



**RANCHO FAMILY**  
MEDICAL GROUP

# Senior Focused Primary Care

with our Hemet  
Care Teams

**Dr. Tilson**  
Family Physician

**Call today!**  
**951.430.4977**

## Learn more inside!

- Quality Senior Care
- 35+ Providers
- Offices Near You
- Accepting New Patients
- Same-Day Appointments

## 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](http://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.



**951.430.4977**

# Hemet Office



Learn more about  
Dr. Tilson on page 4

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

Office Number  
**951.225.6802**

## Care Team

Dr. Tilson            Dr. Madrid  
Dr. Mondkar        Ana Diaz, NP  
Dr. Ching

## 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

A portrait of Dr. Brittany Tilson, a woman with long, wavy brown hair, smiling warmly. She is wearing a white lab coat over a light-colored top. A name tag is visible on her lab coat, and a stethoscope is around her neck. The background is a blurred outdoor scene with green foliage.

## Dr. Brittany Tilson

Family Physician

I love practicing from a family-centered approach and getting to know my patients backward and forward to fully understand how to take care of them.

## Hometown

- Yucaipa, CA

## Education

- Westmont College
- Loma Linda University School of Medicine

## Residency

- Loma Linda University Medical Center - Murrieta

## Why Dr. Tilson pursued medicine

• Dr. Tilson's pursuit of medicine was strongly influenced by her family's legacy. Surrounded by medical professionals while growing up, she experienced the essence of dedication, compassion, and expertise in healthcare. This environment gave her invaluable insights into the profound impact medical practitioners can have on people's lives.

## Hobbies

Anything outside:

- Hiking
- Running
- Camping
- Fishing
- Gardening



Interested in  
seeing our  
Hemet Care  
Team?

Call our senior  
advocates today  
to learn more!

**951.430.4977**

## 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.



[ranchofamilymed.com/dr-brittany-tilson/](https://ranchofamilymed.com/dr-brittany-tilson/)

# 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 pictured at [becomewellwithin.com](http://becomewellwithin.com)



**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!

**951.430.4977**



[ranchofamilymed.com/dr-sonali-mondkar/](http://ranchofamilymed.com/dr-sonali-mondkar/)

# Dr. Steven Ching

## Internist

### Hometown

- Los Angeles, CA

### Education

- Medical School at UCLA

### Training

- St. Mary Medical Center in Long Beach
- Harbor-UCLA Medical Center in Torrance

### Why Dr. Ching pursued medicine

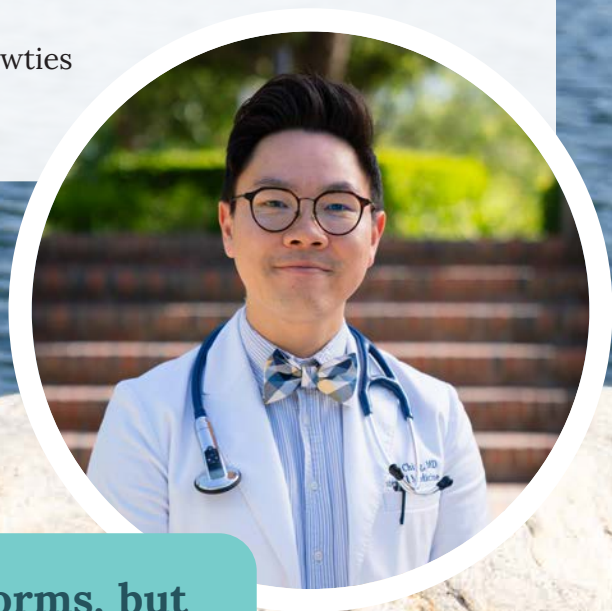
- His love of making connections with people.
- To serve others in their health and well-being journey.

### Hobbies

- Walking
- Longboarding
- Cooking traditional Cantonese dishes

### Favorites

- Wearing bowties



“Healing comes in many shapes and forms, but it doesn’t always have to look like a pill. I firmly believe a greater degree of impact can occur with the simple act of listening, communication, empathizing, and caring.” -Dr. Ching





# 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**



Charles Asamaphand, PA  
**Sun City**



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

# Talk with our trusted Brokers that will help you find a Medicare plan that is best for you!

## A&B Insurance Services

Medicare can be confusing. Friends and online guides can be helpful but having a local expert to guide you in choosing the right plan for your individual needs has its advantages. This is where an Independent Broker specialized in Medicare comes in.

A Broker can offer you a personalized review of the plans that you are interested in and help you to enroll. There is no fee for you to use their services; they are rewarded a commission by the plan that you select. It is important to work with a broker that will review many plans so that you can be sure to see the greatest coverage for the least out of pocket based on your needs.

### We are CA Life & Health licensed to review ALL of your options:

- Medicare Advantage HMO or PPO
- Medicare Supplement, or MediGap plans
- Part D Prescription (PDP) plans

### Who We Are & What We Do

- We will help sort through all the mess to find the plan that will work best for you.
- We are certified with every Medicare Advantage plan accepted by Rancho Family Medical Group.
- We will help you review your health coverage year after year to make sure you're on the best plan for you.
- We will be your personal health advocates and our goal is to be your Broker for life!



There is **never a fee** and **no obligation** for our services. Keep an eye out for community events or call for your personal appointment now.

**Bradley Massey**  
CA Lic#0L86250

**Rachel Brown**  
CA Lic#0H55045

**Cesar Garcia**  
CA Lic#0M07490

**We make Medicare easy.**  
[Rbrown.onlinehealth.news/](http://Rbrown.onlinehealth.news/)

**Toll Free Phone: 888.594.5043**

By calling the number above you will be directed to a licensed insurance agent. Medicare has neither reviewed nor endorsed this information.

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

# Are you ready to become a patient?



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

**951.430.4977**

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. 951.430.4977



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/)

# 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
- Tai Chi

To learn more call us!  
**951.430.4977**

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

# 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.



WELL WITHIN



# Pesto Pasta Salad

Servings  
**2-3**

Prep Time  
**15 min**

Calories  
**480 kcal**



## Ingredients

- 8 ounces whole-wheat fusilli (about 3 cups)
- 1 cup small broccoli florets
- 2 cups packed fresh basil leaves
- 1 cup of fresh spinach
- 1/4 cup pine nuts, toasted
- 1/4 cup grated Parmesan cheese
- 2 tbsp. Greek Yogurt
- 2 tbsp. extra- virgin olive oil
- 2 tbsp. lemon juice
- 1 large clove garlic, quartered

## Directions

**STEP 1** Bring a pot of water to boil and cook pasta according to the directions on the box. Stir in the broccoli one minute before the pasta is finished. Continue cooking pasta for one minute and then drain pasta and broccoli into a colander.

**STEP 2** While pasta is cooking, place all ingredients except tomatoes in a food processor. Process until almost smooth, and transfer it to a large bowl.

**STEP 3** Add the pasta, broccoli, and tomatoes to the bowl. Toss to coat, and serve!

# Watermelon Salad



## Ingredients

- 3 cup cubed seedless watermelon
- 1 cup crumbled feta
- 1/2 cup red onion, thinly sliced
- 1/2 cup coarsely chopped mint, plus more for garish
- 1 tablespoon Lemon juice
- Flaky sea salt, for garnish (optional)

Servings	Prep Time	Calories
4	10 min	143 kcal

## Directions

**STEP 1** In a large serving bowl, combine watermelon, feta, red onion, and mint. Add lemon juice and toss to coat.

**STEP 2** Garnish with more mint and flaky sea salt if desired.



WELL WITHIN

For more recipes like these! Go to [becomewellwithin.com](http://becomewellwithin.com)



SCAN ME



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