

# 2024-2025 Academic Year

## Bon Secours Mercy Health- St. Francis Family Medicine & Blackstone Rural Track

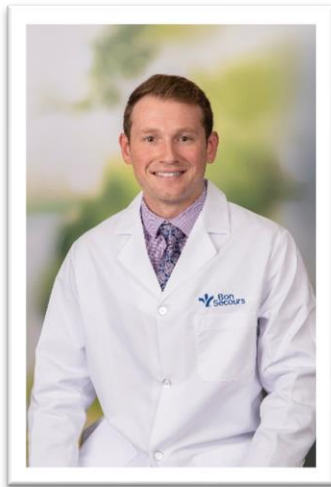


**Joseph Bannister, MD**  
**PGY 3**

**Medical School:** Eastern Virginia Medical School

**Personal interests:** I enjoy spending time with my wife, family, and friends. I also enjoy board games, reading/listening to audiobooks, and spending time outside (hiking, mountain biking, kayaking, paddleboarding).

**Why SFFM?** - “The residents and faculty are warm and welcoming. The faculty truly care about resident well-being and success.”



**Connor Barrand, DO**  
**PGY 3**

**Medical School:** Edward Via College of Osteopathic Medicine

**Personal interests:** I enjoy playing basketball, exercising, walking/hiking, and spending time with my wife and dog.

**Why SFFM?** – “SFFM is a program that teaches residents how to be true full-spectrum primary care physicians, treating a diverse group of patients all across the lifespan. There is a strong community within the program with incredible synergy and teamwork. I also love the RVA area and am happy to be living here!”



**Shalom Chege, MD**  
**PGY 3**

**Medical School:** Florida State University College of Medicine

**Personal interests:** I love cooking, baking, checking out restaurants, discovering new coffee shops, and travelling and exploring new places with friends and family. I also love a good mystery or fantasy read.

**Why SFFM?** - “I wanted to be intentional about choosing a residency program that emphasized evidence-based, compassionate care of vulnerable populations, in a full-spectrum training environment, all in the setting of a fun city! SFFM fulfilled all of these things for me, with the added bonus of amazing co-residents, faculty, and staff.”



**Brian Engelhardt, MD**  
**PGY 3**

**Medical School:** Virginia Commonwealth University

**Personal interests:** Swimming the James River with my wife and our Siberian husky, basketball, soccer, pickleball, theology, bioethics, monastic retreats, mixology, enjoying the RVA food scene.

**Why SFFM?** - “SFFM is a rare full-scope program on the East Coast. It is truly unopposed. The program offers strong Obstetric and inpatient training, as well as opportunities for managing high risk obstetric. Other highlights: opportunities for medical missions, above national average board scores, St. Francis Medical Center was named one of America’s Most Beautiful Hospitals, unlimited free food in the hospital. I love Richmond!



**Jamie Helmich, MD**  
**PGY 3**

**Medical School:** University of Arkansas

**Personal interests:** (Very amateur) automotive repair; reading painful, long books because I’m too stubborn to stop; powerlifting

**Why SFFM?** – I wanted to train somewhere I would learn full-spectrum Family Medicine in an unopposed environment. Beyond that my husband (who coupled matched into Internal Medicine at VCU) and I both love Richmond as it’s a very liveable, soulful area with a large, underserved population.”



**Aya Kaddoura, MD**  
**PGY 3**

**Medical School:** University of London University College School of Medicine

**Personal interests:** Reality TV, appreciating art and pretending to know how to make it, eating and trying new restaurants, working out.

**Why SFFM- Blackstone?** - “I wanted to train at a program that reflected my interests in community medicine and care for the underserved. Additionally, being at an unopposed program meant a well-rounded training experience in full scope Family Medicine.”



**Matthew Reynolds, MD**  
**PGY 3**

**Medical School:** Virginia Commonwealth University

**Personal interests:** Outdoor sports and activities, science fiction novels, local Richmond trivia nights, board games, gardening, and all things movies and TV.

**Why SFFM?** – “I chose St. Francis Family Medicine to continue to help, serve, and learn in the community that I grew up in and owe so much to. My medical interests include Sports Medicine and Geriatrics. I look forward to further cultivating these interests with SFFM. It is my passion to be able to provide the highest quality care to the community around me, and the amazing staff at SFFM facilitate this by encouraging excellence and lifelong learning.”



**Dan Teddy, MD**  
**PGY 3**

**Medical School:** Christian Medical College, Vellore, India

**Personal interests:** Baking, trekking, working out, trying new cuisines, spending time with friends.

**Why SFFM?** - “It is an unopposed program with great clinical exposure. I really enjoy working with the residents and faculty. Absolutely a wonderful place to learn and grow!”



**Claire Young, DO**  
**PGY 3**

**Medical School:** Edward Via College of Osteopathic Medicine

**Personal interests:** Reading murder mysteries, baking, watching netflix

**Why SFFM?- Blackstone -** “Strong community program with the opportunity to explore my interest in rural medicine.”