



Dr. Sotis



Dr. Vincent



**RANCHO FAMILY**  
MEDICAL GROUP

# Senior Care Excellence

*Learn How to Find the  
Right Doctor For You*

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

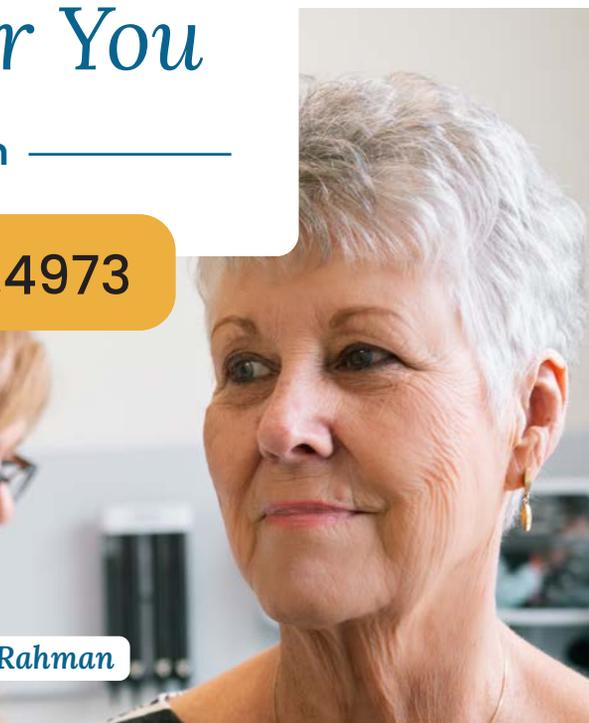
**Call today! 951.430.4973**



Dr. Mueller



Dr. Rahman



Temecula • Murrieta • Fallbrook • Menifee • Wildomar • Sun City • Hemet

# How to use this magazine to find the right doctor for you!

**1. What's most important to you?**  
*Preventive care, effective communication, treatment options, availability, location, etc.*

**2. How far do you want to drive?**  
*Rancho Family has 12 offices throughout Riverside County from Fallbrook to Hemet. See pages 6 and 7 for a list of all our offices.*

**3. Find the provider you are interested in.**

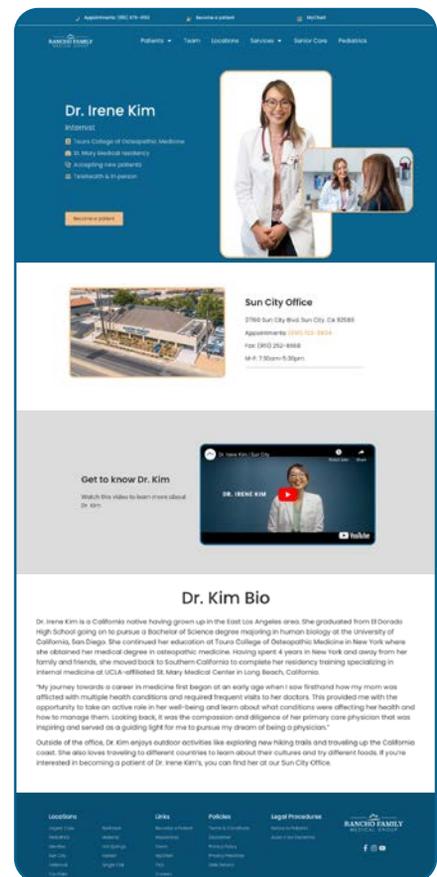
- See providers bio
- Visit our website, find their webpage, and watch intro videos.
- Get to know our providers! You can meet many of our providers before you switch, at our Meet the Doctor events.

**4. Contact Patient Relations Team**  
*Our team can help answer questions and help you switch to a Rancho Family provider. Contact our Patient Relations team at 951.430.4973.*

## Did you know?

You can meet our doctors before making an appointment. Give us a call for more information.

**951.430.4973**



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

[ranchofamilymed.com/meet-the-doctor/](http://ranchofamilymed.com/meet-the-doctor/)

# 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



## We accept Medicare!

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

**951.430.4973**

# 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!  
**951.430.4973**

### 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

### 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.

[ranchofamilymed.com/senior-care/](https://ranchofamilymed.com/senior-care/)

# Our Staff & Locations

## Redhawk

**Family Physician**  
Dr. Kyle Vincent

## Urgent Care

**Physician Assistants**  
Ernest Stock  
Daniel Nuñez



**Redhawk**  
**951.414.8240**  
**Urgent Care**  
**951.225.6838**

31150 Temecula Pkwy. Ste. 100  
Temecula, CA 92592

**Family Physician**  
Dr. Maisara Rahman  
**Internist**  
Dr. Michelle  
Uttaburanont

**Nurse Practitioners**  
Janine Thorson  
Michelle Etesami  
Anisha Patel



## Makena

31150 Temecula Pkwy. Ste. 200  
Temecula, CA 92592  
**951.225.6827**

**Family Physicians**  
Dr. Pamela Simmons  
Dr. Tae Im  
Dr. Cristina Bailey  
Dr. Nermeen Akladeos  
Dr. Alethea Poste  
Dr. Jerry Hizon

**Physician Assistants**  
Amber Holden  
**OB**  
Dr. Timothy Elfelt  
**Nurse Practitioner**  
Deborah Layton



## Single Oak

28780 Single Oak Dr.  
Ste. 160 & 270  
Temecula, CA 92590  
**951.252.8650**

**Family Physicians**  
Dr. Sonali Mondkar  
Dr. Brittany Tilson

**Internist**  
Dr. Steven Ching  
**Nurse Practitioners**  
Ana Diaz  
Audrey Bell



## Hemet

3853 W. Stetson Ave. Ste. 200  
Hemet, CA 92545  
**951.225.6802**

**Internist**  
Dr. Irene Kim  
**Geriatrician**  
Dr. Susan Behnawa

**Physician Assistants**  
Charles Asamaphand  
Donica Loney



## Sun City

27190 Sun City Blvd.  
Sun City, CA 92586  
**951.723.3804**

**Family Physician**  
Dr. Rome Walter  
Dr. Anh Brewer

**Nurse Practitioner**  
Desirae Segura



## Wildomar

23823 Clinton Keith Rd. Ste. 102  
Wildomar, CA 92595  
**951.414.8280**

**Family Physicians**  
Dr. Eric Madrid  
Dr. Daniel Camarillo  
Dr. Rolando Gutierrez  
Dr. Nicole Tfaye  
**Internist**  
Dr. Matthew Lee

**Physician Assistants**  
Kelli Smith  
Rebekah Tolopilo  
**Nurse Practitioner**  
Evelyn Kelley



## Menifee

30420 Haun Rd.  
Menifee, CA 92584  
**951.723.3800**

**New Menifee Office  
Coming Soon!**



**Family Physicians**  
Dr. Brandon Miller  
Dr. Anna Miller

**Nurse Practitioner**  
Mary Steinhoff



## Fallbrook

521 E. Elder St. #105  
Fallbrook, CA 92028  
**760.728.8344**

**Family Physicians**  
Dr. Mark Mueller  
Dr. Stacey Bernardo

**Physician Assistant**  
Rachel Vogel  
**Nurse Practitioner**  
Todd Baca



## Cal Oaks

41011 California Oaks Rd. #103  
Murrieta, CA 92562  
**951.225.6287**

**Family Physician**  
Dr. James Sotis

**Physician Assistants**  
Susan Lee  
Courtney Assumma



## Hot Springs

38860 Sky Canyon Dr. Bldg. A  
Murrieta, CA 92563  
**951.225.6276**

# Senior Centers

Finding community and staying active are core values at Rancho Family Medical Group, especially for our 55+ patients.

That's why we have two senior centers located in Hemet and Sun City! Our centers offer a range of activities that promote healthy living such as exercise classes for all levels. Come join us and be part of a supportive, welcoming community!



**Hemet**

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



**Sun City**

27190 Sun City Blvd.  
Sun City, CA 92586

## Free for all Rancho Family patients!

Become a patient and gain access to all our free senior classes and resources.



**Senior CrossFit**  
Murrieta, CA



**Jazzercise**  
Temecula, CA

## Upcoming Senior Center Events:



- Line Dance
- Chair Fitness
- Yoga
- Bingo

To learn more call us!  
**951.430.4973**

[ranchofamilymed.com/events/](https://www.ranchofamilymed.com/events/)

# Redhawk Provider

31720 Temecula Pkwy. Suite 100  
Temecula CA 92592

Appointment line:  
**951.414.8240**

## Dr. Kyle Vincent

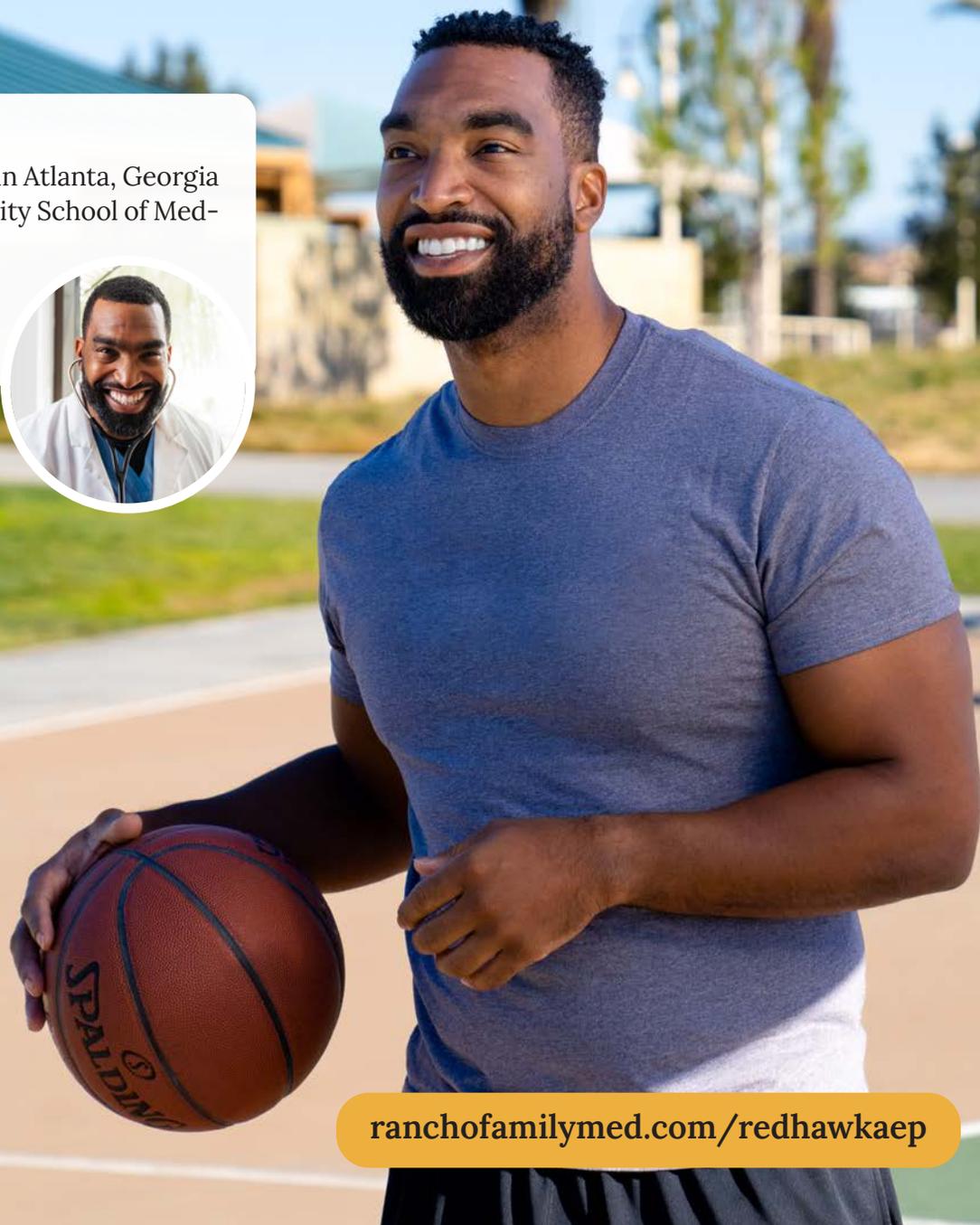
— Physician Assistant —

### Education

- Morehouse College in Atlanta, Georgia
- Wake Forest University School of Medicine

### Residency

- Atlanta, Georgia



[ranchofamilymed.com/redhawkaep](https://ranchofamilymed.com/redhawkaep)

# Hemet

## Providers

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

Appointment line:  
**951.225.6802**

## Dr. Brittany Tilson

Family Physician

### Education

- Westmont College
- Loma Linda University School of Medicine

### Residency

- Loma Linda University Medical Center - Murrieta



## Dr. Sonali Mondkar

Family Physician

### Education

- Undergraduate at UC Riverside
- Medical training at the American University of Antigua College of Medicine

### Residency

- UHS SoCal MEC at Temecula Valley Hospital



**Become a patient!**  
Call today! 951.430.4973

## **Audrey Bell, NP**

— Nurse Practitioner —

### **Education**

- Bachelor's degree in nursing from California Baptist University, Riverside
- Master's degree, specializing as a Family Nurse Practitioner



## **Ana Diaz, NP**

— Nurse Practitioner —

### **Education**

- Bachelor's and Master's in Nursing, specializing as a Nurse Practitioner from Chamberlain University

[ranchofamilymed.com/hemetaep](https://www.ranchofamilymed.com/hemetaep)



# Sun City Providers

27190 Sun City Blvd.  
Sun City, CA 92586

Appointment line:  
**951.723.3804**

## Dr. Irene Kim

Internist

### 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



## Dr. Susan Behnawa

Geriatrician

### Education

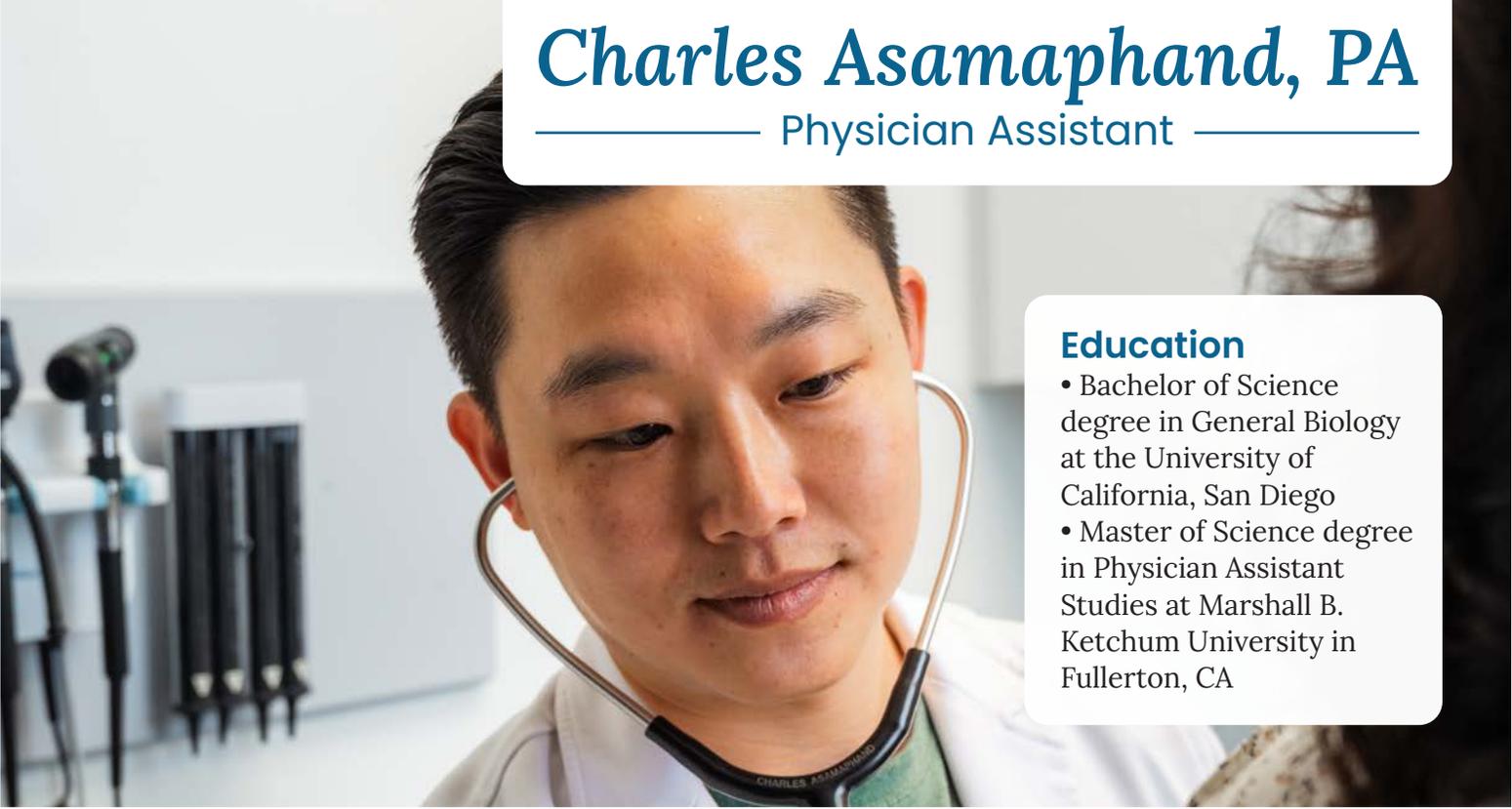
- Bachelor's degree from the University of California San Diego in Physiology and Neuroscience
- Creighton University School of Medicine in Omaha, NE

### Residency & Geriatrician Fellowship

- University of California, Irvine



**Become a patient!**  
Call today! 951.430.4973



**Charles Asamaphand, PA**  
Physician Assistant

**Education**

- Bachelor of Science degree in General Biology at the University of California, San Diego
- Master of Science degree in Physician Assistant Studies at Marshall B. Ketchum University in Fullerton, CA



**Donica Loney, PA**

Physician Assistant



**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

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

# Cal Oaks

## Providers

41011 California Oaks Rd #103  
Murrieta, CA 92562

Appointment line:  
**951.225.6287**

### *Dr. Mark Mueller*

Family Physician

#### Education

Undergraduate and Medical School  
at University of California, Irvine

#### Residency

Internal Medicine at Santa  
Barbara Cottage Hospital



### *Dr. Stacey Bernardo*

Family Physician

#### Education

- University of Riverside, California
- Western University of Health Sciences in Pomona

#### Residency

- Loma Linda University

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

# Wildomar

## Providers

23823 Clinton Keith Rd. Ste. 102  
Wildomar, CA 92595

Appointment line:  
**951.414.8280**

### *Dr. Rome Walter*

Family Physician

#### Education

- Midwestern University – Arizona College of Osteopathic Medicine

#### Residency

- Southern Illinois University



### *Desirae Segura, NP*

Nurse Practitioner

#### Education

- Master of Science in Family Practice Nurse/Nursing at University of South Florida

[ranchofamilymed.com/wildomaraep](https://ranchofamilymed.com/wildomaraep)



# Hot Springs Providers

38860 Sky Canyon Dr. Bldg. A  
Murrieta, CA 92563

Appointment line:  
**951.225.6276**

## Dr. James Sotis

Family Physician

### 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



[ranchofamilymed.com/hotspringsaep](https://www.ranchofamilymed.com/hotspringsaep)

**Become a patient!**  
Call today! 951.430.4973



## Susan Lee, PA

— Physician Assistant —



### 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



## Courtney Assumma, PA

— Physician Assistant —



### Education

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

# Menifee

## Providers

30420 Haun Rd.  
Menifee, CA 92584

Appointment line:  
**951.723.3800**

### *Dr. Matthew Lee*

Internist

#### **Education**

- Undergraduate studies at UC Berkeley
- Medical school in Virginia

#### **Residency**

- Loma Linda Murrieta in California



### *Dr. Nicole Tfaye*

Family Physician

#### **Education**

- Bachelor's at UC Irvine and graduated from Arizona College of Osteopathic Medicine and Loma Linda University

#### **Residency**

- Loma Linda University Medical Center - Murrieta



***Become a patient!***  
Call today! 951.430.4973

## ***Dr. Daniel Camarillo***

Family Physician



### **Education**

- University of California Los Angeles

### **Residency**

- Presbyterian Intercommunity Hospital, in Whittier, California

## ***Dr. Rolando Gutierrez***

Family Physician



### **Education**

- University of Southern California
- Universidad Autonoma de Guadalajara
- New York Medical College

### **Residency**

- Glendale Adventist Medical Center

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

# Makena

## Providers

31150 Temecula Parkway  
Suite 200 Temecula, CA 92592

Appointment line:  
**951.225.6827**

## Dr. Michelle Uttaburanont

Internist



### 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



[ranchofamilymed.com/makenaep](https://ranchofamilymed.com/makenaep)

**Become a patient!**  
Call today! 951.430.4973

A photograph of Anisha Patel, a Nurse Practitioner, standing in a bright room with large windows. She is smiling and wearing a black top. In front of her is a table with a large platter of appetizers, including bread, cheese, and various fruits. The background shows a view of a building and some greenery.

## Anisha Patel, NP

— Nurse Practitioner —

### Education

- Undergraduate degree in English from UC Santa Barbara
- Bachelor's and Master's in Nursing, specializing as a Family Nurse Practitioner in Nursing from West Coast University

A photograph of Dr. Maisara Rahman, a Family Physician, standing outdoors in a garden. She is wearing a blue top and glasses, and is looking down at a plant. The background is filled with green foliage and sunlight filtering through the leaves.

## Dr. Maisara Rahman

— Family Physician —

A circular inset photograph of Dr. Maisara Rahman wearing a white lab coat and glasses, looking to the side.

### Education

- American University of the Caribbean School of Medicine

### Residency

- Riverside County Regional Medical Center and became the Chief Resident

# Single Oak Providers

28780 Single Oak Dr.  
Temecula, CA 92590

Appointment line:  
**951.252.8650**

## Dr. Jerry Hizon

Family Physician



### Education

- Loyola Marymount University
- University of California, San Diego School of Medicine
- Sports Medicine from UC San Diego

### Residency

- Family Medicine Residency at UC Irvine Medical Center



[ranchofamilymed.com/singleoakaep](https://www.ranchofamilymed.com/singleoakaep)

**Become a patient!**  
Call today! 951.430.4973

## Dr. Nermeen Akladeos

Family Physician

### Education

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

### Residency

- Temecula Valley Hospital



## Dr. Alethea Poste

Family Physician

### 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



# Free Medicare Seminar!

Find out about the upcoming Medicare changes for 2025 and **ENJOY BRUNCH, SNACKS, OR PICK UP A WHOLE PIE** at no obligation to you!

Medicare's Annual Enrollment Period runs October 15 through December 7. You can switch health plans during that time! We will never steer or lead you to any one plan.

A&B Insurance Services are a team of local independent insurance agents who specialize in Medicare. We understand that everyone has different health and budgetary needs and one plan does not fit all. We give you the power to compare and the freedom to choose the plan that's right for YOU.

**There will be NO enrollments or sales at this seminar, so leave your checkbook at home.**



**Cesar Garcia**  
CA Lic#0M97490  
951.440.9242

**Rachel Brown**  
CA Lic#0H55045  
760.519.3740

**Bradley Massey**  
CA Lic#0L86250  
760.815.6827

## Here's what we will discuss before deciding on which plan is right for you:

- Enrollment Periods – Timelines, penalties, and other types of coverage
- Medicare Supplement Insurance Plans (Medigap) – what they cover
- Medicare Prescription Drug Plans (Part D) – Understanding the rules and terminology
- Medicare Advantage Plans (Part C) – An alternative plan for coordinated care
- Inflation Reduction Act – see how the nationwide Part D benefit changes may impact you!

Choosing a Medicare plan that best fits your needs is one of the most important decisions you will make. You should be educated about all of these rules before you make these decisions. Your mail is probably stacking up with advertisements about Medicare plans.

**Let's see what we can do! Join us for an event or call to request your personal appointment.**

This event is for educational purposes only, no plan benefit information will be shared. Free brunch, snack, or whole pie with no obligation to enroll. For accommodation of persons with special needs and meetings, call (760)519-3740, TTY 711. By calling the number above, you will be directed to a licensed insurance agent.

## Join us at an educational seminar near you!

As Licensed Insurance Agents, we are here to assist you in making Medicare easy to understand. We will talk about the upcoming changes for 2025 at the location below. Let us help you determine which plan might be best for your needs. We represent Medicare Advantage (HMO and PPO) plans, Part D (Prescription Drug plans), and Medi-Gap plans in your area.

Reserve your spot & ENJOY  
**BRUNCH OR A WHOLE PIE!**

**(888) 242-1086**

TTY 711, 24hrs/7days a week

## OCTOBER – DECEMBER PRESENTATIONS: Annual Election Meetings (AEP)

Free  
Pie!

### Fallbrook – Denny's

719 Main St.  
Fallbrook, 92028  
**Mondays at 10am**  
10/21, 10/28, 11/4, 11/18, 11/25, 12/2

Free  
Brunch!

### Murrieta – Richie's Diner

40651 Madison Ave.  
Murrieta, 92562  
**Wednesdays at 10am**  
10/16, 10/23

Free  
Brunch!

### Sun City – Black Bear Diner

27990 Bradley Rd.  
Sun City, 92586  
**Mondays at 10am**  
10/21, 10/28, 11/4

Free  
Snack!

### Murrieta – Black Bear Diner

24640 Madison Ave.  
Murrieta, 92562  
**Wednesdays at 2pm**  
10/16, 10/23, 10/30, 11/6, 11/13

Free  
Brunch!

### Temecula – Broken Yolk Cafe

26495 Ynez Rd.  
Temecula, 92591  
**Tuesdays at 10am**  
10/22, 10/29

Free  
Pie!

### Sun City – RFMG Senior Center

27190 Sun City Blvd.  
Sun City, CA 92586  
**Thursdays at 11am**  
10/17, 10/24, 10/31, 11/7, 11/14, 11/21

Free  
Snack!

### Temecula – Corner Bakery

26440 Ynez Rd.  
Temecula, 92591  
**Tuesdays at 2pm**  
11/5, 11/12, 11/19

Free  
Pie!

### Hemet – RFMG Senior Center

3853 W. Stetson Ave Suite 203  
Hemet CA 92545  
**Fridays at 11am**  
10/18, 10/25, 11/1, 11/8, 11/15, 11/22

Free brunch, snack, or whole pie at no obligation to enroll. These events are for educational purposes only, no plan benefit information will be shared. For accommodation of persons with special needs at meetings, please call (760) 519-3740, TTY 711 M-F, 9am-5pm PST. By calling the number above, you will be directed to a licensed insurance agent.

# What is an MD, DO, PA, and NP?



## MD (Doctor of Medicine)

It is a medical degree awarded to individuals who have completed medical school and undergone rigorous training to become licensed physicians. MDs are trained in the art and science of medicine, enabling them to diagnose and treat a wide range of medical conditions, perform surgeries, and provide comprehensive healthcare to patients.

[www.aamc.org](http://www.aamc.org)

## DO (Doctor of Osteopathic Medicine)

DOs are licensed physicians who have completed medical school with additional training in osteopathic principles. They emphasize a whole-person approach to patient care, considering the interplay of the body's systems and the role of the musculoskeletal system in health and disease. DOs also sometimes use osteopathic manipulative treatment (OMT) to diagnose and treat certain medical conditions.

[osteopathic.org](http://osteopathic.org)

## PA (Physician Assistant)

PAs are healthcare professionals who work under the supervision of physicians. They are trained to provide medical care and services to patients, including diagnosing and treating illnesses, ordering and interpreting diagnostic tests, and prescribing medications. PAs play a critical role in the healthcare team, contributing to primary care and specialized medical practices.

[www.aapa.org](http://www.aapa.org)

## NP (Nurse Practitioner)

NPs are advanced practice registered nurses with specialized education and training. They have the authority to diagnose and treat medical conditions, prescribe medications, and provide a broad range of healthcare services. NPs often specialize in various areas of medicine, such as family practice, pediatrics, women's health, and mental health.

[www.aanp.org](http://www.aanp.org)

TIME FOR A

# medicare

with



Medicare  
Insurance Agency

# CHECK-UP!

Open Enrollment

October 15th

through

December 7th

Now is the time to re-evaluate  
your health needs and review  
your plan options for 2025!

## Attend one of our upcoming 2025 Benefit Plan Comparison Meetings

OCT 10:30 AM	15	RFMG Senior Center - Sun City 27190 Sun City Blvd. Sun City, CA 92586
OCT 10:30 AM	22	RFMG Senior Center - Sun City 27190 Sun City Blvd. Sun City, CA 92586
NOV 10:30 AM	12	RFMG Senior Center - Sun City 27190 Sun City Blvd. Sun City, CA 92586
NOV 10:30 AM	19	RFMG Senior Center - Hemet 3853 W. Stetson Ave. Ste. 203 Hemet, CA 92545

Not affiliated with or endorsed by the U.S. government or federal Medicare program. This is a solicitation for insurance. Calling the number listed will connect you with an insurance agent. We do not offer every plan available in your area. Any information we provide is limited to the plans we do offer in your area. We represent 16 carriers offering 212 plans. Please contact Medicare.gov, 1-800-MEDICARE, or your local SHIP office to get information on all of your plan options.

**Alexandra Abadie**  
**(888) 550-5556**

hcaginsuranceforseniors.com

**Se Habla Español**

CA Lic. #: 0L57547



## Join us for our next *Meet the Doctor* event!

Want to meet one of our doctors  
before making an appointment?  
Give us a call for more information.

[ranchofamilymed.com/meet-the-doctor/](https://ranchofamilymed.com/meet-the-doctor/)

### *Did you know?*

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

**951.430.4973**

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

  
**RANCHO FAMILY**  
MEDICAL GROUP