

2023-2024 Academic Year

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

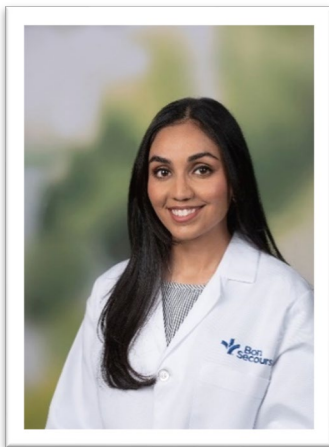


Mohsin Ali, MD
PGY 3
Chief Resident

Medical School: Virginia Commonwealth University

Personal interests: Hiking, bouldering, technology, astronomy.

Why SFFM? “I chose SFFM primarily due to the supportive faculty and residents along with the unopposed curriculum providing a rigorous, yet comprehensive training experience suited for family medicine.”



Momna Ayub, DO
PGY 3

Medical School: Rowan University School of Osteopathic Medicine

Personal interests: I enjoy traveling, baking, bingeing Netflix, and spending time with my family and friends.

Why SFFM? “SFFM offers a very supportive environment in which to grow and provides well balanced training.”

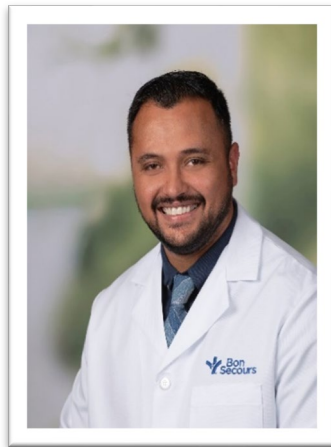


Kara Cabbage, MD
PGY 3
Chief Resident

Medical School: St. George's University School of Medicine

Personal interests: Spending time with family, friends, and my dog Eden, traveling

Why SFFM? "I chose SFFM because of the broad scope of opportunity to learn and practice unopposed family medicine in local, rural, and global settings along with the strong sense of community amongst the faculty and residents."

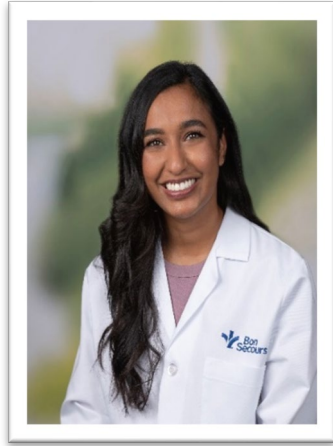


Ramin Haidari, MD
PGY 3

Medical School: Virginia Commonwealth University School of Medicine

Personal interests: I love traveling, listening to audiobooks, drawing/painting and playing basketball!

Why SFFM? "SFFM has the best, most supportive faculty and co-residents, making it a great place to grow as a physician as well as a person!"

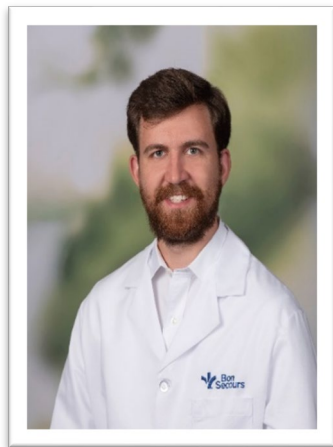


Agnijita Kumar, MD
PGY 3

Medical School: Virginia Commonwealth University School of Medicine

Personal interests: Traveling, exploring new restaurants, cooking, baking, painting, and spending time with friends and family (including my two cats and puppy)

Why SFFM? “I wanted a program where I could further explore my interests in behavioral health, academic medicine, and women’s health. As a unopposed program with a diverse patient population, SFFM checked all those boxes for me! The faculty and residents in the program are also incredibly supportive and emphasize personal wellness and a well-rounded training.”



Dixon Lee, MD
PGY 3
Chief Resident

Medical School: Virginia Tech Carilion School of Medicine

Personal interests: My dogs, running, soccer, basketball

Why SFFM? “I chose SFFM because of the people and the location. The people have made me feel welcome and comfortable, and I love the city of Richmond, which has family and friends for me as well as all of my favorite activities.”



Ashleigh Powell, DO
PGY 3
Chief Resident

Medical School: Edward Via College of Osteopathic Medicine (VCOM)

Personal interests: I enjoy water-based activities like kayaking, paddle boarding, and boating. On weekends I love spending time with my family and friends, taking them to restaurants in the Richmond area!

Why SFFM? “When I came in person to meet some of the residents, everyone was so nice, and I could tell they actually enjoyed spending time together. That sense of community was amazing!”



Caleb Southall, MD
PGY 3

Medical School: University of Virginia School of Medicine

Personal interests: Playing sports, spending time with family

Why SFFM? Blackstone- “Well-rounded, unopposed community program with an outstanding rural track!”

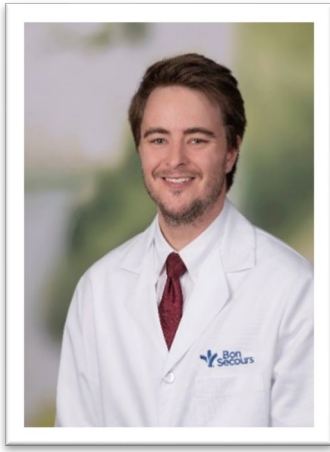


Joseph Tuck, MD
PGY 3

Medical School: Virginia Commonwealth University School of Medicine

Personal interests: Running, hiking, and spending time with my three daughters

Why SFFM? “The SFFM culture of being a true family that supports each other through all of life’s challenges, both at work and at home.”

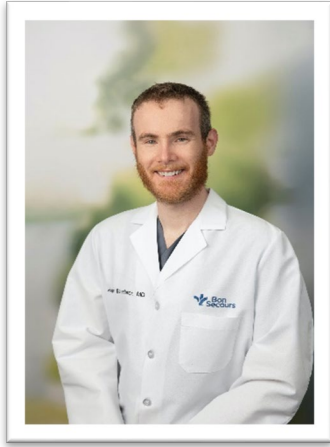


Joseph Varner, DO
PGY 3

Medical School: Campbell University School of Osteopathic Medicine

Personal interests: Blue Ridge Mountains, hiking trails, swimming in rivers, music, lutherie, wood-working, gardening, being with family

Why SFFM? Blackstone- “Dr. Agbeibor told us on our first day, “we choose people that we can see are kind”. I like to think I saw that same kindness from the people I met at this program. Not only do they show kindness toward those around them, but they exhibit real love for family medicine and for caring for others.”

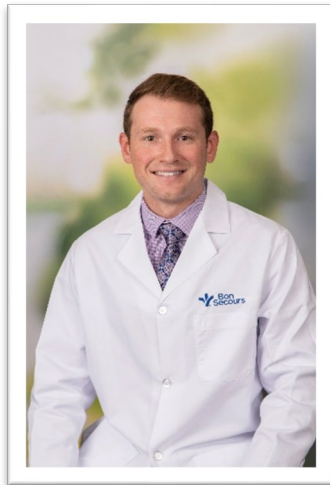


Joseph Bannister, MD
PGY 2

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.”

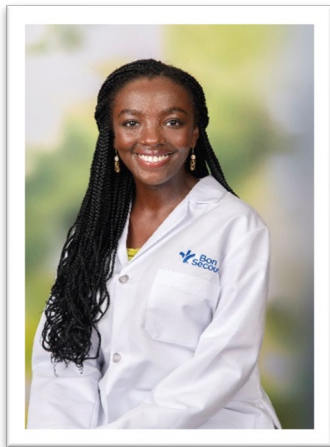


Connor Barrand, DO
PGY 2

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!”

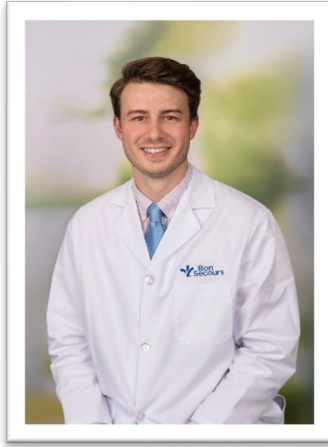


Shalom Chege, MD
PGY 2

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 2

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!

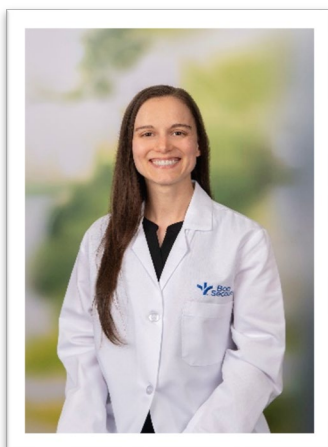


Melisa George, MD
PGY 2

Medical School: A.J. Institute of Medical Sciences

Personal interests: Hiking, cooking, singing, painting, watching movies/shows

Why SFFM? - “I like the location, values the hospital stands for, and the supportiveness of the program.”



Jamie Helmich, MD
PGY 2

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 couples 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 2

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.”

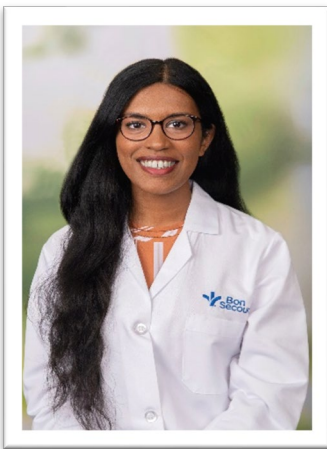


Matthew Reynolds, MD
PGY 2

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 farther 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.”

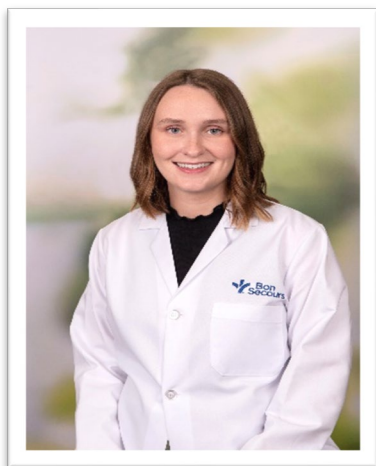


Dan Teddy, MD
PGY 2

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 2

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.”

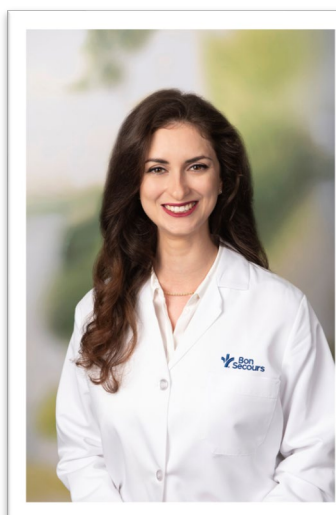


Gregory Crook, MD
PGY 1

Medical School: Ross University School of Medicine

Personal interests: Reading science fiction/fantasy and baking at home with my lovely wife and wrestling with my two children.

Why SFFM? – “I chose the Blackstone track with the program because I eventually want to be a rural family physician, but I felt that I wanted to receive a more balanced education available to those who learn in both a rural and an urban setting.”

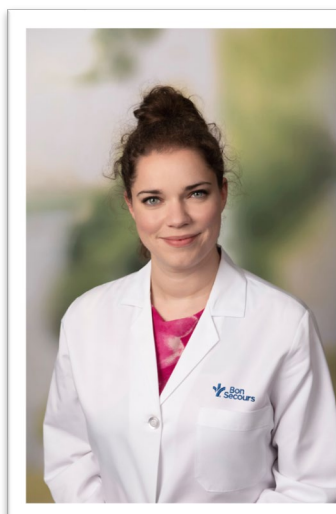


Aylin Crugnale, MD
PGY 1

Medical School: University of Zurich

Personal interests: Learning to ice skate, going scuba diving, skiing, swimming, playing piano, meditating, spending time with my pet cockatiel (Taco), and enjoying self-made fondue and Glühwein during the winter with my husband and friends.

Why SFFM? – “SFFM is a perfectly sized program, where the co-residents feel like family and the faculty are extremely knowledgeable, inspiring, and highly supportive.”



Elizabeth Fernandez, DO
PGY 1

Medical School: Edward Via College of Osteopathic Medicine – Virginia Campus

Personal interests: Knitting, crochet, sewing, paper crafts, and of course, spending time with my family

Why SFFM? – “St. Francis is an unopposed program offering the opportunity to work with a patient population that interests me at a hospital that reflects my values, all in my hometown! What more could I ask for?!”



**Gifty Gracious Ross, MD
PGY 1**

Medical School: Drexel University College of Medicine

Personal interests: I enjoy gardening, tennis, bullet journaling, knitting, water coloring and going for walks in the local parks/trails.

Why SFFM? – “This program has a strength in providing care for underserved populations and community outreach, which resonates with me. The faculty and staff are approachable, supportive, and love to teach. There is enough structure to help residents succeed and enough flexibility to allow for growth in areas of personal interest.”

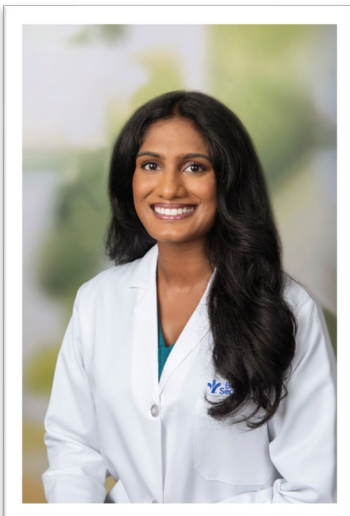


**Abigail Hewitt, MD
PGY 1**

Medical School: Virginia Commonwealth University

Personal interests: Art, music, trying new restaurants, playing with my puppy.

Why SFFM? – “I choose St Francis because of the people and the location! I love the opportunity to train at a well-rounded, community program with such supportive faculty and residents. I am very thankful to stay in a city with my husband and the rest of my family.”

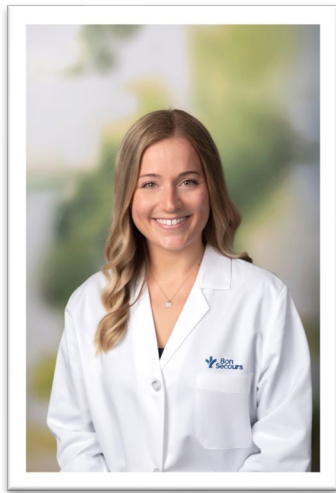


**Feeba Koshy, MD
PGY 1**

Medical School: Medical University of Plovdiv Faculty of Medicine

Personal interests: Cooking, Weightlifting, French dining, Spending time with my husband and doggy - JJ.

Why SFFM? – “Broad learning opportunities along with great warmth and camaraderie among the staff and fellow residents which immediately made me feel at home.”

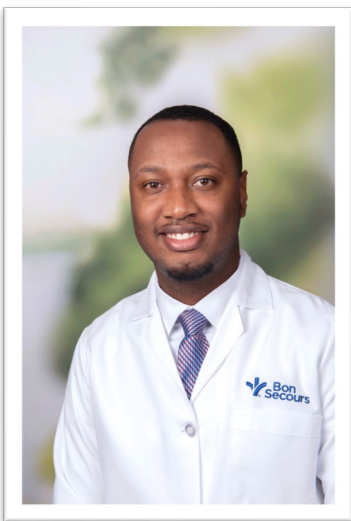


Krista Rounds, DO
PGY 1

Medical School: Touro College of Osteopathic Medicine - Middletown

Personal interests: Discovering fun restaurants and creative local shops, spending time with family outdoors on nature trails.

Why SFFM? – Blackstone: “It's the perfect place to train and pursue my passion for full-scope rural medicine. I was amazed by its strong and supportive learning environment and how beautiful the area is. This program checked all my boxes and I'm happy to call Midlothian my home!”



Sydney Sykes, MD
PGY 1

Medical School: University of Ghana School of Medicine and Dentistry

Personal interests: I enjoy spending time with my wife and son, cooking, reading and watching documentaries.

Why SFFM? – “I was drawn to SFFM because of the unopposed full spectrum training offered and unique experiences like the Global Health missions to Ghana, interviewing here and meeting the faculty and residents gave me a sense of the culture of the support I am glad to be a part of.”



Adrianna Uhlar, MD
PGY 1

Medical School: Case Western Reserve University School of Medicine

Personal interests: reading, embroidery, fermenting foods, exploring new restaurants, hiking, and long walks with my dog.

Why SFFM? – “I chose St. Francis because I wanted an unopposed program that valued topics like women’s health and global health. I also really loved the residents I met on my interview day and knew I found a really supportive group of people.”



Helena Varys, MD
PGY 1

Medical School: Lekarska Fackulta, Univerzity Karlovy

Personal interests: I enjoy participating in community projects such as invasive species removal and trash pick-ups with the Rotaract Club of Richmond. I avidly spend time with my family and dog. I like staying active by playing tennis, running, yoga and skiing.

Why SFFM? – “I chose SFFM for its enriching environment and the ability to practice full-spectrum family medicine. It is a place where personal growth is encouraged as well as positive collaboration among all staff members. The Midlothian location has a great blend of suburban life while being close to the city of Richmond. “