



Dr. Sotis



Dr. Vincent




RANCHO FAMILY
MEDICAL GROUP

Senior Care Excellence

*Learn How to Find the
Right Doctor For You*

ranchofamilymed.com

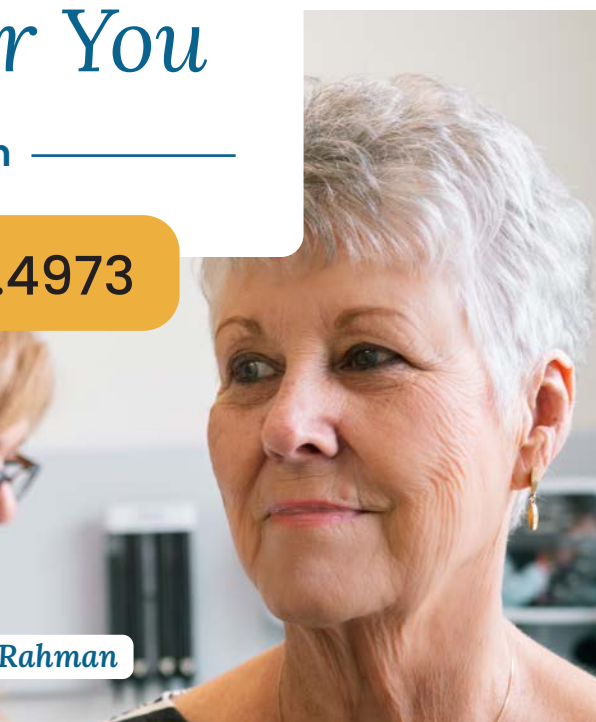
Call today! 951.430.4973



Dr. Mueller



Dr. Rahman



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

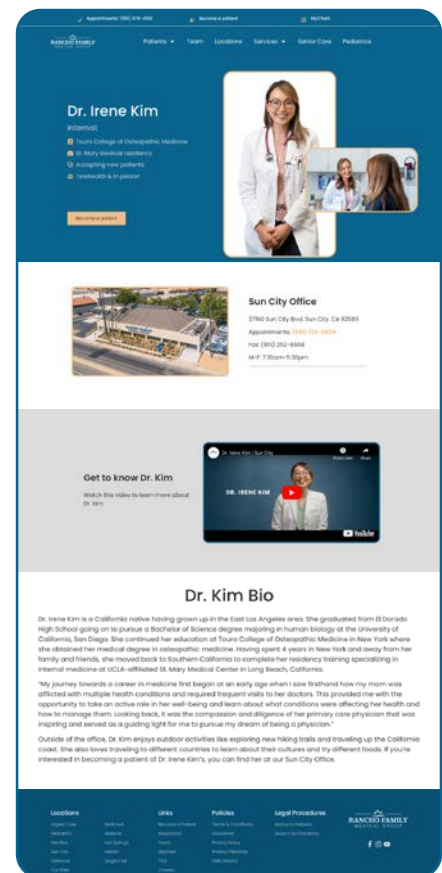
How to use this magazine to find the right doctor for you!

- 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

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.

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/

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

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



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

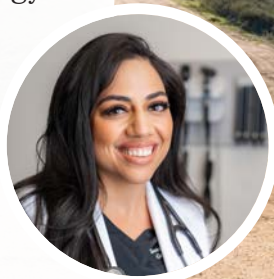
Geriatrician

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



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A close-up portrait of Charles Asamaphand, a young man with dark hair, wearing a white lab coat and a stethoscope. He is looking down with a slight smile. The background is a blurred clinical setting.

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

A full-body photo of Donica Loney, a woman with long, wavy brown hair, wearing a black blazer over a patterned shirt. She is standing in a room with large windows, gesturing with her right hand towards several colorful paintings displayed on a table in the foreground. The paintings include a still life with flowers, a landscape with a fire, and a night sky with stars.

Donica Loney, PA

Physician Assistant

A circular inset photo of Donica Loney, smiling and wearing a white lab coat over a dark top, with a stethoscope around her neck.

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

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/caloaksaep

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

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

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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



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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

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/makenaaep](https://www.ranchofamilymed.com/makenaaep)

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A woman with long dark hair, wearing a black top, stands in front of a large window with a view of trees and a building. She is smiling.

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 woman with blonde hair and glasses, wearing a blue top, is looking down at a plant. The background is a lush green garden.

Dr. Maisara Rahman

— Family Physician —

A circular inset photo 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

Become a patient!
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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

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

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

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

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/

Did you know?

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

951.430.4973

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP