

Secrets to Senior Wellness


RANCHO FAMILY
MEDICAL GROUP

*Discover the keys to staying healthy
and vibrant in your **golden years.***

Discover more inside about
our doctors and their essential
strategies for achieving a healthy
lifestyle at every stage of life.

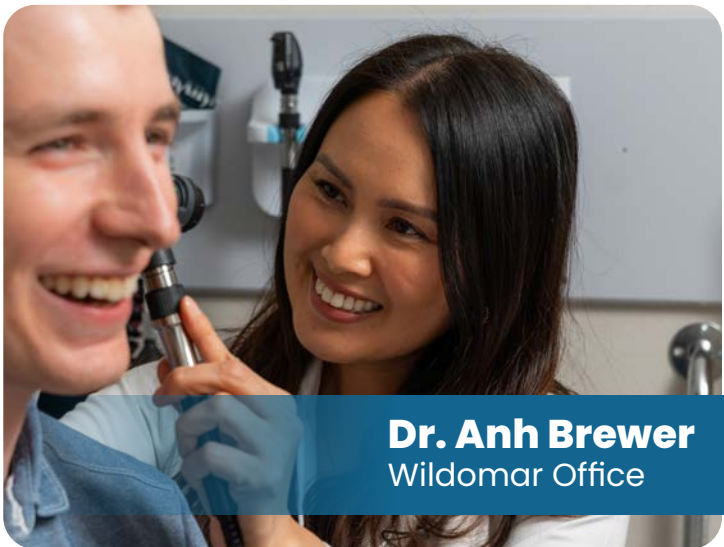
Call to learn more!
951.430.4971



Dr. Mark Mueller
Cal Oaks Office



Dr. Rome Walter
Wildomar Office



Dr. Anh Brewer
Wildomar Office

Elevating Primary Care

1. We Specialize in Senior Healthcare

To learn more call us!

951.430.4971

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.

ranchofamilymed.com/senior-care/

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!

951.430.4971

If you are 65 or older, our dedicated Patient Relations team is here to help in any way we can! 951.430.4971

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. 951.430.4971



Humana.



wellcare™



Alignment Healthcare





Wildomar Office

23823 Clinton Keith Rd. STE 102,
Wildomar, CA 92595

Appointment line:
951.414.8280

Meet the Wildomar Team:



Dr. Rome Walter

Desirae Segura, NP

Dr. Anh Brewer



Dr. Mueller

Other locations near you:

Cal Oaks Office

41011 California Oaks Rd
#103 Murrieta, CA 92562

Appointment line:
951.225.6287

Providers

Dr. Mark Mueller
Dr. Stacey Bernardo
Rachel Vogel, PA
Todd Baca, NP

Dr. Anh Brewer

Family Physician

About Dr. Anh Brewer

Dr. Anh Brewer completed her undergraduate studies at UCLA and earned her medical degree from Western Medical School. She then completed her training at St. Luke's Hospital in Pennsylvania. Dr. Brewer emphasizes the importance of treating the whole person. She strongly believes that lifestyle changes can play a crucial role in preventing the need for medications and maintaining overall health. Outside the office, Dr. Brewer enjoys staying active through cooking, eating, hiking, backpacking, and biking. She advocates for physical activity as essential for both physical and mental well-being. Dr. Anh Brewer is excited to partner with you in managing your health at Rancho Family Medical Group.

Wildomar Office



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Eating Habits While We Age

with Dr. Anh Brewer



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.

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.

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



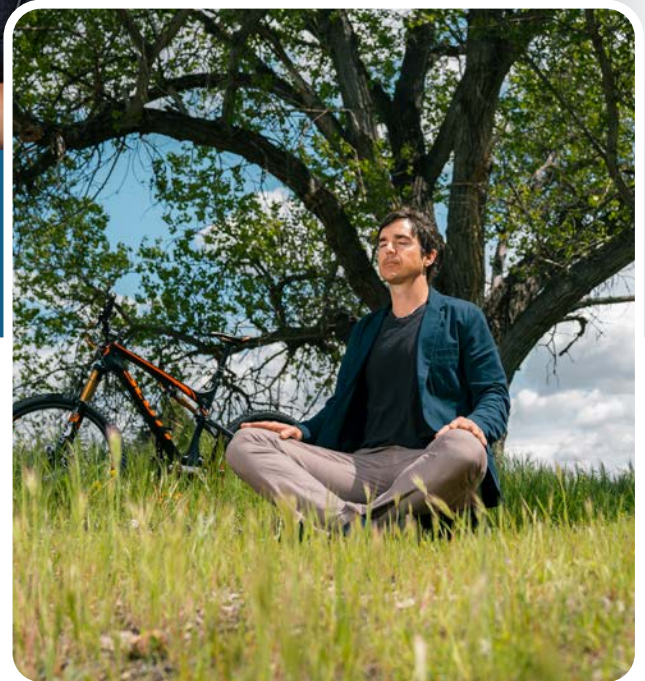
Dr. Rome Walter

Family Physician

About Dr. Rome

Dr. Rome Walter is one of our Osteopathic Medicine doctors (DO) located at our Wildomar clinic. Having been raised in the Central Valley area, he grew up with a love of sports, chemistry, and an interest in learning to help the people around him. Dr. Rome graduated from Midwestern University – Arizona College of Osteopathic Medicine in 2005.

Outside of the clinic, Dr. Rome Walter has a variety of interests including mountain biking, reading, and spending quality time with his wife and five children. As an avid reader, Dr. Rome loves to spend his quiet moments to himself reading classic literature and meditating to relieve the stresses of the day. Dr. Rome Walter is currently accepting new patients at our Wildomar office.



Wildomar Office



23823 Clinton Keith Rd. Ste. 102
Wildomar, CA 92595



Desirae Segura, NP

Nurse Practitioner

About Desirae Segura

Originally from Southern California and a graduate of professional school in South Florida, she's thrilled to return to her roots to continue her practice.

Desirae's approach to patient care is centered around teamwork. She believes that achieving optimal health involves collaboration among everyone, including the patient. She's passionate about providing comprehensive care to individuals of all ages.

Outside of work, Desirae loves early morning workouts, savoring a good cup of coffee, and embracing the outdoors. Whether it's yoga, running on the beach, or spending quality time with family, these activities keep her physically and mentally rejuvenated.

Book your appt. today!
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Dr. Mark Mueller

Family Physician

About Dr. Mueller

Dr. Mark Mueller is a dedicated physician joining the Cal Oaks office of Rancho Family Medical. A proud graduate of the University of California, Irvine, where he also completed his medical school training, Dr. Mueller honed his skills in internal medicine during a residency at Santa Barbara Cottage Hospital. With over 30 years in the field, he brings a deep commitment to patient-centered care, inspired by his formative years and training.

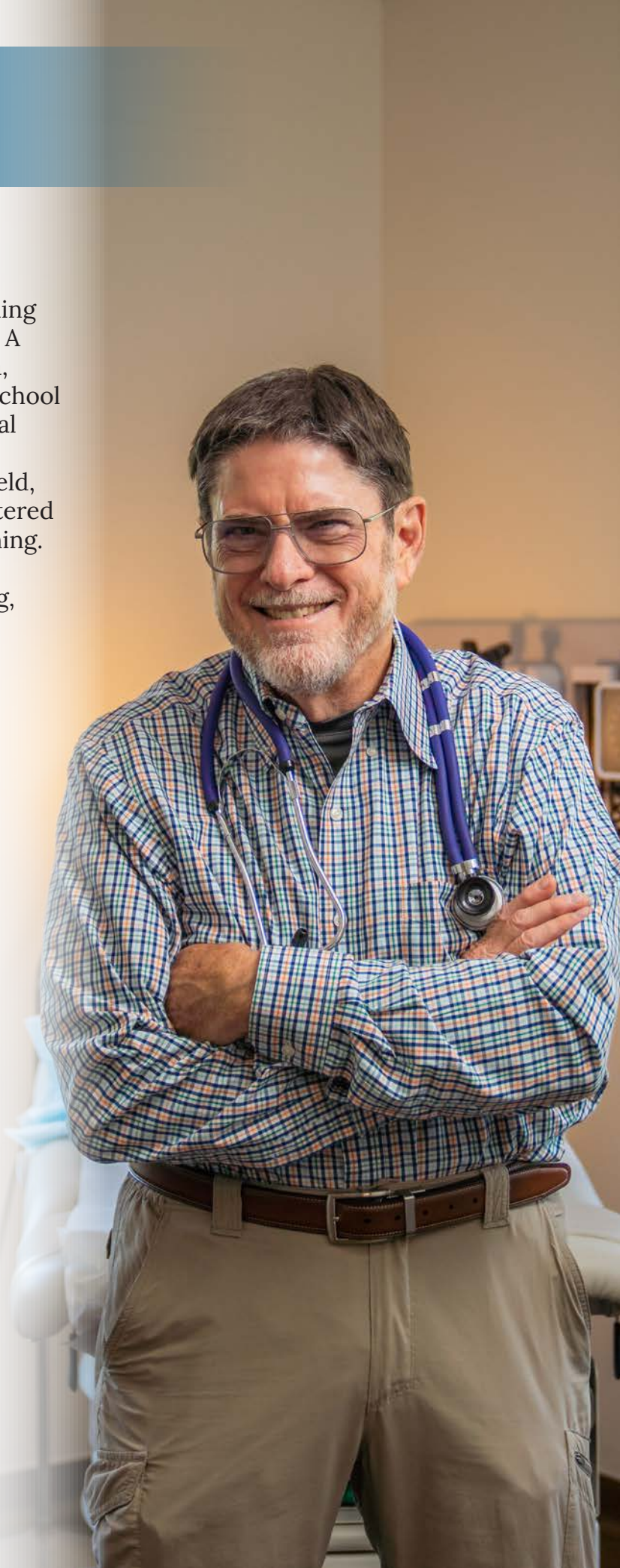
Outside of medicine, Dr. Mueller enjoys hiking, swimming, and Pilates, as well as music and woodworking, showcasing a rich array of personal interests that complement his professional life. At Rancho Family Medical, Dr. Mueller looks forward to partnering with patients to enhance their well-being and provide comprehensive, compassionate care.

Cal Oaks Office



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Benefits of Being Active While You Age

with Dr. Mark Mueller



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.



Did you know?

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

951.430.4971

Visit our website for more info!
ranchofamilymed.com


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