee provides valuable input in helping us cater to the special needs of the senior community.

If you are interested in joining our group or if you need additional information about our senior activities, please contact Kay McNeal, Marketing Director; Annette Vela, Marketing Manager; or Debbie Rinaldi, Marketing Coordinator at (661) 951-3040.

Above all, Senior Expo is for you and we want you to have the time of your life. We thank you for choosing High Desert Medical Group/Heritage Health Care, and California Desert Medical Group for your family's health care needs.

Have a wonderful day!

2003



**Connie Gertsen,
2003 Senior of the Year**



Shirley Jones, 2003 Celebrity Guest

Celebrate the music of your *Life...*

“West Palmdale Health Care congratulates Dr. Richard Merkin and HDMG for their 30th year of Senior Expo. We are proud participants of the Expo and will continue our dedication to provide excellent healthcare to our senior community.”

**- Anas Entabi, M.D.,
Board Certified Internal Medicine
- Rosa Gomez, M.D.,
Board Certified Family Medicine**

38925 Trade Center Dr. H,
Palmdale, CA 93551
(661) 274-9900



*Come Celebrate
the Golden Years
of Your **Life!***

SENIOR EXPO 2002

HDMG
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CALIFORNIA DESERT MEDICAL GROUP

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(661) 945-9984

Heritage Health Care
1200 S. Pinaldo Blvd. Ste. 11 • Tempe, California 95166
(601) 272-9777

1-800-266-HDMG
www.hdmg.net

Life...

2002

HDMG
HIGH DESERT MEDICAL GROUP • HERITAGE HEALTH CARE
CALIFORNIA DESERT MEDICAL GROUP
HEALTHCARE FOR GENERATIONS

Margaret O'Brian
"Meet Me in St. Louis"
"Little Women"



Sylvia Jones, 2002 Senior of the Year

2001



**Henry Dorsett,
2001 Senior of the Year**

**For the people
who enjoy the
finer things
in life...**



**Cyndi Charisse, 2001
Celebrity Guest**



Thank you!

**Mental Health America of Los Angeles
is grateful to High Desert Medical Group and Dr. Merkin for their ongoing support
and opportunities to provide mental health and veterans resources.
We appreciate your partnership!**



ANTELOPE VALLEY ENRICHMENT SERVICES
mhala.org



Senior Expo
map and schedule
of events

Senior of the Year:
Meet the finalists

HDMG offers
senior activities

Meet the doctors of
Heritage Health Care

Facts about
Urgent Care

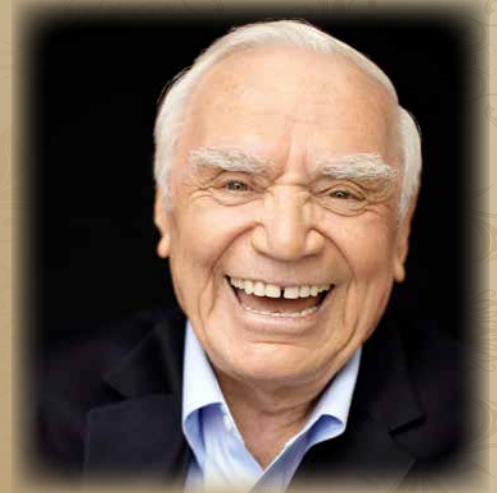
CALIFORNIA DESERT MEDICAL GROUP
HEALTH CARE FOR GENERATIONS

HDMG
HIGH DESERT MEDICAL GROUP - HERITAGE HEALTH CARE

HERITAGE HEALTH CARE
PALMDALE

**This is the Way
It Is Supposed
To Be ...**

**Jeanne Powers,
2000
Senior of
the Year**



**Ernest Borgnine
2000 Senior of the Year**

SENIOR ART EXHIBIT & SALE

Paintings created by seniors from the Palmdale Senior Center will have their artworks on display inside the Van Dam Pavilion throughout the day. Paintings are for sale.

**Cheers to 30 years
of helping our Antelope Valley seniors
bloom with health and well-being
resources at the Senior Expo!**

Thank you to Dr. Merkin and the High Desert Medical Group for your continued commitment to this cause!



**Kathryn
BARGER**

Chair • Los Angeles County Board of Supervisors • 5th District

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Valley Press
Thursday, October 10, 2000
Senior Expo 2000

Senior Expo
map and
schedule
of events

Senior of the
Year finalists

How to make
your home safer

Information
about osteoporosis

Health Plan vs
Medical Group

CALIFORNIA DESERT MEDICAL GROUP
HERITAGE HEALTH CARE

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Salute to the '40's



**Grace Pickus,
1999 Senior of the Year**



**Gloria De Haven
1999 Celebrity Guest**



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As a SCAN Health Plan® representative, I can provide a personal consultation to get your Medicare questions answered and help you navigate the often complex health care system.

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S1300 01/20

1998

**Dorothy Flitton,
1998
Senior of the Year**

Senior Expo
map and
schedule
of events
Senior of the
Year finalists
Important
information
on Social Security
How you can
prevent the flu
Understanding the
changes in Medicare



**Dick Van Patten,
1988 Celebrity Guest**

The Good Life...

RENAISSANCE IMAGING CENTER **AVOIC** AT ANTELOPE VALLEY HOSPITAL

- MRI - High Field
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Monday – Friday 6am to 10pm
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1997

Senior Expo

Senior Expo map and schedule of events

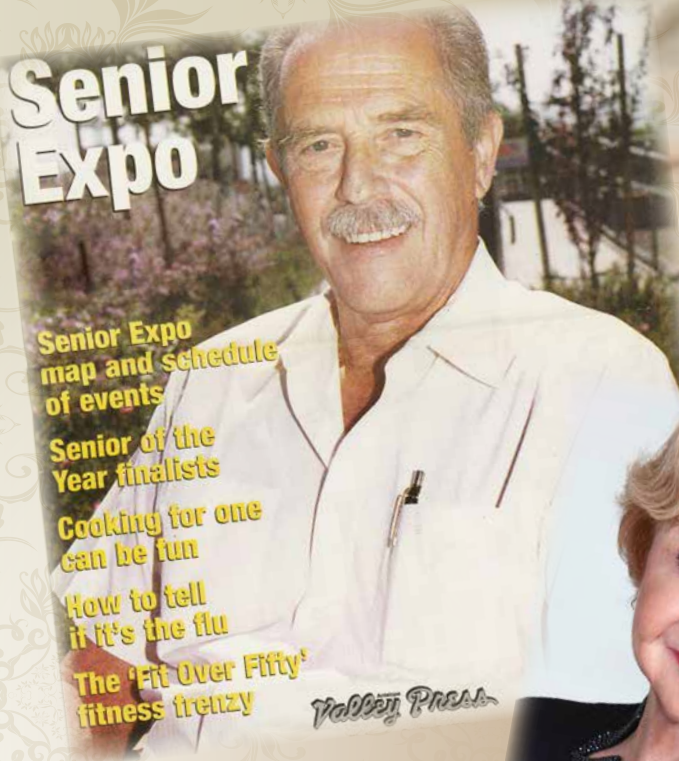
Senior of the Year finalists

Cooking for one can be fun

How to tell it's the flu

The 'Fit Over Fifty' fitness frenzy

Valley Press



Daryl Kniss,
1997 Senior of the Year



Michael Learned,
1997 Celebrity Guest

*Relax & Enjoy
Life...*

"We congratulate Dr. Merkin for the outstanding impact that his organization continues to have in our communities through a compassionate health care delivery system. We look forward to continuing this journey together in order to foster and enhance a preventative approach in our patients' plan of care."

Ruben Hernandez, M.D.
& Liliana Guadron-Hernandez, PA-C



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- ✓ Chronic Medical Conditions
- ✓ Women's Health & Wellness

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Lancaster CA 93534
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1996 "Along With Age Comes..."

*Marion Ross,
1996 Celebrity Guest*



CONGRATULATIONS High Desert Medical Group Heritage Health Care

It comes with great joy and pride to be a valued partner with High Desert Medical Group

We wish you another successful year of leading an amazing team,
fostering new ways to serve, educating the community,
and inspiring others to a better quality of life and healthy living

We wish High Desert Medical Group Heritage Health Care all the best!

WellCare of California Health Plans, a Centene Corporation Company



Senior EXPO '95

1995

Health care future is here now

By **CYNTHIA O. STOCKS**
B.S.N., M.B.A., J.D.
Executive Director High Desert Medical Group/
Heritage Health care

Welcome to the Fifth Annual Senior Expo. This day is especially dedicated to the good health and well-being of those individuals 55 years of age and older. We hope you enjoy yourself, maybe learn a new fact or two about your health, and heighten your awareness to important medical concerns associated with your age group.

As you are probably aware, health care in America is in the midst of many changes. Every day we hear of new proposals and plans being explored by legislators locally, statewide and on nationally.

All of it can be very confusing to the average consumer and at times can be extremely frightening.

It should be comforting to know High Desert Medical Group represents the future in medicine, today. Throughout our history we have diligently invested our time and resources to develop programs and services which respond to the needs of

So, as managed care becomes an established and desirable option for families and individuals, High Desert Medical Group has consistently made changes to reflect the needs of our patients.

For instance, we realize many people prefer the atmosphere of a private doctor's office to that of a large medical center, so High Desert Medical Group has established an Independent Physician's Association under the name of California Desert Medical Group. These local physicians practice medicine in their own private offices while maintaining close association with High Desert Medical Group.

Since these independent physicians have offices located throughout the Antelope Valley, patients are able to choose a doctor in close proximity of their homes and still retain all the big group amenities such as the no appointment urgent care center, access to our award-winning health education department and a 24-hour customer service telephone line.

High Desert Medical Group is the only medical association in the Antelope Valley offering patients a choice of a large medi-

consistency in patient care, backed by a full range of specialties and services.

We are most proud of the fact that we have been voted Antelope Valley's Best Medical Group for four consecutive years.

Along with this, High Desert Medical Group in Lancaster and Heritage Healthcare in Palmdale are the only groups in the Antelope Valley and one of only a handful in the entire state of California to earn accreditation from the Unified Medical Quality Commission.

UMQC accreditation indicates High Desert Medical Group in Lancaster and Heritage Health Care in Palmdale have surpassed stringent requirements in the fields of patient care, member satisfaction, wellness programs and the overall performance of the medical staff.

High Desert Medical Group, Heritage Health Care and the independent doctors of California Desert Medical Group consider the over-55 individual an important component of our medical group. This day and Senior Expo '95 are dedicated to your good health and well being. We are pleased to host this event and look for-

Welcome to Senior Expo

By **DR. S. IAN DREW**
FRCP(C), FACP, FACEP
Chief Executive Officer
High Desert Medical Group

Welcome to Senior Expo '95, the annual tribute to those over 55 years of age.

On behalf of the physicians, administration and staff of High Desert Medical Group and Heritage Health Care, it is a great pleasure to be your host for our fifth annual senior event.

High Desert Medical Group and Heritage Health Care have made the commitment to promote the well-being and good health of the seniors in our community. In keeping with this commitment we have planned an entire day of health screenings, exhibits, entertainment and activities dedicated especially to our senior population.

And as in years past, we are sponsoring, along with the Antelope Valley Press, the annual Se-

5th Annual!

Raedell Simon,
1995 Senior of the
Year



SENIOR EXPO '95



10 am - 3 pm
Thursday, November 9

Antelope Valley Fairgrounds

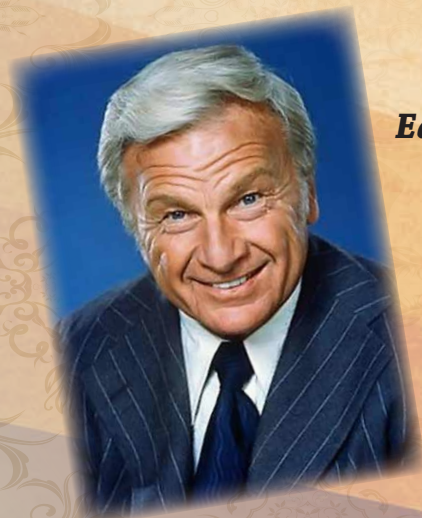
Submitted by: Ernesto Sarmiento
One of the good things about being a senior citizen in the Antelope Valley is the yearly Senior Expo of HDMG at the fairgrounds. The Tribute Book planned for the 2020 Expo in October is another venue for the seniors of the community to express their goodwill for the seniors. Thank you HDMG.

Pat Harrington, 1995 Celebrity Guest

1994



Dorothy Lewellen, 1994 Senior of the Year



**Eddie Albert,
1994
Celebrity
Guest**

GOLDEN GENERATION



Taking care of each other is what *community* is all about.

We are proud to serve the friends and families of our community with personal compassionate care.

Joshua Memorial Park & Mortuary is excited to share in HDMG's 30th Expo.

We have proudly participated for 9 years. Senior Expo shows how our Antelope Valley community supports seniors by providing them with health screenings and additional information that caters to their needs.

Dignity
MEMORIAL

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JOSHUA

MEMORIAL PARK & MORTUARY

LANCASTER

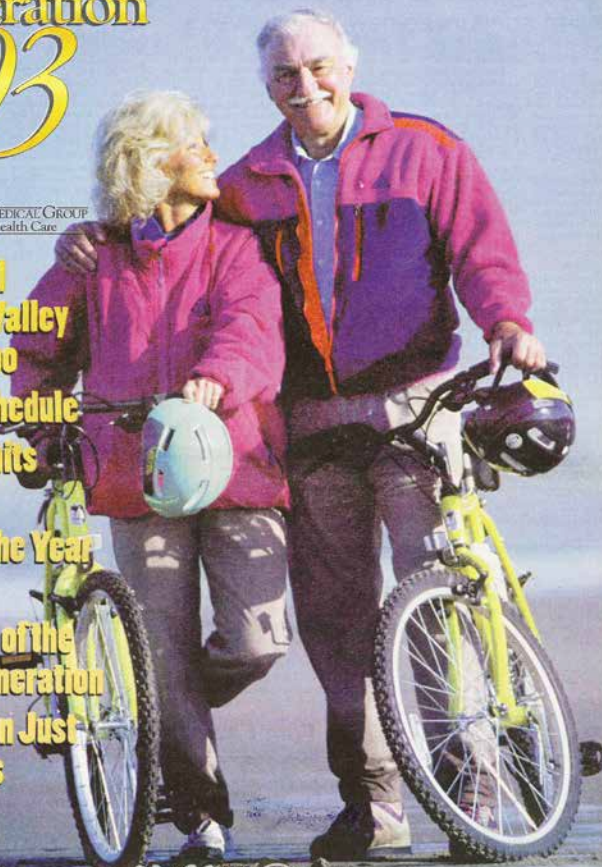
661-942-8125 JoshuaMortuary.com



Golden Generation '93

Presented by
HIGH DESERT MEDICAL GROUP
& Heritage Health Care

**3rd Annual
Antelope Valley
Senior Expo**
Events Schedule
**Expo Exhibits
Guide**
**Senior of the Year
Finalists**
**Memories of the
Golden Generation**
**Information Just
for Seniors**



Valley Press

Tuesday, November 2, 1993

Welcome to Senior Expo

Thousands of people welcomed to join in seniority celebration

Senior Expo '93 is made just for you. On behalf of the physician, administrative and ancillary staff at High Desert Medical Group in Lancaster, and Heritage Health Care in Palmdale, it gives me great pleasure to once again host our Third Annual Golden Generation Expo.

We welcome the 20,000-plus seniors of the Antelope Valley and surrounding communities and thank you for choosing to celebrate this grand occasion with us.

In keeping with High Desert Medical Group's commitment to the promotion of good health and well-being for all seniors of our community, we have planned an entire day of speakers, exhibits, screenings and entertainment, all dedicated to senior issues.

Once again this year we are very proud to host the Antelope Valley Senior of the Year award ceremony. One special senior of our community will have the honor of being chosen by his or her peers.

On Wednesday, Nov. 3, I welcome each of you to participate in the wide variety of functions and displays in



Dr. S. Ian Drew

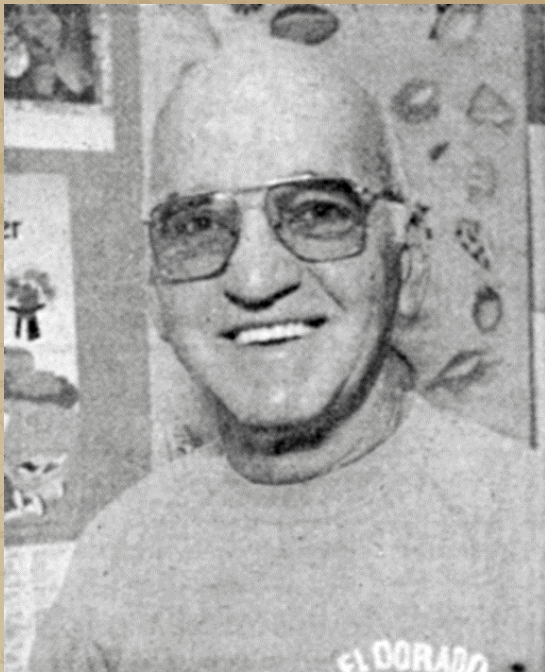
Challenger Memorial Hall at the Antelope Valley Fairgrounds. Expo hours are from 9 a.m. to 5 p.m.

A dedicated group of committee members, including community leaders, have worked diligently to ensure that the third anniversary celebration of the Golden Generation Expo is a huge success.

High Desert Medical Group, together with the Golden Generation Committee, all of our benefactors, patrons and sponsors honor you.

Dr. S. Ian Drew
FRCP (C) FACEP
FACEP

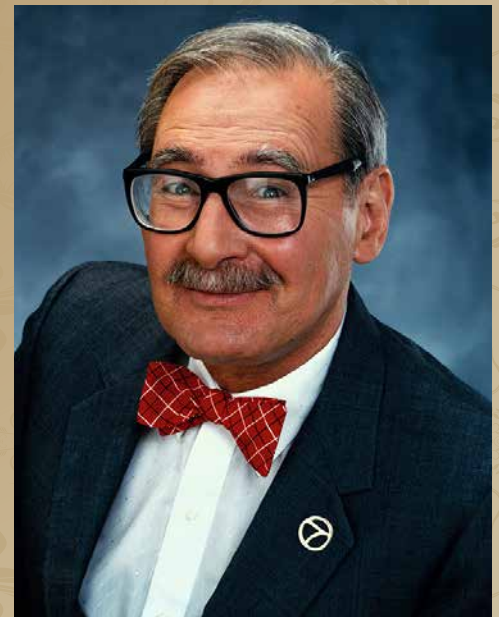
Chief Executive Officer
High Desert
Medical Group



Bob Flower,
1993 Senior of the Year



Owen Harlen Mickel,
1993 Celebrity Guest



Dr. George Fishbeck

GOLDEN GENERATION

1992

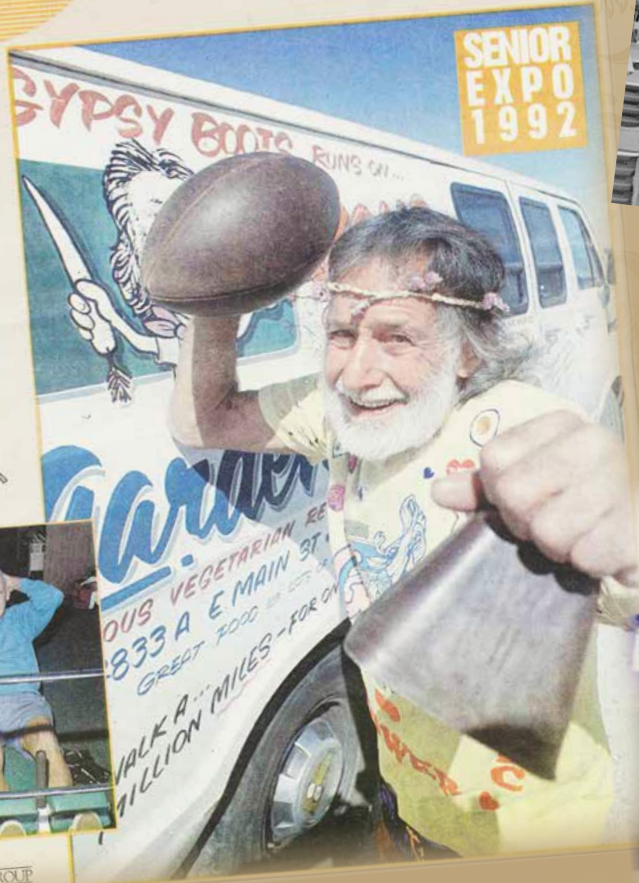
Golden Generation



Valley Press
Tuesday, November 3, 1992



Presented by
HIGH DESERT MEDICAL GROUP



**Gypsy Boots,
1992 Celebrity Guest**



Carl Bergman, 1992 Senior of the Year

1991



Richard N. Merkin, M.D.
Executive Director
High Desert Medical Group



Lou Zamperini
"Fit After 50"

Louis Zamperini,
1991 Celebrity Guest
1939 Olympian
WWII Veteran Hero



"NEW" COMMUNITY MEDICARE RESOURCE CENTER!

Open Monday-Friday 8am-5pm

Our Community Medicare Resource Center is a complimentary service created to help you navigate the complexities of numerous options you may face when choosing a plan. At the center, you are able to speak with qualified Medicare insurance agents five days a week.

Do you:

- Have questions about your options?
- Have Medicare & Medi-Cal?
- Have a qualifying condition?
- Need extra help with medications?
- Are you turning 65?
- Have you moved?

Visit the center located in
HDMG'S Administration Suite
43839 15th St. West,
Lancaster, CA 93534

MONDAY

Nora Ortega (Spanish speaking)
8am-12pm AGA/VIRA

Nora Ortega (Spanish speaking)
12pm-5pm AGA/VIRA

TUESDAY

8am-12pm AGA/VIRA

Janet Pierson
12pm-5pm TLC INSURANCE

WEDNESDAY

Delores Ilejay
8am-12pm BETA BENEFITS

Janet Pierson
12pm-5pm TLC INSURANCE

THURSDAY

Michael Viramontes (Spanish speaking)
8am-12pm AGA/VIRA

Lidia Montiel (Spanish speaking)
12pm-5pm CLEAR FINANCIAL

FRIDAY

Lidia Montiel (Spanish speaking)
8am-12pm CLEAR FINANCIAL

Nora Ortega (Spanish speaking)
12pm-5pm AGA/VIRA



661.945.5984