



RANCHO FAMILY
MEDICAL GROUP

Senior Focused Primary Care

with our Hemet
Care Teams

Learn more inside!

- Quality Senior Care
- More Offices Near You
- Same-Day Appointments
- Accepting Medicare

**Healthy recipes brought
to you by Dr. Mondkar!**



Dr. Mondkar
Family Physician

Call today!

951.430.4973

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

**You don't have to wait
until Open Enrollment.
Switch your doctor now!**

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



951.430.4973

Hemet Office



Learn more about
Dr. Mondkar on page 4

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

Office Number
951.225.6802

Care Team

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

Coming Fall 2023

Dr. Brittany Tilson

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
Charles Asamaphand, PA



Menifee Office

30420 Haun Rd.
Menifee, CA 92584

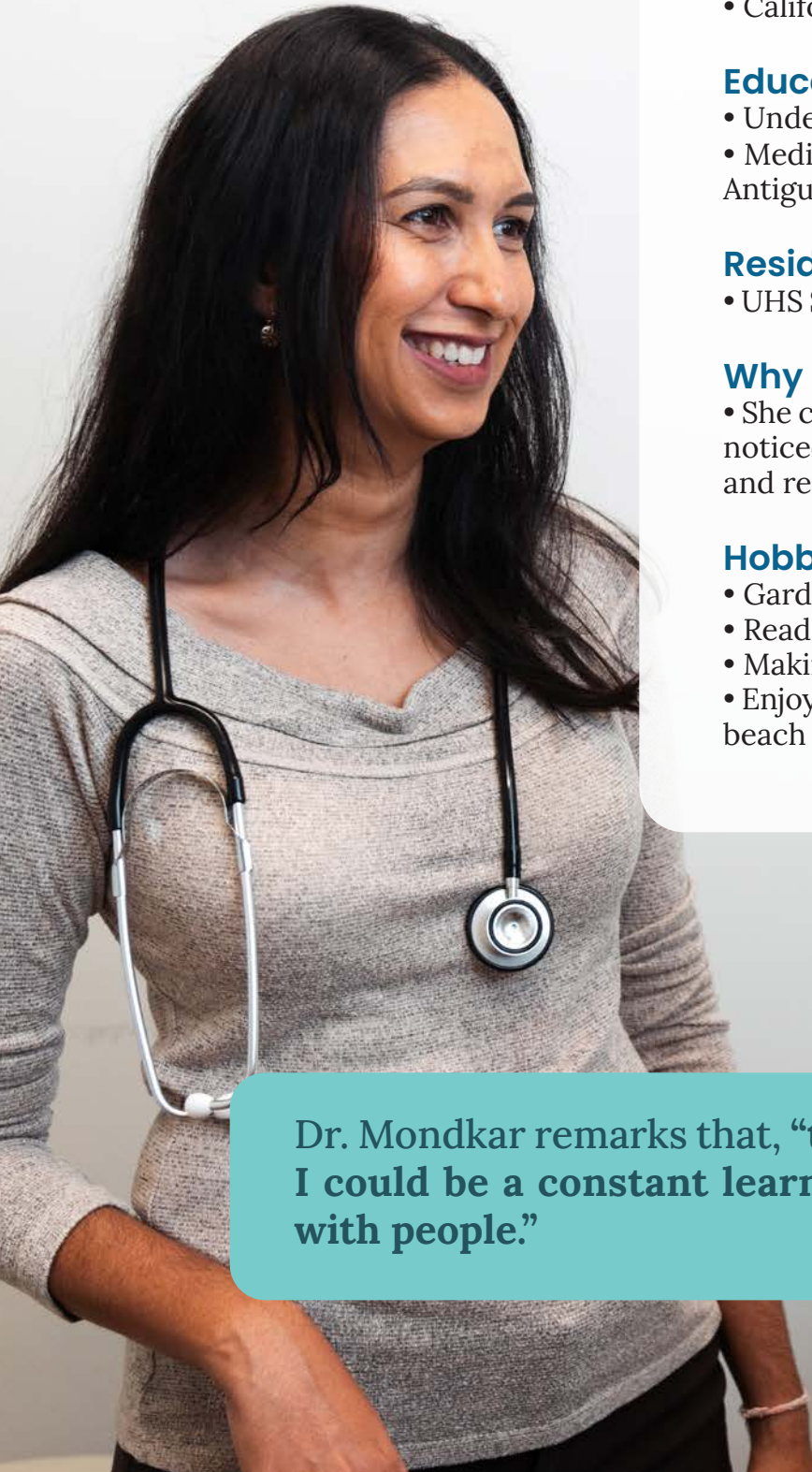
Office Number
951.723.3800

Care Team

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

Dr. Sonali Mondkar

Family Physician



Home State

- California

Education

- Undergraduate at UC Riverside
- Medical training at American University of Antigua College of Medicine

Residency

- UHS SoCal MEC at Temecula Valley Hospital

Why Dr. Mondkar pursued medicine

- She chose to practice medicine because she noticed she can help all classes, all cultures, and religions while continuing to learn.

Hobbies

- Gardening
- Reading both fiction and non-fiction
- Making coffee
- Enjoying the outdoors at local parks and the beach with her family and pet husky!

Dr. Mondkar remarks that, “**this is the field where I could be a constant learner and still connect with people.**”



Dr. Mondkar started at Rancho Family as a Medical Scribe and is now a Family Physician!

She is a true advocate for preventive healthcare to ensure a long healthy life for her patients.

One of Dr. Mondkar's favorite things to do is cook Indian food with her mom.

Find Recipes: Pages 9-11



Dr. Mondkar is excited to partner with you and your health!



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

951.430.4973

ranchofamilymed.com/dr-sonali-mondkar/

How to use a QR Code

1. Open your phone's 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?



You don't have to wait until Open Enrollment. Switch your doctor now!

951.430.4973

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. 951.430.4973



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/)

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



Abigail Kent, PA
Hemet



Kelli Smith, PA
Menifee



Rebekah Tolopilo, PA
Menifee



Charles Asamaphand, PA
Sun City

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

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!
951.430.4973

ranchofamilymed.com/senior-centers/



Brought to you by Dr. Mondkar!

Dr. Mondkar shares her love for Indian food passed down from her mother. Gather your loved ones and enjoy these delicious recipes together.


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Red Lentil Daal

Servings	Prep Time	Cooking Time	Calories
6	10 min	20 min	302 kcal

Ingredients

1 ½ cups dry red lentils
1 large carrot finely diced
1 small bell pepper
1 large onion chopped

½ teaspoon garlic powder
¼ teaspoon ground ginger
½ tbsp olive oil
3 cups vegetable broth or water
1 cup canned coconut milk
1 ½ tsp ground cumin

1 tbsp curry powder
½ tbsp sugar
1 tsp ground turmeric
1 tsp paprika
Salt and black pepper to taste
Basmati rice & naan

Directions

STEP 1 Rinse lentils under running water. Chop the onion, bell pepper, and carrot.

STEP 2 Heat oil in a pot and sauté onion for about 3-4 minutes over medium heat. Then add carrot and bell pepper.

STEP 3 Add all spices, sweetener, lentils, and vegetable broth or water. Bring to a boil and let simmer for about 10 minutes.

STEP 4 Finally, add coconut milk and cook for a further 5 minutes or until the desired thickness of the dahl is reached.

STEP 5 Season with black pepper and salt. Taste and adjust the seasonings as needed.

STEP 6 Serve warm with basmati rice, potatoes, or naan (flatbread) and garnish with fresh herbs as desired.

Indian Spiced Samosa Patties

Servings
4

Prep Time
10 min

Cooking Time
15 min

Calories
267 kcal

Ingredients

3 large Yukon Gold potatoes, peeled, chopped, and boiled
½ cup frozen peas
¼ cup onion, chopped
1 ½ teaspoons curry powder or more to taste
½ teaspoon ground ginger
½ teaspoon salt plus a couple dashes of flour
¼ teaspoon pepper
½ cup flour
3 tablespoons butter
2 tablespoons olive oil

Directions

STEP 1 In a small pot, cook the peas and onions in one tablespoon of butter over medium heat until onion softens, about 5 minutes.

STEP 2 Place the cooked potatoes in a large bowl. Once the peas and onions are cooked, add them to the potatoes.

STEP 3 Add the curry powder, ground ginger, salt, pepper, and one tablespoon of butter to the potato mixture. Use a potato masher to mash it all up.

STEP 4 Place the flour and a few dashes of salt in a small bowl, set aside. Line a plate with paper towels.

STEP 5 Heat the remaining tablespoon of butter and the two tablespoons of olive oil in a frying pan over medium heat.

STEP 6 Form the potato mixture into small patties and dredge them in the flour. Once the oil and butter is sizzling, place a few patties in the pan. Cook until golden brown, about three minutes on each side.

STEP 7 Once they are cooked, place them on the paper towel lined plate to drain. Repeat with remaining patties.

STEP 8 Serve warm and enjoy!



WELL WITHIN



SCAN ME

For more recipes like these! Go to
becomewellwithin.com

Chicken Tikka Masala

Servings

6

Prep Time

20 min

Cooking Time

20 min

Calories

362 kcal

Ingredients

For the Chicken Marinade

1 cup plain yogurt or Greek yogurt
2 tablespoons fresh lemon juice
1 ½ teaspoons cumin
1 teaspoon garam masala
½ teaspoon red chili powder (not cayenne pepper)
1 teaspoon salt
½ teaspoons ground ginger
½ teaspoons garlic powder
1.5 pounds boneless, skinless chicken breast, cut into small bite-sized pieces

Tikka Masala

½ cup chopped onions
1 cup bell pepper, chopped
Coconut oil
2 15 oz cans chopped tomatoes, blended
1 cup coconut milk
1 teaspoon garlic powder
4 tsp Garam Masala
Salt, pepper to taste
Basmati rice & naan

WELL WITHIN

Directions

STEP 1 In a bowl, whisk together all the ingredients for the marinade; add the chicken and toss to coat. Let marinate for 15 minutes to 1 hour (ideally overnight in the fridge, if time permits.)

STEP 2 Warm oil in a large pan over medium-high heat. Once shimmering, add chicken pieces in batches. Let them fry, untouched, for 1 minute to develop a crust, then sauté until browned for about 5 more minutes. Set aside and keep warm.

STEP 3 Heat a bit coconut oil in a pot (or use vegetable broth for oil free cooking). Fry the onions and bell peppers for about 5 minutes.

STEP 4 Add all ingredients like the chicken, blended tomatoes, coconut milk, garlic powder, and garam masala in that pot. Season with salt and pepper, bring to a simmer for 10 minutes.

STEP 5 Serve with basmati rice and naan!


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