


Valley Oaks
MEET OUR TEAM
REGINA EVANS
APRN, FNP-C
PRIMARY CARE
BOULDER CITY


Self care isn't selfish


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MEET OUR TEAM
JASMIN MATUTIS
APRN, FNP-BC
PRIMARY CARE
SOUTH RANCHO


Proudly Offering Services in 11 Different Languages
Hola
Hello
Bonjour
Kumusta
Ahoj


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MEET OUR TEAM
ELIZABETH KELEMEN
MSN, APRN, FNP-BC
PRIMARY CARE
RAINBOW


WORK
LIFE


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MEET OUR TEAM
ALEX LEY ROJO
APRN, FNP-C
PRIMARY CARE
EASTERN




Scheduled for today
22
JAN
Annual Checkup
11:00 AM - 12:00 PM




Your Mental Well-being matters to us
Schedule a visit today

Healthy Improvements

Healthy Relationships

- Honesty, trust, respect and open communication take effort and compromise from everyone involved
- Try not to be fearful of conflict, you should feel safe to express things that bother you
- Take accountability when you are wrong, this will help heal relationship breakdowns
- Even one family meal a week gives everyone a chance to catch up and connect. Allow everyone time to share what's on their mind

De-Stress your Surroundings

- De-Clutter: you'll be amazed how quickly the stress melts away when you focus on your surroundings
- Pick and choose what's important to you, find the joy and rework what brings you stress
- Turn off your phone as Richard Balding stated, "Smartphones are a relentless need to immediately review and respond to each and every incoming message, alert, or bing."
- Be grateful for every moment you get to live in

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MEET OUR TEAM

RINI MATHEWS

MSN, APRN, FNP-C

Family Medicine

HENDERSON

Healthy Improvements

Stay Active

- Try something new and find creative ways to move your body
- Make a plan and reward yourself when you meet goals
- Bring a buddy along, a support system can help motive you
- Prioritize your time, take a quick walk around the block to get your blood flowing

Balanced Diet

- Fiber helps maintain digestive health and helps us feel fuller longer
- Try making a new healthy recipe at least once per week
- cooking at home has been associated with a lower risk of obesity and improved diet quality
- Aim for a variety of colors on your plate

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MEET OUR TEAM

VIRGILIO SIU

PA-C

Family Medicine

BONANZA

Improve your Quality of Life



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MEET OUR TEAM

YVONNE BARRY

MD

Family Medicine

STONECREEK

Healthy Improvements

Practice Self Care

- Self care is for everyone and can be both selfish and selfless, make sure to have a safe balance between the two
- Journal, talk to a friend or therapist, get out all those built up thoughts and feelings in your mind
- Learn to say no: it's ok to say no if you don't want or aren't able to do something at the moment
- Visit family, see a movie, take a bath, or go on a vacation. Painting, baking, or even just crawl into bed a little earlier than usual

Plan And Prioritize

- Consider your life to be 5 categories. Work time, personal time, health time, family time, and relationship time.
- Identify your values and learn to put boundaries in place with people who drain your energy
- Creating a physical list to cross things off of helps identify our tasks and boosts motivation to completing them
- Zoom out and find your core values, define the vision you want for your own future

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MEET OUR TEAM

DANIEL ARSULO

APRN

PRIMARY CARE

EASTERN

Healthy Improvements

A Good Night's Rest

- Unplug from your electronics. Remove TV's, computers, and smart phones
- Sleep space should be dark, relaxing, and at a comfortable temperature
- Refrain from substantial caffeine use for a minimum of 6 hours prior to bedtime
- Write down whats on your mind and set it aside for the morning

Practice Mindfulness

- Start your day with a purpose, create a daily routine. Intentional thoughts create motivation
- Make a mindful choice about what to eat based on what you really enjoy.
- The day goes by without us even checking in with ourselves, try meditating or deep breathing to refocus your attention and connect with your body.
- Try and focus on the moment you are currently in, hold on to reality



7 FACTS ABOUT YOUR THYROID

- There are 4 main types of thyroid cancer Papillary, Follicular, Medullary, and Anaplastic
- More than 12 percent of the U.S. population will develop a thyroid condition during their lifetime.
- Women are 5-8 times more likely than men to experience thyroid problems.
- The thyroid gland looks like a butterfly. It's located at the front of our necks below the Adam's apple.
- Up to 60% of those with thyroid disease are unaware of their condition
- 1 in 8 women will develop a thyroid disorder in her lifetime
- Hypothyroidism is a disease when the thyroid doesn't produce enough hormone. It's estimated that 20 million Americans have thyroid disease.





"Spread the word: January is Thyroid Awareness Month! Let's shine a light on thyroid health and well-being. #ThyroidAwarenessMonth"



"Did you know? The thyroid regulates metabolism, energy, and mood. Take a moment to care for this small but mighty gland! #ThyroidFacts



"Hello January! 🌟 Did you know it's Quality of Life Month? Take a step towards a better life by improving your surroundings. Small changes, big impact!



"Sleep tight, live right! 😴✨ Prioritize a good night's rest and practice mindfulness for a boost in your quality of life. Sweet dreams, mindful moments!



"Join us in welcoming Daniel Aruslo APRN to our family! 🌟 Passionate about caring for all ages, he also finds joy in reading and classical music. Your health journey just got a little more harmonious! 🎼🎶 #NewProvider #HealthAndHarmony"



"Note to self: Embrace self-care and master the art of planning. Elevate your quality of life by prioritizing what truly matters. You're worth the investment! 💖📆 #SelfCare #PrioritizeLife"



Meet Dr. Yvonne Barry, our esteemed family practitioner stationed at the Stonecreek location! With almost two decades of experience, she specializes in women's health, sports medicine, adult medicine, mental health, and geriatrics. Fluent in English, French, and Czech, Dr. Barry is dedicated to delivering thorough and empathetic healthcare.



"Elevate your life by focusing on these 8 pillars. Your roadmap to a higher quality of life! 🚀 #WellnessJourney #QualityOfLife"



Virgilio, originally from Nicaragua, has called Las Vegas home since 2005. Fluent in English, Spanish, and Cantonese, he embarked on a medical career driven by the desire to save lives and promote community well-being. Providing care at our Bonanza office, Virgilio is dedicated to helping patients lead healthy lives.



"Fuel your life with vitality! 🌱 Stay active and nourish your body with a balanced diet – the dynamic duo for a higher quality of life. 💪🍏 #ActiveLiving #BalancedDiet"



Rini, a Las Vegas resident for more than two decades, joined the Valley Oaks team in February. Proficient in English, Hindi, and Malayalam, she pursued a career in medicine fueled by a passion for continual learning and a commitment to making a positive difference in people's lives.



"Quality connections and clutter-free spaces – the keys to a richer life! 💑✨ Nurture healthy relationships and your personal spaces for an elevated quality of life.



"We prioritize your mental well-being. Throughout your journey, count on our support for your mental health needs. 💙 #PrioritizingMentalHealth #WellnessComesFirst"



Burnout is universal, but your response makes all the difference. Embrace self-care, lean on support, and prioritize your well-being. You're not alone in this journey!



Jasmin Quillosa Matutis, a licensed family nurse practitioner in Nevada, earned her MSN from Samuel Merritt University, specializing in family practice. Board-certified by ANCC, she brings diverse nursing experience. Actively engaged in professional organizations like AANP and Sigma Theta Tau, Jasmin is currently pursuing a doctoral degree to enhance healthcare accessibility across various settings.



Time is running out! Ensure your Medicaid disability coverage for 42 months by enrolling before March 31st. Exclusively for ages 65 and above, this is your chance for comprehensive healthcare. Seize the opportunity now! ⏳ 🩺 #MedicaidEnrollment #HealthcareDeadline



Age doesn't define well-being! Whether you're counting your first birthday or celebrating many, a wellness checkup is a gift to yourself. Curious if we've got a provider just right for you? Let's find out together! Walk-ins always welcome.



Cuban native turned Family Nurse Practitioner, Alex Ley Rojo, pursued his medical dreams in the U.S. Formerly a doctor in Cuba, he graduated from Phoenix University in 2023. Passionate about family medicine, he strives to improve lives. Outside work, he enjoys hiking and the great outdoors.



Language should never be a barrier to quality care! Proudly offering patient-centered services in 11 different languages, ensuring everyone feels heard and understood. Your health, your language!



Regina, from Pittsburgh, PA, earned her Nurse Practitioner degree at Wheeling Jesuit University, WV. With 16+ years in nursing, specializing in Cardiothoracic Surgery, she transitioned to a Family Nurse Practitioner in 2019. Committed to meaningful patient relationships, Regina finds joy in her work. Beyond the clinic, she's a passionate MMA fan, attending events like car shows.



Take a proactive approach to health! Book your annual wellness checkup and discuss cancer screenings with your healthcare provider. Prevention starts with awareness.



Your health, wherever you are! Introducing our Telehealth services, making quality care accessible from the convenience of your space. Embrace the ease of remote healthcare! #Telehealth #HealthAtYourFingertips



Originally from Burbank, CA, Liz holds a Nurse Practitioner degree from Graceland University, MO, and boasts over 30 years of nursing experience, predominantly in ER trauma. Since becoming a Family Nurse Practitioner in 2019, she has discovered her passion for healthcare, emphasizing meaningful connections with patients across generations. Beyond the clinic, Liz is an avid Golden Knights fan and concert enthusiast.



Pause, breathe, and prioritize self-care because our well-being matters. Embrace the importance of nurturing yourself – you deserve it!