

Secrets to Senior Wellness

Meet Your Local
Temecula Physicians



Dr. Blosser

Internist • Temecula, CA

Discover How We're Transforming Patient Care!

- Comprehensive Senior Care
- All Medicare Accepted
- Preventive Care Approach
- Accepting New Patients

Call to learn more!

951.430.4974

Elevating Primary Care

1. We Specialize in Senior Healthcare

To learn more call us!

951.430.4974

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 offers 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.

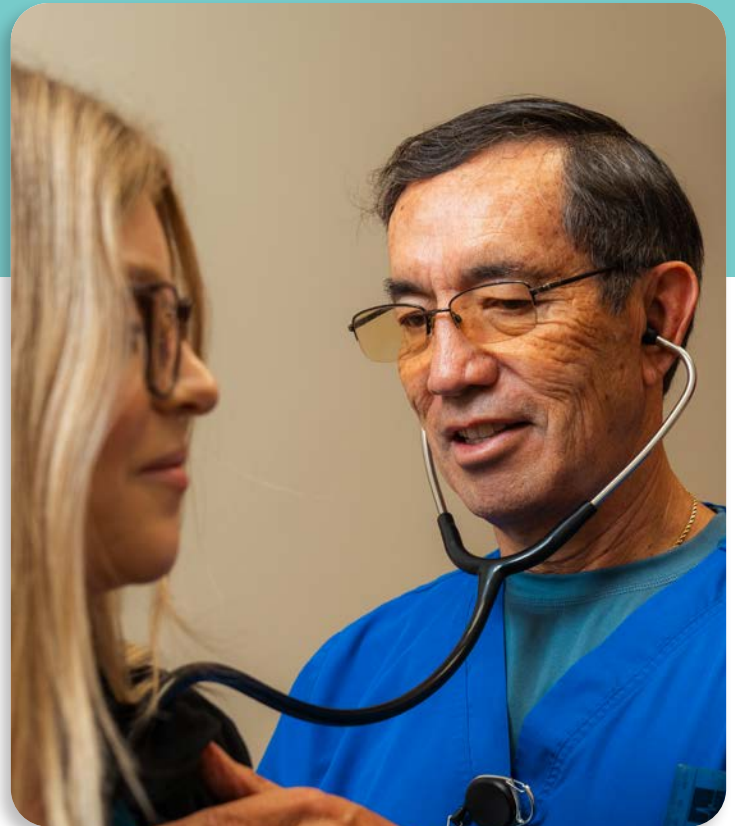
We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

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



We're Here for You Every Step of the Way!

Helping Seniors 65+ Navigate Their Healthcare with Ease.

Navigating healthcare can feel overwhelming, but you don't have to do it alone. Our friendly Patient Relations Team is just a call away to guide you through every step.



Call us today!
951.430.4974

Available Monday-Friday, 8 AM - 5 PM

Our Team Can Help With:

- Switching to a Rancho Family doctor.
- Resolving complications with your care.
- Answering insurance and specialist questions.

What You Can Expect:

- A dedicated point person for any issues you have.
- Help with everything related to your care.
- Guidance to ensure seamless, personalized care.

We accept Medicare!

No matter your insurance, our team works with you to simplify the process.

Here are some of the major insurances we accept:





Makena Office

31150 Temecula Parkway
Suite 200 Temecula, CA 92592

Appointment line:
951.225.6827

Providers

Dr. Nichele Blosser

Dr. Michelle Uttaburanont
Dr. Maisara Rahman
Janine Thorson, NP

Michelle Etesami, NP
Anisha Patel, NP
Amanda Vanscoy, NP

Other Rancho Family locations near you:



Redhawk Office

31720 Temecula Pkwy. Suite 100
Temecula, CA 92592

Appointment line:
951.414.8240

Providers

Dr. Kyle Vincent



Single Oak Office

28780 Single Oak Dr, Suite 160 & 270
Temecula, CA 92590

Appointment line:
951.252.8650

Providers

Dr. Tae Im
Dr. Nermeen Akladeos

Dr. Alethea Poste
Dr. Cristina Bailey
Dr. Pamela Simmons
Dr. Timothy Elfelt

Dr. Jerry Hizon
Amber Holden, PA
Deborah Layton, NP
Gabrielle Green, 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. Nichele Blosser

INTERNIST

Medical Degree

Des Moines University
Medicine & Health Sciences

Residency

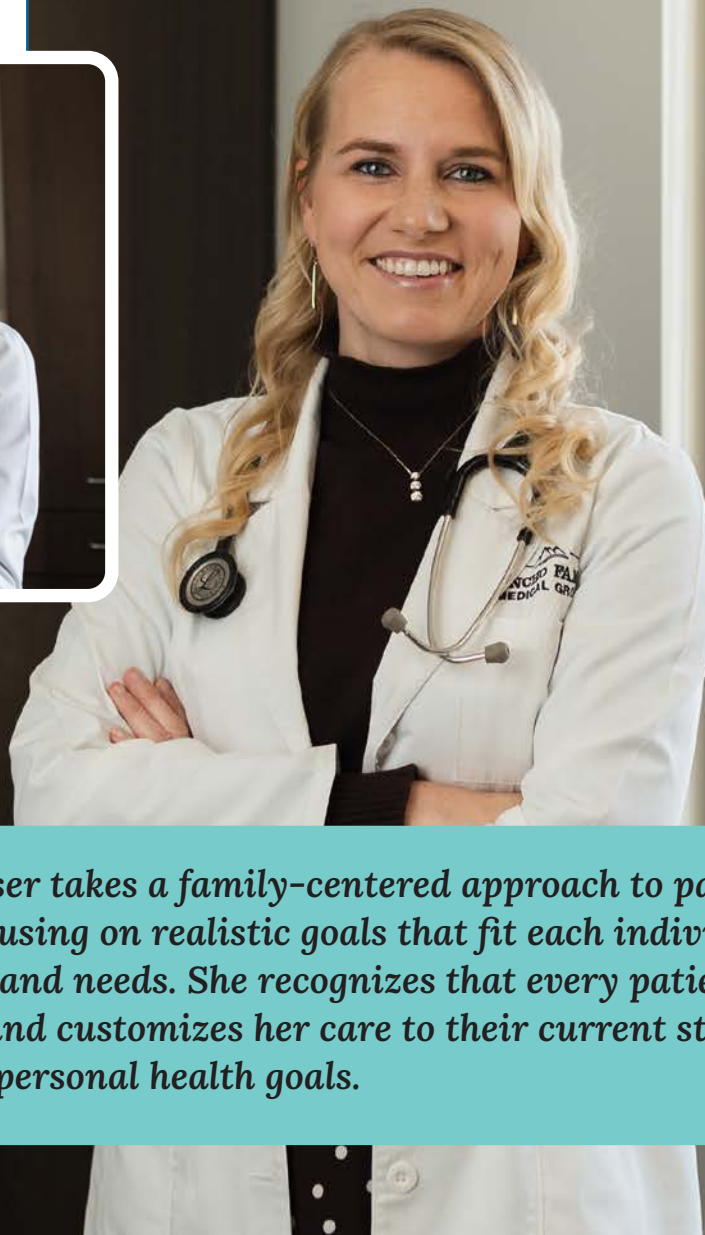
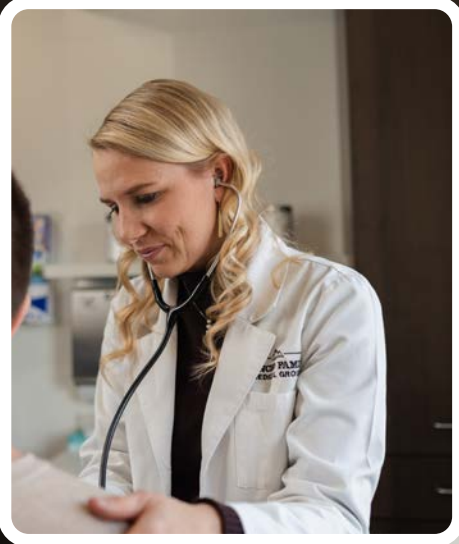
Temecula Valley
Hospital

Makena Office

31150 Temecula Parkway
Suite 200 Temecula, CA 92592

Hometown

Murrieta, CA



Dr. Blosser takes a family-centered approach to patient care, focusing on realistic goals that fit each individual's lifestyle and needs. She recognizes that every patient is unique and customizes her care to their current stage in life and personal health goals.

Accepting new patients!

ranchofamilymed.com/nichele-blosser/

951.430.4974

Dr. Michelle Uttaburanont

INTERNIST

Medical Degree

Rosalind Franklin University of
Medical Sciences, Chicago Medical
School MD/MS Program

Residency

Wayne State – Detroit Medical
Center at Sinai Grace Hospital

Makena Office

31150 Temecula Parkway
Suite 200 Temecula, CA 92592

I would recommend Dr. Uttaburanont to family and friends. She is always very professional, and thorough and demonstrates qualities of kindness and empathy that I truly value.

- Rancho Patient

Hometown

San Marcos, CA



Accepting new patients!

ranchofamilymed.com/michelle-uttaburanont/

951.430.4974

Amanda Vanscoy, FNP

FAMILY NURSE PRACTITIONER

Master's Degree

Master of Science in Nursing at
United States University, San Diego

Residency

Rancho Family Medical Group's
Makena location

Makena Office

31150 Temecula Parkway
Suite 200 Temecula, CA 92592

Accepting new patients!

ranchofamilymed.com/amanda-vanscoy/

951.430.4974

Dr. Jerry Hizon

FAMILY PHYSICIAN

Medical Degree

- University of California, San Diego School of Medicine
- Specialized in Sports Medicine at UC San Diego

Residency

Family Medicine Residency at UC Irvine Medical Center

*Temecula local
for over 30 years!*



*Medical team physician
for the San Diego
Chargers for 14 years.*



Single Oak Office

28780 Single Oak Dr, Suite 270
Temecula, CA 92590

Appointment line:
951.252.8650

Accepting new patients!

ranchofamilymed.com/jerry-hizon/

951.430.4974

Dr. Kyle Vincent

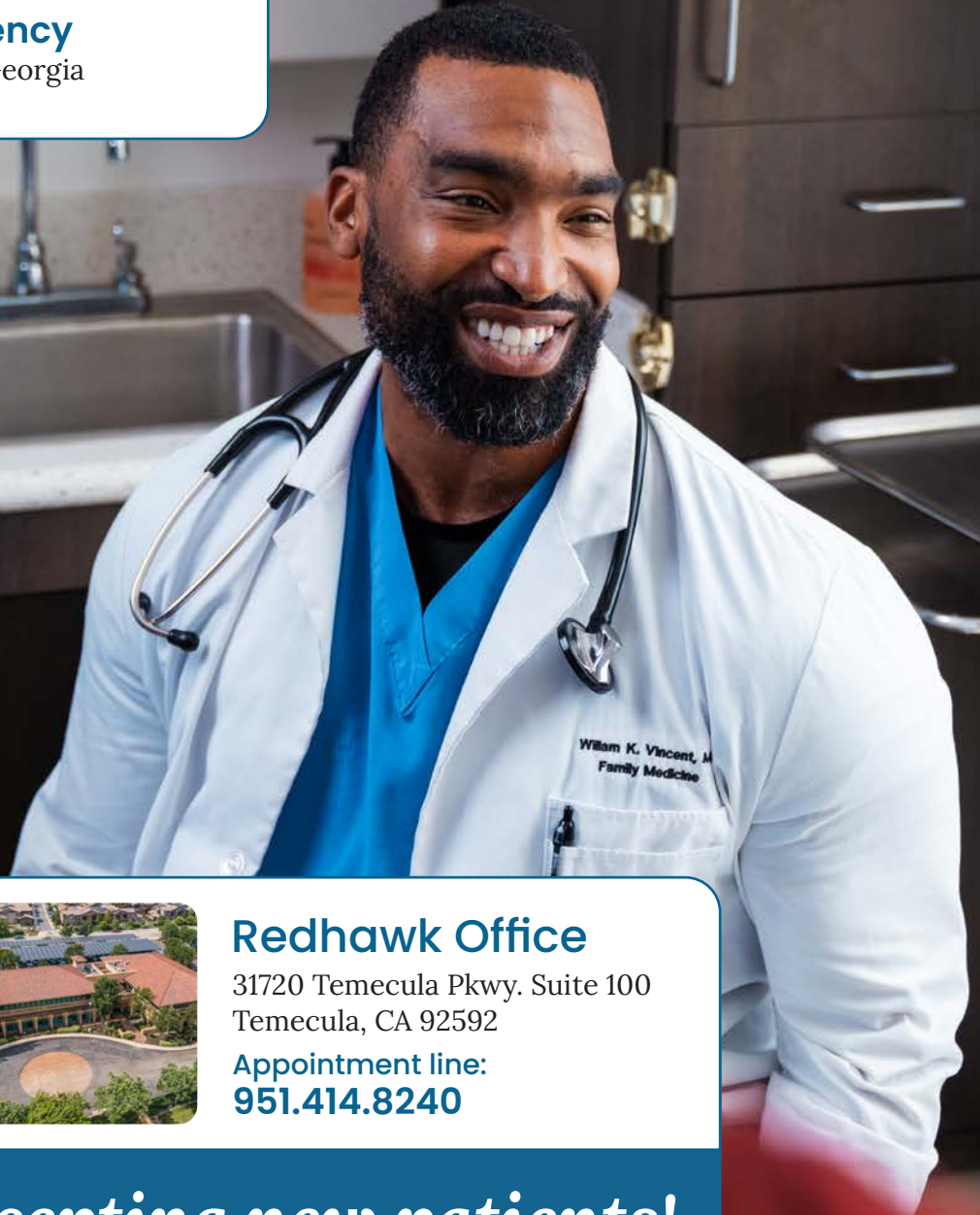
FAMILY PHYSICIAN

Medical Degree

Wake Forest University
School of Medicine

Residency

Atlanta, Georgia



Redhawk Office

31720 Temecula Pkwy. Suite 100
Temecula, CA 92592

Appointment line:
951.414.8240

Accepting new patients!

ranchofamilymed.com/kyle-vincent/

951.430.4974

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

951.430.4974

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP

