

# New Year, New Doctor!

Trusted Primary Care Since 1942



**Dr. Poste**  
Family Physician

**Dr. Akladeos**  
Family Physician

**Learn more about our  
Quality Senior Care!**

- More Offices Near You
- Accepting Medicare
- 2,000+ 5 Star Reviews

**Call today!**

**951.430.4977**

# 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!  
**951.430.4977**

### Free Senior CrossFit+Jazzercise

Rancho offers classes featuring strength training through CrossFit (Murrieta) and aerobic exercise with Jazzercise (Temecula). Our goal is to make fitness easily accessible to senior patients, motivating them to embrace an active and healthy lifestyle. Call for more information.

### 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

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.

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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!  
**951.430.4977**

## 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!

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

**951.430.4977**



# 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  
Aimee Sanchez, PA



Learn more about  
Dr. Poste on page 6

## Other offices near you:



### Makena Office

31150 Temecula Parkway  
Suite 200 Temecula, CA 92592

Office Number

**951.225.6827**

### Providers

Dr. Rahman  
Dr. Uttaburanont  
Janine Thorson, NP  
Michelle Etesami NP  
Anisha Patel, FNP



### Hot Springs Office

38860 Sky Canyon Dr. Bldg A  
Murrieta, CA 92563

Office Number

**951.225.6276**

### Providers

Dr. Sotis  
Susan Lee, PA  
Courtney Assumma, PA

# Dr. Alethea Poste

Family Physician



## Hometown

- San Pedro, CA

## Education

- California State University Long Beach
- Universidad Autónoma de Guadalajara School of Medicine
- New York Medical College

## Residency

- Mercy Health, Family Medicine Residency Program in Janesville, WI

## Why Dr. Poste pursued medicine

- When her grandfather fell seriously ill, she became his English translator during hospital visits. Seeing his deep respect for his doctors sparked her interest in becoming one. Encouraged by her family, she aimed to pursue medicine, drawn by the opportunity for hands-on patient care to make a meaningful difference in their well-being.

## Hobbies

- Spending time with her husband, two children, extended family, cat, and dog
- Traveling
- Cooking
- Learning about different cultures
- Peloton workouts

## Languages

- English
- Spanish
- Italian



## Single Oak Office

Interested in seeing Dr. Poste? Call us!

**951.430.4977**

[ranchofamilymed.com/alethea-poste/](https://ranchofamilymed.com/alethea-poste/)



## Hometown

- El Minya, Egypt

## Education

- Ain Shams University in Egypt and intern in Kenya for a CDC program

## Residency

- Temecula Valley Hospital

## Why Dr. Akladeos pursued medicine

- Dr. Akladeos chose to study medicine because she saw the impact in her early life. She grew up volunteering in the clinic at her Catholic school, and from that, she saw how the nuns were making a difference and changing people's lives every time they went in. Now she is the one who gets to make a difference and help her community.

## Hobbies

- Spending time with her family
- Participate in community service
- Hiking
- Camping

## Languages

- English
- Arabic
- Swahili



# Dr. Nermeen Akladeos

Family Physician



## Single Oak Office

Interested in seeing Dr. Akladeos? Call us!

**951.430.4977**

[ranchofamilymed.com/nermeen-akladeos/](https://ranchofamilymed.com/nermeen-akladeos/)

# Dr. Michelle Uttaburanont

Internist

## Hometown

- San Marcos, CA

## Education

- Undergraduate at the University of California at Irvine with a Biological Sciences degree with a specialty in Neuroscience
- Medical training at Rosalind Franklin University of Medical Sciences, Chicago Medical School MD/MS Program

## Residency

- Wayne State – Detroit Medical Center at Sinai Grace Hospital

## Hobbies

- Painting
- Cooking
- Spending time with her family



## Makena Office

Interested in seeing Dr. Uttaburanont? Call us!

**951.430.4977**

I would recommend Dr. Uttaburanont to family and friends. She is always very professional, and thorough and demonstrates qualities of kindness and empathy that I truly value.

– Rancho Patient

[ranchofamilymed.com/michelle-uttaburanont/](https://ranchofamilymed.com/michelle-uttaburanont/)



# Dr. Maisara Rahman

Family Physician

## Hometown

- San Diego, CA

## Education

- American University of the Caribbean School of Medicine

## Residency

- Riverside County Regional Medical Center and became the Chief Resident

## Why Dr. Rahman pursued medicine

- Her love and compassion to help others led her to pursue medicine.

## Fun Facts

- Dr. Rahman enjoys Academic Medicine and continues to teach at the UCR School of Medicine.
- She is the Associate Residency Program Director

## Hobbies

- Traveling
- Beach days
- Spending time with family



## Makena Office

Interested in seeing these providers? Call us!

**951.430.4977**

[ranchofamilymed.com/maisara-rahman/](https://ranchofamilymed.com/maisara-rahman/)

# 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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MEDICAL GROUP

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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!

**951.430.4977**

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