

Senior Focused Primary Care

with our Temecula
Care Teams

Learn more inside!

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

Healthy recipes brought to
you by local physicians!



Dr. Uttaburanont
Internist

Call today!

951.430.4974

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.

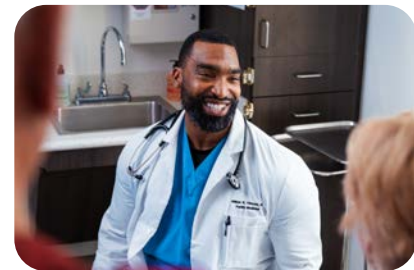
With access to hundreds of resources including hospitals, specialists and wellness programs, you can trust that you'll be receiving top-notch care with us.

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.



951.430.4974

Makena Office



Learn more about
Dr. Uttaburanont
on page 4

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 5

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	Dr. Simmons
Dr. Combs	Dr. Elfelt
Dr. Akladeos	Amber Holden, PA
Dr. Bailey	Deborah Layton, NP



**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!

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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!

951.430.4974



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
- Gardening
- 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!

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

Are you ready to become a patient?



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

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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. 951.430.4974



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/)

Other 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).



Michelle Etesami, NP
Makena



Deborah Layton, NP
Single Oak



Amber Holden, PA
Single Oak

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

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

To learn more call us!
951.430.4974

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

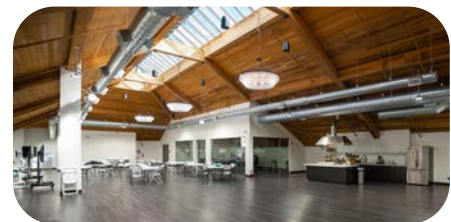
- Line Dance
- Yoga
- Bingo

Hemet



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

Sun City



27190 Sun City Blvd.
Sun City, CA 92586

ranchofamilymed.com/senior-centers/

WELL WITHIN



Brought to you by Dr. Uttaburanont!

When she's not in the office, you can find her whipping up delicious meals and enjoying quality time with her loved ones.

Lighter Egg Salad

Servings

8

Prep Time

10 min

Cooking Time

5 min

Calories

141 kcal

Ingredients

6 hard boiled eggs, chopped
1/4 cup Celery, finely chopped
1/2 small bag of frozen peas & carrots, steamed
1/2 cup Green onions or Chives, chopped
1/2 cup fat free Greek yogurt
1 tablespoon Dijon mustard
Salt and pepper to taste

Directions

STEP 1 In a bowl, place yogurt and dijon mustard (or more if you like) and salt and pepper to taste. Whisk until well mixed.

STEP 2 Combine rest of ingredients and mix well.

STEP 3 Serve with toasted whole wheat toast, and enjoy!




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Veggie Spring Rolls

Servings
1+

Prep Time
15 min

Calories
120 kcal


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Ingredients

Rice paper roll

Green leaf lettuce

Basil

Mint

Cilantro

Shredded cabbage

Bell pepper

Cucumber

Optional:

Peanut dipping sauce

Sweet chili dipping sauce

Directions

STEP 1 Chop all veggies in thin strips.

STEP 2 Wet rice paper for 10 seconds the transfer to plate to wrap.

STEP 3 Add ingredients on wrapper and roll like burrito.



WELL WITHIN

For more recipes like these! Go to
becomewellwithin.com



SCAN ME

Lighter Vegetarian Chilaquiles



Servings

2

Prep Time

5 min

Cooking Time

10 min

Calories

161 kcal

Ingredients

2 corn tortillas

2 eggs

Small bag of riced cauliflower,
(Spanish style)

Salt & pepper

1 teaspoon Avocado oil

Optional:

Taco seasoning

Avocado

Cilantro

Directions

STEP 1 Steam bag of riced cauliflower.

STEP 2 Place light amount of avocado oil into a pan, heated to medium heat. Tear Tortillas into bite size pieces, and lightly toast pieces.

STEP 3 Crack eggs into pan, season to taste with salt and pepper. Scramble and mix together. Toss together with Spanish style riced cauliflower.

STEP 4 For extra flavor you can sprinkle with taco seasoning, and even serve with slices of avocado.

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Garden Salad

Servings
6

Prep Time
15 min

Calories
265 kcal


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Ingredients

8 cups lettuce, chopped
1 cup tomatoes, chopped
1/2 cup bell peppers, cubed
1 cup cucumbers, sliced
1/4 radishes, sliced
2 tablespoons almonds, sliced

Dressing

3/4 cup extra virgin olive oil
1/2 cup red wine vinegar
1/3 cup water
1/2 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried basil

1 tablespoon honey
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

STEP 1 For dressing add all ingredients in a 16 oz mason jar.

STEP 2 Cover the jar with the lid and then shake until the dressing is combined.

STEP 3 Serve or refrigerate for up to 2-3 days.

STEP 4 Place all salad ingredients in a large bowl.

STEP 5 Toss salad with dressing to taste and serve immediately.



**Brought to you
by Dr. Rahman!**

Did you know that Dr. Rahman loves gardening? In her free time, she enjoys cultivating summer veggies like lettuce, tomatoes, radishes, and bell peppers. With so many tasty recipe options, there's always something new to create and enjoy!



Radish Mango Pico de Gallo


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Ingredients

1 cup (about 4 - 6) Radishes, chopped
1/4 cup Mango
1/3 Red Onion, diced
2 Spring Onions, diced
1/2 tsp Salt
2 Tbsp Lime Juice
1/4 cup Cilantro, chopped

Servings Prep Time Calories
4 **15 min** **15 kcal**

Directions

STEP 1 In a bowl, mix all the ingredients well, taste and adjust seasoning if needed.

STEP 2 Store covered in the refrigerator until ready to enjoy, use within 1 week.



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