



RANCHO FAMILY
MEDICAL GROUP



Senior Focused Healthcare

with our
Sun City
Care Team

Dr. Irene Kim
Internist

**Charles
Asamaphand**
Physician Assistant

Learn more inside!

- Quality Senior Care
- Free Senior Centers
- More Offices Near You
- How Diet Affects Mental Health
- Same-Day Appointments

Call today!

951.225.6832

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!

ranchofamilymed.com

Want to meet your doctor before switching?

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



951.225.6832

Sun City Office



27190 Sun City Blvd.
Sun City, CA 92586

Office Number
951.723.3804

Care Team

Dr. Kim
Dr. Behnawa
Charles Asamaphand, PA



Learn more about
Dr. Kim on page 8

Other offices near you



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



Hemet Office

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

Office Number
951.225.6802

Care Team

Dr. Ching
Abigail Kent, PA
Ana Diaz, NP-C

What makes us different?



Large Network of Specialists

We are committed to providing you with the highest quality of care. That's why we've partnered up with Regal Medical Group as our IPA (Independent Physicians Association). With their assistance, we have created contracts with local specialists, hospitals, and insurance companies. If you ever need a specialist referral, you can count on us to utilize Regal's expansive and reliable network to quickly connect you with the care you need. Regal Medical Group is one of the leading medical groups in Southern California, and they have earned a reputation for excellence over the past 35 years. Our partnership with them ensures that you'll always receive premier healthcare when you are a patient at Rancho Family Medical Group.

Hospitalist Care

At Rancho Family Medical Group, we are proud to have a team of hospitalists who provide our patients with the best care possible. Our physicians round on our patients at four different hospitals: Inland Valley Hospital, Loma Linda Murrieta, Rancho Springs Medical Center, and Temecula Valley Hospital. No matter what hospital you might be admitted to, you can be sure that you will be taken care of by one of our trusted Rancho Family Medical Group physicians. Our hospitalists can access your medical records and communicate with your doctor, as well as submit any necessary prescriptions or referrals. This team provides continuity of care that begins at the moment you're admitted into the hospital to when you are released back home.

Hospital Affiliations

Our patients are cared for by our hospitalist team at the following hospitals:

- Loma Linda University Medical Center in Murrieta
- Rancho Springs Medical Center
- Temecula Valley Hospital
- Inland Valley Hospital





Care Teams

Our offices use a care team approach that allows all members of your designated team- Doctors, Nurse Practitioners and Physician Assistants- to work together to provide you with comprehensive and cohesive care. Our Nurse Practitioners and Physician Assistants are trained to diagnose and treat injuries and illnesses, track and update patient medical histories, order lab tests and diagnostic tests, review and analyze results, prescribe treatment plans, educate patients and family members on proper health, and refer to other professionals as needed. All team members have access to your records so that there is continuity of care throughout the entire process. Through this model of coordinated care, you have more access to the providers you know and trust.

Same-Day & Longer Appointments

We understand that when you need medical attention, sometimes you don't want to wait. That's why we offer same-day appointments for our patients so they can get the care they need as soon as possible. Our convenient appointment times make it easy

for you to schedule a visit on your own terms and still receive personalized care when you need it. We also offer longer appointment times than the industry standard to ensure you are getting the highest quality care.

What makes us different?



Better Physician Connections

We understand that a doctor who listens to you is of the utmost importance. We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

Patient Relations Specialists

Our Patient Relations team will call your health plan alongside you to make sure there are no hiccups along the way. When you become a patient, they are here to serve YOU, our senior community, and be available for questions throughout the duration of your care.

Unlock the Benefits of MyChart

MyChart Patient Portal

MyChart is the perfect online portal for you to stay connected with your healthcare team. Through this secure and user-friendly platform, you can access your medical information 24/7 right from the convenience of your smartphone or computer. With MyChart, you can easily message providers, book appointments, request prescription refills, review lab results, pay outstanding bills, and view visit summary - all in one place! Signing up is simple and takes only minutes; make sure you take advantage of MyChart to get the most out of your healthcare.



With MyChart, patients can:

- Message a Provider
- Book an Appointment
- Request Prescription Refills
- Review Lab Results
- Pay Outstanding Bills
- View Visit Summary

12 Locations 40+ Physicians

Want to meet your doctor before switching?

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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, nutrition talks, bingo, and craft hours. Come join us and be part of a supportive, welcoming community!

Hemet

Sun City



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

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
- Nutrition Talks
- Movie Afternoons
- Bingo

To learn more call us!

951.225.6832

ranchofamilymed.com/senior-centers/



Dr. Irene Kim

Internist

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. 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, 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.

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.”



Interested in seeing our Sun City Care Team?

Call our senior advocates today to learn more!

951.225.6832

Are you ready to become a patient?



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

951.225.6832

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. 951.225.6832



Alignment Healthcare

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-centers/

The Importance of Hydration

Staying hydrated is the absolute key when maintaining your health. It may seem obvious, but this truth is worth repeating: hydration is essential for your health. Drinking water and eating foods with electrolytes and high water content aid significantly in hydrating your body. Hydration impacts many different body systems including joint health, digestion, and body temperature.

Joint Health

Being properly hydrated helps manage joint pain and Arthritis flare ups. Our joints are made up of 65-80% water, so consuming the appropriate amount of water allows joints to stay lubricated, and therefore alleviates friction so the body has less pain and a better range of motion. Walking, writing, bending, and lifting are all range-of-motion activities we do regularly, and these motions are impacted by our level of hydration. By continually supplementing our bodies with water and electrolytes, it allows our bodies to function at a better level.

Digestive System

The digestive system also relies on water to keep things moving. When you eat, your body breaks down food into diverse types of fiber, one of them being soluble fiber. How does soluble fiber get broken down? With water! A lack of fluid can cause bowel discomfort from fiber build up and may lead to constipation. Drinking enough water aids in fiber breakdown so our digestive tract can stay regular.

Body Temperature

Another area that hydration impacts is how the body regulates temperature. When you are dehydrated, your body stores more heat. When the body stores heat it lowers the tolerance level for hot temperatures, making issues



like heat stroke and heat related fatigue more likely. Proper hydration allows the body to produce healthy amounts of sweat so that if you get overheated, that sweat can evaporate and ultimately cool down your body. If you are sweating more frequently, it's not a bad thing—just don't forget to replenish!

Did you know that hydration can also come from eating electrolyte-replenishing fruits and vegetables? Eat foods like watermelon, peaches, and citrus fruit as well as cucumber, tomatoes, and cabbage to get more water in your diet!

Electrolyte-replenishing Foods

Watermelon
Peaches
Citrus fruit
Cucumber
Tomatoes
Cabbage

How Diet Affects Mental Health

We all know that food is fuel for the body, but most of us forget that it also fuels our brain. While it is easy to see how processed and sugary food can negatively affect physical health (weight gain, obesity, pre-diabetes etc.), it is not always so apparent how it affects our mental health. The food we decide to eat does impact our mental health and it is important to eat good fuel to regulate appetite, moods, and emotions.

Eating healthy foods promotes the growth of beneficial bacteria in the gut, which in turn supports healthy neurotransmitter production. A diet high in sugar and processed foods, on the other hand, can cause inflammation and impair function. This can lead to negative mood changes. Therefore, it is important to eat a balanced diet that includes healthy fats, complex carbohydrates, and vitamins to support optimal mental health.

There are several foods that can help improve mental health.

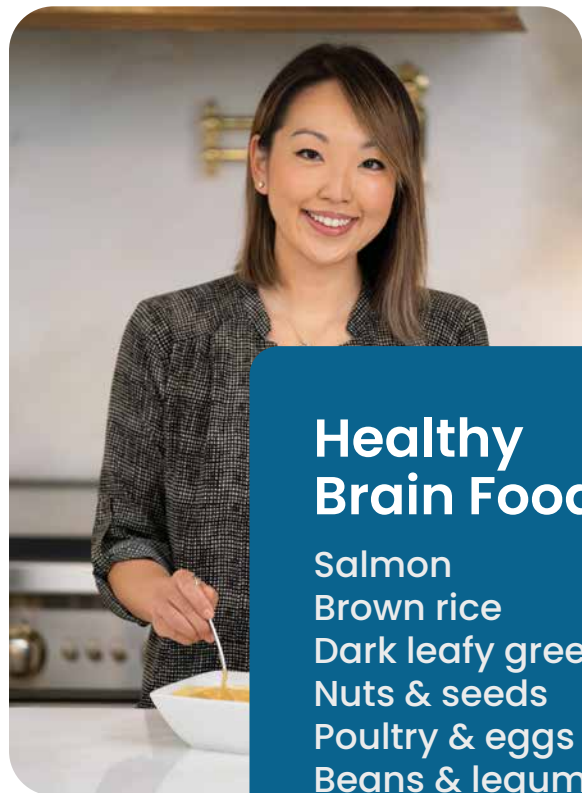
Omega-3 fatty acids, for example, are known to support healthy brain function. Foods rich in omega-3s include salmon, walnuts, and flaxseeds.

Getting enough omega-3s is important for mental health because they have been shown to help with symptoms of depression, anxiety, and ADHD.

Complex carbohydrates like whole grains found in brown rice and whole wheat are important for mental health as they help to regulate blood sugar levels. When blood sugar levels are stable, it helps to keep energy levels up and prevents mood swings.

There are certain vitamins and minerals that are especially important for mental health, as they are all found to improve both mood and cognition. These include magnesium, zinc, iron, and vitamin B12. Magnesium is found in dark leafy greens, nuts, and seeds and can help to reduce stress and anxiety. Zinc can be found in foods like oysters, poultry, beans, and nuts. Iron is typically found in red meat although you can also get it from plant based substances such as dark leafy greens and legumes. Vitamin B12 is found in poultry and eggs and Vitamin D is found in fatty fish, mushrooms, and fortified milk.

The foods we eat have a direct impact on our mental health. If you are struggling with your mental health, consider making changes to your diet and speaking with a mental health professional to see if nutrition therapy could be right for you.



Healthy Brain Foods

- Salmon
- Brown rice
- Dark leafy greens
- Nuts & seeds
- Poultry & eggs
- Beans & legumes
- Mushrooms

Walnut-Rosemary Crusted Salmon

SERVES 4



Ingredients

2 teaspoons Dijon mustard
1 clove garlic
½ teaspoon lemon zest
1 teaspoon lemon juice
1 teaspoon chopped fresh rosemary
½ teaspoon honey
½ teaspoon kosher salt
¼ teaspoon crushed red pepper
3 tablespoons panko breadcrumbs
3 tablespoons finely chopped walnuts
1 teaspoon extra virgin olive oil
4 skinless salmon fillets, fresh or frozen
Olive oil cooking spray
OPTIONAL GARNISH: parsley and lemon wedges

Directions

STEP 1 Line a large baking pan with parchment paper and heat oven to 425°F.

STEP 2 In a small bowl combine the mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper. In another small bowl, combine panko, walnuts, and olive oil.

STEP 3 Place the salmon onto the baking sheet and spread the mustard mixture on top. Coat the fish with the panko mixture and lightly press in to adhere. Lightly coat with cooking spray.

STEP 4 Bake in the oven for about 8-12 minutes or until the fish flakes easily with a fork (this will depend on the thickness of the salmon).

STEP 5 Sprinkle with parsley and then serve with lemon wedges.

SERVES 4

Ground Turkey White Bean Kale Soup

Ingredients

1 lb ground turkey
2 bay leaves
1 can white cannellini beans
2 carrots
3 cloves garlic
1 cup kale
1 cup onion
1 turnip
2 springs fresh rosemary
6 cups chicken stock
1 cup water
Salt & black pepper
Paprika or cayenne
Italian seasoning

Directions

STEP 1 Add chopped onion and garlic to a pot on medium heat. Add in ground turkey and season with salt, pepper, and Italian seasoning and optional paprika.

STEP 2 Add in turnip, carrots, beans, chicken stock, rosemary, and bay leaves.

STEP 3 Bring to a simmer and remove rosemary and bay leaves.

STEP 4 Serve and enjoy!


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For more recipes like these! Go to
[becomewellwithin.com](https://www.becomewellwithin.com)



Chicken Sausage Sheet Pan


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SERVES 4



Ingredients

2 cups brussels sprouts, trimmed & halved
2 cups butternut squash, peeled, deseeded & cut
1 sweet potato
2 tablespoons olive oil

1 tablespoon pure maple syrup
2 tablespoons fresh rosemary, finely chopped
12 ounces apple chicken sausage, fully cooked & sliced into ¼ inch pieces

2 tablespoons pine nuts
Coarse kosher salt & freshly ground black pepper
Optional: shaved parmesan, balsamic glaze, etc.

Directions

STEP 1 Preheat the oven to 425°F.

STEP 2 Place the trimmed brussels sprouts, cubed butternut squash and cubed sweet potato on a foil lined sheet pan. Drizzle the olive oil & maple syrup over ingredients.

STEP 3 Season with the fresh herbs, 1 teaspoon kosher salt, & ground black pepper as desired. Toss to coat the veggies in the seasoning, then arrange in an even layer on the sheet pan.

STEP 4 Add the thinly sliced chicken sausage to the pan.

STEP 5 Transfer the sheet pan to the oven. Roast for 25 minutes, flipping the veggies & sausage halfway through.

STEP 6 After 20 minutes, add the pine nuts to the sheet pan and roast for the remaining 5 minutes.

STEP 7 Add parmesan and balsamic dressing if desired and serve!



Want to meet your doctor before becoming a patient?

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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