

Secrets to Senior Wellness

Meet Your Local
Hemet Physicians


RANCHO FAMILY
MEDICAL GROUP

Dr. Mondkar

Family Physician • Hemet, CA

Discover How We're Transforming Patient Care!

- Comprehensive Senior Care
- All Medicare Accepted
- Same-day Appointments
- Accepting New Patients

Call to learn more!

951.430.4969

Elevating Primary Care

1. We Specialize in Senior Healthcare

To learn more call us!
951.430.4969

Free Senior Center

Finding community and staying active are core values at Rancho Family Medical Group. We have a senior center located in Sun City! Our center 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

APPs (Advanced Practice Providers) are either a Physician Assistant or Nurse Practitioner.

Have specialized training in:

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

APPs work in collaboration with a doctor as part of your care team.

3. Medical Scribes

Scribes let physicians focus on you, not the computer.

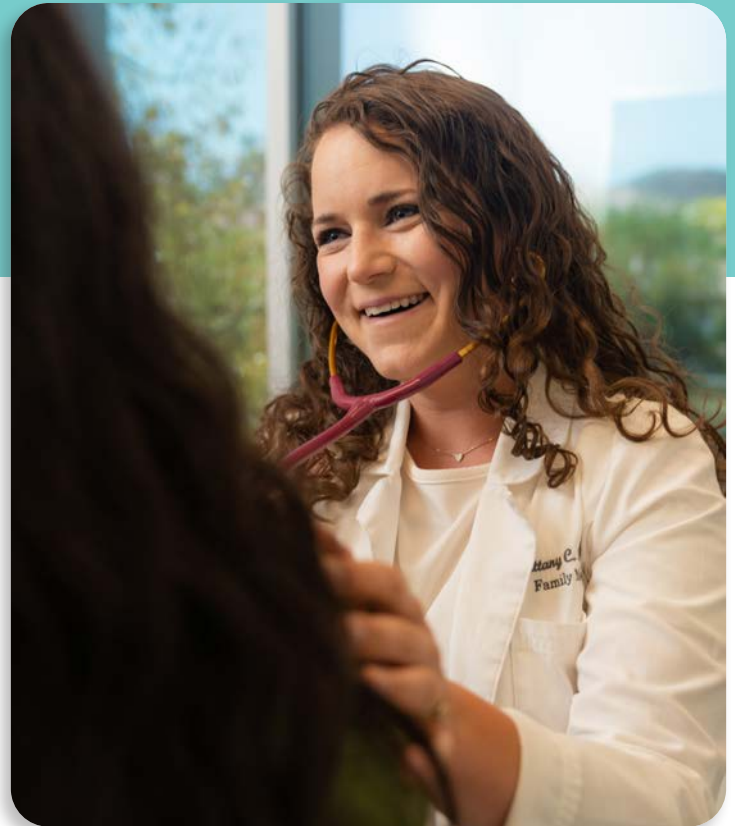
We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

Since 1942

4. 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.



5. 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

Trusted Primary Care Since 1942

Rancho Family is dedicated to helping patients achieve and maintain optimal health!

50+ Providers

12 Offices

Wellness Resources



Call our Patient Relations team for questions or to become a patient!

951.430.4969

If you are 65 or older, our dedicated Patient Relations team is here to help in any way we can! 951.430.4969

Our team can help with:

- Switching to a Rancho Family doctor
- Complications with your care
- Insurance and specialist questions
- And more!

We accept Medicare!

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4969



Alignment Healthcare





Hemet Office

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

Appointment line:
951.225.6802



Dr. Tilson



Dr. Mondkar



Dr. Ching



Ana Diaz, NP



Audrey Bell, FNP

Other Rancho Family locations near you:



Sun City Office Providers

27190 Sun City Blvd.
Sun City, CA 92586

Appointment line:
951.723.3804

Dr. Irene Kim
Dr. Susan Behnawa
Charles Asamaphand, PA
Coming Soon:
Dr. Diane Christine Hermiz



Menifee Office Providers

30420 Haun Rd.
Menifee, CA 92584

Appointment line:
951.723.3800

Dr. Matthew Lee
Dr. Nicole Tfaye
Dr. Daniel Camarillo
Dr. Rolando Gutierrez
Dr. Eric Madrid
Kelli Smith, PA
Rebekah Tolopilo, PA
Evelyn Kelley, NP

Benefits of Being Active While You Age

As we journey through life's golden years, embracing an active lifestyle can significantly enhance our health, happiness, and overall quality of life. Staying active, particularly in the great outdoors, offers invaluable benefits that help us age gracefully while connecting with the world around us.

Physical Health Benefits

Regular physical activity plays a vital role in maintaining strength, balance, and flexibility as we age. Simple outdoor activities like walking, gardening, or stretching exercises help preserve mobility and independence. These movements also expose us to sunlight, which is essential for producing vitamin D—a key nutrient for maintaining bone health and preventing osteoporosis.



Mental and Emotional Well-being

Nature has an extraordinary ability to boost our mood and reduce stress. Spending time outside, whether basking in the sunshine or enjoying a

gentle stroll, can uplift our spirits and provide a calming sense of renewal. Studies consistently show that seniors who engage with nature report higher levels of happiness and reduced feelings of anxiety or depression.

Social Connections

An active outdoor lifestyle encourages social interaction, which is crucial for emotional well-being. Activities like joining a walking group, participating in outdoor yoga, or meeting neighbors at a local park foster meaningful connections and help combat loneliness. These interactions nurture a sense of belonging and strengthen community ties.

Enhanced Cognitive Function

Keeping the mind sharp is as essential as maintaining physical health. Outdoor activities like birdwatching, hiking, or exploring scenic trails engage our senses and stimulate cognitive function. These mindful activities, coupled with the serenity of nature, promote mental clarity, relaxation, and a deeper appreciation for life's simple pleasures.

By choosing to stay active and savoring the joys of the outdoors, we can create a vibrant and fulfilling life that benefits our bodies and minds. Each step we take and every connection we make enhances the journey, ensuring that we continue to thrive and cherish the golden years to their fullest.

Want to start your fitness journey today?

Check out our **FREE** online Functional Fitness Workouts at becomewellwithin.com/move/

Dr. Brittany Tilson

FAMILY PHYSICIAN

Medical Degree

Loma Linda University
School of Medicine

Residency

Loma Linda University
Medical Center - Murrieta

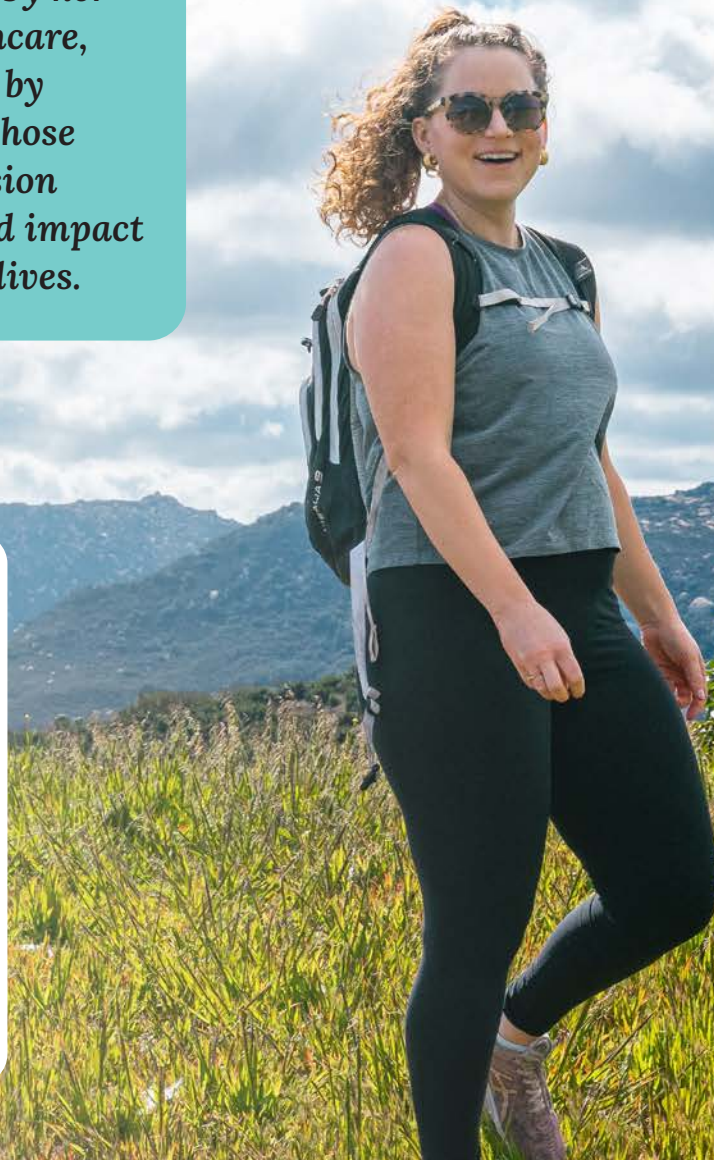
Hemet Office

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

Dr. Tilson was inspired by her family's legacy in healthcare, growing up surrounded by medical professionals whose dedication and compassion showed her the profound impact of medicine on people's lives.

Hometown

Yucaipa, CA



Accepting new patients!

ranchofamilymed.com/brittany-tilson/

951.430.4969

Dr. Sonali Mondkar

FAMILY PHYSICIAN

Medical Degree

American University of
Antigua College of Medicine

Residency

UHS SoCal MEC at
Temecula Valley Hospital

Hemet Office

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

**Dr. Mondkar
started at Rancho
Family as a Medical
Scribe and is now a
Family Physician!**

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

Home State

California



Accepting new patients!

ranchofamilymed.com/sonali-mondkar/

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Eating Habits While We Age

Nourishing Your Body for a Healthier Tomorrow

Aging brings natural changes to our bodies that influence how we process and absorb nutrients. Muscle mass tends to decrease, metabolism slows, and the body's ability to absorb certain nutrients, like calcium and vitamin B12, diminishes. Additionally, changes in taste, appetite, and dental health can impact food choices. Recognizing these shifts is key to making dietary adjustments that meet your body's evolving needs.

Protein for Muscle Health

Consuming adequate protein helps maintain muscle mass and strength, which are crucial for mobility and overall health. Incorporate lean meats, fish, eggs, beans, or plant-based protein sources like tofu and quinoa into your meals.

Calcium & Vitamin D for Bone Health

Bone density decreases with age, increasing the risk of fractures. Ensure you're getting enough calcium from dairy products, leafy greens, or fortified foods, and supplement it with vitamin D from sunlight, fatty fish, or fortified foods.

Want to find healthy recipes?

Visit becomewellwithin.com to find easy flavorful and healthy recipes to try today!

Fiber for Digestive Health

Fiber-rich foods like whole grains, fruits, vegetables, and legumes support digestive health and help regulate blood sugar and cholesterol levels.

Healthy Fats for Brain & Heart Health

Omega-3 fatty acids, found in fatty fish, walnuts, and flaxseeds, promote brain health and reduce inflammation, while unsaturated fats from avocados and olive oil support cardiovascular health.

Vitamins & Minerals for Immunity

Prioritize foods rich in vitamins C and E, zinc, and selenium to bolster your immune system. Fruits, nuts, seeds, and colorful vegetables are excellent sources.

Nourishing your body with the right foods is one of the most powerful ways to age gracefully. By adopting mindful eating habits and choosing nutrient-rich foods, you can support your health, boost your energy, and continue enjoying the activities you love for years to come. Take small steps today for a healthier tomorrow—your body will thank you.





Stuffed Mini Bell Peppers with Creamy Chicken Salad

Servings
4

Prep Time
10–15 min

Calories per serving
200 kcal

Ingredients

8–10 mini bell peppers (assorted colors)
1 1/2 cups shredded cooked chicken breast (rotisserie or homemade)
1/4 cup Greek yogurt (for creaminess)
2 tablespoons light mayonnaise (optional, for extra flavor)
1/4 cup celery, finely chopped
2 tablespoons red onion, finely chopped
1 tablespoon fresh dill, chopped (plus extra for garnish)
1 tablespoon fresh parsley, chopped (plus extra for garnish)
1 teaspoon Dijon mustard
1 teaspoon lemon juice
Salt and black pepper to taste

Instructions

1. Prepare the Peppers:

- Wash the mini bell peppers and slice them in half lengthwise.
- Remove the seeds and membranes to create little “boats.”

2. Make the Chicken Salad:

- In a medium-sized mixing bowl, combine shredded chicken, Greek yogurt, mayonnaise (if using), celery, red onion, dill, and parsley.
- Add Dijon mustard, lemon juice, salt, and pepper. Mix well until everything is evenly coated.

3. Stuff the Peppers:

- Spoon the chicken salad mixture into each mini bell pepper half, filling them generously.

4. Garnish and Serve:

- Top with extra chopped dill and parsley for freshness.
- Arrange the stuffed peppers on a serving tray and enjoy immediately!



ranchofamilymed.com

Ground Turkey White Bean Kale Soup

Servings

8-10

Prep Time

15 min

Calories per serving

122 kcal

Ingredients

1 lb Ground turkey
2 Bay leaves
1 can White cannellini beans
2 Carrots
3 Cloves garlic
1 cup Kale
1 cup Onion
1 Turnip
2 springs Fresh rosemary
6 cups Chicken stock,
plus 1 cup water
Salt & black pepper
Paprika or cayenne
Italian seasoning

Instructions

Step 1

Add chopped onion and garlic to a pot on medium heat. Add in ground turkey and season with salt, pepper, and Italian seasoning and optional paprika.

Step 2

Add in turnip, carrots, beans, chicken stock, rosemary, and bay leaves.

Step 3

Bring to a simmer and remove rosemary and bay leaves. Serve and enjoy!


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SCAN ME

WELL WITHIN

Find more healthy recipes at:
becomewellwithin.com





Dr. Tilson
Family Physician

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patient anytime
throughout the
year. Call today to
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