

Senior Focused Healthcare



Sienna Boyd
Patient Relations

Dr. Steven Ching
Internist



Learn more inside!

- More Offices Near You
- Same-Day Appointments
- Free Senior Centers

Healthy recipes brought
to you by Dr. Ching!



Call today!

951.430.4969

Quality Primary Care Since 1942

Welcome to Rancho Family Medical Group! We have been providing quality healthcare in the Temecula Valley since 1942 and have now expanded to over 12 offices throughout the South-west Riverside region. Our team of physicians are committed to delivering exceptional service and bringing you the best that quality healthcare has to offer. We believe in encouraging a balanced diet filled with minimally processed, whole foods and regular movement to ensure you are maintaining your health outside of the exam room. We strive to provide outside

resources, such as nutrition talks and exercise courses, to further educate you on your health and well-being.

With access to hundreds of resources including hospitals, specialists and wellness programs, you can trust that you'll be receiving top-notch care with us.

We look forward to helping you maintain your health and well-being!

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Want to meet your doctor before switching?

Call our senior advocates today to learn more about our upcoming Meet the Doctor events!



951.430.4969

Hemet Office



3853 W. Stetson Ave. Suite 200
Hemet, CA 92545

Office Number
951.225.6802

Care Team

Dr. Ching Abigail Kent, PA
Dr. Madrid Ana Diaz, NP



Learn more about
Dr. Ching on page 8

Other offices near you



Sun City Office

27190 Sun City Blvd.
Sun City, CA 92586

Office Number
951.723.3804

Care Team

Dr. Kim
Dr. Behnawa
Taralyn Johnson, PA
Charles Asamaphand, PA



Menifee Office

30420 Haun Rd.
Menifee, CA 92584

Office Number
951.723.3800

Care Team

Dr. Madrid
Dr. Camarillo
Dr. Gutierrez
Kelli Smith, PA
Rebekah Tolopilo PA

Dr. Steven Ching

Internist

Hometown

- Los Angeles, CA

Education

- Medical School at UCLA

Training

- St. Mary Medical Center in Long Beach
- Harbor-UCLA Medical Center in Torrance

Why Dr. Ching pursued medicine



- His love of making connections with people.
- To serve others in their health and well-being journey.

Hobbies

- Walking
- Longboarding
- Cooking traditional Cantonese dishes

Favorites

- Wearing bowties



“Healing comes in many shapes and forms, but it doesn’t always have to look like a pill. I firmly believe a greater degree of impact can occur with the simple act of listening, communication, empathizing, and caring.” -Dr. Ching



Abigail Kent
Physician Assistant

Hometown

- San Diego, CA

Education

- Undergraduate in Biology at Concordia University Irvine
- Physician Assistant Master’s degree at Marietta College in Marietta, OH

Why Abigail pursued medicine

- She enjoys getting to make personal connections.
- Wants to help people towards making the best decisions for their health.

Hobbies

- Traveling
- Cooking
- Reading
- Spending time with family, friends, and pets



Interested in seeing our Hemet Care Team?
Call our senior advocates today to learn more!

951.430.4969

[ranchofamilymed.com/dr-ching/](https://www.ranchofamilymed.com/dr-ching/)

Are you ready to become a patient?



Our Patient Relations team is here to help you switch your doctor! Call us!

951.430.4969

Make sure to ask us about our Meet the Doctor events!

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4969



Alignment Healthcare

We accept Medicare!

If you have
**Medicare Supplement
PPO • Tricare for Life**

Call the Rancho Family office you would like to see and make an appointment.

If you have
**Medicare Advantage
HMO Insurance**

Call our Patient Relations, and they can help you with everything!

[ranchofamilymed.com/senior-care/](https://www.ranchofamilymed.com/senior-care/)

Other APPs Near You!

An Advanced Practice Provider (APP) is a health care provider who can perform the same medical activities typically performed by a physician. It is most commonly a Nurse Practitioner (NP) or Physician Assistant (PA).



Ana Diaz, NP-C
Hemet



Charles Asamaphand, PA
Sun City



Kelli Smith, PA
Menifee



Rebekah Tolopilo, PA
Menifee

Physician coming soon!



Sonali Mondkar, MD
Hemet

APPs can do a lot of of the same things a physician does:

- Prescribe and refill medications
- Make referrals to specialists or other services
- Help patients manage chronic conditions like diabetes or heart disease
- Conduct physical exams
- Order lab work, x-rays and other tests
- Perform women's health exams
- ER follow-up care
- Conduct post-operative exams
- Joint injections and minor procedures

WELL WITHIN

Recipes
brought
to you by
Dr. Ching!



 Watch Videos

Find videos, recipes, and more on
becomewellwithin.com/eat/

Cilantro-Lime Avocado Honey Salmon

SERVES 2



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For more recipes like these! Go to becomewellwithin.com

Ingredients

1 lb salmon
1 tbsp. olive oil

Salt and pepper
2 tbsp. honey
1/4 avocado
1 tbsp. red onion, minced

1 tbsp. lime juice
2 tbsp. cilantro, chopped
1 garlic cloves minced

Directions

STEP 1 Preheat oven to 400 F.

STEP 2 Pat dry salmon. Brush with 1 tbsp. of olive oil from all sides. Season with salt and pepper. Place the salmon on a large piece of foil. Fold foil sides and ends up (1 or 2 inches high) tightly around the salmon. Place the salmon in foil on a baking sheet.

STEP 3 In a small bowl, combine honey, lime juice, chopped cilantro, avocado, red

onion, and garlic. Mix to combine. Spread this mixture over the salmon.

STEP 4 Do not cover salmon with foil, leave it open (with foil sides up) and bake it just like that, at 400 F for 15-20 minutes.

STEP 5 Carefully remove salmon from foil, separating the salmon from the skin which will remain stuck to the foil. Place the salmon onto a serving plate. Carefully scoop the sauce from around the salmon and pour over the salmon.

SERVES 2

Zucchini Pasta



Ingredients

2-3 large zucchini
1 cup of favorite brand of pasta sauce
Olive oil
1/2 tsp. garlic powder
5 large asparagus spears
Basil leaves, to garnish
Optional: May add 1 cup of ground turkey

Directions

STEP 1 Spiralize the zucchinis and shave the asparagus by peeling it into strips with a vegetable peeler. Keep the asparagus tips for future use and toss the remaining asparagus stalks. You can also include the asparagus tips if desired.

STEP 2 Add 2 tsp. olive oil to deep nonstick frying pan.

STEP 3 Turn on stove to high heat.

STEP 4 Add zucchini and asparagus and stir around for a few minutes until softened and starting to sweat.

STEP 5 In sauce pan, add 1 tsp. of olive oil and heat ground chicken/turkey (if using) on med high.

STEP 6 Add pasta sauce and garlic powder to sauce pan and heat up.

STEP 7 Add pasta sauce to zucchini and asparagus and mix well together.


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Halibut Fried Cauliflower Rice

SERVES 2




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Ingredients

6 oz of halibut fillet (w/o skin)	1/4 Red bell pepper, cubed	1 tsp. of sesame oil
1.5 cup of cauliflower rice	2 tsp. of olive oil	Salt and pepper to taste
1 cup of deshelled edamame	1 tsp. of soy sauce	

Directions

STEP 1 Add olive oil to deep nonstick frying pan.

STEP 2 Turn on stove to med high heat.

STEP 3 Add halibut fillet and cook few minutes until thoroughly cooked.

STEP 4 Using wooden spoon/spatula separate halibut filet in pan into fine shreds and move to edge of pan.

STEP 5 Add cauliflower rice, deshelled edamame, and bell pepper and stir fry with the halibut and turn on stove to high heat and cook for few minutes until cauliflower/vegetables fully cooked.

STEP 6 Add soy sauce and sesame oil and stir until mixed well.

STEP 7 Add additional dash of salt and pepper to flavor as needed.

Anti-Inflammatory Omelette



Ingredients

2 tbsp. olive oil
 1/2 cup onion
 1/2 cup bell pepper
 Two handfuls spinach
 5 eggs
 1/2 tsp. salt or to taste
 1 tsp. ground turmeric


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Directions

STEP 1 Heat up 2 tbsp. olive oil over medium heat and sweat the onion and bell pepper together until translucent, about 5 minutes.

STEP 2 While the onions and bell peppers are sweating, whisk all 5 eggs together in a separate bowl until combined.

STEP 3 When the onions and peppers are done, add the eggs and spinach and stir consistently until eggs are cooked through and spinach is wilted.

STEP 4 Add the turmeric and salt and stir to combine. Serve with avocados to add some healthy fat and berries for antioxidants.



Watch Recipe Video with Dr. Ching

Overnight Oats

Ingredients

½ c Rolled oats
½ tbsp. Chia seeds
½ c Almond milk
1 tbsp Honey (optional)

Toppings

¼ c Granola
1 tbsp. Peanut butter
Blueberries
Cinnamon powder

Directions

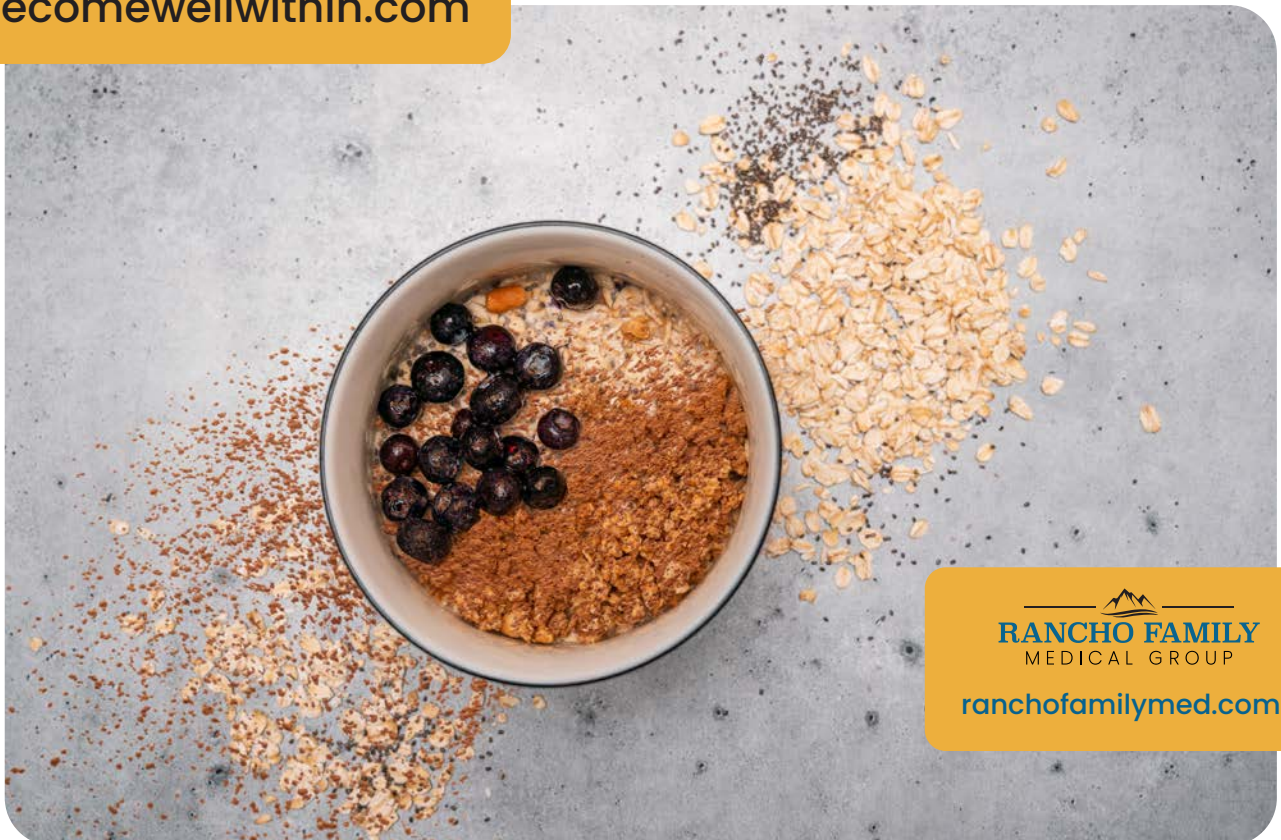
STEP 1 Add your oats and chia seeds to a small jar or bowl.

STEP 2 Mix with a spoon. Then pour almond milk and honey on top.

STEP 3 Give the mixture a good stir. Cover and chill in the fridge for at least 2 hours or overnight. This will allow the oats to soak and soften.

STEP 4 In the morning, just grab one of the jars, add your toppings and enjoy it at home or on-the-go.

For more recipes like these! Go to
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SERVES 4

Stir Fry Green Beans

Ingredients

1 pound of string beans
4 cloves of garlic, minced
2 tbsp. of olive oil
2 tbsp. of chili garlic sauce


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Directions

STEP 1 Add olive oil to frying pan. Turn on stove to high heat.

STEP 2 Add minced garlic to infused with the olive oil.

STEP 3 Add green beans, continue cooking on high heat for several minutes.

STEP 4 Add chili garlic sauce to pan and cook until mixed together.



Watch Recipe Video with Dr. Ching

becomewellwithin.com/traditional-chinese-dishes/



Senior Centers

Finding community and staying active are core values at Rancho Family Medical Group, especially for our 55+ patients. That's why we have two senior centers located in Hemet and Sun City!

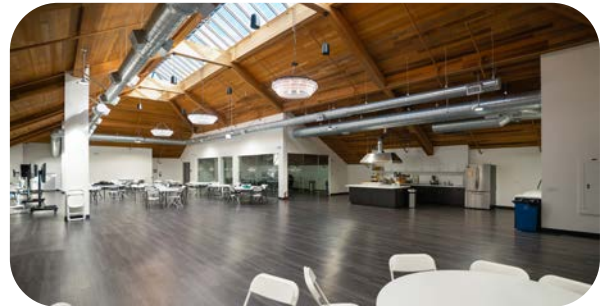
Our centers offer a range of activities that promote healthy living such as exercise classes for all levels. Come join us and be part of a supportive, welcoming community!

Hemet



3853 W. Stetson Ave. Suite 200
Hemet, CA 92545

Sun City



27190 Sun City Blvd.
Sun City, CA 92586

Free for all Rancho Family patients!

Become a patient and gain access to all our free senior classes and resources.

Upcoming Events

- Line Dance
- Yoga
- Bingo

To learn more call us!

951.430.4969



Want to meet your doctor before switching?

We want you to be 100% comfortable with the doctor you choose. Meet our doctors before you join!

Call today to learn more about our upcoming Meet the Doctor events!

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