

Hello, Better Health

WELLNESS TIPS, LOCAL
DOCTOR SPOTLIGHTS, EASY
HEALTHY RECIPES, AND MORE!

Cover Feature:
Dr. Ellie Tan



[ranchofamilymed.com](https://www.ranchofamilymed.com) | (951) 676-4193

Fallbrook | Temecula | Murrieta | Wildomar | Menifee | Sun City | Winchester | Hemet | Moreno Valley

Trusted Primary Care

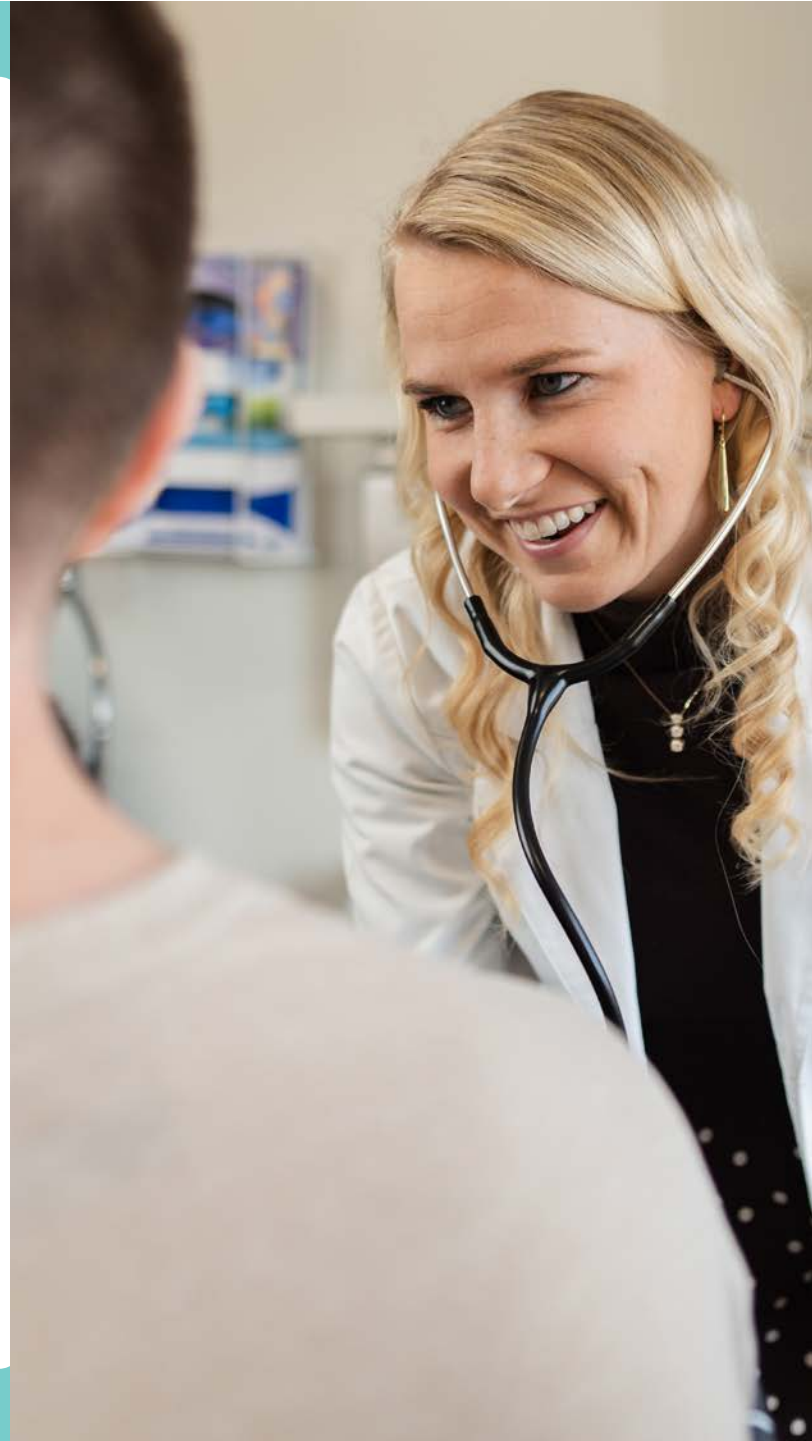
Care Made Simple

At Rancho Family Medical Group, we believe that exceptional care should be easily accessible. That's why we offer a variety of ways to fit healthcare into your schedule—whether you need care today, prefer to connect from home, or want to plan ahead.

(951) 676-4193

LARGE NETWORK OF SPECIALISTS

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.



Commercial HMO & PPO Plans

We accept most major Commercial HMO & PPO plans.

Since 1942

Dr. Blosser

ONLINE SCHEDULING

With our secure online scheduling, you can book appointments at your convenience, 24/7. Skip the wait! Schedule your visit in seconds.



SCAN ME

TELEHEALTH VISITS

Sometimes, you don't need to leave home to see your doctor. Rancho Family Medical Group offers secure video visits for many types of care, including:

- Follow-up appointments
- Medication refills
- Minor illnesses
- Chronic condition management

APPOINTMENT WAITLIST

Need to be seen sooner? Join our Waitlist. If an earlier appointment opens up, you'll automatically get a text or email offering you the slot—so you can get care as quickly as possible.



Humana.



FITNESS FOR SENIORS

Free classes that help you stay active, healthy, and connected.

Stay Active • Stay Social • Stay Healthy



Senior CrossFit

Murrieta, CA

Strength & Balance



Jazzercise

Temecula, CA

Dance & Cardio

Who Can Attend?

All Rancho Family patients age 55+ and all fitness levels are welcome.

Improve Balance • Build Strength
Boost Energy • Meet New Friends

Ready to Join?
(951) 225-6808

[ranchofamilymed.com/event](https://www.ranchofamilymed.com/event)

Helping Seniors Navigate Their Healthcare With Ease

Managing your healthcare can feel overwhelming, but you don't have to do it alone. Our dedicated Senior Concierge team members are just a call away to guide you through every step.

Call Senior
Concierge Line:
(951) 225-6808

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:

- No phone tree, just direct phone lines.
- 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:

Anthem 

United
Healthcare

Humana

blue 
california


TRICARE


health net


Alignment Healthcare


scan

AARP Medicare Plans
UnitedHealthcare

wellcare


aetna


astiva
HEALTH


cigna
healthcare


PacifiCare
Health Systems

Featured Clinics

Choose a Provider at any of our care clinics. Enjoy easier access to Primary Care and choose the location that's most convenient for you.



Single Oak

28780 Single Oak Dr.
Ste. 160 & 270
Temecula, CA 92590
(951) 252-8650

Providers:

Dr. Ellie Tan
Dr. Alethea Poste
Dr. Cristina Bailey
Dr. Tae Im
Dr. Pamela Simmons
Dr. Timothy Elfelt
Dr. Jerry Hizon
Dr. Jordan Smith
Amber Holden, PA
Evelyn Valencia, PA
Reed Bovee, PA
Jason Hamilton, NP



Makena

31150 Temecula Parkway,
Ste. 200
Temecula, CA 92592
(951) 225-6827

Providers:

Dr. Nichelle Blosser
Dr. Michelle Uttaburanont
Dr. Maisara Rahman
Amanda Vanscoy, NP
Michelle Etesami, NP
Anisha Patel, NP



French Valley

30772 Benton Rd, Ste. 01
Winchester, CA 92596

Provider:

Dr. Sonali Mondkar



Cal Oaks

41011 California Oaks Rd,
#103
Murrieta, CA 92562
(951) 225-6287

Providers:

Dr. Eric Neilson
Dr. Stacey Bernardo
Todd Baca, NP



Wildomar

23823 Clinton Keith Rd,
Ste. 102
Wildomar, CA 92595
(951) 414-8280

Providers:

Dr. Rome Walter
Dr. Anh Brewer
Desirae Segura, NP

A. Sun City

27190 Sun City Blvd.
Menifee, CA 92586
(951) 723-3804

B. Hemet

3853 W. Stetson Ave, Ste. 200
Hemet, CA 92545
(951) 225-6802

C. Wildomar

23823 Clinton Keith Rd, Ste. 102
Wildomar, CA 92595
(951) 414-8280

D. Menifee

29791 Haun Rd, Ste. 100
Menifee, CA 92586
(951) 723-3800

E. Cal Oaks

41011 California Oaks Rd, #103
Murrieta, CA 92562
(951) 225-6287

F. Hot Springs

38860 Sky Canyon Dr, Bldg. A
Murrieta, CA 92563
(951) 225-6276

G. Pediatrics

41238 Margarita Rd, Ste. 106
Temecula, CA 92591
(951) 506-9392

H. Makena

31150 Temecula Parkway, Ste. 200
Temecula, CA 92592
(951) 225-6827

I. Single Oak

28780 Single Oak Dr. Ste. 160 & 270
Temecula, CA 92590
(951) 252-8650

J. Redhawk

31720 Temecula Pkwy, Ste. 100
Temecula, CA 92592
(951) 414-8240

K. Fallbrook

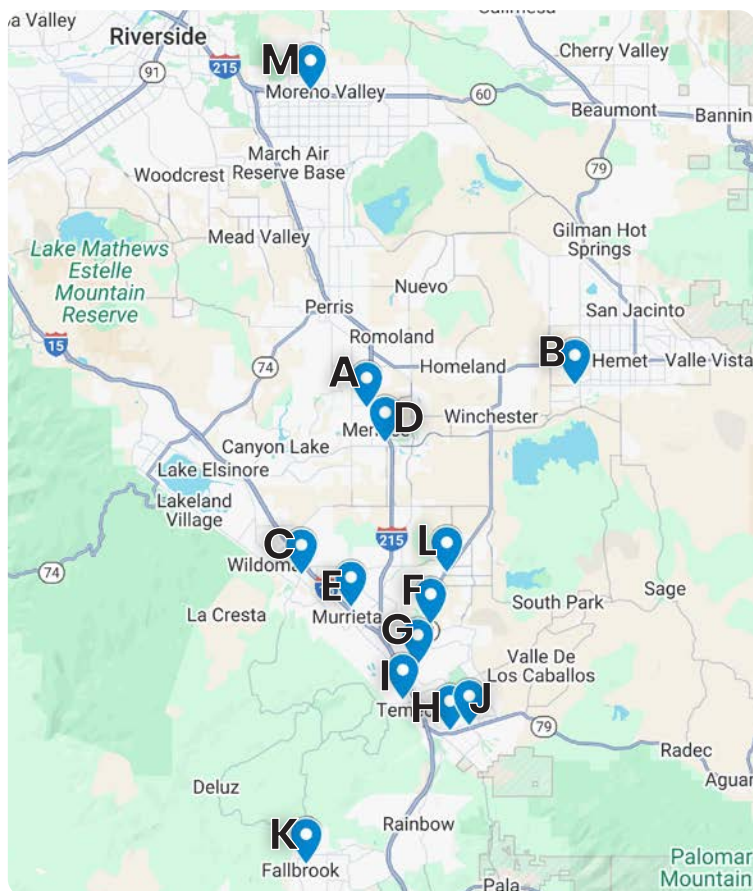
521 E. Elder St. #105
Fallbrook, CA 92028
(760) 728-8344

L. French Valley

30772 Benton Rd, Ste. 01
Winchester, CA 92596
(951) 414-8296

M. Moreno Valley

24119 Hemlock Ave, Ste. 104
Moreno Valley, CA 92557
(951) 414-8294



Moreno Valley Clinic

NOW OPEN



Moreno Valley
24119 Hemlock Ave, Ste. 104
Moreno Valley, CA 92557
(951) 414-8294

**Book
Online**



Dr. Matthew Im

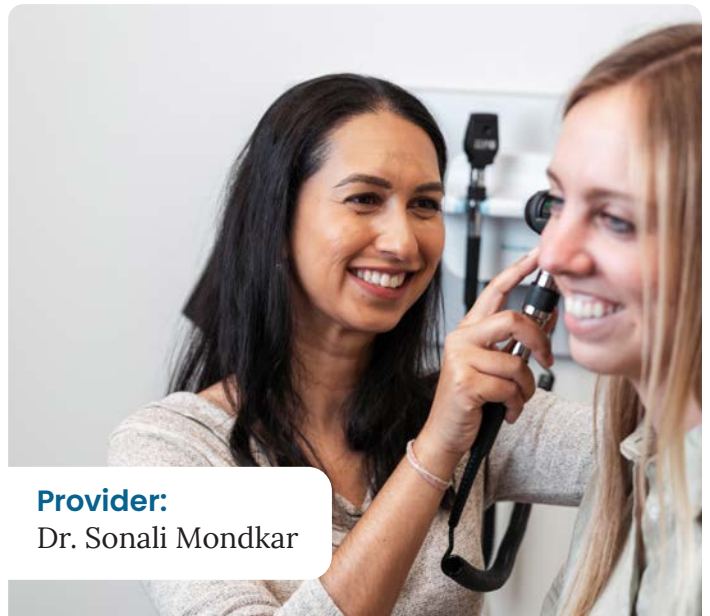
Moreno Valley Clinic





Office Location:

30772 Benton Rd, Ste. 01
Winchester, CA 92596



Provider:

Dr. Sonali Mondkar

New Clinic Opening July 2026: French Valley

EXPANDING CARE. SHORTER WAITS. SAME TRUSTED TEAM.

We're excited to announce the upcoming opening of our Rancho Family Medical Group – French Valley location! This new clinic is part of our continued commitment to improving access to high-quality, compassionate care for our community—so you can be seen sooner on a timeline that works for you.

Appointment scheduling and more details will be available soon. Visit our website for updates.

[ranchofamilymed.com](https://www.ranchofamilymed.com)

Why a new French Valley location?

Better Access to Care:

More appointment availability means shorter wait times and faster visits.

Convenient Location:

Designed to serve the growing French Valley community and surrounding areas.

Continuity You Can Trust:

The same Rancho Family Medical Group values, standards, and patient-first approach.



Rancho Therapy

Care That Works Alongside
Your Primary Care

therapy.ranchofamilymed.com • (951) 290-3725

We Specialize in:

Anxiety

Depression

Stress

Grief & Loss

Women's Issues

Low Self-Esteem

LGBTQ+ Support

Couples Therapy

Men's Issues

Military & Veterans

Trauma

Teens

Services Available in English & Spanish

Virtual & In-Person Care at Single Oak &
Menifee with Convenient Online Scheduling

Scan the QR code to schedule your
appointment or call: (951) 290-3725



*Accepts Most Major PPO Insurance Plans & Medicare
Cash & HSA payments also accepted.*

Dr. Neilson's Tips for Getting Outdoors

Dr. Eric Neilson believes that some of the best medicine happens outside the clinic. Inspired by his love of science, service, and the outdoors, he encourages patients to make time in nature part of their wellness routine to support both physical and mental health.

A graduate of the University of California, Santa Barbara and Ross University School of Medicine, Dr. Neilson completed his family medicine and global health training at Presbyterian Intercommunity Hospital in Whittier, California. He is passionate about building strong patient relationships and believes listening is one of the most important aspects of quality care.

DR. NEILSON'S TIPS FOR GETTING OUTDOORS

- Take a short walk outside each day.
- Choose activities you enjoy, like walking, hiking, or biking.

- Use nature as a way to reduce stress and reset your mind.

- Spend time in sunlight to support sleep and overall wellbeing.

- Focus on small, consistent habits rather than intense workouts.

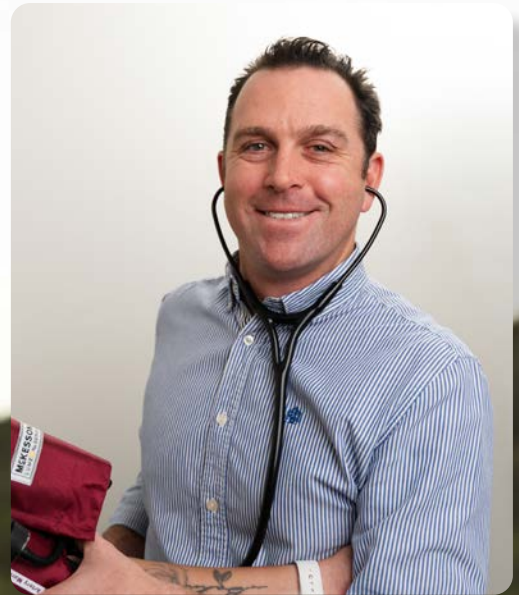
“Nature encourages movement, mindfulness, and balance—three simple things that can have a lasting impact on overall health.”

OUTSIDE THE CLINIC:

Dr. Neilson enjoys spending time outdoors with his wife and two children and exploring local trails throughout the Temecula Valley.



Seeing patients in Murrieta



ranchofamilymed.com/eric-neilson/

Call to Schedule
an Appointment:
(951) 676-4193

MAKENA CLINIC

Meet Dr. Nichele Blosser

INTERNIST

Dr. Blosser is a Murrieta native and proud graduate of Murrieta Valley High School. Her journey into medicine began locally and has come full circle as she now serves the community she calls home.

EDUCATION & TRAINING

Dr. Blosser earned her undergraduate degree from Northern Arizona University. She completed her medical training at Des Moines University in Iowa and returned to Southern California for her internal medicine residency at Temecula Valley Hospital.

PROFESSIONAL EXPERIENCE

After completing her residency, Dr. Blosser spent the past year and a half working as a hospitalist with Rancho Family Medical Group. Earlier in her career, she worked as a medical scribe at Rancho Family Medical Group for two years—an experience that further solidified her passion for medicine.

PHILOSOPHY OF CARE

Dr. Blosser's inspiration to become a physician stems from caring for her own family and witnessing the impact of compassionate, patient-centered care. She is dedicated to building lasting relationships with her patients and takes a family-centered approach, setting realistic, personalized goals that align with each individual's lifestyle and health needs.

OUTSIDE THE CLINIC

Outside of work, Dr. Blosser enjoys spending time with her husband and family. She has a passion for knitting and crocheting and loves hiking with her two dogs, both locally and on the scenic trails around Lake Arrowhead.



Seeing patients in Temecula

Call to Schedule
an Appointment:
(951) 676-4193

[ranchofamilymed.com/nichele-blosser](https://www.ranchofamilymed.com/nichele-blosser)

Dr. Tan's Gentle Movement Tips for Long-Term Health

Dr. Ellie Tan believes that small, intentional habits can make a big difference in overall health. Through her work in family medicine, she encourages patients to incorporate gentle movement, stretching, and mindfulness into their daily routines to support mobility, reduce stress, and improve long-term wellness.

DR. TAN'S WELLNESS TIPS

- Start your day with a few minutes of stretching.
- Take movement breaks throughout the day.
- Practice mindful breathing to reduce stress.

- Focus on consistency over intensity.

- Listen to your body and honor its needs.

“True wellness is not about pushing harder—it’s about moving with intention, breathing deeply, and allowing the body the care it deserves.”

OUTSIDE THE CLINIC:

Dr. Tan enjoys practicing yoga, which helps her maintain balance, strength, and mindfulness.

Seeing patients in Temecula



ranchofamilymed.com/ellie-tan

Call to Schedule
an Appointment:
(951) 676-4193

WILDOMAR CLINIC

Meet Dr. Anh Brewer

FAMILY PHYSICIAN

Dr. Anh Brewer is a family physician at Rancho Family Medical Group's Wildomar office. She is dedicated to providing comprehensive, whole-person care and is excited to serve patients and families in the Wildomar community.

EDUCATION & TRAINING

Dr. Brewer completed her undergraduate studies at UCLA and earned her medical degree from Western Medical School. She went on to complete her medical training at St. Luke's Hospital in Pennsylvania.

CLINICAL INTERESTS

Dr. Brewer focuses on treating the whole person and emphasizes lifestyle-based approaches to health. She is passionate about helping patients make sustainable lifestyle changes to prevent disease, reduce the need for medications, and support long-term wellness.

PHILOSOPHY OF CARE

Dr. Brewer believes that healthy choices are the foundation of lifelong health. She partners closely with her patients, encouraging education, prevention, and proactive decision-making to help them achieve and maintain overall well-being.

OUTSIDE THE CLINIC

Outside of the office, Dr. Brewer enjoys staying active through cooking and eating well, hiking, backpacking, and biking. She strongly advocates for physical activity as an essential part of both physical and mental health.





Seeing patients
in Wildomar

ranchofamilymed.com/anh-brewer

Call to Schedule
an Appointment:
(951) 676-4193

Local Advanced Practice Providers

What are Advanced Practice Providers (APPs)?

Advanced Practice Providers (APPs), including Nurse Practitioners (NPs) and Physician Associates (PAs), are highly trained healthcare professionals who provide many of the same primary care services as physicians. They can diagnose conditions, prescribe medications, manage chronic diseases, and provide preventive care.



Single Oak

28780 Single Oak Dr. Ste. 160 & 270
Temecula, CA 92590
(951) 252-8650

APPs:

Jason Hamilton, NP
Amber Holden, PA

Reed Bovee, PA
Evelyn Valencia, PA



Makena

31150 Temecula Parkway, Ste. 200
Temecula, CA 92592
(951) 225-6827

APPs:

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

Why choose an APP?

- ✓ Faster access to appointments
- ✓ Personalized, patient-centered care
- ✓ Comprehensive primary care services
- ✓ Collaborative care with physicians and specialists
- ✓ Convenient virtual and in-person visits



Cal Oaks

41011 California Oaks Rd, #103
Murrieta, CA 92562
(951) 225-6287



APPs:

Todd Baca, NP



Wildomar

23823 Clinton Keith Rd, Ste. 102
Wildomar, CA 92595
(951) 414-8280



APP:

Desirae Segura, NP



RANCHO FAMILY
PEDIATRICS

Explore Better Pediatric Care

Meet Koko the Koala!

Koko is Rancho Family Pediatrics' friendly healthcare guide, here to make every visit fun and memorable! He works alongside our doctors and care team to share healthy tips, activities, and helpful tricks to keep kids feeling happy, safe, and healthy.



41238 Margarita Rd #106
Temecula, CA 92591

951.506.9392

ranchopediatrics.com



Dr. Smith
Pediatrician



Dr. Salehi
Pediatrician

Step Into a World of Adventure

At Rancho Family Pediatrics, each visit takes your family on a journey. With globally themed rooms and a focus on fun, learning, and discovery, we make pediatric care exciting for kids and reassuring for parents.





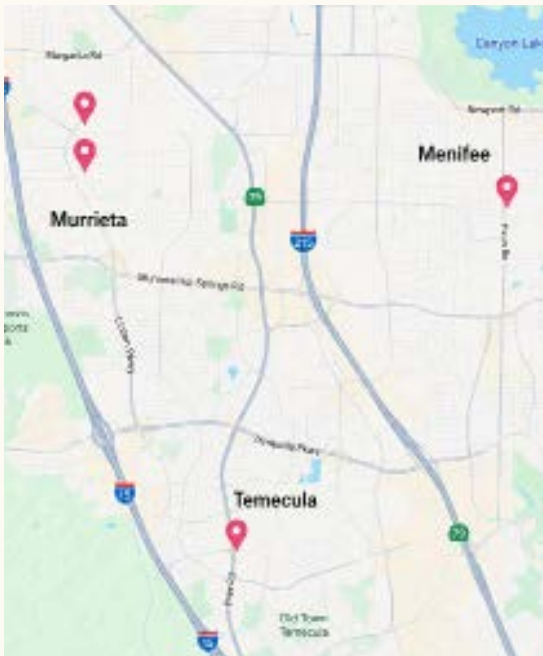
Temecula Valley
OB/GYN

THE VALLEY'S PREMIER SPECIALIST

For every woman. For every season.

Seamless care designed around your life.

15 Providers • 4 Locations



From your first prenatal visit through every annual exam that follows, our team is here to care for all your women's health needs. With four locations across the Temecula Valley, we're committed to providing compassionate, comprehensive care close to home.

OUR SERVICES

- Obstetrics & Prenatal Care
- Fertility Counseling
- Menopause & Wellness
- Gynecology & Annual Exams
- High-Risk Pregnancy Care
- In-Office Procedures

📍 MURRIETA

25460 Medical Center Dr.

📍 MURRIETA

25495 Medical Center Dr.

📍 MENIFEE

30420 Haun Rd.

📍 TEMECULA

31170 Temecula Pkwy.

Our Providers



Dr. Noelle Ortiz
MD, FACOG



Dr. Charles C. Yang
MD, FACOG



Dr. Debra Kay Lebo
DO, FACOOG



Dr. Elizabeth LoCascio
DO, FACOOG



Dr. Kendra G. Jones
MD, FACOG



Dr. Emily Thomson
DO, FACOG



Dr. Tammy Lynn Hayton
MD, FACOG



Nancy Ferrell
RNP



Dr. Renae Jackson
MD, FACOG



Dr. Kevin Carnevale
MD, FACOG



Dr. James Neal
MD, FACOG



Dr. Florence Quinata
MD, FACOG



Tanya Nolan
CNM



Alyssa Battey
CNM



Kari Gaskins
CNM

Book an appointment today!

(951) 677-4748 | temeculavalleyobgyn.com

Primary Care vs. Urgent Care

It's tough knowing whether to call your doctor or head to urgent care, but this quick guide makes it easy: primary care for ongoing health, urgent care for sudden minor issues.

SERVICES	PRIMARY CARE SERVICES	URGENT CARE SERVICES
	Ongoing, long-term wellness partner • Chronic condition management • Preventive screenings • Routine checkups • Vaccinations • Medication management • Referrals to specialists	Immediate care for minor issues • Minor wound care • Flu/strep testing • Ear infections • Burns/sprains • Allergy treatment • X-rays/lab tests
TIMING	Appointments needed, ongoing care	Walk-in, same-day
FOCUS	Prevention, continuity, long-term care	Minor, non-life-threatening now
BEST FOR	Checkups, chronic issues	Sudden illnesses/injuries





Fast, Local Urgent Care for Murrieta & Temecula.

When to Come In-Person:

You need an in-person visit if it requires a physical exam, diagnostic testing or hands-on treatment:

- Cuts or lacerations needing stitches or wound care
- Sprains, strains, or possible fractures needing X-rays
- Ear pain or infection
- Eye injury or infection
- Severe sore throat
- Abdominal pain or urinary retention
- Mild shortness of breath or chest pain
- Persistent vomiting or dehydration
- Allergic reactions needing observation or medication
- Animal or insect bites
- Abscess needing drainage

When a Virtual Visit Works:

Virtual care works for issues we can safely manage by video, no hands-on procedures needed:

- Mild cold or flu symptoms
- Sinus infections or upper respiratory infections
- Rashes or mild skin infections
- Seasonal allergies
- COVID-19 concerns or questions
- Mild anxiety or sleep issues
- Pink eye without vision changes or pain
- Head lice or minor skin concerns

[icareuc.com](https://www.icareuc.com)



COMING SOON

Temecula Office

31720 Temecula Pkwy. Suite 100
Temecula CA 92592

(951) 225-6838

Murrieta Office

27722 Clinton Keith Rd.
Murrieta, CA 92562

(951) 878-9820

Extended Hours & Walk-In Visits

Taco Lettuce Wraps

Instant Pot Recipe

Ingredients

2lbs Primal Pastures taco meat
1 Brown onion medium dice
Salt to taste

Directions

1. Set the Instant Pot to Sauté and cook the onion until translucent. Add the taco meat and break it into small pieces.
2. Turn off Sauté, secure the lid, and Pressure Cook for 18 minutes.
3. When cooking is complete, carefully release the pressure. Once the pressure indicator drops, open the lid. Taste and add salt if needed.

Servings
4

Prep Time
30 min

Cooking Time
40 min

Calories
300 kcal



Primal Pastures

Recipe created in partnership with:
primalpastures.com

WELL WITHIN

Find full recipe video at:
becomewellwithin.com

Pico de Gallo

Ingredients

- 1 Jalapeño small dice
- 2 tomatoes medium dice
- ½ red onion small dice
- ½ bunch cilantro rough chop
- 1 lime juiced
- Salt and pepper to taste

Directions

1. Dice the tomatoes, jalapeño (seeds and veins removed), and red onion, then add them to a mixing bowl.
2. Roughly chop ½ bunch of cilantro and add it to the bowl.
3. Juice 1 lime into the mixture.
4. Stir everything together and season with salt and pepper to taste.

Servings
4

Prep Time
30 min

Cooking Time
0 min

Calories
300 kcal





Handmade Pesto Pasta

Recipe by Chef Leah,
E.A.T. Marketplace

Ingredients

1 1/2 cups Semolina Pasta Flour
1 1/2 cups all-purpose flour
4 eggs (room temperature and slightly beaten)
4 tbsp. Olive Oil
4 tbsp. Water
1 tsp. salt

Directions

1. If making by hand: Combine semolina, flour, beaten eggs, water, oil, and salt. Mix to make a stiff dough. Knead for 10 minutes by hand.

2. If using a stand mixer: combine semolina, flour, beaten eggs, water, salt and oil in stand mixer bowl. Knead on medium speed with a dough hook.

3. Working with small pieces of well-floured dough, send through the pasta

Servings
4-6

Cooking Time
15 min

Prep Time
30 min

Calories
580 kcal

roller on the widest setting. Fold the dough into thirds and send it back through with the folded ends on the sides. Do this one more time and send it through the widest setting.

4. Continue to work the dough through the roller, rotating the dial each time to make the pasta sheet thinner and thinner. Ensure your dough always has enough flour so that it doesn't stick to your roller.

5. It's up to you, how thick you would like your pasta. The higher the number on the dial, the thicker the pasta (we like 4-5).

6. Once you have your sheet of pasta, you can send it through the cutting side to make spaghetti or Fettucine (depending on your pasta machine). You can also hand cut your noodles into any shape you like.

7. Ensure your noodles are well floured so they don't stick. Don't worry about the extra flour, as it will come off in the water.

Pesto Sauce

Ingredients

Beet Tops

Wild Arugula

Parsley

Basil

1 Cup of Hazelnuts

Pecorino Cheese

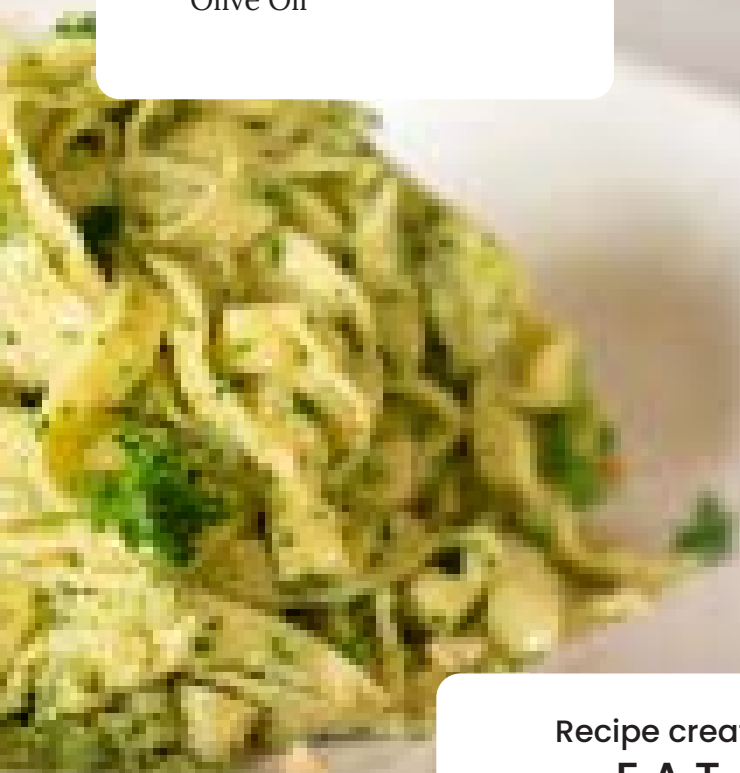
Pinch of Salt

Oregano

1/2 Cup of Hemp Seeds

Half a Lemon

Olive Oil



Recipe created in partnership with:
E.A.T. Marketplace

Find full recipe video at:
becomewellwithin.com

13

Office Locations

58

RFMG Providers

1942

Year Founded



Primary Care | Pediatrics | Senior Care | Women's Health
Therapy | Urgent Care | Hospitalists | Wellness Resources

Call to Schedule
an Appointment:
(951) 676-4193

**RANCHO FAMILY**
MEDICAL GROUP

[ranchofamilymed.com](https://www.ranchofamilymed.com)

July 2026