

Senior Focused Primary Care

with our Murrieta
Care Teams



Dr. Jamey Sotis
Family Physician



Susan Lee
Physician Assistant

Call today!

951.430.4976

Learn more inside!

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

Healthy Recipes



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.

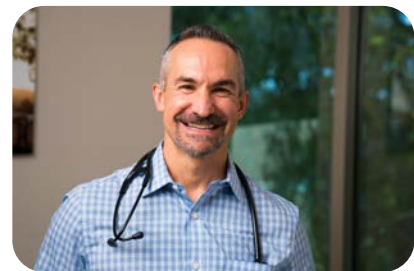
With access to hundreds of resources including hospitals, specialists and wellness programs, you can trust that you'll be receiving top-notch care with us.

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.



951.430.4976

Sky Canyon Office



Learn more about
Dr. Sotis on page 8

38860 Sky Canyon Dr.
Bld A. Murrieta, CA

Office Number
951.225.6276

Care Team

Dr. Jamey Sotis
Susan Lee, PA

ranchofamilymed.com/dr-sotis/

Cal Oaks Office



Learn more about
Dr. Rome on page 10

41011 California Oaks Rd #103
Murrieta, CA 92562

Office Number
951.225.6287

Care Team

Dr. Rome Walter
Dr. Stacy Bernardo
Rachel Vogel, PA

ranchofamilymed.com/dr-walter/

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.

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.

12 Locations 40+ Physicians

Want to meet your doctor before switching?

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

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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

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

To learn more call us!
951.430.4976

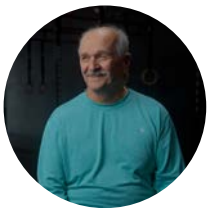
Free

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!

-Steve, Rancho Patient



My strength has improved since I started CrossFit!

-Carlyn, Rancho Patient



Watch Video



Senior Centers

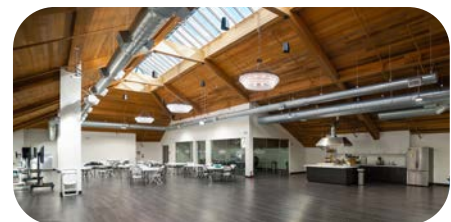
- Line Dance
- Yoga
- Bingo

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. Jamey Sotis

Family Physician

Hometown

- Prior Lake, MN

Education

- University of Notre Dame
- Master's degree in Bioethics from Trinity Graduate School in Chicago
- Ross University School of Medicine

Residency

- University of Minnesota

Why Dr. Sotis pursued medicine

- His passion for health & wellness for his patients and within the community.

Hobbies

- Hiking
- Backpacking
- Running
- Biking
- Photography

Exciting Goal

- Finishing a full IRONMAN

Fun Facts

- He had the unique pleasure of being the Notre Dame mascot, the Leprechaun.

Susan Lee

Physician Assistant

Hometown

- Las Vegas, NV

Education

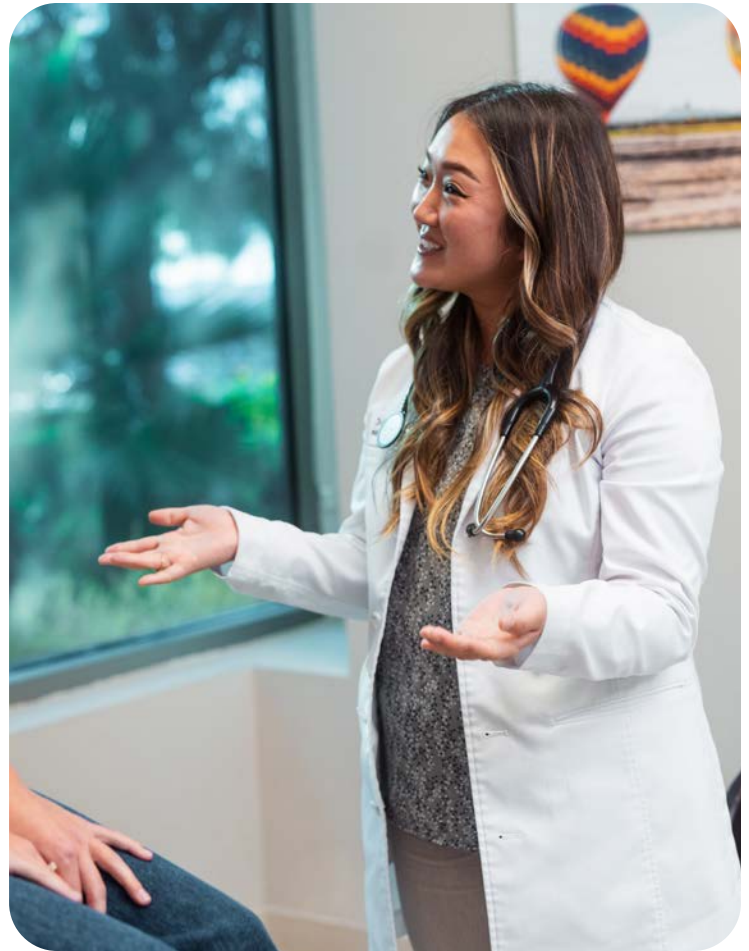
- B.S. degree in General Biology from the University of California, San Diego
- Master of Science degree in Physician Assistant Studies from Marshall B. Ketchum University
- Board certified and accredited by the National Commission on Certification of Physician Assistants

Why Susan Lee pursued medicine

- Enjoys making personal connections and advocating for her patients to live a better, healthier lifestyle.

Hobbies

- Photography
- Traveling
- Cooking
- Yoga
- Strength training
- Being outdoors
- Spending quality time with her fiancé, family, and friends and her two lovely dogs!



Fun Facts

- Served in medical missions to the Philippines.
- Prior to PA school, Susan used to be a medical scribe here at Rancho Family Medical Group for 4 years.



Interested in seeing our Sky Canyon Care Team?

Call our senior advocates today to learn more!

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Dr. Rome Walter

Family Physician

Hometown

- Central Valley, CA

Education

- Midwestern University – Arizona College of Osteopathic Medicine

Residency

- Southern Illinois University

Why Dr. Rome pursued medicine

- During his childhood Dr. Rome recalls times his mother would have each of

her children drink aloe vera juice and apple cider vinegar as a measure to add some extra nutrition into their busy lives. This initially started Dr. Rome down his path toward becoming a holistic physician and pursuing a career in osteopathic medicine.

Hobbies

- Mountain biking
- Reading classic literature
- Meditating
- Spending quality time with his wife and five children.

Rachel Vogel

Physician Assistant

Hometown

- Orange County, CA

Education

- Bachelor of Science degree in Nutrition Science from the University of California, Davis
- Master's degree in Medical Science with an emphasis in Physician Assistant Studies from the Lewis Katz School of Medicine at Temple University in Philadelphia, PA
- Rachel is certified by the National Commission on Certification of Physician Assistants.

Why Rachel Vogel pursued medicine

- She is passionate about cultivating relationships with her patients and enjoys using her nutrition background to guide medical treatment.

Hobbies

- Hiking
- Playing disc golf
- Cooking with her husband
- Exploring beautiful Southern California



Interested in seeing our Cal Oaks Care Team?

Call our senior advocates today to learn more!

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Dr. Stacey Bernardo

Family Physician

Hometown

- Highland, CA

Education

- University of Riverside, California
- Western University of Health Sciences in Pomona

Residency

- Loma Linda University

Why Dr. Bernardo pursued medicine

- Dr. Bernardo first became interested in the field of medicine when studying

human anatomy and the intricate workings of the human body. Combined with the calling to help others, medicine seemed the perfect occupation to pursue. She firmly believes in giving importance to both physical and mental well-being, and she is an advocate for preventative health care.

Hobbies

- Spending time with family
- Crafting through crochet
- Playing video games
- Spending time outdoors playing tennis



Are you ready to become a patient?



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

951.430.4976

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. 951.430.4976



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 to help!

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

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.



 SCAN ME

WELL WITHIN

For more recipes like these! Go to
becomewellwithin.com



Zucchini Pasta

Servings

2

Prep Time

15 min

Cooking Time

15 min

Calories

313 kcal

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.



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