



RANCHO FAMILY
MEDICAL GROUP

Senior Focused Healthcare



Dr. Irene Kim
Internist

Learn more inside!

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

Healthy recipes brought
to you by Dr. Kim!



Call today!

951.430.4972

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 FREE Meet the Doctor Luncheon!



951.430.4972

Sun City Office



Learn more about
Dr. Kim on page 4

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

Other offices near you



Hemet Office

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

Office Number
951.225.6802

Care Team

Dr. Ching
Dr. Madrid
Dr. Mondkar (coming soon)
Abigail Kent, PA
Ana Diaz, NP



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. Irene Kim

Internist

Hometown

- East Los Angeles area

Education

- Bachelor of Science degree majoring in human biology at the University of California, San Diego
- Medical training at Touro College of Osteopathic Medicine in New York

Residency

- Internal medicine at UCLA-affiliated St. Mary Medical Center in Long Beach, California

Hobbies

- Hiking
- Exploring the California Coastline, learning about other cultures and cuisine via international travel.

What inspired you to pursue medicine?

“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.” -Dr. Kim





Charles Asamaphand
Physician Assistant

“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.”

Education

- Bachelor of Science degree in General Biology at University of California, San Diego
- Master of Science degree in Physician Assistant Studies at Marshall B. Ketchum University in Fullerton, CA

Hobbies

- Photography
- Traveling
- Camping
- Hiking
- Cooking
- Spending quality time with my loved ones

Fun Facts

- Charles’ past experience has included working as an EMT, caring for patients recovering from strokes, and working as a medical scribe.
- Volunteered for medical missions in the Philippines



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

951.430.4972

ranchofamilymed.com/dr-irene-kim/

How to use a QR Code
1. Open your phones camera app.
2. Point the camera at the QR code.
3. Tap the banner that appears on your screen.



Are you ready to become a patient?



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

951.430.4972

Make sure to ask us about our FREE Meet the Doctor Luncheon!

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4972



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 team, they are here help!

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



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!

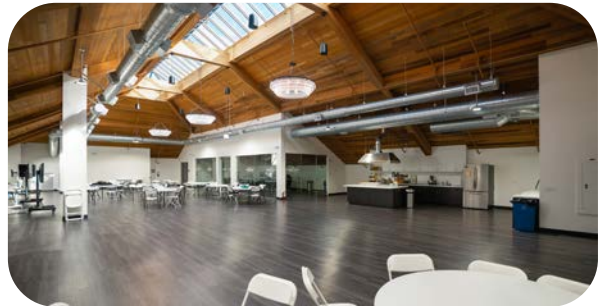
Our centers offer a range of activities that promote healthy living such as exercise classes for all levels. Come join us and be part of a supportive, welcoming community!

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!
951.430.4972

ranchofamilymed.com/senior-centers/

Menifee Providers



951.723.3800



Menifee Office

30420 Haun Rd.
Menifee, CA 92584

ranchofamilymed.com/menifee/



Dr. Rolando Gutierrez Family Physician

Medical Training: Universidad Autonoma de Guadalajara and New York Medical College
Residency: Glendale Adventist Medical Center



Dr. Daniel Camarillo Family Physician

Medical Training: University of California Los Angeles
Residency: Presbyterian Intercommunity Hospital, in Whittier, California



Dr. Nermeen Akladeos Family Physician

Medical Training: Ain Shams University in Egypt and intern in Kenya for a CDC program
Residency: Temecula Valley Hospital

Other APPs Near You!

Advanced Practice Providers (APP) can perform the same medical activities typically performed by a physician. Meet our talented nurse practitioners (NP) and physician assistants (PA).



Ana Diaz, NP-C
Hemet



Abigail Kent, PA
Hemet



Kelli Smith, PA
Menifee



Rebekah Tolopilo, PA
Menifee



Evelyn Kelley, NP
Menifee • Sun City

What APPs can do for you:

- 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. Kim!



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



SCAN ME

Cilantro-Lime Avocado Honey Salmon


RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.com

Servings

2

Prep Time

10 min

Cooking Time

20 min

Calories

456 kcal

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.



Servings
2

Prep Time
15 min

Cooking Time
15 min

Calories
313 kcal



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.

Halibut Fried Cauliflower Rice




RANCHO FAMILY
MEDICAL GROUP
ranchofamilymed.com

Servings
2

Prep Time
10 min

Cooking Time
10 min

Calories
335 kcal

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 and 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 Scramble

Servings
2

Prep Time
< 5 min

Cooking Time
10 min

Calories
230 kcal

Ingredients

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

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.



RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.com

Servings
1

Prep Time
10 min

Calories
215 kcal

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, take your overnight oats out of the fridge and add desired toppings for a fulfilling meal at home or on the go.

For more recipes like these! Go to
becomewellwithin.com

Overnight Oats


RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.com



Want to meet your doctor before switching?

It's important for patients to be comfortable and at ease with their medical providers. That's why we offer opportunities to meet with our physicians before you consider joining us.

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

951.430.4972

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP