

Live Well with Rancho Family


RANCHO FAMILY
MEDICAL GROUP

INSPIRING WELLNESS
STORIES, LOCAL
DOCTOR SPOTLIGHTS,
EASY HEALTHY RECIPES
AND MORE!

Cover Feature:
Dr. Gallegos



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.



Dr. Tfaye

Commercial HMO & PPO Plans

We accept most major Commercial HMO & PPO plans.

Since 1942



ONLINE SCHEDULING

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



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.



Senior Centers

Finding community and staying active are core values at Rancho Family Medical Group, especially for our 55+ patients. That's why we have two senior centers located in Hemet and Sun City! Our centers offer a range of activities that promote healthy living, such as exercise classes for all levels. Come join us and be part of a supportive, welcoming community!



Hemet

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



Sun City

27190 Sun City Blvd.
Sun City, CA 92586

Free for all Rancho Family patients!

Become a patient and gain access to all our free senior classes and resources.



Senior CrossFit
Murrieta, CA



Jazzercise
Temecula, CA

Upcoming Senior Center Events:



- Line Dance
- Chair Fitness
- Yoga
- Bingo

Call to learn more:
(951) 225-6808

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

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:



Featured Offices

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.



Hemet

3853 W. Stetson Ave,
Ste. 200

Hemet, CA 92545

(951) 225-6802

Providers:

Dr. Matthew Im
Dr. Sonali Mondkar
Dr. Brittany Tilson
Dr. Steven Ching
Ana Diaz, NP
Audrey Bell, NP



Menifee

29791 Haun Rd, Ste. 100

Menifee, 92586

(951) 723-3800

Providers:

Dr. Anthony Gallegos
Dr. Ellie Tan
Dr. Eric Madrid
Dr. Rolando Gutierrez
Dr. Nicole Tfaye
Dr. Matthew Lee
Evelyn Valencia, PA
Rebekah Tolopilo, PA
Reed Bovee, PA
Evelyn Kelley, NP
Greg Korzeniowski, NP
Silvia Reid, NP



Sun City

27190 Sun City Blvd.

Menifee, CA 92586

(951) 723-3804

Providers:

Dr. Irene Kim
Dr. Christine Hermiz
Dr. Susan Behnawa
Charles Asamaphand, PA
Ruth Toussaint, 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, 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

Urgent Care

(951) 225-6838

K. Fallbrook

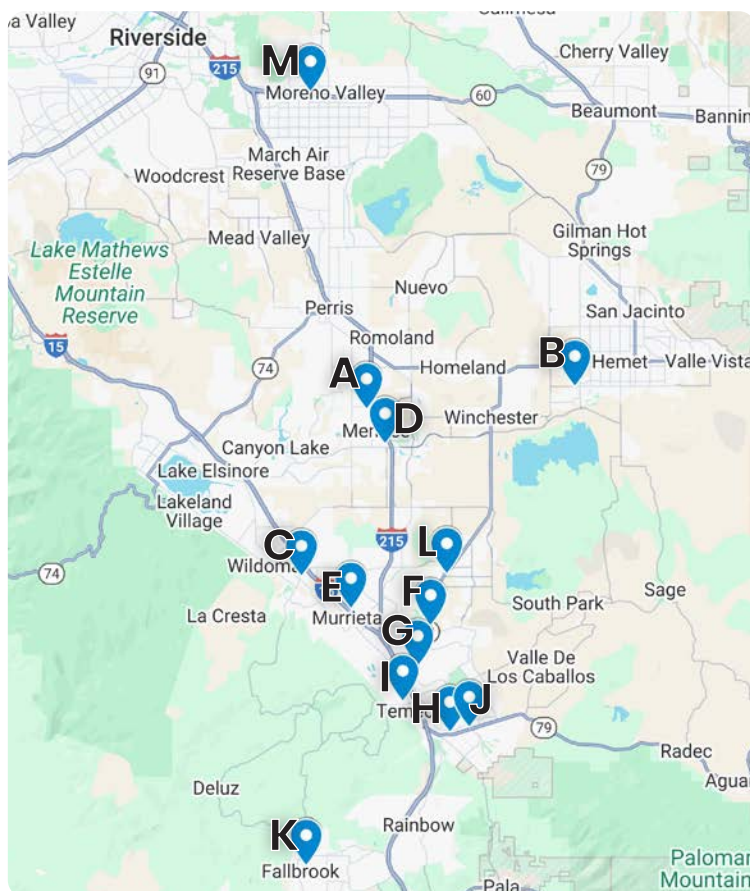
521 E. Elder St. #105
Fallbrook, CA 92028
(760) 728-8344

L. Winchester

30772 Benton Rd, Ste. 01
Winchester, CA 92596

M. Moreno Valley

24119 Hemlock Ave, Ste. 104
Moreno Valley, CA 92557



Meet Dr. Irene Ching (Kim)

INTERNIST

BACKGROUND

Dr. Irene Ching is a California native, originally from the East Los Angeles area. She graduated from El Dorado High School before pursuing higher education in the sciences.

EDUCATION & TRAINING

Dr. Ching earned her Bachelor of Science in Human Biology from the University of California, San Diego. She completed her medical education at Touro College of Osteopathic Medicine in New York, where she received her Doctor of Osteopathic Medicine degree. After four years in New York, she returned to Southern California to complete her Internal Medicine residency at UCLA-affiliated St. Mary Medical Center in Long Beach.

INSPIRATION & PHILOSOPHY OF CARE

Dr. Ching's passion for medicine began at an early age after witnessing her mother manage multiple health conditions requiring frequent medical care. Taking an active role in her mother's healthcare journey helped her understand the importance of compassionate, comprehensive care. The dedication and empathy of her mother's primary care physician inspired Dr. Ching to pursue a career in medicine.

OUTSIDE OF THE CLINIC

Dr. Ching enjoys hiking and exploring new trails, traveling along the California coast, and experiencing different cultures and cuisines while traveling internationally.



A smiling woman with dark hair, wearing a blue dress with a white floral pattern, stands in a garden with various flowers. The background is a clear blue sky.

Seeing patients
in Sun City

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an Appointment:
(951) 676-4193

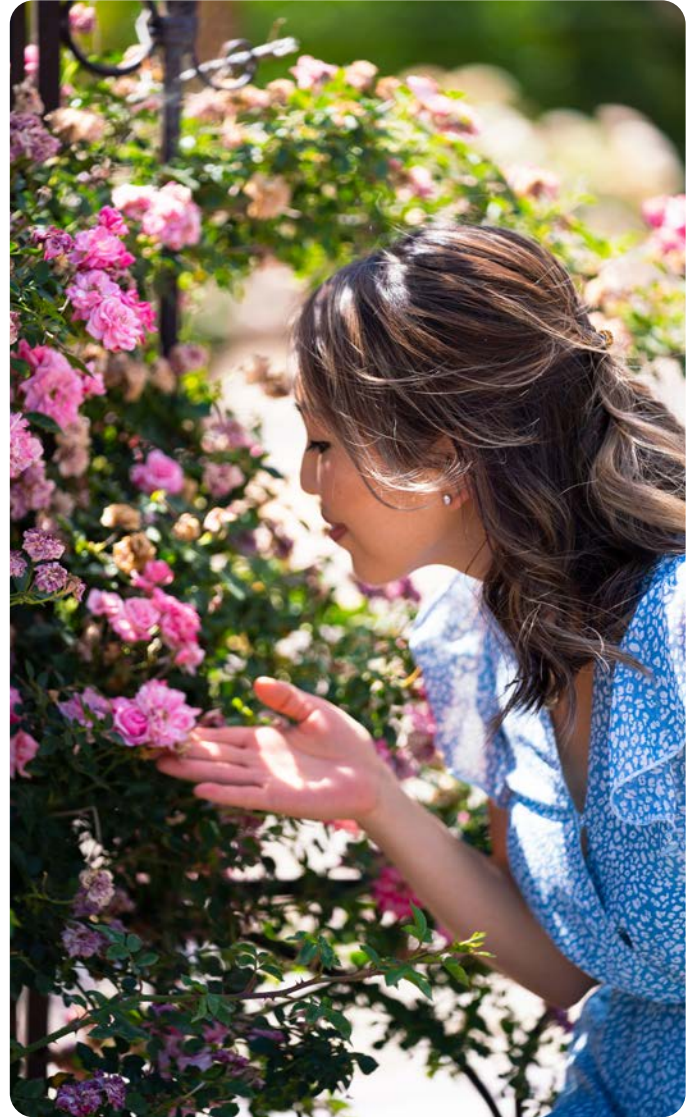
Health & Harmony Through Nature: A Doctor's Perspective

For Dr. Irene Ching (Kim), internal medicine is about more than managing diagnoses; it is about supporting whole-life wellbeing for every patient. At Rancho Family Medical, Dr. Ching encourages patients to view time in nature and daily lifestyle choices as key components of whole-person care. Simple habits like taking a walk in the park, tending a small garden, or pausing to notice the sky can offer a reset from constant screens and daily stressors, creating space to breathe, reflect, and feel more grounded.

The benefits are not just emotional. Regular time outdoors can support healthier blood pressure, better sleep, and improved mood. Light movement, such as walking or gentle hiking, strengthens the heart and muscles, and gardening adds the bonus of fresh fruits and vegetables that support healthy eating.

Spending time outdoors supports better blood pressure, sleep, and mood, while walking, gardening, or light hiking builds cardiovascular strength and provides fresh produce for healthy eating.

Dr. Ching suggests simple steps such as evening walks, watering herbs, or adding colorful vegetables—pair them with routine wellness checkups for lasting balance.



A recent study found that just four minutes of looking at a vase of roses helped participants' bodies relax, and their minds feel calmer.



MENIFEE OFFICE

Meet Dr. Nicole Tfaye

FAMILY PHYSICIAN

Dr. Nicole Tfaye is a dedicated physician at Rancho Family Medical Group.

EDUCATION

She earned her Bachelor's at UC Irvine, graduated from Arizona College of Osteopathic Medicine and completed her residency at Loma Linda University, Murrieta. Passionate about family medicine, she integrates care across all specialties, fostering relationships with entire families. Dr. Tfaye offers comprehensive services, including hypertension management, lipoma and cyst removals, and women's health care.

OUTSIDE OF THE CLINIC

Outside the clinic, she enjoys outdoor activities, traveling, and is a diehard Lakers fan. Dr. Tfaye is excited to partner with you on your healthcare journey.



Seeing
patients
in Meniffee



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

Sweet Potato Avocado Toast

Servings
2-3

Prep Time
15 min

Cook Time
4-25 min

Calories
260 kcal

Ingredients

1 large sweet potato	2 large egg whites
1/2 tbsp. extra virgin olive oil	1 avocado
2 large eggs	1/4 tsp. garlic salt
	1/4 tsp. crushed red pepper chili flakes

Directions

STEP 1 Prep the Sweet Potatoes

Cut each sweet potato into 4 slices, about 1/4 inch thick. Drizzle with olive oil and season with salt and pepper to taste.

STEP 2 Stovetop Method: Heat a large skillet over medium heat. Add the sweet potato slices in a single layer. Cook for 4-6 minutes per side, or until they are golden brown and tender when pierced with a fork.

Oven Method: Preheat your oven to 425°F (220°C). Place the sweet potato slices on a baking sheet lined with parchment. Bake for 20-25 minutes, flipping halfway through, until edges are lightly browned and centers are tender.

STEP 3 While the sweet potatoes cook, whisk the eggs and egg whites in a bowl. Transfer to a nonstick skillet over medium-low heat and scramble to your liking. Set aside.

STEP 4 Slice the avocado, remove the pit, and spoon the flesh into a bowl. Add the garlic and sea salt, then mash lightly with a fork.

STEP 5 Use the sweet potato slices as “toast.”

Spread the mashed avocado on each slice, top with scrambled eggs, and sprinkle crushed chili flakes for a kick.

WELL WITHIN


RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.com



Simple Veggie Soup

Servings
6

Prep Time
10 min

Cooking Time
25 min

Calories
127 kcal

Ingredients

6 cups of water or Low Sodium Chicken Broth
1 tablespoon avocado oil
2 Carrots, finely chopped
2 Celery stalks, finely chopped
2 cups cabbage, finely shredded
2 potatoes, cubed
1 tablespoon bouillon or to taste
Pepper to taste
1/2 box of your choice of Whole wheat pasta

Directions

STEP 1 In a lightly oiled pot, sauté carrots and celery for about 8 min.

STEP 2 Then add about 6 cups of water or chicken broth. Add cabbage and potatoes, cover, and bring to a boil.

STEP 3 Add bullion and pepper to taste, add pasta, and boil until pasta is cooked and potatoes are fork tender.



MENIFEE OFFICE

Meet Dr. Anthony Gallegos

FAMILY PHYSICIAN

Anthony Gallegos, MD, is a family medicine physician at Rancho Family Medical Group's Menifee office.

LANGUGES

English & Spanish

EDUCATION

A California native, he started his education at Allan Hancock College before transferring to UC Irvine. He later earned his medical degree from the University of Vermont and completed residency training in San Antonio, Texas. After spending time across the country, he's excited to be back home, caring for the community that means so much to him.

BACKGROUND & INSPIRATION

His passion for medicine stems from personal experience. After undergoing multiple surgeries as a child for a life-threatening tumor, he grew up inspired by the doctors who helped him heal. That early perspective as a patient continues to shape how he practices today—leading with

empathy, listening first, and making sure every patient feels heard and supported. He works hard to simplify complex medical topics and values building real, long-term relationships with those he cares for.

PHILOSOPHY OF CARE

He enjoys seeing patients of all ages and approaches care with a strong emphasis on lifestyle medicine—focusing on sleep, diet, exercise, and stress as the foundation of good health. Whether he's helping someone manage a chronic condition or guiding an entire family through different stages of life, his goal is always to treat the whole person.

OUTSIDE OF THE CLINIC

Outside the office, he's a proud husband and father of two girls, a lifelong sports fan, and someone who believes in practicing what he preaches—staying active, staying grounded, and always learning.

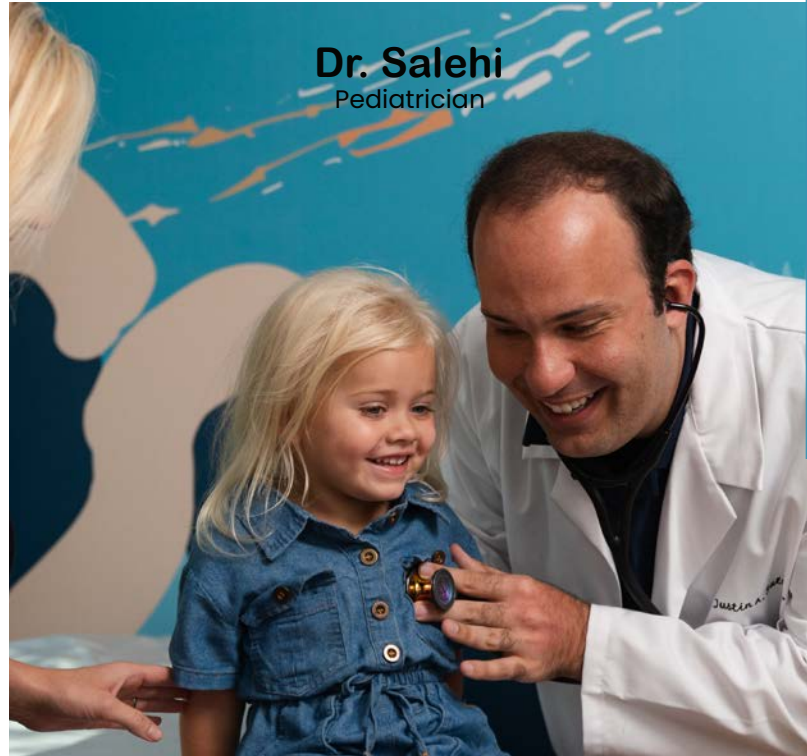




Seeing
patients
in Menifee

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an Appointment:
(951) 676-4193

Trusted Pediatricians



You can now schedule appointments online!

ranchopediatrics.com



RANCHO FAMILY
PEDIATRICS

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.

Women's Health Care Close to Home

We've expanded to better serve you—our second location is now open in Menifee!

Menifee Office



30420 Haun Road
Menifee, CA 92584



Kendra
Jones, MD



Noelle
Coen, MD



Kevin
Carnevale, MD

Murrieta Office



25460 Medical Center Dr, Suite 100
Murrieta, CA 92562

Dr. Charles C. Yang
Dr. Debra Kay Lebo
Dr. Elizabeth LoCascio
Dr. Emily Thomson
Dr. Tammy Lynn Hayton
Dr. Renae Jackson
Nancy Ferrell, RNP

Ready to prioritize your health? Give us a call today.
We're excited to help you live your healthiest life!

temeculavalleyobgyn.com

951.677.4748

MENIFEE OFFICE

Meet Dr. Matthew Lee

FAMILY PHYSICIAN

Dr. Matthew Lee is a dedicated physician at Rancho Family Medical Group with a passion for holistic, patient-centered care.

BACKGROUND & EDUCATION

Growing up in Fort Collins, Colorado, his interest in medicine was sparked during a middle school mission trip with his church, where he discovered the profound impact of healthcare on communities. This early experience ignited a lifelong commitment to the field, which he pursued through undergraduate studies at UC Berkeley, medical school in Virginia, and residency training at Loma Linda Murrieta in California.

OUTSIDE OF THE CLINIC

Outside the clinic, Dr. Lee is committed to leading by example in maintaining a healthy, active lifestyle. He enjoys weightlifting, staying active, and spending quality time with his family. He is also an active member of his church community, where he continues to serve others. Dr. Lee understands that health extends beyond physical well-being, encompassing emotional and spiritual dimensions as well. His approach to medicine is deeply rooted in his faith and family values, ensuring that his care addresses the whole person.

Dr. Matthew Lee looks forward to being a trusted partner in your medical journey, offering compassionate care that resonates with each patient's unique life story.



Seeing patients in Menifee

“Health is more than just physical—it includes emotional and spiritual well-being. That’s why I take time to understand each patient’s unique story and what shapes who they are.”



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an Appointment:
(951) 676-4193



Compassionate Care with a Personal Touch: Meet Dr. Matthew Lee

A LIFELONG CALLING TO SERVE

Dr. Matthew Lee's journey to family medicine began in Fort Collins, Colorado, where a middle school mission trip with his church inspired his deep commitment to healthcare's impact on communities. After earning his undergraduate degree at UC Berkeley, Matthew pursued medical school in Virginia and completed residency training at Loma Linda Murrieta in California. This path reflects his long-standing passion for medicine and service.

TEAM-BASED, WHOLE-PERSON CARE

Board-certified in Family Medicine, Dr. Lee values a team-based healthcare approach rooted in trust and meaningful patient relationships. He believes every patient has a unique story, and understanding

those stories is key to effective care. His interests are broad, ranging from caring for high school athletes to international medicine and medical procedures, ensuring comprehensive, personalized treatment.

LEADING BY EXAMPLE, INSIDE AND OUTSIDE THE CLINIC

Outside the office, Dr. Lee leads an active lifestyle with weightlifting and staying physically fit.. Family and faith form the foundation of his approach as an active church member who embraces the emotional and spiritual aspects of health in addition to the physical. His care philosophy encompasses the whole person, ensuring patients receive compassionate, individualized support.

Dr. Matthew Lee looks forward to partnering with you on your health journey, combining expertise and empathy to help you thrive.



Overnight Oats

Blueberry & Peanut Butter

Servings
1

Prep Time
10 min

Calories
215 kcal

Ingredients

½ c Rolled oats
½ tbsp Chia seeds
½ c Almond milk
1 tbsp Honey (optional)
¼ c Granola
1 tbsp Peanut butter
Blueberries

Directions

STEP 1 Add your oats and chia seeds to a small jar or bowl.

STEP 2 Mix with a spoon. Then pour almond milk and honey on top.

STEP 3 Give the mixture a good stir. Cover and chill in the fridge for at least 2 hours or overnight. This will allow the oats to soak and soften.

STEP 4 In the morning, just grab one of the jars, add your toppings and enjoy it at home or on-the-go.

Zuppa Toscano

Servings
10

Prep Time
15 min

Cooking Time
20 min

Calories
114 kcal

Ingredients

1lb Italian sausage, spicy or sweet depending on preference
 ½ package of shredded kale
 ½ large onion, chopped
 2 tbsp chopped garlic
 1 package of gnocchi
 4 slices of bacon, chopped into pieces
 1 cup heavy whipping cream
 5 cups chicken stock
 Salt, pepper, and red pepper flakes to taste

Directions

STEP 1 In a large soup pot, cook Italian sausage over medium high heat until browned. Take out the sausage and set aside on a plate.

STEP 2 Cook the chopped slices of bacon in the pot until crispy and set aside on a paper towel lined plate for the fat to drain.

STEP 3 In the bacon fat, sautee onions until almost translucent and add the garlic until fragrant. Make sure not to burn the garlic or it will become bitter.

STEP 4 Add the sausage back into the pot and mix with the garlic and onions. Add in the chicken stock and bring to a boil.

STEP 5 Taste and make sure the soup is seasoned enough with salt and pepper and red pepper flakes if using.

STEP 6 Once the water is boiling, put in the gnocchi and cook according to package instructions, typically 3 minutes. Once the gnocchi is cooked, turn off the heat.

STEP 7 Add in the heavy whipping cream and kale and stir until the kale is wilted and the cream is incorporated.

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





Extended Hours & Walk-In Visits



iCare Office

27722 Clinton Keith Rd.
Murrieta, CA 92562

(951) 878-9820

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



HEMET OFFICE

Meet Dr. Sonali Mondkar

FAMILY PHYSICIAN

BACKGROUND & EDUCATION

Dr. Sonali Mondkar grew up in California and completed her undergraduate degree at UC Riverside. After finishing her three-year clinical residency at UHS SoCal MEC at Temecula Valley Hospital, she went on to attend medical school in the Caribbean, completing her rotations on the East Coast of the U.S. This diverse training has equipped her to work with a broad range of patient populations, enhancing her ability to offer empathetic, comprehensive care. Her approach is to fully understand each patient's needs and create the most effective treatment plan.

The decision to pursue medicine came from Dr. Mondkar's desire to help people from all walks of life, cultures, and religions, while continuing to learn. She remarks, "This is the field where I can be a constant learner and still connect with people."

OUTSIDE OF THE CLINIC

Outside of work, Dr. Mondkar enjoys gardening and reading both fiction and non-fiction. She also loves spending time at local parks and at the beach with her pet husky.

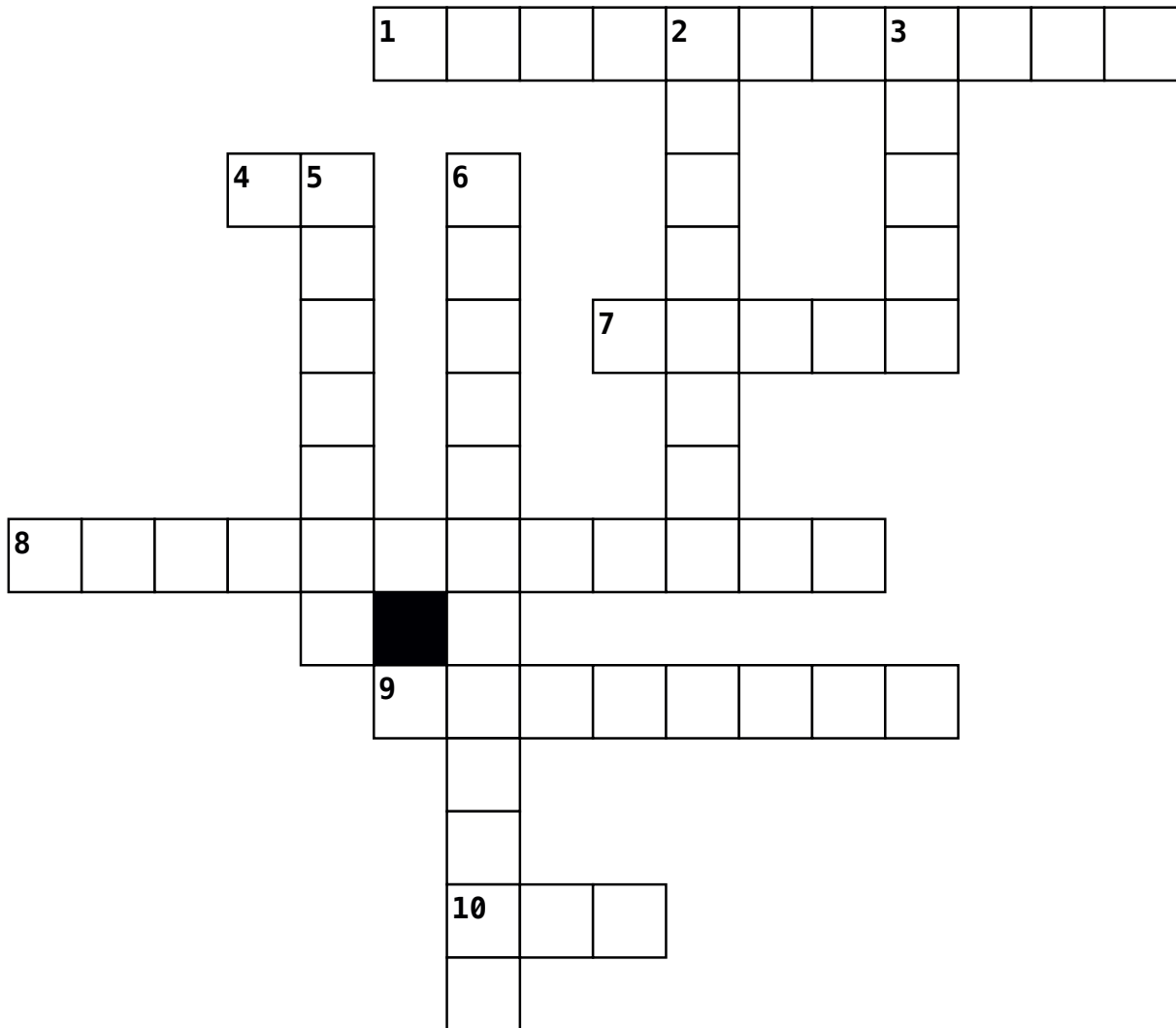
Since returning to California, she has been dedicated to giving back to her community and now practices at our Hemet office.



A woman with long dark hair, wearing a blue and white striped shirt, is smiling and chopping vegetables on a wooden cutting board in a kitchen. The cutting board has a red bell pepper, a white onion, two yellow potatoes, a whole carrot, and some green herbs. She is using a large knife. The background shows white kitchen cabinets, a granite countertop, a blender, and a framed picture.

Seeing
patients
in Hemet

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



ACROSS

1. Switch out the bread for avocado toast recipe with?
4. Our doctor who loves photography (last name)
7. An office we partner with for urgent care
8. A yummy soup with gnocchi
9. Speaks english and spanish (last name)
10. Which doctor likes to lift weights (last name)

DOWN

2. What city is our Pediatrics office?
3. She earned her bachelor's at UC Irvine (last name)
5. Which doctor when to medical school in the Caribbean (last name)
6. The name of our medical group

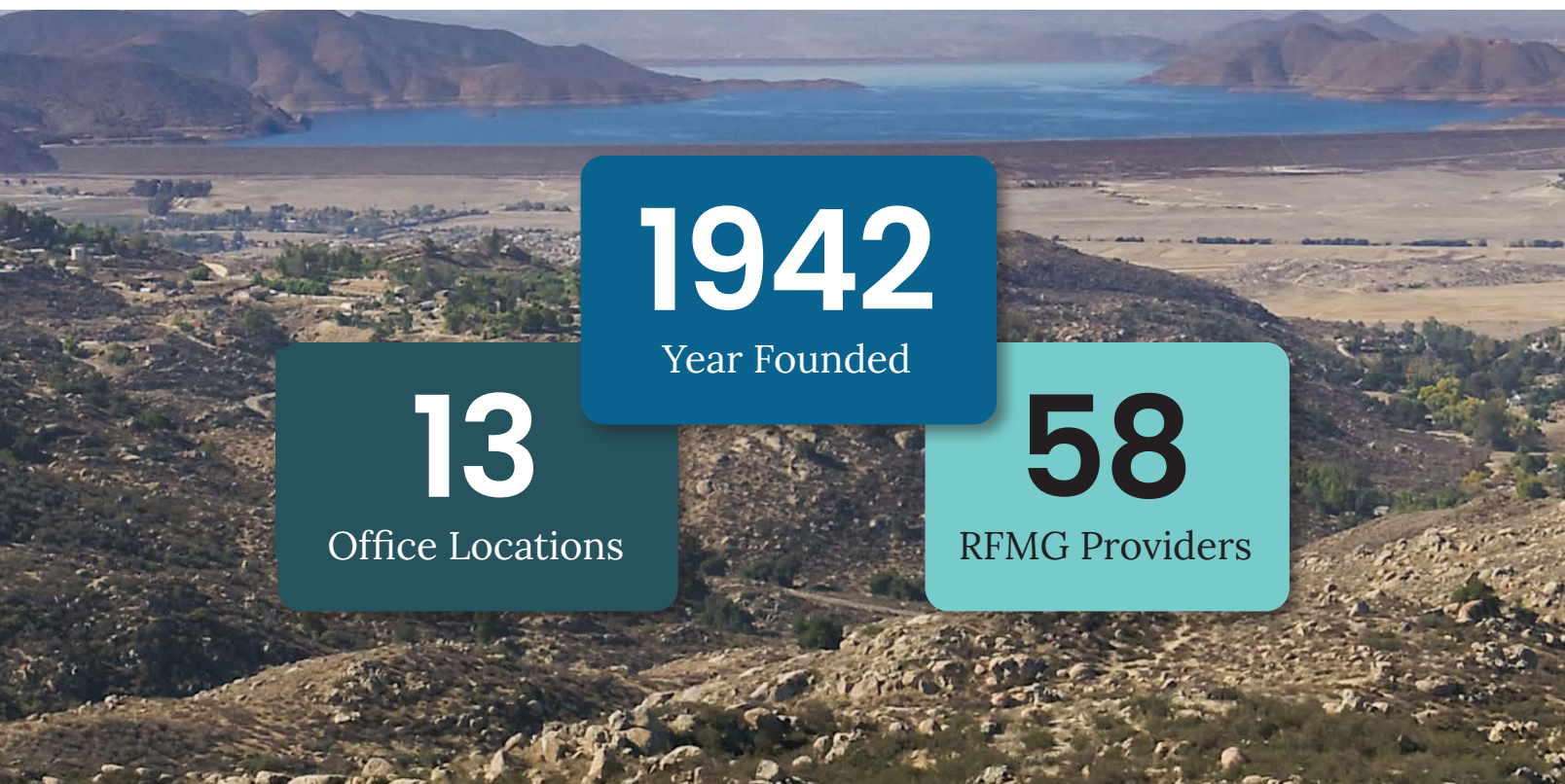
DOWN
 2. Temecula
 3. T'faye
 5. Mondkar
 6. Rancho Family
ACROSS
 1. Sweet potato
 4. Im
 7. iCare
 8. Zuppa Toscano
 9. Gallegos
 10. Lee

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1942

Year Founded

13

Office Locations

58

RFMG Providers

Primary Care | Pediatrics | Senior Care
Urgent Care | Hospitalists | Wellness Resources

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RANCHO FAMILY
MEDICAL GROUP

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

January 2026