

Senior Focused Primary Care

with our Sun City &
Menifee Care Teams

Dr. Irene Kim
Internist

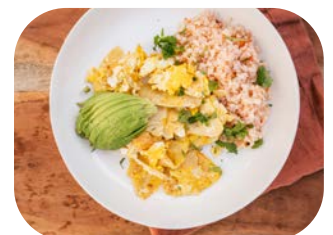
Call today!

951.430.4975

Learn more inside!

- Quality Senior Care
- More Offices Near You
- Same-Day Appointments
- Free Senior Centers
- 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](https://www.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.



951.430.4975

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
Charles Asamaphand, PA

Other offices near you



Menifee Office

30420 Haun Rd.
Menifee, CA 92584

Office Number
951.723.3800

Care Team

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



Hemet Office

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

Office Number
951.225.6802

Care Team

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

Dr. Irene Kim

Internist

Hometown

- East Los Angeles

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!

951.430.4975

ranchofamilymed.com/dr-irene-kim/

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.





Dr. Susan Behnawa

Geriatrician

Home State

- Southern California

Education

- University of California San Diego
- Creighton University, Nebraska

Residency & Geriatric Medicine Fellowship

- University of California, Irvine

Special Interests

- Wellness
- Holistic approach to care

Hobbies

- Spending time with her husband and children
- Outdoor activities

Dr. Behnawa believes simple lifestyle changes can go a long way in keeping patients healthy and out of the clinic, and always promotes healthy eating and exercise habits.



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Dr. Nermeen Akladeos

Family Physician

Hometown

- El Minya, Egypt

Education

- Ain Shams University in Egypt and intern in Kenya for a CDC program

Residency

- Temecula Valley Hospital

Why Dr. Akladeos pursued medicine

- Dr. Akladeos chose to study medicine because she saw the impact in her early life. She grew up volunteering in the clinic at her Catholic school, and from that,

she saw how the nurses were making a difference and changing people's lives every time that they went in. Now she is the one who gets to make a difference and help her community.

Hobbies

- Spending time with her family
- Participate in community service
- Hiking
- Camping

Languages Spoken

- English
- Arabic
- Swahili

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Dr. Daniel Camarillo

Family Physician

Hometown

- East Los Angeles

Education

- University of California Los Angeles

Residency

- Presbyterian Intercommunity Hospital, in Whittier, California

Special Interests

- Cardiac health
- Diabetes management
- Geriatrics
- Preventive medicine
- Hospital care

Hobbies

- Spending Quality Family Time
- Photography
- Visiting: Aquariums, Museums, Theme Parks, Zoos, and Redwood Forests
- Whale Watching
- Train Rides

Languages Spoken

- English
- Spanish



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Menifee Care Team?

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Dr. Rolando Gutierrez

Family Physician

Hometown

- Murrieta, CA

Education

- University of Southern California
- Universidad Autonoma de Guadalajara
- New York Medical College

Residency

- Glendale Adventist Medical Center

Specialties

- One of Dr. Gutierrez's specialties is helping with home health facilities in the local area.

Hobbies

- Spending time with his wife and children
- Culinary arts
- Sports
- Maintaining his bonsai trees

Languages Spoken

- English
- Spanish

ranchofamilymed.com/dr-rolando-gutierrez/



Are you ready to become a patient?



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

951.430.4975

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. 951.430.4975



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/

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

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

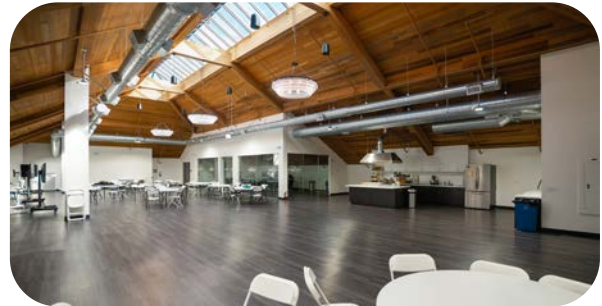
Finding community and staying active are core values at Rancho Family Medical Group, especially for our 55+ patients. That's why we have two senior centers located in Hemet and Sun City! Our centers offer a range of activities that promote healthy living such as exercise classes for all levels. Come 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!
951.430.4975

ranchofamilymed.com/senior-centers/

Garden Salad

Servings
6

Prep Time
15 min

Calories
265 kcal

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.



Veggie Spring Rolls

Servings
1+

Prep Time
15 min

Calories
120 kcal

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 then transfer to plate to wrap.

STEP 3 Add ingredients on wrapper and roll like burrito.

For more recipes like these! Go to
becomewellwithin.com



Lighter Vegetarian Chilaquiles

WELL WITHIN



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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