

New Year, New Doctor!

Trusted Primary
Care Since 1942



Dr. Mondkar
Family Physician



Dr. Tilson
Family Physician

Call today!

951.430.4972

Learn more about our Quality Senior Care!

- More Offices Near You
- Accepting Medicare
- Free Senior Centers

Healthy Recipes



Why Rancho?

Trusted Primary Care Since 1942

Rancho Family is dedicated to helping patients achieve and maintain optimal health!

40+ Providers

11 Offices

Wellness Programs

1

Specialize in Senior Healthcare

To learn more call us!
951.430.4972

Free Senior Centers

Finding community and staying active are core values at Rancho Family Medical Group. We have two senior centers located in Hemet and Sun City! Our centers offer a range of activities that promote healthy living such as: Line Dancing, Yoga, Bingo, and more!

Patient Relations Team

Our senior concierge team assists incoming senior patients (65+) and remains accessible throughout your care, ready to address inquiries regarding doctor changes and insurance concerns.

Medicare Experts

We have trusted local experts to guide you in choosing the right plan for your individual needs. A Broker can offer you a personalized review of the plans that you are interested in and even help you to enroll, all at no cost to you.



2

More available appointments

Nurse Practitioners & Physician Assistants

Have specialized training in:

- Diagnosis and treatment
- Medical history updates
- Lab and diagnostic test orders
- Result analysis
- Treatment plans
- Patient education
- Referrals
- And more!

3

Large Network of Specialists

Rancho Family Medical Group has partnered with Regal Medical Group as our IPA (Independent Physicians Association), a prominent medical group in Southern California for over 35 years.

Regal Medical Group

Our partnership guarantees premier healthcare for our patients to access local specialists, hospitals, and insurance companies.

4

Elite Hospital Affiliations

Our patients are cared for by our hospitalist team at the following locations:

- Loma Linda University Medical Center in Murrieta
- Rancho Springs Medical Center
- Temecula Valley Hospital
- Inland Valley Hospital

5

Medical Scribes

Scribes let physicians focus on you, not the computer.

We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

Interested in becoming a patient?

Did you know you can switch your doctor any time of the year?

Patient Relations Team

If you are 65 or older, our dedicated team is here to help in any way we can!

Our team can help with:

- Switching to a Rancho Family doctor
- Complications with your care
- Insurance and specialist questions
- And more!



Call our team directly!
951.430.4972

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4972



Humana.



Alignment Healthcare

We accept Medicare!

Call our Patient Relations Team, and they can help you with everything!

951.430.4972

Hemet Office



Learn more about
Dr. Tilson on page 8

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

Office Number
951.225.6802

Providers

Dr. Tilson	Ana Diaz, NP
Dr. Mondkar	Coming Soon:
Dr. Ching	Audrey Bell, FNP
Dr. Madrid	

Other offices near you:



Sun City Office

27190 Sun City Blvd.
Sun City, CA 92586

Office Number
951.723.3804

Providers

Dr. Kim
Dr. Behnawa
Dr. Madrid
Charles Asamaphand, PA
Coming Soon:
Donica Loney, PA



Menifee Office

30420 Haun Rd.
Menifee, CA 92584

Office Number
951.723.3800

Providers

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

Dr. Sonali Mondkar

Family Physician



Home State

- California

Education

- Undergraduate at UC Riverside
- Medical training at the 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 could 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.



Hemet Office

Interested in seeing Dr. Mondkar? Call us!

951.430.4972

ranchofamilymed.com/sonali-mondkar/



For more recipes like these! Go to becomewellwithin.com



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 this delicious recipe together.

Red Lentil Daal

Traditional Indian Lentils


RANCHO FAMILY
MEDICAL GROUP

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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.

WELL WITHIN

Dr. Brittany Tilson

Family Physician

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:
- Camping
 - Hiking
 - Running
 - Fishing
 - Gardening



Hemet Office

Interested in seeing Dr. Tilson? Call us!

951.430.4972

ranchofamilymed.com/brittany-tilson/

For more recipes like these! Go to becomewellwithin.com

Brought to you by Dr. Tilson!

One of her favorite recipes full of
plant-based protein and antioxidants!



Garbanzo Kale Salad


ranchofamilymed.com

Servings
3-6

Prep Time
10 min

Calories
386 kcal

Ingredients

- 10 oz chopped kale, stems removed
- 1-2 tablespoons olive oil
- 1 can garbanzo beans, rinsed and drained
- ½ cup dried cranberries (can substitute dried cherries or pomegranates if desired)
- ½ cup parmesan cheese, shredded or grated
- 1 clove garlic, pressed or minced
- 1 lemon, juiced
- Salt and pepper to taste

Directions

STEP 1 Place kale in a large bowl and add 1 tablespoon olive oil. Using clean hands, massage olive oil into kale leaves until kale turns dark green and softens. If the kale is not wilting enough, add a small amount of olive oil and keep massaging.

STEP 2 Add remainder of ingredients and toss. Taste and add salt, pepper, and lemon juice to taste. Will keep in the refrigerator for 1-2 days.

WELL WITHIN

Chicken Soup with Wild Rice

Servings
15

Prep Time
20 min

Cooking Time
45 min

Calories
769 kcal

Ingredients

1 whole chicken (3-4 lbs)
2 cups onion, chopped
1 cup carrots, chopped
1 cup celery, chopped
2 cloves garlic, minced
1 tablespoon thyme
1 tablespoon oregano
1 bay leaf
1-quart chicken stock
Water (to cover)
Salt and pepper (to taste)

For the Wild Rice:

2 cups wild rice
4 cups water
1 cup onion, diced
1 clove garlic, minced

Directions

STEP 1 Start by preparing the aromatic base of your soup. In your Instant Pot or a large soup pot, add two tablespoons of avocado oil. Once it's hot, sauté the chopped carrots, onions, celery, and minced garlic until they become fragrant and slightly tender.

STEP 2 Sprinkle in the thyme and oregano, and sauté for an additional two minutes, allowing the herbs to release their delightful flavors.

STEP 3 Place the whole chicken (preferably sourced from Primal Pastures) into the pot. Pour in the Primal Pastures chicken stock and add enough water to just cover the chicken. Toss in the bay leaf and season with a touch of cracked black pepper.

STEP 4 Seal the Instant Pot lid and set it for 35 minutes on high-pressure cooker mode. It will take around 45 minutes in total, factoring in the time it takes to pressurize and cook.

STEP 5 While the soup simmers away, it's time to prepare the wild rice. In a separate pot, heat some avocado oil. Sauté the diced onions and minced garlic until they turn translucent.

STEP 6 Add the wild rice to the pot and sauté for about a minute or two. Then, pour in the two cups of water, bring it to a boil, and reduce the heat to a simmer. Cover with a lid and cook for 20 minutes or until the wild rice is tender.

STEP 7 Once the Instant Pot is done and the pressure is released, carefully remove the chicken—it should be falling apart at this point. Shred the chicken meat and return it to the liquid. Season the soup with salt to taste.

STEP 8 To serve, take a generous portion of the cooked wild rice and place it at the bottom of your bowl. Ladle the flavorful chicken soup over the rice, and your heartwarming dish is ready to be enjoyed.


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SCAN ME



Primal Pastures

Recipe created in partnership with:
primalpastures.com

WELL WITHIN

Find full recipe video at:
becomewellwithin.com

4 Healthy Tips for the New Year!

Tip #1

Low Impact Exercises

Our doctors agree that getting at least 30 minutes of elevated heart rate a day is the best thing you can do for your overall health. Some exercises that are low impact and are easy to do at home without any equipment are squatting in a chair, walking dogs around the block, or taking an easy 30-minute stroll around your neighborhood.

Tip #2

Strength Training

Balance and strength go hand and hand, especially as we age. Our doctors note that many of the patients they see can have significant mobility limitations, partly because of chronic illnesses, but majorly because of becoming obese as a population. They note that often, their patients think that gaining 3 pounds each year is normal, however, over ten years, that can be an extra 30 pounds of weight on your body. This can lead to lessened mobility and joint issues. Lack of muscle mass can also manifest in losing balance, falling, and not being able to get back up. RFMG has partnered with CrossFit by Overload to provide our seniors with strength training classes both in person and online. Our doctors note that this is just as important for preventative medicine as any health screening. Being healthy and strong is pivotal to recovery should something happen, like an extended hospital stay, surgery, etc.

Tip #3

Sleep, Hormones, and Diet

Good sleep is essential to maintaining a healthy lifestyle. The body is designed to find homeostasis between all your hormones. Even under acute stress, the body is always looking to get to a non-stress situation and is not designed to remain under stress for too long. Thinking about what sleep truly is, it is our body recharging and trying to get to that homeostasis of hormones. As we age, the amount of sleep that we need typically changes, however, it also somehow seems to be harder to get. If you are having sleeping troubles, our doctors both encourage seeing you in the clinic to determine what underlying factors could be causing it. In many of their patients, hormonal imbalances can lead to significant sleep loss. Hormonal imbalance can often be caused by a diet high in processed carbohydrates, sugars, and preservatives. A diet filled with whole foods should not leave you tired, lethargic, and lacking motivation to move. Eating foods high in processed carbs and preservatives creates an inflammatory and stress-filled state in the body. This creates stress on the hormonal system, which can lead to poor sleep. It is a cycle that needs to be broken, ultimately with a clean diet, 30 minutes of movement a day, and quality sleep.

Tip #4

Finding a Support Community

When you have a community, it makes your goals a little more attainable. Starting new habits and changing a lifestyle can be difficult without a supportive community to encourage you along the way. When you have a community, you have people who have the same goals as you and who can push you when you feel less than motivated. Our doctors note that having a community also means that people are relying on YOU to keep them accountable as well. Staying healthy is possible without people, but people make it so much easier.



Did you know?...

You can switch your physician anytime throughout the year. Call today to switch!

951.430.4972

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