

New Year, New Doctor!

Trusted Primary Care Since 1942

Dr. Rome
Family Physician

Dr. Bernardo
Family Physician

Call today!

951.430.4973

Learn more about our Quality Senior Care!

- More Offices Near You
- Accepting Medicare
- Elite Hospital Affiliations

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!
951.430.4973

Free Senior CrossFit

Free CrossFit classes, exclusively for Rancho Family Medical Group senior patients. These sessions, led by experienced coaches, focus on functional movements such as squatting, pulling, and pushing to help participants of all levels reach their fitness goals.

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!
951.430.4973

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4973



Alignment Healthcare

We accept Medicare!

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

951.430.4973

Cal Oaks Office



Learn more about
Dr. Rome on page 6

41011 California Oaks Rd #103
Murrieta, CA 92562

Office Number
951.225.6287

Providers

Dr. Rome
Dr. Bernardo
Rachel Vogel, PA

Coming Soon:
Todd Baca, FNP

Other offices near you:



Hot Springs Office

38860 Sky Canyon Dr. Bldg A
Murrieta, CA 92563

Office Number
951.225.6276

Providers

Dr. Sotis
Susan Lee, PA

Coming Soon:
Courtney Assumma, PA



Single Oak Office

28780 Single Oak Dr, Suite 160
Temecula, CA 92590

Office Number
951.252.8650

Providers

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

Coming Soon:
Aimee Sanchez, PA

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.



Cal Oaks Office

Interested in seeing Dr. Rome? Call us!

951.430.4973

ranchofamilymed.com/rome-walter/



For more recipes like these! Go to becomewellwithin.com

Brought to you
by Dr. Rome!

Walnut-Rosemary Cruusted Salmon


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Servings
4

Prep Time
10 min

Cooking Time
8-15 min

Calories
303 kcal

Ingredients

2 teaspoons Dijon mustard
1 clove garlic
½ teaspoon lemon zest
1 teaspoon lemon juice
1 teaspoon chopped fresh rosemary
½ teaspoon honey

½ teaspoon kosher salt
¼ teaspoon crushed red pepper
3 tablespoons panko breadcrumbs
3 tablespoons finely chopped walnuts
1 teaspoon extra virgin olive oil
4 skinless salmon fillets, fresh or frozen
Olive oil cooking spray
Optional Garnish: parsley and lemon wedges

Directions

STEP 1 Line a large baking pan with parchment paper and heat the oven to 425°F.

STEP 2 In a small bowl combine the mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt, and crushed red pepper. In another small bowl, combine panko, walnuts, and olive oil.

STEP 3 Place the salmon onto the baking sheet and spread the mustard mixture on top. Coat the fish with the panko mixture and

lightly press in to adhere. Lightly coat with cooking spray.

STEP 4 Bake in the oven for about 8-15 minutes or until the fish flakes easily with a fork (this will depend on the thickness of the salmon).

STEP 5 Sprinkle with parsley and then serve with lemon wedges.

STEP 6 Serve warm with basmati rice, potatoes, or naan (flatbread) and garnish with fresh herbs as desired.

WELL WITHIN

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 and knitting
- Learning about indoor plant care and how to be a good Plant Mom
- Spending time outdoors playing tennis



Cal Oaks Office

Interested in seeing Dr. Bernardo? Call us!

951.430.4973

ranchofamilymed.com/stacey-bernardo/



WELL WITHIN

Easy Fried Rice

Servings

4

Prep Time

10 min

Cooking Time

30 min

Calories

451 kcal

Brought to you
by Dr. Bernardo!

Ingredients

1/2 tablespoon olive oil
1 cup onion finely chopped
1 tablespoon garlic finely minced
1 cup carrots peeled then finely chopped
2 eggs
2 tablespoons Cilantro, chopped
1/4 teaspoon pepper
1/4 teaspoon ground ginger
1/4 teaspoon red pepper flakes
Optional:
1 tablespoon toasted sesame oil
1 cup frozen green peas thawed
2 cups cooked white or brown rice

Directions

STEP 1 Cook rice according to the directions. Rice cooking time will vary depending on what type/method you use.

STEP 2 In the same pan, add olive oil. Heat the oil and sauté onions and garlic for 5 minutes.

STEP 3 After 5 minutes add in carrots. Sauté for an additional 5 minutes until they start to soften.

STEP 4 Push the veggie mixture to one side of the pan.

STEP 5 In a small bowl, whisk together eggs until combined. Add eggs to the pan and scramble on the empty side of the pan.

STEP 6 Once eggs are cooked (about 1-2 minutes), stir together with veggie mixture.

STEP 7 Add ginger, red pepper flakes, toasted sesame oil, thawed peas, cilantro, and cooked rice back to the pot. Stir over low heat until combined and warm.


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becomewellwithin.com

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!

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