

Senior Wellness & Fitness

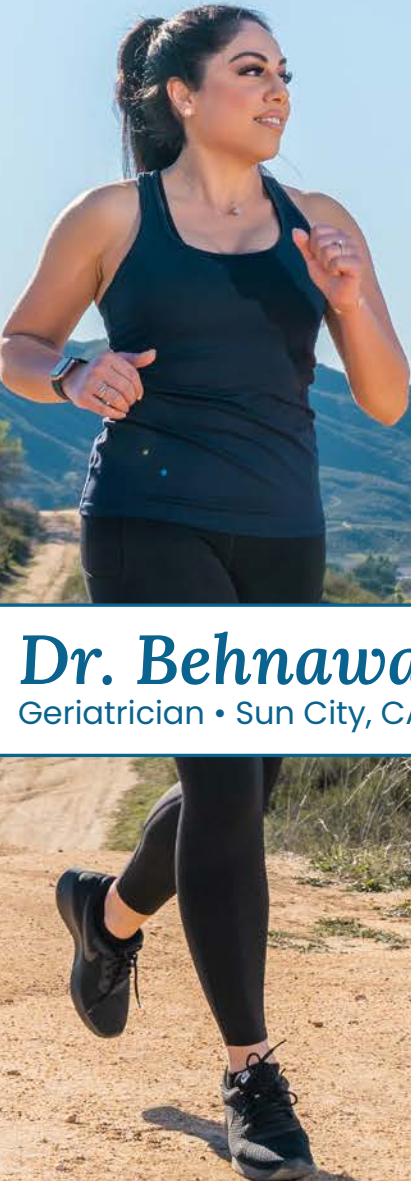
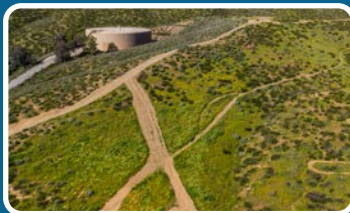
Outdoor Adventures
for a Healthier Life


RANCHO FAMILY
MEDICAL GROUP

*Learn more about our
Quality Senior Care!*

- Meet Local Doctors
- Free Senior Centers
- Medicare Accepted

Find local trails inside:



Dr. Behnawa
Geriatrician • Sun City, CA

**Interested in joining
a walking club?**

Call to learn more! 951.430.4977

**Welcoming
New Patients
951.430.4977**

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!
951.430.4977

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.

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



Sun City Office

27190 Sun City Blvd.
Sun City, CA 92586

Office Number
951.723.3804



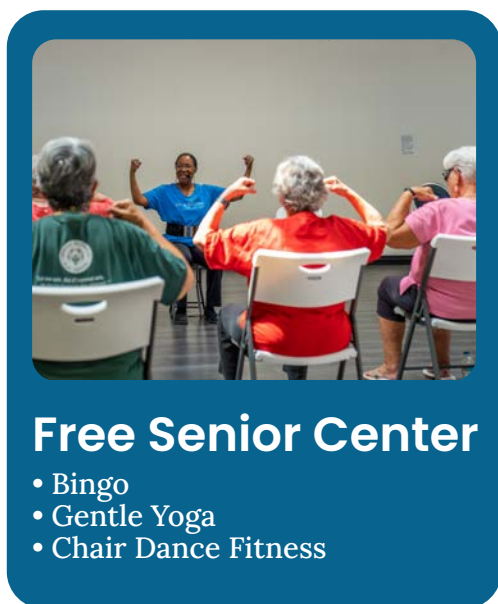
Dr. Kim

- 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



Free Senior Center

- Bingo
- Gentle Yoga
- Chair Dance Fitness



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

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 our providers? Call us!

951.430.4977

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



**Welcoming
New Patients**
951.430.4977

Dr. Susan Behnawa

Geriatrician

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.



ranchofamilymed.com/susan-behnawa

Embracing Activity & the Great Outdoors

As we gracefully navigate through the golden years of life, it's important to remember the incredible value of staying active and enjoying the beauty of the great outdoors. While it might be tempting to settle into a more relaxed routine as we age, the benefits of staying active, especially outside, are truly invaluable for our health and well-being.

Physical Health Benefits

Keeping our bodies moving is key to maintaining our health and independence as we grow older. Activities like taking leisurely walks, tending to a garden, or practicing gentle yoga can help improve our balance, flexibility, and strength. These activities also provide us with the sunlight we need to produce vitamin D, which is essential for keeping our bones strong and healthy.

Mental Well-being

Spending time in nature has a remarkable way of lifting our spirits and reducing stress. Studies have shown that seniors who spend time outdoors often feel happier and more at peace. Whether it's sitting in the sunshine or taking a stroll through a local park, connecting with nature can provide us with a sense of calm and rejuvenation.

Social Engagement

Maintaining connections with others is essential for our mental and emotional well-being. Outdoor activities provide wonderful opportunities to socialize and make new friends. Joining a walking group or participating in outdoor events with loved ones can help us feel connected to our community and combat feelings of loneliness.

Cognitive Function

Keeping our minds active is just as important as staying physically active. Engaging in outdoor activities that stimulate our senses, like birdwatching or exploring nature trails, can help keep our brains sharp and focused. Plus, the peacefulness of outdoor settings can provide us with the perfect environment for relaxation and mindfulness.

Embracing an Active Lifestyle

We can honor the vibrancy we contribute to our communities by embracing an active lifestyle. Whether we prefer a relaxed walk in the park, outdoor fitness classes, or tending to our backyard gardens, there are myriad ways to stay active and engage with nature, fostering a deeper connection with our surroundings.

By embracing outdoor activity and savoring the beauty of nature, we can continue to lead fulfilling and vibrant lives. This enriches our physical, mental, and emotional well-being for years to come.



ranchofamilymed.com/hiking-trails/

Walking & Hiking

Explore Local Trails

Discover the joy of outdoor exploration with our handpicked trails tailored for patients in local areas. Rated as easy, these walking and hiking paths invite you to bask in the sunshine and relish the beauty of nature while prioritizing your well-being.



Wildflower Trail, Diamond Valley Lake

2615 Angler Ave.
Hemet, CA 92545
Difficulty: Easy
Distance: 2.1 miles



Simpson Park Trails

28505 Rawlings Rd.
Hemet, CA 92544
Difficulty: Moderate
Distance: 5.2 miles



Heritage Lake Park

27600 Heritage Lake Dr.
Menifee, CA 92585
Difficulty: Easy
Distance: 1.3 miles



Simpson Trail, Aldergate Park

Menifee, CA 92584
Difficulty: Moderate
Distance: 1.2 miles

Interested in joining a walking club?
Call to learn more! 951.430.4977

Tomato Cucumber Salad

Servings
6

Prep Time
10 min

Calories
188 kcal

Ingredients

5 large tomatoes, quartered
1 cucumber, peeled and sliced
1/2 large red onion, sliced
2 tablespoons fresh cilantro, chopped
1 pinch kosher salt + 1 pinch black pepper

DRESSING

1/2 cup olive oil
1/4 cup red wine vinegar
1 teaspoon kosher salt + 1 pinch freshly ground black pepper
1/8 teaspoon garlic powder
1 teaspoon honey
1 teaspoon dried oregano

Directions

STEP 1 To make the tomato-cucumber salad: In a large bowl, combine all ingredients for the salad: tomato, cucumber, red onion, parsley, and cilantro. Sprinkle with salt and pepper and toss to combine.


STEP 2 To prepare the dressing, throw all of the dressing ingredients into a small bowl or a mason jar and whisk together vigorously, until well blended.

STEP 3 Pour the dressing over the veggies and toss gently. Cover the bowl with plastic and let sit at room temperature until ready to serve, for 1 to 3 hours. This will allow the flavors to meld together. Serve the tomato-cucumber salad when you're ready, enjoy!


RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.com



 SCAN ME

WELL WITHIN

Find more healthy recipes at:
becomewellwithin.com



Medicare
Insurance Agency

(888) 550-5556

hcaginsuranceforseniors.com

Don't let
this be you



during Open
Enrollment



Get a jump on what is going to impact your benefits in 2025!

With all of the NEW changes coming to Medicare in 2025, make sure you reach out to the agency that cares about and advocates for their clients. Call to schedule your 2025 benefit review to ensure you are getting everything you are entitled to.

Medicare

Medi-Cal

Covered
CA



To find out about and register for one of our
upcoming events, visit the events page on our website.

Not affiliated with or endorsed by the U.S. government or federal Medicare program. This is a solicitation for insurance. 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. 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

Ca Lic #: 0H35954



Dr. Kim

Internist • Sun City, CA

Did you know?

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

951.430.4977

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP