



**RANCHO FAMILY**  
MEDICAL GROUP

GET TO KNOW SOME OF THE BEST  
FAMILY PHYSICIANS IN THE VALLEY

**CHOOSE THE RIGHT  
DOCTOR FOR YOU!**



# TABLE OF CONTENTS



PAGE 8  
**DR. KIM**  
Sun City



PAGE 10  
**DR. ROME**  
Cal Oaks



PAGE 12  
**DR. GUTIERREZ**  
Menifee



PAGE 14  
**DR. CHING**  
Hemet



PAGE 16  
**DR. MONDKAR**  
Hemet



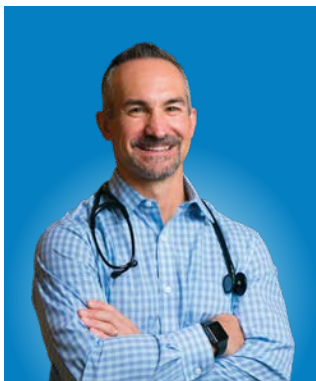
PAGE 17  
**DR. AKLADEOS**  
Sun City & Menifee



PAGE 18  
**DR. CAMARILLO**  
Menifee



PAGE 19  
**DR. RAHMAN**  
Makena



PAGE 20  
**DR. SOTIS**  
Hot Springs



PAGE 22  
**DR. UTTABURANONT**  
Makena



PAGE 24  
**DR. VINCENT**  
Redhawk



PAGE 25  
**DR. BAILEY**  
Single Oak



# WHY RFMG?

Since 1942, Rancho Family Medical Group has been one of the premier medical groups in the area, dedicated to providing quality healthcare to the communities of Riverside County and Fallbrook. Growing from a single clinic in Fallbrook to 12 offices throughout the Valley, our providers and staff are committed to delivering exceptional service and extending your health outside of the exam room. Our physicians and advanced practice practitioners are in a continuous state of education to bring you the best that healthcare has to offer.

**We endeavor to fill our clinics with the latest medical knowledge, to provide our patients with the best treatment available.**

We encourage a balanced diet filled with minimally processed, whole foods, and regular movement to achieve a better state of wellness. Although medicines are sometimes necessary, we believe they should not be a justification to live an unhealthy lifestyle. On top of the excellent

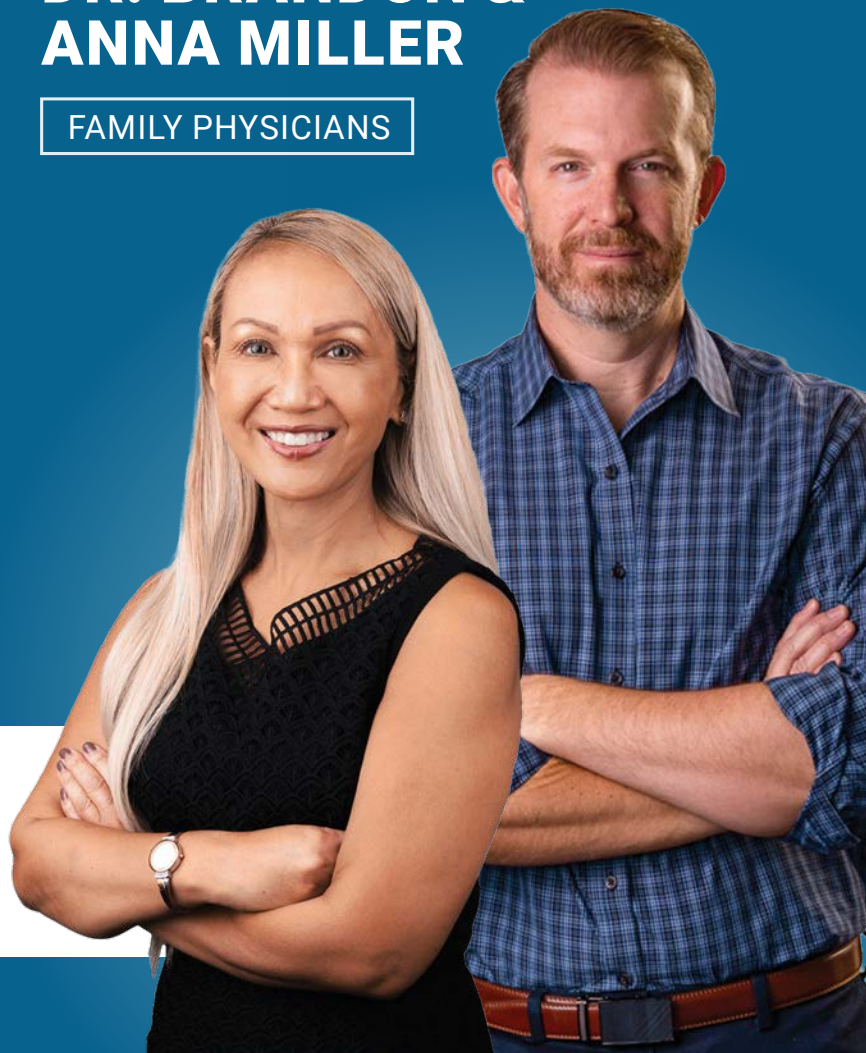
care and service you receive while seeing us in clinic, we provide outside resources for our patients to boost your health outside of clinic.

**From cooking classes to exercise courses, we at RFMG are dedicated to providing you with all that you need to keep you healthy.**

As a result of this long-landing philosophy of care, we have partnered with Regal Medical Group. Regal Medical Group has been a trusted healthcare network for more than 35 years, with a 4.5+ STAR level rating, based on CMS measures for quality. With access to hundreds of resources such as hospitals, specialists, wellness programs, and other services, we are confident that you and your family will receive the highest quality care.

## DR. BRANDON & ANNA MILLER

FAMILY PHYSICIANS



**FALLBROOK**  
521 E. Elder St. #105  
Fallbrook, CA 92028  
**(760) 728-8344**

# OUR STAFF & LOCATIONS

## Family Physician

Dr. Kyle Vincent



## REDHAWK

31720 Temecula Pkwy. Ste. 100  
Temecula, CA 92592

**(951) 414-8240**

## Family Physician

Dr. Maisara Rahman

## Internist

Dr. Michelle Uttaburanont

## Nurse Practitioners

Janine Thorson

Michelle Etesami



## MAKENA

31150 Temecula Pkwy. Ste. 200  
Temecula, CA 92592

**(951) 225-6827**

## Physician Assistants

Ernest Stock

Daniel Nuñez



## URGENT CARE

31720 Temecula Pkwy. Ste. 100  
Temecula, CA 92592

**(951) 225-6838**

## Family Physicians

Dr. Walt Combs

Dr. Matt Combs

Dr. Pamela Simmons

Dr. Tae Im

Dr. Cristina Bailey

## Physician Assistants

Amber Holden

Arika Whiteaker

## OB

Dr. Timothy Elfelt

## Nurse Practitioner

Deborah Layton



## SINGLE OAK

28780 Single Oak Dr. Ste. 160  
Temecula, CA 92590

**(951) 252-8650**

## Family Physicians

Dr. Eric Madrid

Dr. Sonali Mondkar

## Internist

Dr. Steven Ching

## Physician Assistant

Abigail Kent

## Nurse Practitioner

Ana Diaz



## HEMET

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

**(951) 225-6802**

**Family Physician**

Dr. Nermeen Akladeos

**Internist**

Dr. Irene Kim

**Physician Assistants**

Taralyn Johnson

Charles Asamaphand

**Geriatrician**

Dr. Susan Behnawa



**SUN CITY**

27190 Sun City Blvd.  
Sun City, CA 92586

**(951) 723-3804**

**Family Physicians**

Dr. Eric Madrid

Dr. Daniel Camarillo

Dr. Rolando Gutierrez

Dr. Nermeen Akladeos

**Physician Assistants**

Kelli Smith

Rebekah Tolopilo



**MENIFEE**

30420 Haun Rd.  
Meniffee, CA 92584

**(951) 723-3800**

**Family Physicians**

Dr. Brandon Miller

Dr. Anna Miller

**Nurse Practitioner**

Mary Steinhoff



**FALLBROOK**

521 E. Elder St. #105  
Fallbrook, CA 92028

**(760) 728-8344**

**Family Physician**

Dr. Phil Ebersole



**HANCOCK**

25405 Hancock Ave. Ste. 204  
Murrieta, CA 92562

**(951) 894-6868**

**Family Physicians**

Dr. Rome Walter

Dr. Charles Fraley

Dr. Stacey Bernardo

**Physician Assistant**

Rachel Vogel



**CAL OAKS**

41011 California Oaks Rd. #103  
Murrieta, CA 92562

**(951) 225-6287**

**Family Physician**

Dr. James Sotis

**Physician Assistant**

Susan Lee



**HOT SPRINGS**

38860 Sky Canyon Dr. Bldg. A  
Murrieta, CA 92563

**(951) 225-6276**



# MEET OUR PATIENT RELATIONS SPECIALISTS

Our Patient Relations team can help you become a patient and find the doctor that best fits your needs. Give them a call if you have any questions about your medical care or if you would like to switch doctors.



**SIENNA**



**SARAH**



**HAYLEY**

## FAQ

### **What do I do if my insurance broker or insurance company tells me I need to switch my doctor?**

Call the PR team! It is very important that you work with a trusted broker and that you are able to see the doctor you wish to see. We can help!

### **My insurance says that they cannot find my doctor or the doctor I want to switch to, what do I do?**

Call the PR team! It is very common for insurances to get information wrong, but this is simply not true. The PR team can help navigate the insurance customer service with you to make sure you get the CORRECT answers.

### **I am a current patient and changing insurance plans. I am told I can't see my RFMG doctor anymore, what do I do?**

Call the PR team! This is not true. We are contracted with all major insurance plans in Riverside County and can make sure you stay with the doctor you love.

### **What if the name on my insurance card does not match the doctor I want to see?**

Call the PR team! We can make sure you are assigned to the doctor you want to see!



**JENNA**

**PATIENT RETENTION  
SPECIALIST**

Jenna is here to walk you through your first year as a RFMG patient. She can help you if any problems arise with your care and point you to any senior resources RFMG has to offer.

# 5 EASY STEPS TO JOIN RANCHO FAMILY MEDICAL GROUP



## STEP 1

**CHOOSE THE DOCTOR & OFFICE**  
you would like to see (ie. Dr. Irene Kim at  
RFMG in Sun City).



## STEP 2

**LOCATE YOUR INSURANCE CARD**  
and call the Customer Service phone number  
on the back of the card.



## STEP 3

**LET THE REPRESENTATIVE KNOW**  
the doctor you would like to switch to  
and tell them the doctor is with REGAL  
MEDICAL GROUP.



## STEP 4

**ASK THE REPRESENTATIVE**  
when you will be effective with the new  
doctor (most likely the 1st day of the  
following month).



## STEP 5

**CALL THE OFFICE**  
to make an appointment! Let them know  
you would like to establish care with us after  
your effective date.



**CALL AT**  
**(951) 225-6808**

### IF YOU HAVE MEDICARE SUPPLEMENT PPO • TRICARE FOR LIFE

All you have to do is call the Primary  
Medical office you would like to see and  
make an appointment.

### IF YOU HAVE MEDICARE ADVANTAGE HMO INSURANCE

You can follow the steps above or just call  
our Patient Relations, and they can help you  
with everything!

# DR. INTERNIST IRENE KIM

Dr. Irene Kim is a California native having grown up in the East Los Angeles area. She graduated from El Dorado High School going on to pursue a Bachelor of Science degree majoring in human biology at the University of California, San Diego. She continued her education at Touro College of Osteopathic Medicine in New York where she obtained her medical degree in osteopathic medicine. Having spent 4 years in New York and away from her family and friends, she moved back to Southern California to complete her residency training specializing in internal medicine at UCLA-affiliated St. Mary Medical Center in Long Beach, California.

“My journey towards a career in medicine first began at an early age when I saw firsthand how my mom was afflicted with multiple health conditions and required frequent visits to her doctors. With my mom being a first-generation immigrant from Korea, challenges were common due to English illiteracy coupled with health illiteracy. This provided me with the opportunity to take an active role in her well-being and learn about what conditions were

affecting her health and how to manage them. Looking back, the path that helped nurture my mom back to good health was an undertaking that took the coordinated efforts of various specialists, but it was the compassion and diligence of her primary care physician that was inspiring and served as a guiding light for me to pursue my dream of being a physician.”

Outside of the office, Dr. Kim enjoys outdoor activities like exploring new hiking trails and traveling up the California coast. She also loves traveling to different countries to learn about their cultures and try different foods. If you're interested in becoming a patient of Dr. Irene Kim's, you can find her at our Sun City Office.



## SUN CITY

Interested in seeing these providers? Call us!

**(951) 225-6808**

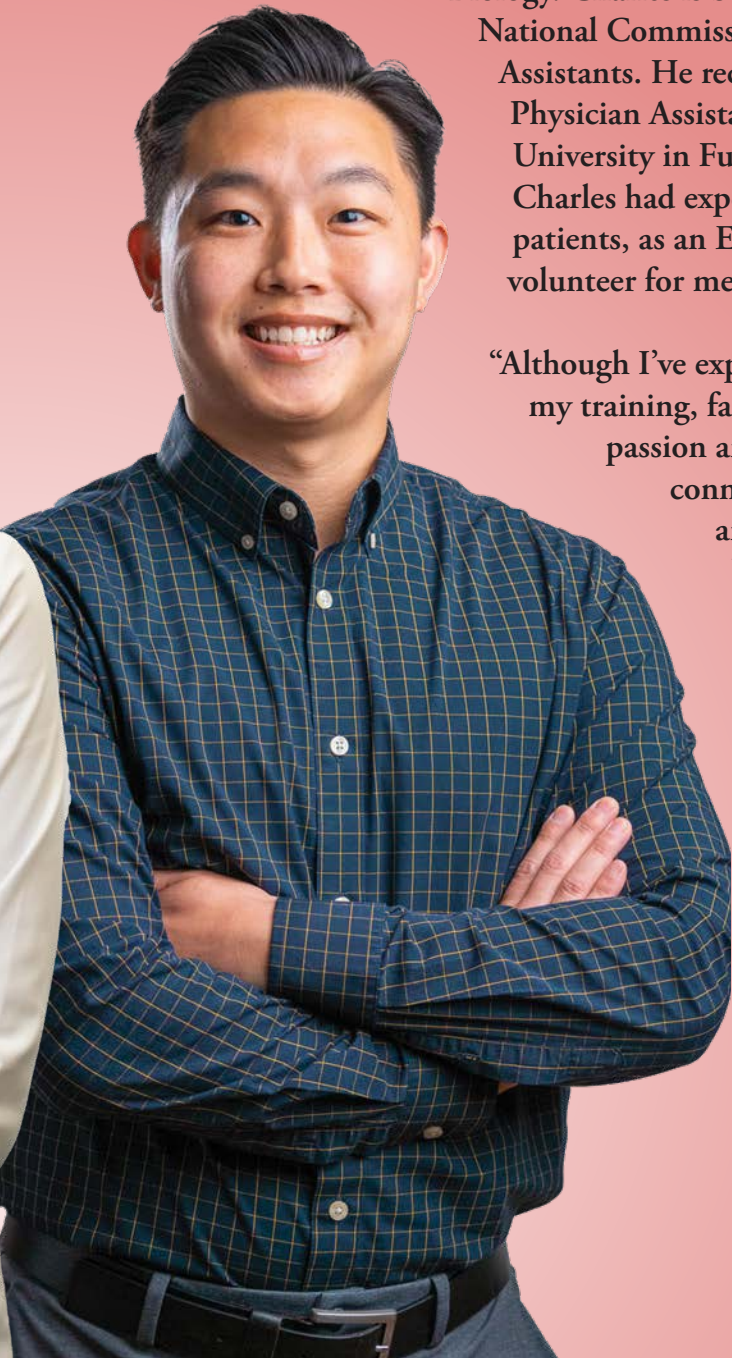


# CHARLES ASAMAPHAND

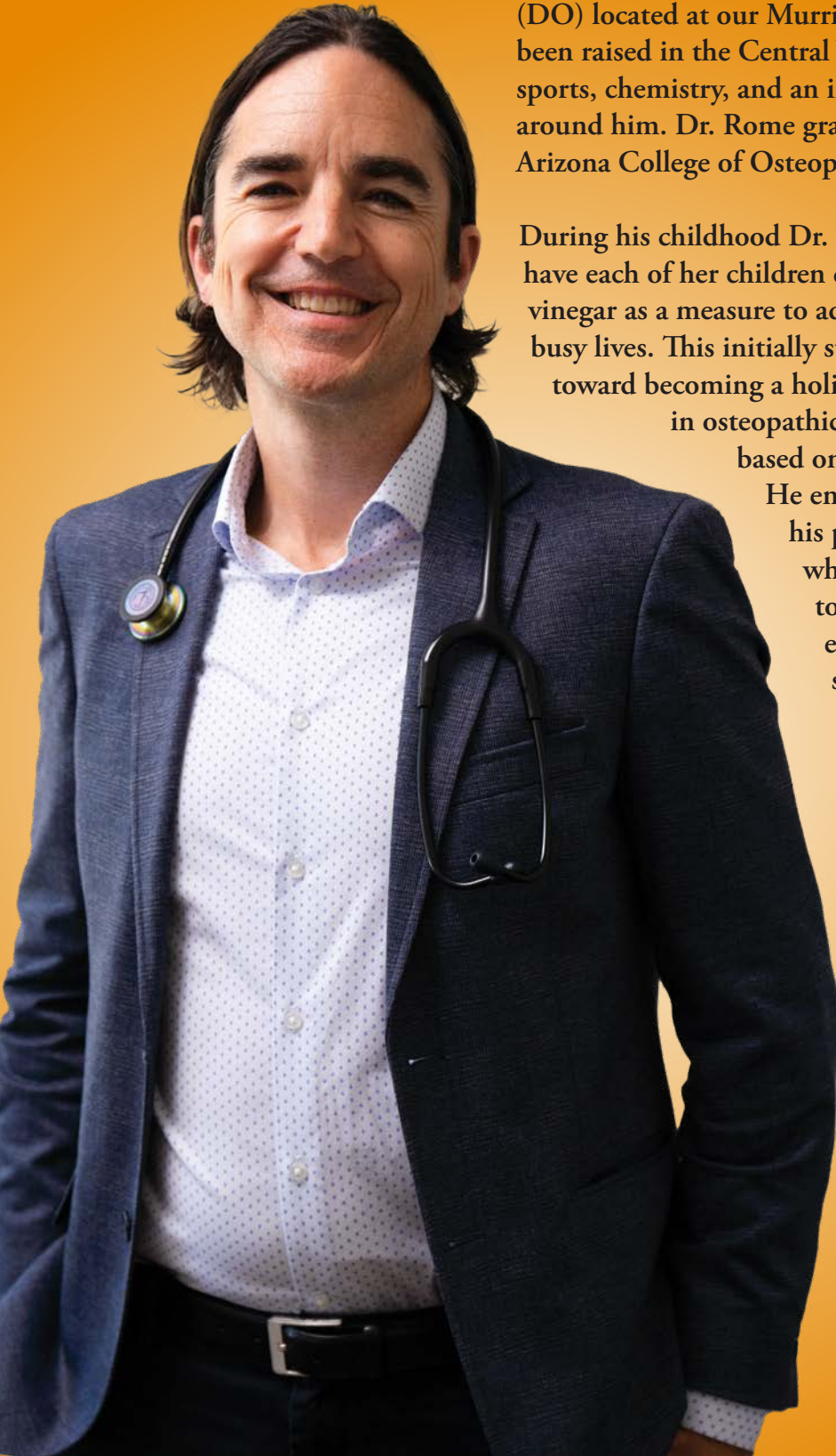
PHYSICIAN ASSISTANT

Charles attended the University of California, San Diego where he received his Bachelor of Science degree in General Biology. Charles is board certified and accredited by the National Commission on Certification of Physician Assistants. He received his Master of Science degree in Physician Assistant Studies at Marshall B. Ketchum University in Fullerton, CA. Prior to PA school, Charles had experience as a caretaker for post-stroke patients, as an EMT, as a medical scribe, and as a volunteer for medical missions in the Philippines.

“Although I’ve experienced various specialties throughout my training, family medicine was always my true passion and top priority. The lasting, personal connections developed with my patients are what drive me each day to become better. I love that I can work together with my patients to help them live a healthier lifestyle and assist them with their needs to the best of my abilities. In terms of hobbies, I love photography, traveling, camping, hiking, cooking, and spending quality time with my loved ones.”



# DR. FAMILY PHYSICIAN ROME WALTER



Dr. Rome Walter is one of our Osteopathic Medicine doctors (DO) located at our Murrieta office on Cal Oaks Road. Having been raised in the Central Valley area, he grew up with a love of sports, chemistry, and an interest in learning to help the people around him. Dr. Rome graduated from Midwestern University - Arizona College of Osteopathic Medicine in 2005.

During his childhood Dr. Rome recalls times his mother would have each of her children drink aloe vera juice and apple cider vinegar as a measure to add some extra nutrition into their busy lives. This initially started Dr. Rome down his path toward becoming a holistic physician and pursuing a career in osteopathic medicine. His medical approach is based on the bigger picture for each patient. He enjoys taking the time to get to know his patients' lifestyles to help meet them where they're at. By doing this, he wants to ensure a clear starting point for each patient's needs to help establish a strong plan for their individual health goals.

Outside of the clinic, Dr. Rome Walter has a variety of interests including mountain biking, reading, and spending quality time with his wife and five children. As an avid reader, Dr. Rome loves to spend his quiet moments to himself reading classic literature and meditating to relieve the stresses of the day. Dr. Rome Walter is currently accepting new patients at our Cal Oaks office.



# RACHEL VOGEL

PHYSICIAN  
ASSISTANT

Rachel is certified by the National Commission on Certification of Physician Assistants. She received her Master's degree in Medical Science with an emphasis in Physician Assistant Studies from the Lewis Katz School of Medicine at Temple University in Philadelphia, PA. At the conclusion of her graduate studies, she was awarded the Professional Excellence Award on behalf of the faculty at Temple University. Before her time at Temple, she received her Bachelor of Science degree in Nutrition Science from the University of California, Davis.

She is passionate about cultivating relationships with her patients and enjoys using her nutrition background to guide medical treatment. She believes the root of preventing and managing chronic disease relates back to healthy dietary habits and consistent movement.

Rachel is a SoCal native originally from Orange County. Outside of work, she enjoys hiking, playing disc golf, cooking with her fiancé and exploring beautiful Southern California.



## CAL OAKS

Interested in seeing these providers? Call us!

**(951) 225-6808**



# DR. FAMILY PHYSICIAN ROLANDO GUTIERREZ

Dr. Rolando Gutierrez is accepting new patients at our Menifee office and has been with Rancho Family Medical Group for 11 years. He loves the Menifee community and states that it has been one of his best moves in his career! He received his bachelor's degree in Biology from the University of Southern California and graduated from medical school at the Universidad Autonoma de Guadalajara in Mexico. Dr. Gutierrez furthered his education at New York Medical College and completed his Family Medicine residency at the Glendale Adventist Medical Center.

In his free time, he loves spending time with his wife and children. He also enjoys the culinary arts, sports, and maintaining his bonsai trees.

One of Dr. Gutierrez's specialties is helping with home health facilities in the local area. A couple of the facilities he visits include The Springs Healthcare Center in Murrieta and Life Care Center of Menifee. At these locations, he cares for those who need skilled nursing services.

Dr. Gutierrez is board certified in family medicine and speaks both English and Spanish. His goal is to provide preventive care and treatment for chronic illnesses.



# REBEKAH TOLOPILO

PHYSICIAN  
ASSISTANT

Rebekah Tolopilo received her B.S. in chemistry from the University of California, Los Angeles. She later completed her Masters of Physician Assistant at Loma Linda University. While satisfying her requirements for PA school, Rebekah performed various clinical rotations here at Rancho Family Medical Group, proving herself to be an incredibly proficient provider. Rebekah enjoys volunteering for communities both here and abroad and has spent extensive time treating the medically underserved in Haiti, the Philippines and Honduras.



## **MENIFEE**

Interested in seeing these providers? Call us!

**(951) 225-6808**

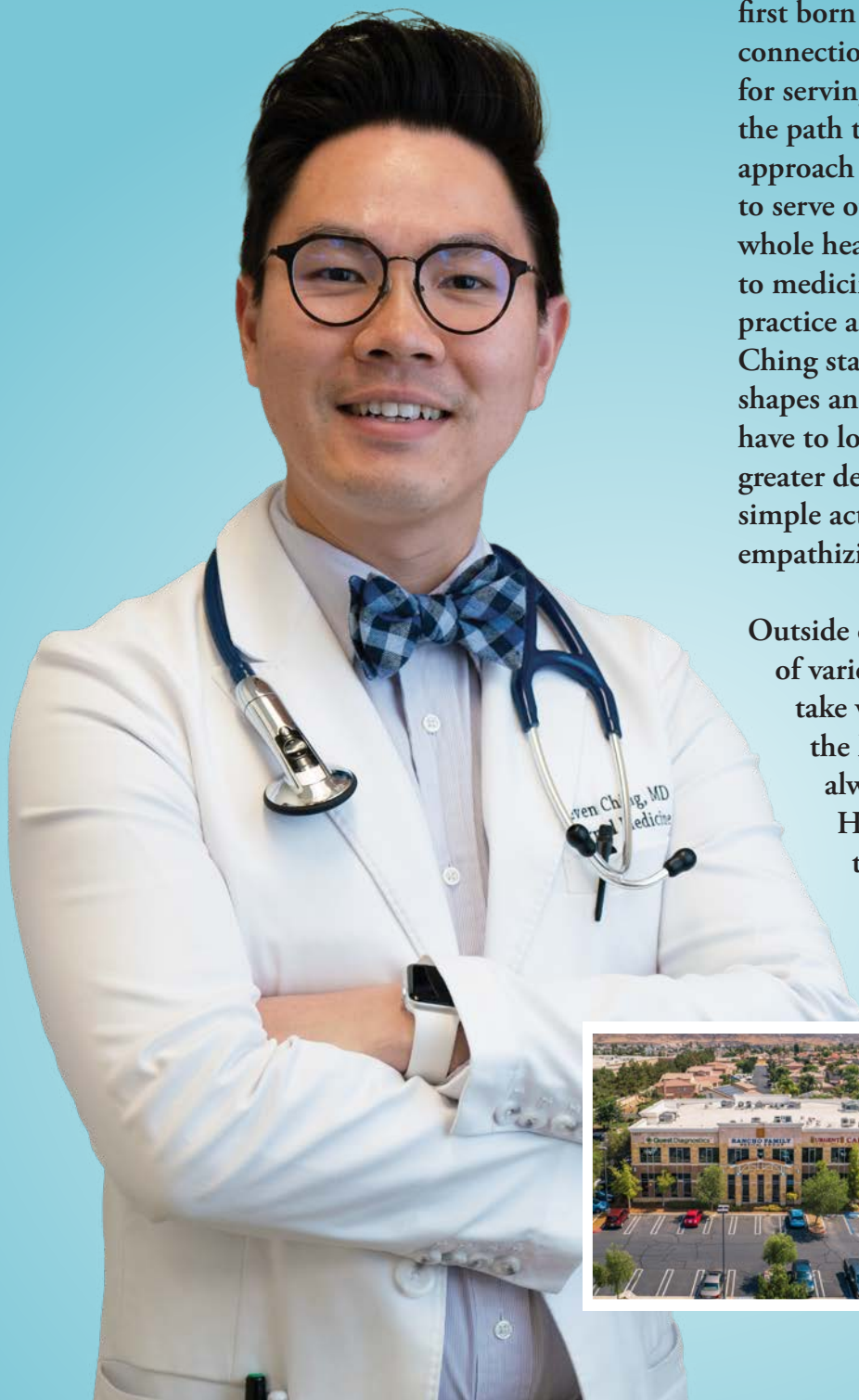


# DR. INTERNIST STEVEN CHING

Having been raised in a diverse area of Los Angeles by his Grandparents, Dr. Steven Ching has a unique perspective into senior health. He graduated from medical school through UCLA and spent a majority of his training at St. Mary Medical Center in Long Beach and Harbor-UCLA Medical Center in Torrance.

His eager pursuit of medicine was first born through his love of making connections with people. His deep love for serving others ultimately led him to the path to pursue medicine. His unique approach to medicine aligns with his desire to serve others. Dr. Ching believes in a whole health and deep listening approach to medicine. Dr. Ching refers to his practice as the “art of medicine”. As Dr. Ching states, “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”.

Outside of clinic, Dr. Ching has a host of varied interests. Dr. Ching loves to take walks and go longboarding near the lake by his home. Dr. Ching is always wearing his iconic bowties. He also has an affinity for cooking traditional Cantonese dishes, harkening back to his Chinese heritage and upbringing.



## HEMET

Interested in seeing these providers? Call us!

**(951) 225-6808**



# ANA DIAZ

NURSE  
PRACTITIONER

Ana Diaz has worked as an RN in the Hemet area since 2012. She received her Nursing degree and Master of Nursing from Chamberlain University in 2017. Since then, she is back practicing in Hemet with Rancho Family. In the clinic, Ana Diaz has an English and Spanish speaking patient panel. What she loves most about medicine is the interaction time with patients and making sure that they fully understand what their medications are for. She likes to keep her patients up to date with their health maintenance and takes a more holistic approach to medicine. She encourages patients to make lifestyle changes: with food, activity, and with an emphasis on mental health and the importance of community.

Off the clock Ana Diaz spends time with her family. She has a daughter and two sons, who are very active in baseball and football. They all love hiking and camping together and staying active along with their two beautiful dogs.



# ABIGAIL KENT

PHYSICIAN  
ASSISTANT

Abigail received her undergraduate degree in Biology at Concordia University Irvine, and completed her Master's degree as a Physician Assistant at Marietta College in Marietta, Ohio. Prior to joining Rancho Family Medicine, she practiced as a family medicine PA for 3 years in Washington State, before moving back to Southern California to be closer to family. She enjoys getting to make personal connections with her patients, and looks forward to working with them towards making the best decisions for their health. In her free time, she enjoys traveling, cooking, reading, and spending time with her family, friends and pets.

Dr. Sonali Mondkar grew up in California and completed her undergrad at UC Riverside. She just finished her clinical residency of 3 years at UHS SoCal MEC at Temecula Valley Hospital. Dr. Mondkar traveled to the Caribbean for Medical School and did her rotations back in the US on the east coast. Because of her travels, Dr. Mondkar is well-versed in all different types of patient populations and is able to understand her patients better and give empathetic, comprehensive care. She likes to get the full scope of her patient and nail down the best treatment plan.

She chose to practice medicine because she noticed she can help all classes, all cultures, and religions, and because she enjoys learning. Dr. Mondkar remarks that,

# DR. FAMILY PHYSICIAN SONALI MONDKAR

“this is the field where I could be a constant learner and still connect with people.”

When at home, Dr. Mondkar loves to garden and read both fiction and non-fiction. You can also catch her at local parks and at the beach with her pet husky!

Since she has returned to California, Dr. Mondkar desired to give back to the community and now practices at our Hemet Office.



## HEMET

Interested in seeing Dr. Mondkar? Call us!

**(951) 225-6808**



# DR.

FAMILY PHYSICIAN

# NERMEEN AKLADEOS

Dr. Nermeen Akladeos graduated from Ain Shams University in Egypt and went on to intern in Kenya for a CDC program dealing with HIV prevention. Dr. Akladeos then finished residency with UHS SoCal in Family Medicine at Temecula Valley Hospital.

After studying in Egypt and Kenya, she highly values preventative medicine. She believes it's the most effective and efficient way to approach medicine. Dr. Akladeos is also passionate about weight loss and women's health.

Dr. Akladeos chose to study medicine because she saw the impact in her early life. She grew up volunteering in the clinic at her Catholic

school, and from that, she saw how the nurses were making a difference and changing people's lives every time that they went in. Now she is the one who gets to make a difference and help her community.

Dr. Akladeos has two boys who are both involved in scout activities, and she loves spending time with them as they participate in community service, hiking, and camping.

If you would like to have Dr. Nermeen Akladeos as your primary care physician, please call (951) 225-6808.



## SUN CITY & MENIFEE

Interested in seeing Dr. Akladeos? Call us!

**(951) 225-6808**



# DR. DANIEL CAMARILLO

FAMILY PHYSICIAN

Dr. Daniel Camarillo has been practicing in the Riverside County area with Rancho Family Medical Group for the past nine years. Over those years he has built lasting relationships with each of his patients. His focus is on the specific needs of each patient to help build a strong partnership with them in their medical care. Dr. Camarillo is known to his patients by his sincerity and outstanding bedside manner.

Dr. Camarillo found his love for family medicine along with social sciences during his time at UCLA. Completing both his undergraduate and medical school training at the University of California Los Angeles (UCLA). Dr. Camarillo completed his Family Medicine residency training at Presbyterian Intercommunity Hospital in Whittier, California. He is board certified in Family Medicine by the American Academy of Family Medicine.

When he is away from the office, Dr. Camarillo enjoys spending his time with his wife, raising his two sons, and practicing photography. Dr. Camarillo's special interests in office include cardiac health, diabetes management, geriatrics, preventive medicine, and hospital care. He has hospital privileges at Loma Linda Medical Center Murrieta, Rancho Springs, Temecula Valley, and Inland Valley Hospitals.

# KELLI SMITH

PHYSICIAN ASSISTANT

Kelli Smith received her B.A. in Global Health at Arizona State University, Arizona. She then finished her Masters in a Physician Assistant's program at Loma Linda University, where she completed her various clinical rotations here at Rancho Family Medical Group. Kelli believes in maintaining a positive attitude in her clinic and is always very attentive with her patients.



## MENIFEE

Interested in seeing these providers? Call us!

**(951) 225-6808**

# DR. FAMILY PHYSICIAN MAISARA RAHMAN

Dr. Rahman graduated from the American University of the Caribbean School of Medicine. She completed her Family Medicine Residency Training at Riverside County Regional Medical Center and became the Chief Resident. She is board certified with the American Academy of Family Physicians and is president of the California Academy of Family Physicians for the San Bernardino-Riverside Chapter.

Prior to joining Rancho Family Medical Group, Dr. Rahman taught Family Medicine Residents and medical students at both Loma Linda and UCR Family Medicine Residency Program where she was a frequent recipient of Teaching and Preceptor of the Year awards.

Dr. Rahman enjoys Academic Medicine and continues to teach at the UCR school of medicine. Her special interests include Diabetes Care, Inpatient Medicine, Ambulatory Medicine, Research, and Innovative Practices in Medical Education.

# JANINE THORSON

NURSE PRACTITIONER

Janine Thorson is a board certified Family Nurse Practitioner who has been caring for families for more than twenty-five years. She began her career as an Associate's degree Registered Nurse in 1991 in Jacksonville, North Carolina. She completed her BSN in 1994 at George Mason University in Fairfax, Virginia and completed her MSN in 1996 in Advance Practice Nursing at Marymount University in Arlington, Virginia. She is a member of the American Academy of Nurse Practitioners.

Janine practiced with Rancho Family Medical Group from 2000 to 2011, she then relocated to Idaho, where she spent four years working in family practice settings with an emphasis on pediatrics and research. Janine couldn't stay away long and is now back with RFMG once again!



## MAKENA

Interested in seeing these providers? Call us!

**(951) 225-6808**





# DR. FAMILY PHYSICIAN JAMES SOTIS

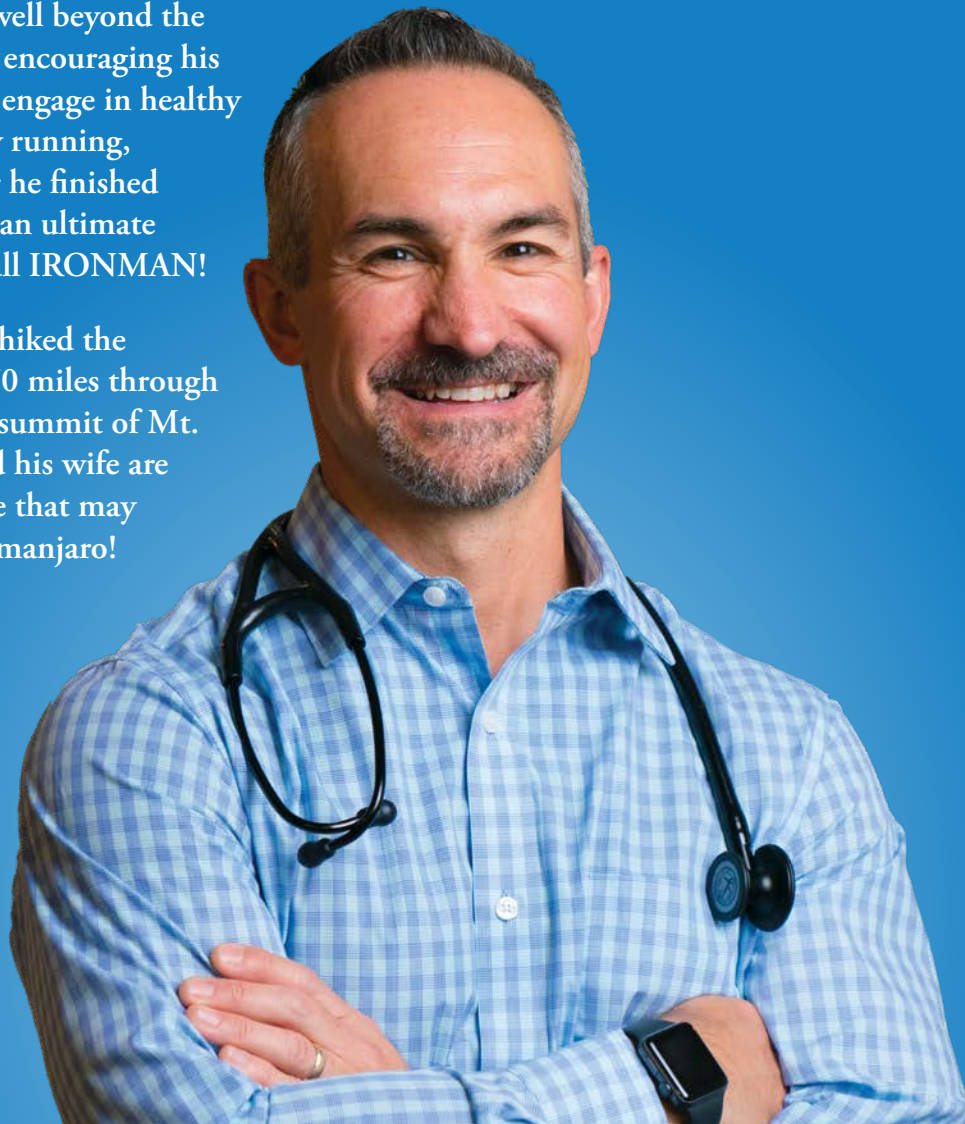
“ I have learned over the years that, as a physician, even if I cannot cure, I can always offer support and comfort to a patient. Practicing family medicine gives me the opportunity to put this into action with people across the entire spectrum of life. It also provides me with the chance to care for the person as a whole—mind, body, and soul.

A native of Minnesota, Dr. James Sotis grew up in the Midwest and attended the University of Notre Dame. During his undergrad, he had the unique pleasure of being the Notre Dame mascot, the Leprechaun; and as you can imagine, he and his family are huge Fighting Irish fans! After completing his bachelor's degree, he pursued a master's degree in Bioethics from Trinity Graduate School in Chicago, further preparing him for his ultimate goal of becoming a physician. He then attended medical school at Ross University School of Medicine in Portsmouth, Dominica in the Caribbean. Afterward, he returned home to complete his family medicine residency through the University of Minnesota. After practicing in the Midwest for a decade, he and his family moved west to California and joined Rancho Family Medical Group.

Dr. Sotis' passion for health extends well beyond the doors of his clinic, as he is constantly encouraging his patients, as well as his own family, to engage in healthy activities. Dr. Sotis and his wife enjoy running, biking, and hiking together. Last year he finished IRONMAN 70.3 Oceanside and has an ultimate goal of training for, and finishing a full IRONMAN!

Recently, Dr. Sotis and his wife Amy hiked the High Sierra Trail, backpacking over 70 miles through the High Sierras, culminating with a summit of Mt. Whitney at 14,505 feet! Dr. Sotis and his wife are dreaming of more adventures to come that may even take them to the top of Mt. Kilimanjaro!

Dr. Sotis' extraordinary passion for health and wellness matches the elite care he provides for his patients as one of Rancho's most beloved Doctors. He's looking forward to meeting you and partnering with you in your health.



# SUSAN LEE

## PHYSICIAN ASSISTANT

Susan Lee grew up in Las Vegas and moved to San Diego where she received her B.S. degree in General Biology from the University of California, San Diego. Susan is board certified and accredited by the National Commission on Certification of Physician Assistants and has a Master of Science degree in Physician Assistant Studies from Marshall B. Ketchum University. Prior to PA school, Susan used to be a medical scribe here at Rancho Family Medical Group for 4 years and has served in medical missions to the Philippines.

When asked about what she enjoys most about practicing medicine, Susan says, “Family Medicine has a special place in my heart, and I truly enjoy making personal connections with my patients. Practicing medicine and advocating for patients to live a better, healthier lifestyle to prevent medical illness is a priority.”

In terms of hobbies, Susan loves photography, traveling, and cooking. She enjoys both yoga and strength training and being outdoors. Susan also loves spending quality time with her fiancé, family, and friends and her two lovely dogs!



### HOT SPRINGS

Interested in seeing these providers? Call us!

**(951) 225-6808**



# DR. MICHELLE UTTABURANONT

FAMILY PHYSICIAN

**MICHELLE  
ETESAMI**

NURSE  
PRACTITIONER

Michelle Etesami realized from a young age that she enjoyed serving people and wanted to work with them. Throughout middle school, she participated in medical mission trips where she discovered how excited she was about learning medicine and the art of healing. Etesami has a BA in Psychology and a BS in Nursing from Azusa Pacific University. During her time at college, she was inducted into the Sigma Theta Tau International Honor Society of Nursing. She also received her Master of Science in Nursing, specifically as a Family Nurse Practitioner. Additionally, she is board certified by the American Association of Nurse Practitioners.

When treating patients, Etesami believes that it is important to treat the whole person: mind, body and spirit. She is able to treat patients in this way and states that her favorite part about working at Rancho is the culture. “Rancho Family hires really special individuals that love what they do. You truly feel that the people around you really enjoy their role, from those at the front desk, to administration and back-office staff, the providers, and everyone else in between.”

Etesami’s time away from the office looks like spending her time outdoors with her husband and two children. They hike, garden, and go to the beach! If you would like to make an appt with Michelle Etesami, please call the Makena Office, she would love to be entrusted with your care.



Dr. Michelle Uttaburanont grew up in the San Marcos area, attending school in Vista from Kindergarten through High School. She graduated from the University of California at Irvine with a Biological Sciences degree with a specialty in Neuroscience. Dr. Uttaburanont earned her Doctor of Medicine from Rosalind Franklin University of Medical Sciences, Chicago Medical School MD/MS Program and completed her internship and residency at Wayne State – Detroit Medical Center at Sinai Grace Hospital.

Dr. Uttaburanont is the Internist at our Makena office on Temecula Parkway. Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Internists are primarily skilled in multi-system disease processes and are trained mostly in hospital medicine. Internal medicine patients are often seriously ill or require complex medical investigations which is why Internists spend a good amount of time working in the hospital. However, Internists also participate in out-patient care. Internists often have subspecialty interests in diseases affecting particular organs or organ systems.

Aside from being a knowledgeable physician, Dr. Uttaburanont is also a talented artist! She enjoys capturing the beauty of landscapes through her use of realism. She also enjoys cooking and spending time with her family.

Dr. Uttaburanont believes that medicine needs to be as preventative as possible.

“This is the key to keeping healthy and staying healthy. I love to see my patients at least once a year for a complete physical. This is where I really get a chance to do a complete head to toe exam, and talk about cancer screening and vaccines, etc. This is very important to make sure that my patients remain healthy, and we have done a great comprehensive exam/testing to screen at least yearly. I also try to evaluate medications and try to get my patients off medications, if possible.”



## MAKENA

Interested in seeing these providers? Call us!

**(951) 225-6808**





# DR. FAMILY PHYSICIAN KYLE VINCENT

Dr. Kyle Vincent is a Temecula native, having graduated from Temecula Valley High School, and is thrilled to return to his hometown to practice family medicine off Temecula Parkway.

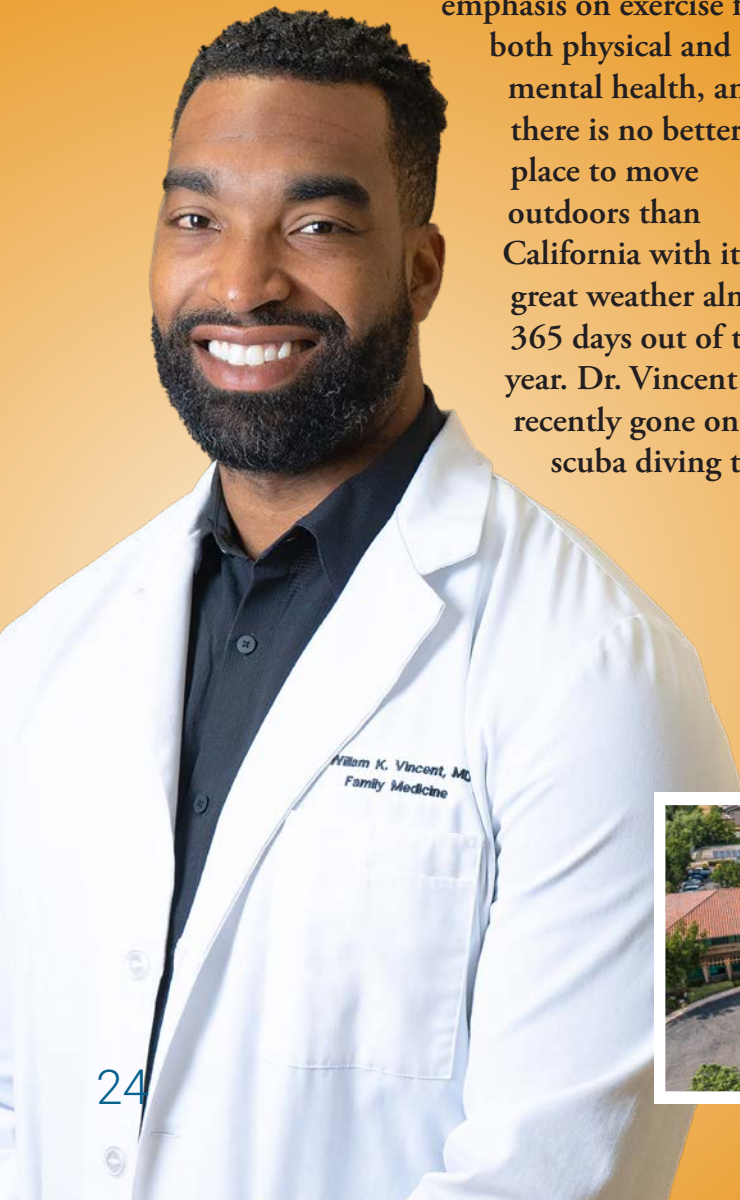
After graduating from TVHS, he graduated from Morehouse College in Atlanta, Georgia and then from Wake Forest University School of Medicine. After completing his residency back in Atlanta, Dr. Vincent felt the inevitable pull back to California and back to his hometown of Temecula. Dr. Vincent puts a great

emphasis on exercise for both physical and mental health, and there is no better place to move outdoors than California with its great weather almost 365 days out of the year. Dr. Vincent has recently gone on a scuba diving trip

to the Dominican Republic, exploring sunken ships and colorful underwater creatures. He also enjoys a variety of outdoor activities like camping, skiing, and playing football and really puts an emphasis on movement being integral to overall health.

Dr. Vincent has a more modern, wholistic approach on medicine. His goal as a new physician at RMFG is to individualize each of his patient's needs and create a rapport with them. Dr. Vincent believes that one medicine may not fit all, or in his words, not all patients are "cookie cutter", so he entrusts his patients to know their body and their lifestyle the best. Dr. Vincent's ultimate goal is to partner with you and make sure that you are educated in each and every medical decision you need to make. If you are a patient of his, he will make an individualized health plan and keep constant communication with you to ensure that you are maintaining your health outside of the exam room.

Dr. Vincent is currently accepting new patients and practicing at our Temecula Parkway location.



## REDHAWK

Interested in seeing Dr. Vincent? Call us!

**(951) 225-6808**

# DR. FAMILY PHYSICIAN CRISTINA BAILEY

Dr. Bailey received her Medical Degree from the University of California, San Diego. She served her Internship and Residency in Family Medicine at the Riverside County Regional Medical Center. Dr. Bailey is fluent in Spanish and is a member of the American and California Medical Associations. She is Board Certified in Family Medicine. She has hospital privileges at Loma Linda Hospital. Dr. Bailey has been instrumental in helping Rancho Family Medical Group become what it is today.

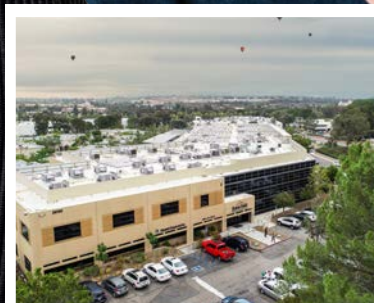
# DEBORAH LAYTON

FAMILY NURSE  
PRACTITIONER

Deborah Layton is a Board Certified Family Nurse Practitioner who promotes health naturally before medications, using food, exercise and nature. She believes, what one puts out such as positivity, it will return. Maintaining and encouraging health with positivity and motivation are the first steps to happiness.

Deborah Layton completed her Bachelors in Science in Nursing Degree, June 2005. She holds a Master of Science in Nursing/Family Nurse Practitioner Degree from University of Phoenix, August 2007. She holds a Doctorate in Philosophy in Clinical Hypnotherapy/Medical Hypnosis, June 2018.

Deborah Layton loves her calling and cares for each person, as family.



## SINGLE OAK

Interested in seeing these providers? Call us!

**(951) 225-6808**



# A&B INSURANCE SERVICES

ANNUAL ELECTION PERIOD (AEP)  
OCT. 15, 2022 – DEC. 07, 2022



## WE WILL COVER

- The latest changes in Medicare
- The different plan options available to you
- How to maximize your benefits while minimizing your costs
- Enrollment, other important dates, and more!
- We have helped many people save thousands of dollars a year by switching their plans

**BRADLEY MASSEY**  
License #0L86250  
(760) 815-6827

**RACHEL BROWN**  
License #0H55045  
(760) 519-3740

**CESAR GARCIA**  
License #0M97490  
(951) 440-9242

Medicare beneficiaries have an Annual Election Period (AEP) which is a window of time to have their plan benefits reviewed and see what changes have been made. AEP is your opportunity to compare the benefit packages that go into effect 1/1/23.

Choosing a Medicare plan is one of the most important decisions you will make concerning your healthcare and it is SO important that you are educated on all the plans available to you before making a decision. The Medicare Ad-

vantage plans and Part D plans change almost every year, and there may be changes to your health plan! Some health plans in Riverside county are no longer going to be offered all together, so it is SO important to get a review so you are not left uncovered.

A&B Insurance Services offers a no fee/no obligation review. They will see which plan will be your “low price leader” and make sure that you are on a plan that will ultimately save you the most money!

We also have resources to do much of your personal review over the phone and by email for this AEP season if you would rather not come out in a large group setting. Please call us now to set a personal face-to-face appointment.

To request your personal AEP Medicare benefits review at no cost, with no obligation, please contact us!

**1 (888) 594-5043**

**AB.INSURANCESERVICES@GMAIL.COM**  
**RBROWN.ONLINEHEALTH.NEWS**  
**CA Lic# 0H55045**

## SUN CITY – SENIOR CENTER

27190 Sun City Blvd.  
Sun City, CA 92586

**FREE  
PIE**

- Tuesday, October 18 10 am & 2 pm
- Thursday, October 20 10 am & 2 pm
- Tuesday, October 25 10 am & 2 pm
- Thursday, October 27 10 am & 2 pm
- Tuesday, November 1 10 am & 2 pm
- Thursday, November 3 10 am
- Tuesday, November 8 10 am & 2 pm
- Thursday, November 10 10 am
- Tuesday, November 15 10 am & 2 pm
- Thursday, November 17 10 am
- Tuesday, November 22 10 am
- Tuesday, November 29 10 am
- Thursday, December 1 10 am

## MURRIETA - RICHIE'S DINER

40651 Murrieta Hot Springs Rd.  
Murrieta, CA 92562

**FREE  
BREAKFAST**

- Wednesday, October 19 10 am
- Wednesday, October 26 10 am
- Wednesday, November 2 10 am

## TEMECULA – BROKEN YOLK

26495 Ynez Rd.  
Temecula, CA 92591

**FREE  
BREAKFAST**

- Monday, October 17 10 am
- Monday, October 24 10 am
- Monday, November 7 10 am
- Monday, November 14 10 am

## HEMET - SENIOR CENTER

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

**FREE  
PIE**

- Wednesday, October 19 10 am & 2 pm
- Friday, October 21 10 am & 2 pm
- Wednesday, October 26 10 am & 2 pm
- Friday, October 28 10 am & 2 pm
- Wednesday, November 2 10 am & 2 pm
- Friday, November 4 10 am
- Wednesday, November 9 10 am & 2 pm
- Friday, November 11 10 am
- Wednesday, November 16 10 am & 2 pm
- Friday, November 18 2 pm
- Wednesday, November 23 2 pm
- Wednesday, November 30 2 pm
- Friday, December 2 2 pm

## FALLBROOK – DENNY'S

713 S Main Ave.  
Fallbrook, CA 92028

**FREE  
PIE**

- Monday, October 17 10 am
- Monday, October 24 10 am
- Monday, October 31 10 am
- Monday, November 7 10 am
- Monday, November 14 10 am
- Monday, November 21 10 am
- Monday, November 28 10 am
- Monday, December 5 10 am

Free breakfast, or whole pie, without obligation to enroll. A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings, please call (951) 440-9242. Medicare has neither reviewed nor endorsed this information. By calling the number above you will be directed to a licensed insurance agent. CA Lic# 0H55045





**OPEN  
ENROLLMENT**

## MEDICARE PLAN BENEFITS HAVE CHANGED FOR 2023

If you are looking to compare your Medicare plan for the new year, the Annual Enrollment Period is here. **Don't delay, the annual enrollment period ends on December 7!**

Attend one of our meetings to find out about the changes and available plans in your area. We'll talk about Medicare Advantage, Medicare Supplement insurance plans and Prescription drug plans.

### RANCHO FAMILY MEDICAL GROUP – HEMET

3853 W. Stetson Ave #200 Hemet, Ca. 92545

**Every Tuesday at 2:00pm**

10/4 , 10/11 , 10/18 , 10/25 , 11/1 , 11/8 , 11/15 , 11/29 , 12/6



**JANICE ESPARZA**

951-229-7300

LIC#0165727



Scan and check your Zipcode  
for 2023 plan comparison



**OSCAR URIBE**

714-552-1515

LIC # 0G15071



**RSVP Today : 1-800-815-1943 Mon. - Fri. 9am - 5pm**

A Sales person will be present with information and applications. For accommodation of with special needs at sales meetings, please call 1-800-815-1943. Medicare has neither reviewed nor endorsed this information. We do not offer every plan in your area any information we provide is limited to those plans we do offer in your area please contact Medicare.gov or 1-800-Medicare (24 hours a day, 7 days a week ) to get information on all your options. Boomers Insurance is a licensed and certified representative of Medicare Plans that have a Medicare contract. Enrollment in any plan depends on contract renewal.



Humana®

## 2023 Annual Election Period

Come learn about new 2023 Medicare Advantage Plans

October 19th

October 26th

November 2nd

**Rancho Family Medical Group Sun City**

27190 Sun City Blvd.  
Sun City, CA 92586

**10:00 AM**



**Licensed  
Health Plan  
Specialist**

Yo hablo Español

951-850-9052

28093 Bradley Rd

Menifee, CA 92584

**Nancy Gonzalez**

Trusted Broker by Rancho Family Medical Group





# AdvanCare

BETTER LIVING. BETTER CAREGIVING

## About Us

AdvanCare provides 24-hour In-Home Care for seniors and veterans. Our services will take the stress out of caring for your loved one, all while providing them with the respect and compassion they deserve.



## Services

Our personal care services will assist seniors with a wide variety of tasks to meet their personal care needs.



- Companionship
- Light Housekeeping
- Medicine Reminders
- Meal Prep and Cooking
- Shower Assistance
- Dressing Assistance
- Exercise
- Transportation
- Cognitive Activities

**Serving San Diego and Riverside County**

 **951-445-8582**    **[www.AdvanSeniorCare.com](http://www.AdvanSeniorCare.com)**

HCO# 334700044

# BECOME WELL WITHIN



Welcome to Well Within, formerly known as Choose Health. Well Within is an online educational library created to educate our patients and community on how to live a health-focused lifestyle.

Health is at the forefront of our minds constantly, whether that be through getting enough steps in the day, making healthy food choices, or moving our bodies. There is so much information on the internet on how to stay healthy, but very few articles are created by doctors for patients.

That is where Well Within comes in.

**We have educational courses created by local professionals and our primary care physicians, teaching how to truly become well within.**

Well Within features many of our providers, but more importantly it is about creating a healthier you.

**All of this content is completely FREE to our patients and community.**



**BECOMEWELLWITHIN.COM**





# 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!

**(951) 225-6808**

[ranchofamilymed.com](http://ranchofamilymed.com)

