



# Empowering Seniors

Your Partner in Lifelong  
Health and Happiness

**Dr. Kim**  
Internist • Sun City, CA

*Learn more about our  
Quality Senior Care!*

- Welcoming New Patients
- Free Senior Centers
- Medicare Accepted

Call our direct line!  
**951.430.4970**

*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!*

**40+ Providers**

**11 Offices**

**Wellness Programs**

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## Specialize in Senior Healthcare

To learn more call us!  
**951.430.4970**

### 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.



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## 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!

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## 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.

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## 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

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## 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!  
**951.430.4970**

## Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4970



Alignment Healthcare

## We accept Medicare!

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

**951.430.4970**





# Sun City Office

27190 Sun City Blvd.  
Sun City, CA 92586

Office Number  
**951.723.3804**



## Dr. Kim

- 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



## Dr. Behnawa

- Bachelor's degree from the University of California San Diego in Physiology and Neuroscience
- Creighton University School of Medicine in Omaha, NE



## Charles Asamaphand, PA

- 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



## Donica Loney, PA

- Bachelor of Science Degree in Health Sciences, Pre-Physician Assistant Studies at California Baptist University
- Master's Degree in Physician Assistant Studies at California Baptist University



# Dr. Irene Kim

Internist



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



## 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, and learning about other cultures and cuisines via international travel.



## Sun City Office

Interested in seeing Dr. Kim? Call us!

**951.430.4970**

[ranchofamilymed.com/irene-kim/](https://ranchofamilymed.com/irene-kim/)



*One of Dr. Kim's favorite things to do is cook healthy recipes with her fiancé.*



# Health Tip!

## Garden for Health

Cultivate a love for gardening to enhance both your physical and mental well-being. Spending time outdoors, tending to plants, and enjoying the fresh air can be both therapeutic and rewarding. Gardening activities, such as planting, weeding, and harvesting, provide gentle exercise for joints and muscles. Plus, the nutritious produce from your garden can contribute to a healthier diet.





# Dr. Susan Behnawa

Geriatrician

**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.**

She is a true advocate for preventive healthcare to ensure a long healthy life for her patients.



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





## Home State

- Southern California

## Education

- Bachelor's degree from the University of California San Diego in Physiology and Neuroscience
- Creighton University School of Medicine in Omaha, NE

## Residency & Geriatrician Fellowship

- University of California, Irvine

## Hobbies

- She enjoys being outdoors and staying active with her husband and children.

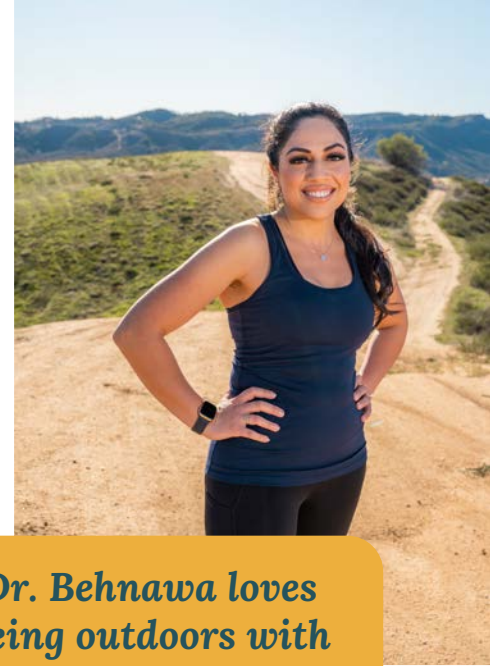


## Sun City Office

Interested in seeing Dr. Behnawa? Call us!

**951.430.4970**

[ranchofamilymed.com/susan-behnawa/](https://ranchofamilymed.com/susan-behnawa/)



*Dr. Behnawa loves being outdoors with her family.*



# Health Tip!

## Hydration with a Twist

Staying hydrated is crucial for overall health, but it doesn't have to be bland. Infuse your water with slices of citrus fruits, cucumber, or herbs like mint for a refreshing twist. Experiment with different combinations to make staying hydrated more enjoyable. Adequate hydration supports joint health, digestion, and skin elasticity – all important aspects of well-being for seniors.



Donica shadowed Dr. Madrid at Rancho Family prior to her undergrad, furthering her passion for healthcare.

# Donica Loney

## Physician Assistant

### Hometown

- Las Vegas, NV

### Education

- Bachelor of Science Degree in Health Sciences, Pre-Physician Assistant Studies at California Baptist University
- Master's Degree in Physician Assistant Studies at California Baptist University

### Passion for Medicine

- Donica's love for medicine originated/started in her childhood, fueled by an early fascination with anatomy and a medical dictionary, which ignited her curiosity.

### Hobbies

- Art, particularly painting anatomy, serves as a therapeutic outlet.
- Physical fitness activities such as waterskiing, rollerblading, and enjoying lakes and beaches.



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



### Sun City Office

Interested in seeing Donica? Call us!

**951.430.4970**

[ranchofamilymed.com/donica-loney/](https://www.ranchofamilymed.com/donica-loney/)



# 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**



**Dr. Behnawa**

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



**Donica Loney, PA**

- ✓ Condition Diagnosis
- ✓ Yearly Physicals
- ✓ Prescription Writing
- ✓ Sick Visits
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- ✓ Treatment Plans
- ✓ Result Analysis
- ✓ Specialist Referrals



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



## *Did you know?*

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

**951.430.4970**

[ranchofamilymed.com](http://ranchofamilymed.com)

  
**RANCHO FAMILY**  
MEDICAL GROUP