


RANCHO FAMILY
MEDICAL GROUP

Senior Focused Healthcare

with our
Temecula
Care Teams



Dr. Rahman
Family Physician

Learn more inside!

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

Call today!

951.430.4971

Maisara Rahman, MD

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

Did you know you can switch doctors at anytime?

Call today to learn more
about how you can switch
to a Primary Medical doctor.



951.430.4971

Makena Office



Learn more about
Dr. Uttaburanont
on page 8

31150 Temecula Parkway
Suite 200 Temecula, CA 92592

Office Number
951.225.6827

Care Team

Dr. Uttaburanont
Dr. Rahman
Janine Thorson, NP
Michelle Etesami, NP

Redhawk Office



Learn more about
Dr. Vincent on page 9

31720 Temecula Pkwy. Suite 100
Temecula, CA 92592

Office Number
951.414.8240

Care Team

Dr. Vincent

Single Oak Office



Office Number
951.252.8650

28780 Single Oak Dr, Suite 160
Temecula, CA 92590

Care Team

Dr. Im Arika Whiteaker, PA
Dr. Combs Amber Holden, PA
Dr. Bailey Deborah Layton, NP
Dr. Simmons
Dr. Elfelt

What makes us different?



Large Network of Specialists

As part of our commitment to provide the best quality in care, Rancho Family Medical Group has partnered up with Regal Medical Group as our IPA (Independent Physicians Association). Regal Medical Group is one of the leading medical groups in Southern California, with an earned reputation for excellence over the past 35 years. With their assistance, we have created contracts with local specialists, hospitals, and insurance companies. If you ever need a specialist's referral, you can rely on us to utilize Regal's expansive and credible network to quickly connect you with the care you need. 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 locations:

- 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.

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.



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.

ranchofamilymed.com/senior-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

Did you know you can switch doctors at anytime?

Call today to learn more about how you can switch to a Rancho Family doctor.

951.430.4971

Crossfit coaches are there to help you achieve your fitness goals. All levels are welcome.

To learn more call us!
951.430.4971

Senior CrossFit

CrossFit is a strength and conditioning workout that is made up of functional movements like squatting, pulling, pushing etc. This class is free to all Rancho Family Medical Group senior patients 55+. Caregivers and family are welcome to accompany any patients.

Monday & Wednesday
10:30am - 11:30am

41588 Eastman Dr. Suite A
Murrieta, CA 92562



I'm running again and off blood pressure medicine.. overall I feel much better!

-Rancho Patient



My strength has improved since I started CrossFit!

-Rancho Patient



Watch Video



Senior Centers

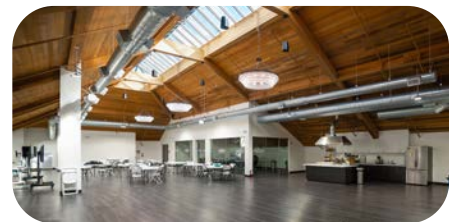
- Line Dance
- Yoga
- Bingo

Hemet



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

Sun City



27190 Sun City Blvd.
Sun City, CA 92586

ranchofamilymed.com/senior-centers/



**Dr. Michelle
Uttaburanont**
Internist

Hometown

- San Marcos, CA

Education

- Undergraduate at University of California at Irvine with a Biological Sciences degree with a specialty in Neuroscience
- Medical training at Rosaline Franklin University of Medical Sciences, Chicago Medical School MD/MS Program

Residency

- Wayne State – Detroit Medical Center at Sinai Grace Hospital

Hobbies

- Painting
- Cooking
- Spending time with her family



**Interested in seeing
Dr. Uttaburanont?**

Call our senior advocates
today to learn more!

951.430.4971



Dr. Kyle Vincent

Family Physician

Hometown

- Temecula, CA

Education

- Morehouse College in Atlanta, Georgia
- Wake Forest University School of Medicine

Residency

- Atlanta, Georgia

What drives Dr. Vincent

- His drive as a physician is to educate his patients with the knowledge he has gleaned so that they can make the lifestyle changes outside of the clinic.

Hobbies

- Camping
- Skiing
- Playing football

Dr. Vincent puts a great emphasis on exercise for both physical and mental health, and there is no better place to be outdoors than Southern California with its great weather.



Interested in seeing Dr. Vincent?

Call our senior advocates today to learn more!

951.430.4971



ranchofamilymed.com/dr-kyle-vincent/



Dr. Maisara Rahman

Family Physician

Hometown

- San Diego, CA

Education

- American University of the Caribbean School of Medicine

Residency

- Riverside County Regional Medical Center and became the Chief Resident

Why Dr. Rahman pursued medicine

- Her love and compassion to help others lead her to pursue medicine.

Hobbies

- Traveling
- Beach days
- Spending time with family

Fun Facts

- Dr. Rahman enjoys Academic Medicine and continues to teach at the UCR school of medicine.
- Works with Residency Program

Special Interests

- Diabetes Care
- Inpatient Medicine
- Ambulatory Medicine
- Research
- Innovative Practices in Medical Education

Janine Thorson

Nurse Practitioner

Hometown

- Temecula, CA

Education

- Associate's degree Registered Nurse in Jacksonville, North Carolina
- BSN at George Mason University in Fairfax, Virginia
- MSN in Advance Practice Nursing at Marymount University in Arlington, Virginia

Why Janine pursued medicine

- From a young age, Janine knew she was destined to make an impact in the medical field. Her dedication to helping others grew strong while caring for her beloved grandmother - cementing that this is exactly where she belonged.

Hobbies

- Beach camping
- Paddleboarding
- Hiking
- Biking



Interested in seeing our
Makena Care Team?

Call our senior advocates
today to learn more!

951.430.4971



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

Are you ready to become a patient?



Did you know you can switch doctors at anytime?

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

951.430.4971

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4971



Humana.



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/)

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

Brought to you by Dr. Uttaburanont


RANCHO FAMILY
MEDICAL GROUP
ranchofamilymed.com

Fresh Quinoa Salad

Servings
4

Prep Time
15 min

Cooking Time
12 min

Calories
320 kcal

Ingredients

To cook the quinoa

1 cup quinoa rinsed

1 $\frac{3}{4}$ cups water

$\frac{1}{2}$ teaspoon salt

For the Dressing

4 tablespoons lemon juice

1 tbsp Dijon mustard

2 tbsp balsamic vinegar

2 tbsp water

2 cloves of garlic, minced

$\frac{1}{4}$ cup olive oil

salt & pepper to taste

Toppings

1 cup fresh parsley or kale chopped

1 cup cherry tomatoes chopped

1-2 cucumbers, peeled and chopped

Directions

STEP 1 Place quinoa in a saucepan and add in the water and salt. Give it a mix, put the lid on and bring it to a boil in medium high heat. Once it comes to a boil, turn down the heat to low and cook for 10-12 minutes or until water is fully absorbed. Take it off the heat and let it rest for 15 minutes. Fluff it with a fork and place it in a large salad bowl.

STEP 2 Meanwhile, prep the dressing by whisking all dressing ingredients in a small bowl. Set it aside.

STEP 3 Add chopped kale to a bowl and top with olive oil. Use clean hands to massage for about 3 minutes to soften the leaves and infuse the leaves with the oil. (Opt out if using parsley)

STEP 4 Place all ingredients in the bowl with the cooked quinoa.

STEP 5 Drizzle it with the dressing. Give it a toss.



 SCAN ME

For more recipes like these! Go to
becomewellwithin.com



Easy Fried Rice



Servings
4

Prep Time
10 min

Cooking Time
30 min

Calories
451 kcal

Ingredients

1/2 tablespoon olive oil
1 cup onion, finely chopped
1 tablespoon garlic, finely minced

1 cup carrots, peeled & finely chopped
2 eggs
2 tablespoons Cilantro, chopped
1/4 teaspoon pepper
1/4 teaspoon ground ginger

1/4 teaspoon red pepper flakes
1 tablespoon toasted sesame oil
1 cup frozen green peas thawed
2 cups cooked white or brown rice

Directions

STEP 1 Cook rice according to the directions. Rice cooking time will vary depending on what type/method you use.

STEP 2 In a pan, add the olive oil with medium heat. Saute garlic and onions in the pan for 5 minutes.

STEP 3 After 5 minutes add in carrots. Sauté for an additional 5 minutes until they start to soften.

STEP 4 Push the veggie mixture to one side of the pan.

STEP 5 In a small bowl, whisk together eggs until combined. Add eggs to the pan and scramble on the empty side of the pan.

STEP 6 Once eggs are cooked (about 1-2 minutes), stir together with veggie mixture.

STEP 7 Add ginger, red pepper flakes, toasted sesame oil, thawed peas, cilantro, and cooked rice back to the pot. Stir over low heat until combined and warm.



Did you know you can switch doctors at anytime?

You don't need to wait for open enrollment to switch your doctor. You can choose a new doctor any time of the year!

Call today to learn more
about how you can switch
to a Rancho Family doctor.

951.430.4971

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP