

Secrets to Senior Wellness

Meet Your Local Physicians



Dr. Nicole Tfaye

Family Physician • Menifee, CA



Discover How We're Transforming Patient Care!

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

Call to learn more!

951.430.4970

Elevating Primary Care

1. We Specialize in Senior Healthcare

To learn more call us!
951.430.4970

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.

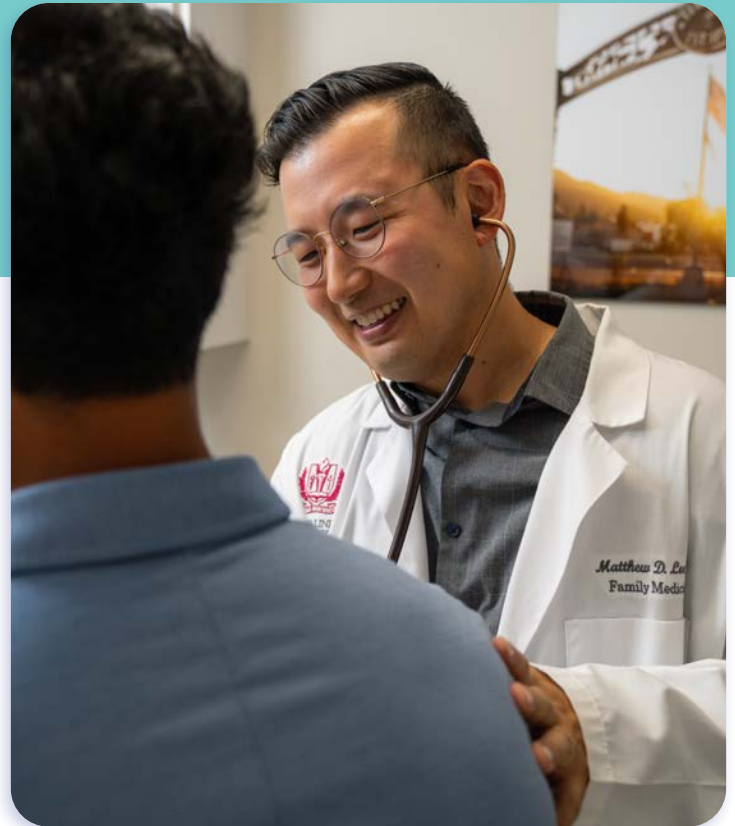
We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

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!

951.430.4970

If you are 65 or older, our dedicated Patient Relations team is here to help in any way we can! 951.430.4970

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. 951.430.4970



Alignment Healthcare



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!


RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.com



SCAN ME

WELL WITHIN

Find more healthy recipes at:
becomewellwithin.com



New Menifee Office

Coming Soon!



Newport Town Center
Newport Rd & Haun Rd
Menifee, CA 92586

Appointment line:
951.723.3800



Dr. Lee



Dr. Tfaye



Dr. Camarillo



Dr. Gutierrez



Dr. Madrid



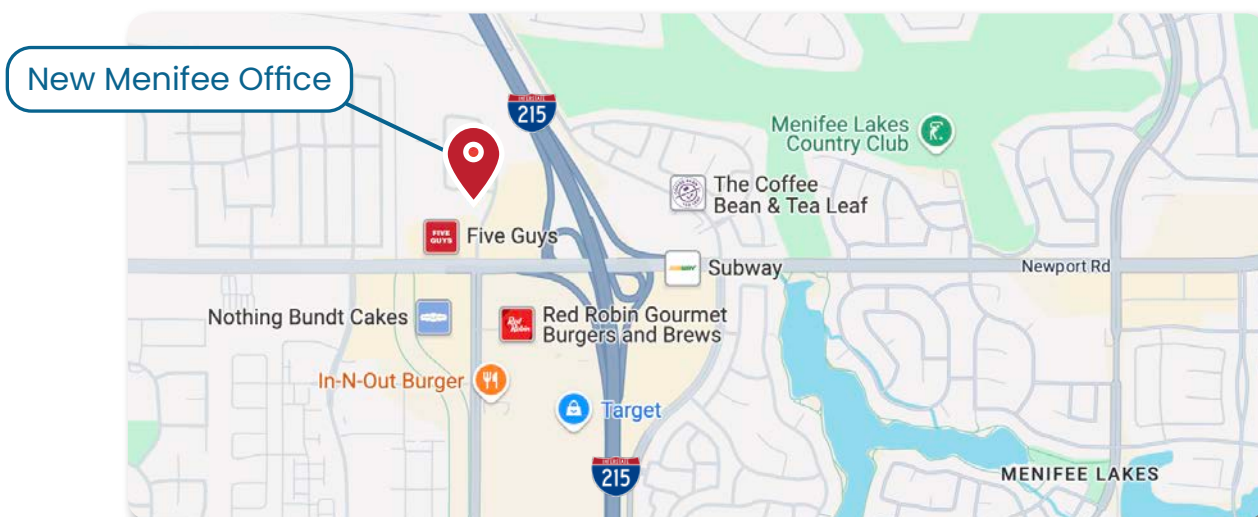
Kelli Smith, PA



Rebekah Tolopilo PA



Evelyn Kelley, NP





Sun City Office

27190 Sun City Blvd.
Sun City, CA 92586

Appointment line:
951.723.3804



Dr. Kim



Dr. Behnawa



**Charles
Asamaphand, PA**

Dr. Hermiz
Coming Soon



Menifee Office

30420 Haun Rd.
Menifee, CA 92584

Appointment line:
951.723.3800

*Temporary Location Until
the New Office Opens!*

Dr. Nicole Tfaye

FAMILY PHYSICIAN

Medical Degree

Arizona College of
Osteopathic Medicine

Residency

Loma Linda University
Medical Center - Murrieta

Menifee Office

30420 Haun Rd.
Menifee, CA 92584



Comprehensive Services:

- Hypertension Management
- Lipoma and Cyst Removals
- Women's Health Care

Hometown

Costa Mesa, CA



Accepting new patients!

ranchofamilymed.com/nicole-tfaye/

951.430.4970

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 join a fitness class?

Join our FREE fitness classes at our Sun City Senior Center!

The Benefits of Strength Training as You Age

Strength training is one of the best ways for seniors to maintain health, vitality, and independence as they age. Contrary to common belief, it's not just for bodybuilders—it's crucial for overall well-being, even in later years. Here are some key benefits of strength training as you age:

1. Preserves Muscle Mass & Strength

As we age, we naturally lose muscle mass, leading to weakness and difficulty with everyday tasks. Strength training helps rebuild muscle, improving mobility and making activities like lifting groceries or climbing stairs easier.

2. Improves Bone Health

Strength training stimulates bone growth, helping prevent osteoporosis and reducing the risk of fractures. It's an effective way to increase bone density and protect your skeletal health.

3. Reduces Fall Risk

By strengthening muscles involved in balance, strength training reduces the risk of falls—a major concern for seniors. It enhances stability and coordination, making you safer in daily life.

4. Boosts Mobility and Flexibility

Strength exercises improve joint health and flexibility, making it easier to move and reducing stiffness or discomfort from aging. You'll also experience improved posture, which can alleviate pain in the back and neck.

5. Enhances Mental Health

Exercise, including strength training, boosts mood, reduces symptoms of depression and anxiety, and may improve cognitive function.

Regular strength training has also been linked to a lower risk of dementia.



6. Supports Cardiovascular Health

Strength training can help lower blood pressure, improve circulation, and enhance heart health, offering benefits similar to aerobic exercise.

7. Promotes Longevity

Regular strength training contributes to a longer, healthier life by managing chronic conditions, reducing the risk of disability, and improving sleep and energy levels.

Getting Started

Start slow with bodyweight exercises or resistance bands, focusing on proper form. Aim for two to three strength sessions per week, and consider working with a fitness professional to ensure you're doing exercises that are safe and effective for your body.

Want to join a fitness class?

Rancho patients get free access to Senior CrossFit classes every week.

Dr. Matthew Lee

FAMILY PHYSICIAN

Medical Degree

Liberty University College
of Osteopathic Medicine

Residency

Loma Linda University
Medical Center - Murrieta

Menifee Office

30420 Haun Rd.
Menifee, CA 92584

Dr. Lee is enthusiastic about a team-based approach to healthcare, centered on trust and deep, personal connections with his patients. Dr. Lee believes that everyone has a unique story, and understanding these stories is the cornerstone of effective medical care.

Hometown

Fort Collins, CO



Accepting new patients!

ranchofamilymed.com/matthew-lee/

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Dr. Lee
Family Physician



*You can become a
patient anytime
throughout the
year. Call today to
become a patient!*

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