

Empowering Seniors

Your Partner in Lifelong
Health and Happiness

Dr. Sotis
Family Physician
Murrieta, CA

*Learn more about our
Quality Senior Care!*

- Welcoming New Patients
- 2,000+ 5 Star Reviews
- Medicare Accepted

Call our direct line!
951.430.4971

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

Why Rancho?

Trusted Primary Care Since 1942

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

45+ Providers

12 Offices

Wellness Programs

1

Specialize in Senior Healthcare

To learn more call us!

951.430.4971

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

Regal Medical Group

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. 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!
951.430.4971

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4971



Alignment Healthcare

We accept Medicare!

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

951.430.4971



Hot Springs Office

38860 Sky Canyon Dr. Bldg A
Murrieta, CA 92563

Office Number
951.225.6276



Dr. Jamey Sotis

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



Susan Lee, PA

- 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



Courtney Assumma, PA

- Undergraduate at Pepperdine University Bachelor of Arts in Sports Medicine and Psychology
- Master's in Physician Assistant Studies at Cal Baptist University

Other Murrieta Office:



Cal Oaks Office

41011 California Oaks Rd #103
Murrieta, CA 92562

Office Number
951.225.6287

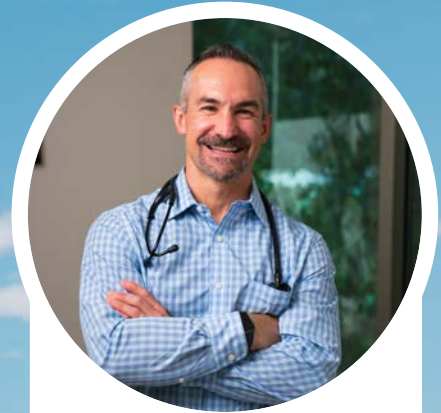
Providers

Dr. Rome
Dr. Bernardo
Rachel Vogel, PA

Coming Soon:
Todd Baca, FNP

Dr. Jamey Sotis

Family Physician



**Dr. Sotis is
excited to
partner with
you and your
health!**

Health Tip!

Nature Walks

Take strolls in the park or around the neighborhood to enjoy fresh air, sunshine, and the beauty of nature. Bring along a friend or family member for some company. Walking is a low-impact exercise that helps maintain cardiovascular health, strengthen muscles, and improve flexibility and balance. The gentle movement of walking aids in joint mobility and reduces the risk of chronic conditions such as heart disease, diabetes, and osteoporosis.

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.



Hot Springs Office

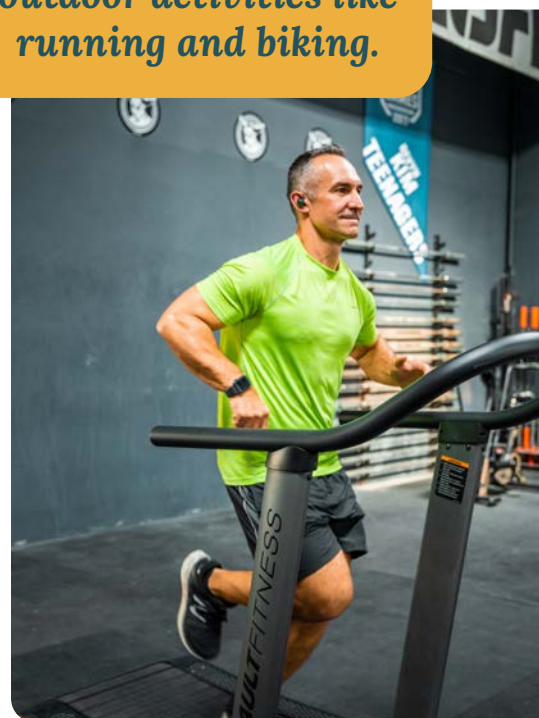
Interested in seeing Dr. Sotis? Call us!

951.430.4971

ranchofamilymed.com/james-sotis/



Dr. Sotis loves staying active especially with outdoor activities like running and biking.





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

Hobbies

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



*Susan is
excited to
partner with
you and your
health!*



Hot Springs Office

Interested in seeing Susan or Courtney? Call us!

951.430.4971

ranchofamilymed.com/susan-lee/



**Courtney is
excited to
partner with
you and your
health!**

Courtney Assumma

Physician Assistant

Hometown

- Temecula, CA

Education

- Undergraduate at Pepperdine University Bachelor of Arts in Sports Medicine and Psychology
- Master's in Physician Assistant Studies at Cal Baptist University

Professional Focus

- Emphasis on Diet and Lifestyle
- Belief in Addressing Chronic Ailments through Lifestyle Changes
- Advocates for Optimization of Health through Small Changes

Hobbies

- Cooking and baking
- Painting
- Spending time with family and friends
- Sports: Former soccer player, volleyball, basketball, and pilates
- Outdoor activities

What an APP can do for you!

APP's (Advanced Practice Provider) are either a Physician Assistant or a Nurse Practitioner.



APP's have more available appointment times



Family Physician

- ✓ Condition Diagnosis
- ✓ Yearly Physicals
- ✓ Prescription Writing
- ✓ Sick Visits
- ✓ Lab & Diagnostic Test Orders
- ✓ Treatment Plans
- ✓ Result Analysis
- ✓ Specialist Referrals
- ✓ Hospital Follow-ups

Physician Assistant

- ✓ Condition Diagnosis
- ✓ Yearly Physicals
- ✓ Prescription Writing
- ✓ Sick Visits
- ✓ Lab & Diagnostic Test Orders
- ✓ Treatment Plans
- ✓ Result Analysis
- ✓ Specialist Referrals



APP's work in collaboration with a Doctor as part of your care team

Courtney's Chocolate Chip Cookies

Servings
12

Prep Time
15 min

Cooking Time
9-13 min

Calories
609 kcal


Ingredients

6 T Coconut Oil (melted)
2 T Almond Milk
2 tsp Vanilla Extract
1/8 Cup Agave Nectar
1/4 Cup Coconut Sugar
2 Cups Almond Flour
1 tsp Baking Soda
1 tsp Baking Powder
1/2 tsp Salt (either in the mix or wait and sprinkle some flaked salt on top after you take them from the oven when still warm)
Enjoy Life Foods
Chocolate Chips Morsels (medium size)

Directions

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper and spray with coconut oil.
 2. In a large bowl, combine coconut sugar, almond flour, baking soda, baking powder, and salt (if preferred in the mix).
 3. In a small bowl, combine melted coconut oil, almond milk, vanilla, and agave nectar.
 4. Pour the bowl of wet ingredients into the large bowl of dry ingredients and combine.
 5. Add/fold in chocolate chips.
 6. Take a spoonful of dough and place on parchment paper about 3 inches apart (they like to spread out more so than normal depending on how large your scoops are).
 7. Bake at 350 degrees for about 9-13 minutes.
 8. Remove and let cool! They will be extra soft/goosey at first so letting them cool is usually best.
 9. ENJOY!
- *Play with the amounts of coconut sugar and agave nectar. Feel free to put less or as much as even 1/2 cup coconut sugar and/or 1/4 agave nectar.



 SCAN ME

WELL WITHIN

Find more healthy recipes at:
becomewellwithin.com



Join us for our next Meet the Doctor event!

Want to meet your new physician
before making an appointment?
Give us a call for more information.

Did you know?

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

951.430.4971

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP