

Hello, Better Health

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

Cover Feature:
Dr. Jameel



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. Jameel



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. Voungh Coming Soon

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. Azher Jameel

Dr. Anthony Gallegos

Dr. Eric Madrid

Dr. Rolando Gutierrez

Dr. Nicole Tfaye

Dr. Matthew Lee

Evelyn Valencia, PA

Evelyn Kelley, NP

Greg Korzeniowski, NP

Silvia Bazzetti-Reid, PA



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

K. Fallbrook

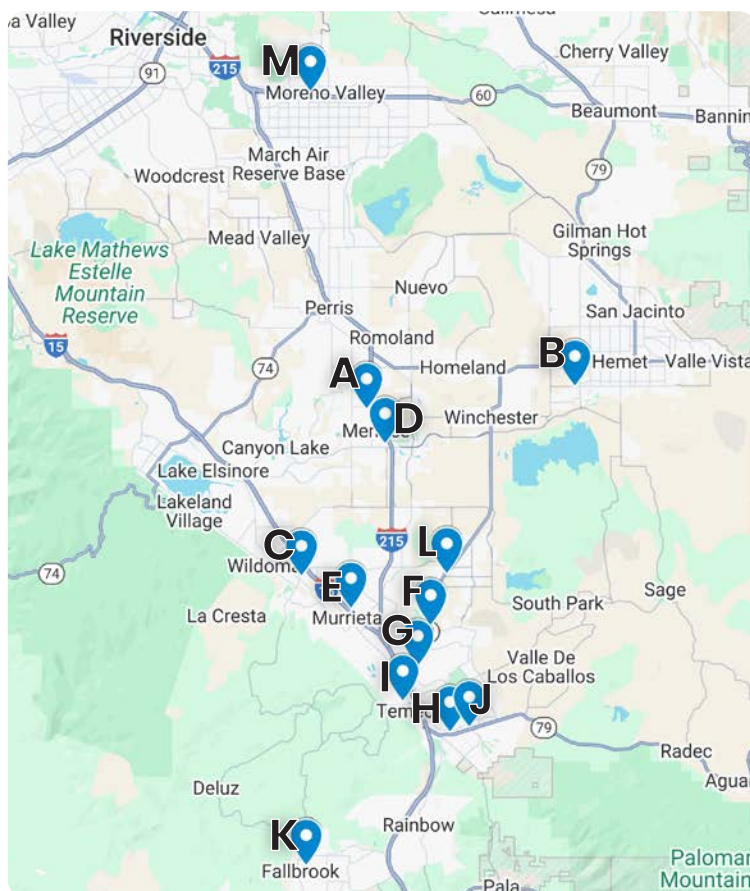
521 E. Elder St. #105
Fallbrook, CA 92028
(760) 728-8344

L. Winchester

30772 Benton Rd, Ste. 01
Winchester, CA 92596

M. Moreno Valley

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



Moreno Valley Clinic

NOW OPEN



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

**Book
Online**



Dr. Matthew Im

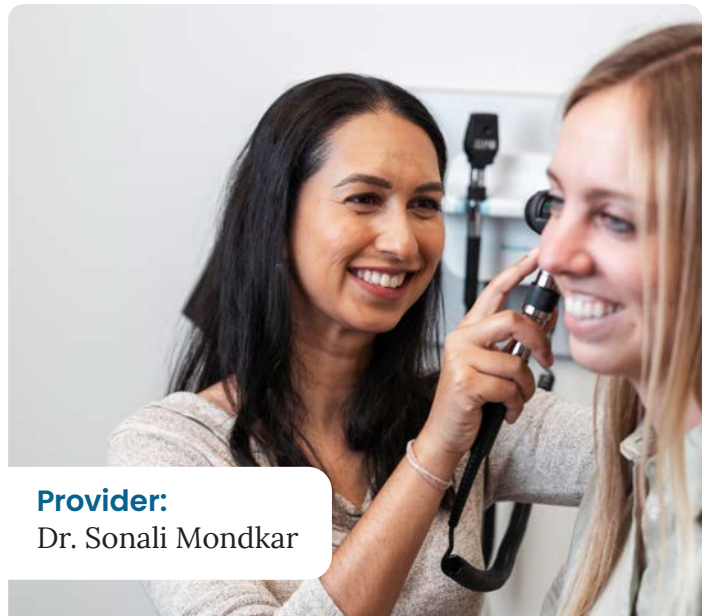
Moreno Valley Office





Office Location:

30772 Benton Rd, Ste. 01
Winchester, CA 92596



Provider:

Dr. Sonali Mondkar

New Clinic Coming Soon: 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 and 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.

Stretching Tips for Everyday Wellness

DR. IRENE CHING (KIM)

As someone who enjoys hiking and exploring California's scenic trails, Dr. Irene Ching understands the importance of keeping the body moving comfortably. She encourages patients to make stretching part of their daily routine to improve flexibility, reduce stiffness, and support long-term mobility.

DR. CHING'S SIMPLE STRETCHING TIPS:

- Stretch daily, even for just 5–10 minutes
- Warm up your muscles with a short walk before deep stretching
- Focus on areas that tighten most — neck, shoulders, hips, and hamstrings

- Never bounce while stretching; move slowly and steadily

- Hold each stretch for 20–30 seconds while breathing deeply

- Listen to your body — stretching should feel gentle, not painful

Inspired by her own experiences helping care for her mother, Dr. Ching believes preventative care and small daily habits can make a lasting difference in overall health and wellness.



Seeing patients
in Sun City

ranchofamilymed.com/irene-kim

Call to Schedule
an Appointment:
(951) 723-3804

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.



A smiling woman with dark hair tied back, wearing a white ribbed tank top and dark pants, stands on a hill. The background shows a town and mountains under a clear blue sky.

Seeing
patients
in Menifee

Call to Schedule
an Appointment:
(951) 723-3800

ranchofamilymed.com/nicole-tfaye

Beat the Inland Heat

By Dr. Nicole Tfaye
Family Medicine

What every Hemet, Menifee, and Sun City resident should know before summer peaks

Every summer, I treat patients who underestimated the heat — starting with mild fatigue or a headache before quickly developing heat-related illness. In the Inland Empire, where temperatures often exceed 100°F and can reach 110°, our bodies work overtime to stay cool. Older adults are especially vulnerable, as aging reduces the body's ability to regulate heat, and common medications for blood pressure, diabetes, and heart disease can further increase risk.

WHAT I TELL EVERY PATIENT ABOUT HEAT STROKE VS. HEAT EXHAUSTION

This distinction matters, and it could save your life or someone else's. Heat exhaustion is your body raising the alarm — heavy sweating, weakness, cool or clammy skin, nausea, a pounding headache. If you recognize these signs, move to a cool space immediately, hydrate, and rest. Most people recover fully with prompt action.

Heat stroke is different. It's a medical emergency. The sweating stops — that's actually a warning sign, not a relief. The skin turns hot and red. Confusion sets in. I cannot stress this enough: if you see these symptoms in someone, call 911 without hesitation. Do not try to wait it out. Every minute

matters.

"I always tell my patients: **drink water before you're thirsty. By the time thirst kicks in, you're already behind. In this heat, that delay has real consequences.**"

A NOTE ABOUT YOUR MEDICATIONS

One of the things I'm most passionate about educating my patients on is the relationship between common medications and heat sensitivity. Diuretics, beta-blockers, antihistamines, and certain antidepressants can all affect how your body sweats and regulates fluid. If you're on any of these — and many of my patients are — you may be at higher risk than you realize on a hot day.

Please don't stop your medications without talking to me first. Instead, let's have a conversation about how to adjust your activity and hydration habits during the summer months. That's exactly the kind of personalized guidance I'm here for.

MY SIMPLE ASK FOR THIS SUMMER

Check on your neighbors. Seriously — this is one of the most powerful things you can

do. Isolated older adults are at enormous risk during heat events, and a phone call or a knock on the door can make all the difference. Our communities in Hemet, Menifee, and Sun City are tight-knit. Let's use that.

Stay cool, stay hydrated, and don't hesitate to reach out to us at Rancho Family Medical if you have any questions about your heat risk this summer.

FREE COOLING SPOTS NEAR YOU

Hemet Public Library

Air-conditioned and open to all during peak heat hours.

Menifee Community Center

Open to residents during extreme heat advisories.

Sun City Senior Center

Dedicated cooling resources for active adults.

Riverside County's heat relief hotline at 2-1-1 can also help arrange transportation to cooling centers.

5 RULES FOR HOT DAYS

1

Hydrate early and often

Aim for 8–10 glasses of water daily — more if you're going outside. Don't wait until you're thirsty.

2

Avoid peak sun hours

Stay indoors between 10am and 4pm when heat is at its most intense.

3

Dress for the heat

Light, loose clothing and a wide-brimmed hat are your best defense outdoors.

4

Know your medication risks

Ask your provider if any of your medications affect heat tolerance.

5

Never leave anyone in a parked car

Interior temperatures can exceed 140°F within minutes — even on a mild day.

Have questions about your heat risk this summer? Schedule a visit with Dr. Tfaye at Rancho Family Medical Group.

MENIFEE OFFICE

Meet Dr. Azher Jameel

FAMILY PHYSICIAN

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

LANGUAGES

English & Arabic

EDUCATION & BACKGROUND

Dr. Azher Jameel began his medical journey in Iraq, where he completed his education and practiced medicine for eight years. During that time, he also served as a physician with the U.S. Embassy, an experience that eventually led him to relocate to the United States with his family. After moving to California, he completed his residency at Chino Valley Medical Center, where he was selected as chief resident in recognition of his leadership and clinical expertise.

PHILOSOPHY OF CARE

Dr. Jameel is passionate about providing patient-centered care. He takes the time to understand each patient's concerns while clearly explaining diagnoses, treatment options, and next steps so patients feel informed, comfortable, and confident in their healthcare decisions.

OUTSIDE OF THE CLINIC

Outside of medicine, Dr. Jameel enjoys staying active through sports, especially soccer, and values maintaining a healthy lifestyle. He also loves traveling, with Spain being one of his recent favorite destinations.

A portrait of a middle-aged man with dark hair and a goatee, smiling. He is wearing a white lab coat over a light-colored patterned shirt and a dark tie. A black stethoscope is draped around his neck, with a circular medical emblem on the chest piece. The background is a plain, light-colored wall.

Seeing
patients
in Menifee

ranchofamilymed.com/azher-jameel/

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(951) 723-3800

Move More, Hurt Less

The surprising truth about exercise and joint pain — and why rest isn't always the answer

One of the most common things I see is patients resting painful knees or hips, only for the pain to worsen over time. While rest feels natural, joints actually need movement to stay healthy. Cartilage relies on joint motion to receive nutrients through synovial fluid. Without regular movement, joints stiffen, surrounding muscles weaken, and the pain cycle often gets worse. The right kind of movement makes all the difference.

THE RIGHT KIND OF MOVEMENT MAKES ALL THE DIFFERENCE

Now, I want to be clear: I'm not telling my patients to push through sharp pain or take up running if their knees are struggling. The goal is low-impact, consistent movement — the kind that keeps the joint lubricated and the muscles strong without adding stress to the cartilage.

I also remind patients that excess body weight can place additional stress on joints, especially the knees, hips, and lower back. Even modest weight loss can significantly reduce strain, ease discomfort, and help prevent further joint damage over time.

Water exercise is my first recommendation for most patients dealing with significant joint pain. The buoyancy of water reduces the impact load on your joints dramatically. Submerged to the waist, you're bearing roughly half your body weight. Neck-deep, it's closer to 10%. The Sun City Aquatic Center offers heated sessions year-round and has programs specifically designed for older adults. If you haven't tried it, I genuinely encourage you to give it a chance.

Chair yoga is another option I recommend frequently, especially for patients who are concerned about balance. You get the flexibility and breathing benefits of yoga without ever having to get down on the floor. Several senior centers in Menifee and Hemet offer free or low-cost classes, and many are available online if you prefer to start at home.

"I tell my patients: a little stiffness at the start of movement is normal and expected. Sharp pain, or pain that gets worse as you continue, is your body telling you to stop. Learn the difference and trust yourself."

YOU DON'T NEED AN HOUR AT THE GYM

One of the biggest barriers I hear is that exercise feels like it has to be a big production — a gym membership, equipment, or a full hour set aside. It doesn't. The American College of Rheumatology recommends 150 minutes of moderate movement per week for joint health — about 20 minutes a day. An early morning walk, a seated resistance band routine, or gentle stretching while the coffee brews all count.

I also hear many older patients say it's "too late" to start. It's not. I've seen patients in their 80s improve pain levels, balance, and independence within weeks of starting a consistent routine.

LET'S BUILD A PLAN TOGETHER

If you've been living with joint pain and aren't sure where to start, please come see me. Together, we'll create a plan that fits your goals, lifestyle, and overall health. You deserve to move comfortably and live actively — and I'm committed to helping you get there.



RECOMMENDED ACTIVITIES

Pool walking & water aerobics

Up to 90% less joint stress than land exercise

Chair yoga

Flexibility and balance — no floor required

Morning walks (before 9am)

20 minutes daily reduces inflammation and lifts mood

Resistance bands

Build muscle around joints — seated, at home, your pace

YOUR WEEKLY MOVEMENT GOAL

150 minutes of gentle movement

About 20 minutes a day. Walks, pool sessions, stretching — it all counts.

2X strength sessions per week

Light resistance work protects joints and is one of the best defenses against falls.

0 It's never too late to start

Patients in their 80s and 90s see real benefit. Consistency matters more than intensity.

Ask your Rancho Family Medical provider about a personalized movement plan — we'll work with your specific conditions and comfort level.



RANCHO FAMILY
PEDIATRICS

Explore Better Pediatric Care



Dr. Smith
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.



Dr. Salehi
Pediatrician



41238 Margarita Rd #106
Temecula, CA 92591

951.506.9392

ranchopediatrics.com



THE VALLEY'S PREMIER SPECIALIST



Temecula Valley
OB/GYN

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.

Book an appointment today!

(951) 677-4748 | temeculavalleyobgyn.com

Weightlifting Tips for Long-Term Strength & Health

DR. MATTHEW LEE

As someone who enjoys weightlifting and living an active lifestyle, Dr. Matthew Lee encourages patients to focus on consistency, proper form, and overall wellness rather than quick results. He believes strength training can improve not only physical health, but also confidence, energy, and long-term mobility.

DR. LEE'S WEIGHTLIFTING TIPS:

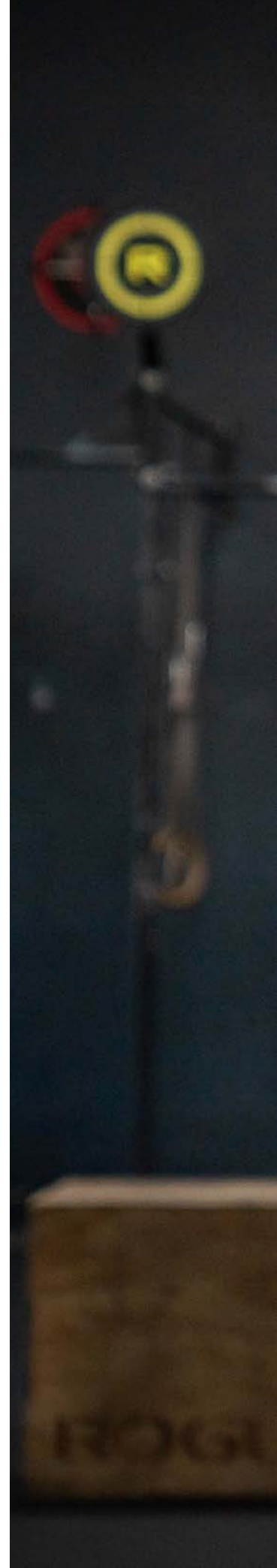
- Prioritize proper form over heavier weights
- Start with compound movements like squats, presses, and rows
- Give your muscles time to recover between workouts

- Stay hydrated and fuel your body with balanced nutrition

- Warm up before lifting and stretch after workouts

- Consistency matters more than perfection — small progress adds up

Inspired by a lifelong commitment to serving others, Dr. Lee approaches health holistically, encouraging patients to care for their physical, emotional, and spiritual well-being both inside and outside the gym.



A man with dark hair, smiling, stands with his arms crossed in a gym. He is wearing a grey t-shirt with the text "wild LAM" in white. In the background, a basketball hoop with the word "ROGUE" on the backboard is visible. The gym has dark walls and wooden floors.

Seeing
patients
in Menifee

ranchofamilymed.com/matthew-lee

Call to Schedule
an Appointment:
(951) 723-3800

Red Lentil Daal

Servings
6

Prep Time
10 min

Cooking Time
20 min

Calories
302 kcal

Ingredients

1 ½ cups dry red lentils	1 cup canned coconut milk
1 large carrot finely diced	1 ½ tsp ground cumin
1 small bell pepper	1 tbsp curry powder
1 large onion chopped	½ tbsp sugar
½ teaspoon garlic powder	1 tsp ground turmeric
¼ teaspoon ground ginger	1 tsp paprika
½ tbsp olive oil	Salt and black pepper to taste
3 cups vegetable broth or water	Basmati rice & naan

Directions

STEP 1 Rinse lentils under running water. Chop the onion, bell pepper, and carrot.

STEP 2 Heat oil in a pot and sauté onion for about 3-4 minutes over medium heat. Then add carrot and bell pepper.

STEP 3 Add all spices, sweetener, lentils, and vegetable broth or water. Bring to a boil and let simmer for about 10 minutes.

STEP 4 Finally, add coconut milk and cook for a further 5 minutes or until the desired thickness of the dahl is reached.

STEP 5 Season with black pepper and salt. Taste and adjust the seasonings as needed.

STEP 6 Serve warm with basmati rice, potatoes, or naan (flatbread) and garnish with fresh herbs as desired.


RANCHO FAMILY
MEDICAL GROUP

ranchofamilymed.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 & Coming Soon to 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

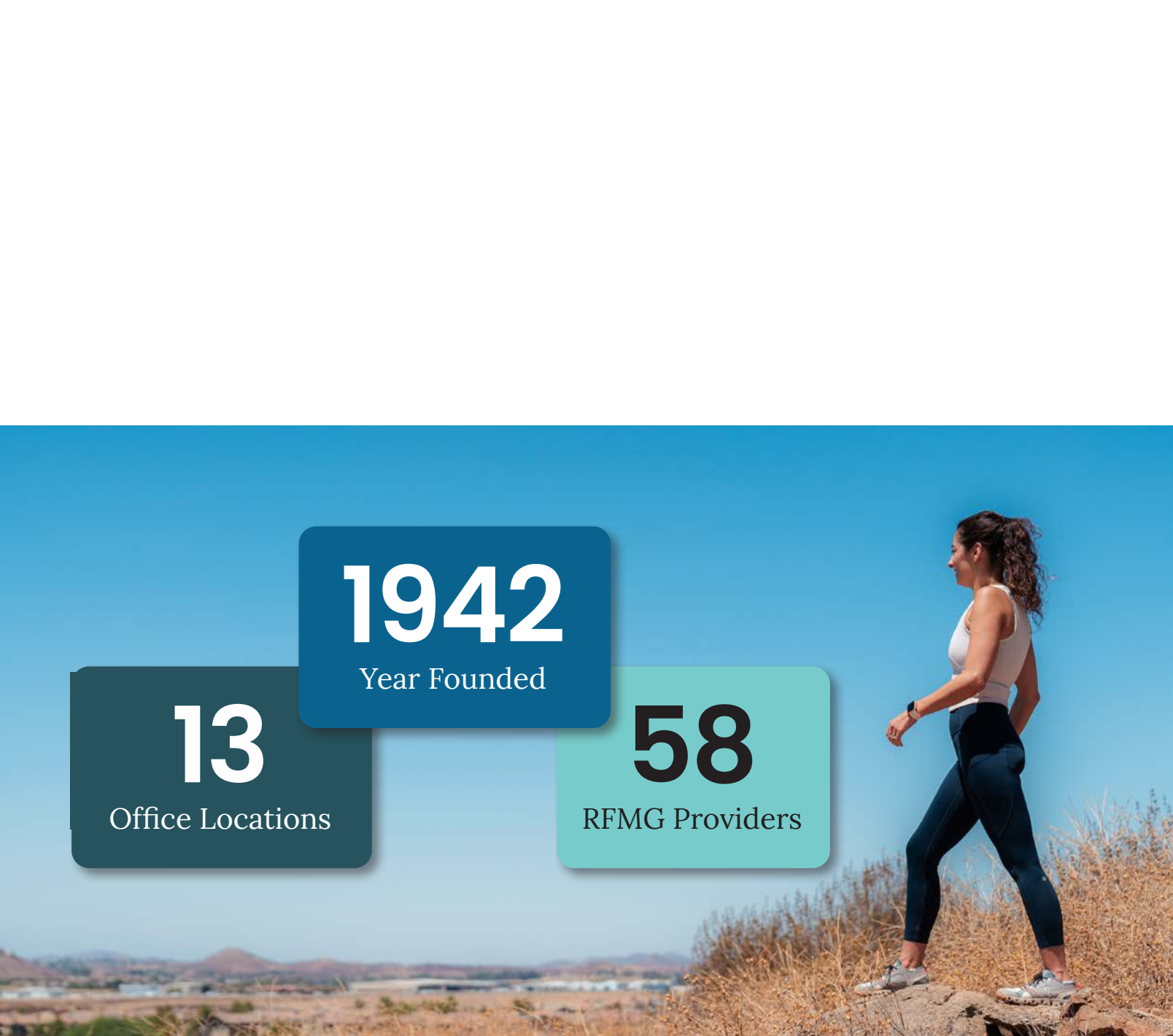


iCare Office

27722 Clinton Keith Rd.
Murrieta, CA 92562

(951) 878-9820

Extended Hours & Walk-In Visits



1942

Year Founded

13

Office Locations

58

RFMG Providers

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Urgent Care | Hospitalists | Wellness Resources

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MEDICAL GROUP

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