

# 2024-2025 Academic Year

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

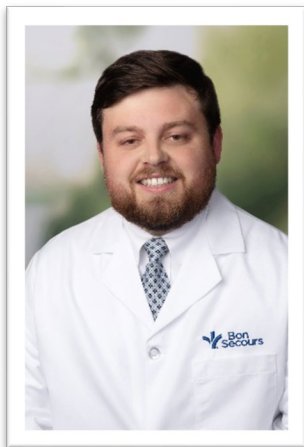


**Ezra Chow, MD**  
**PGY 1**

**Medical School:** University of Tennessee Health Center

**Personal interests:** Running, Cooking, Pickle Ball, Traveling, Nutrition

**Why SFFM?** “Richmond unexpectedly waltzed into my life, like a jazz tune playing in the background. A barista’s casual mention led me to visit, and there, amidst the faculty, residents, and staff, I felt it—an undeniable sense of peace. I moved to Richmond this June leaving family and friends behind in Knoxville and Memphis, Tennessee. The Richmond community welcomed me with open arms and I am so happy to be here. I am excited to become a part of my patient's stories, and to contribute to the health and wellness of the city I now call home.”

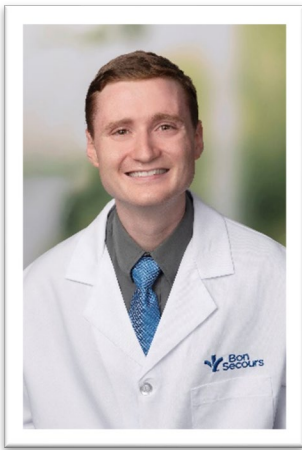


**Christopher Ciccone, DO**  
**PGY 1**

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

**Personal interests:** Watching soccer and college football (Go Hokies!), playing sports (soccer, golf, disc golf), exploring local trails/parks, cooking

**Why SFFM-Blackstone?** “I chose SFFM because of all the great people I met during my interview! I pursued the Blackstone track because I am interested in full scope rural medicine and so getting firsthand rural experience while also still getting the benefits of living/working in a community like Midlothian was the best of both worlds.”

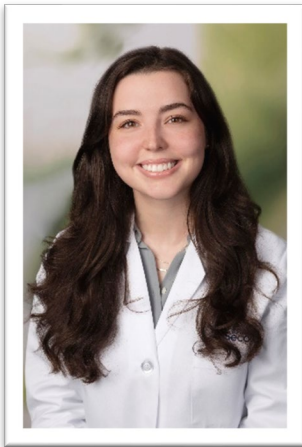


**Philip Grotz, MD**  
**PGY 1**

**Medical School:** University of Virginia

**Personal interests:** cooking, exploring nature, playing the piano, latin / swing dancing

**Why SFFM?** “I chose SFFM because I wanted a chance to train at a well-established unopposed program not far from home, but more importantly, the people here are extraordinary.”

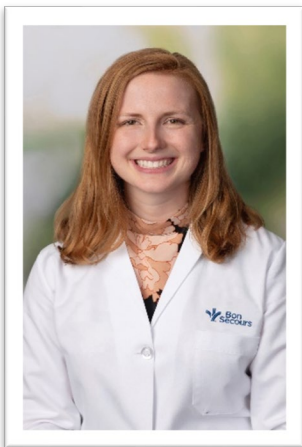


**Taylor Harrold, MD**  
**PGY 1**

**Medical School:** Virginia Commonwealth University

**Personal interests:** Walking with my 2 golden retrievers, restoring mid-century furniture, home renovations.

**Why SFFM?** “I love the program and am from the area so I was fortunate enough to shadow and do 2 rotations here as a student, we have great faculty and a diverse patient population.”



**Grace Le, MD**  
**PGY 1**

**Medical School:** Virginia Commonwealth University

**Personal interests:** baking, cooking, running, pickleball, volunteering with local ministries, hosting board game and dinner nights with my husband.

**Why SFFM?** “I chose SFFM because of the strong, full spectrum FM curriculum and the dedication to serving underserved communities here in my favorite city of Richmond and abroad on missions. I love the opportunities to explore personal interests in FM, like lifestyle and obesity medicine. I felt supported and welcomed by the faculty and residents so I knew it would be a great place to become the physician I hope to be!”

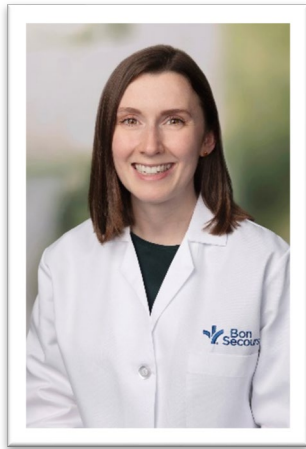


**Ally Ledwith, MD**  
**PGY 1**

**Medical School:** Virginia Commonwealth University

**Personal interests:** Running, hiking, baking/cooking

**Why SFFM?** "I wanted a residency program where I could really do full-spectrum family medicine-pediatrics, hospital medicine, labor and delivery, outpatient, etc. I didn't just want exposure to these areas-I want to graduate feeling very competent, and I felt that SFFM would provide me with excellent opportunities. I am also from Richmond, VA, and I like the area, so I'm glad to be staying close by!"

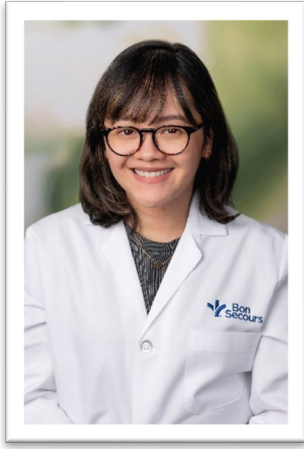


**Maddy Lee, MD**  
**PGY 1**

**Medical School:** Virginia Commonwealth University

**Personal interests:** Yoga, meditation, anything outdoors like hiking, camping, backpacking, kayaking, baking gf goodies, podcasts, watching The Office, church activities

**Why SFFM-Blackstone:** "I chose St. Francis-Blackstone because of its full spectrum, unopposed family medicine program in rural and suburban area with additional opportunities to learn in-patient medicine, women's health, obstetrics, sports medicine and procedures. I have also been so impressed by the kindness and humanity of everyone in the program and administration."

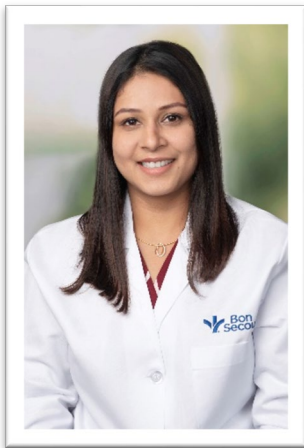


**Michaela San Juan, MD**  
**PGY 1**

**Medical School:** University of the Eastern Ramon

**Personal interests:** Lego building, decorating, baking, travelling, trying out "new to us" restaurants, going to theme parks, Drag Race, spending time with my husband and my family whenever we're geographically together!

**Why SFFM-Blackstone?** "I chose St. Francis - Blackstone because the program offers opportunities that align with my professional interest and goal of being a well-rounded, compassionate clinician equipped to serve in any setting, whether locally or internationally."



**Neola Satish, MD**  
**PGY 1**

**Medical School:** Christian Medical College

**Personal interests:** I love to travel, dance, and spend time with friends and family.

**Why SFFM?** "I chose SFFM for the wonderful people who strive to provide a well-rounded training for their residents with emphasis on kindness and compassion."



**Courtney Silver, DO**  
**PGY 1**

**Medical School:** Arizona College of Osteopathic Medicine

**Personal interests:** I enjoy baking, traveling, exploring the Richmond area, and spending time with my family and two dogs.

**Why SFFM?** “I chose SFFM after the experience I had during my interview, everyone was so welcoming and kind, and I wanted to be a part of a residency program with a supportive community of residents, faculty, and staff. I also appreciated the unopposed, broad spectrum training this program provides.”

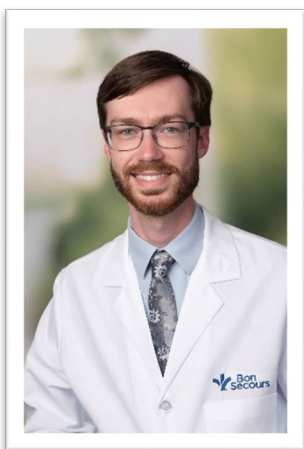


**Nima Trivedi, DO**  
**PGY 1**

**Medical School:** Lake Erie Osteopathic Medical School, PA

**Personal interests:** I enjoy spending time with family, trying out new recipes, gardening, painting, & creative writing.

**Why SFFM?** “I chose SFFM because of the opportunity to learn and practice full scope family medicine. I was so amazed by the strong sense of community between the residents and faculty, and the dedication to creating a collaborative and supportive learning environment.”



**Jacob Whitley, MD**  
**PGY 1**

**Medical School:** Eastern Virginia Medical School

**Personal interests:** I enjoy running, reading science fiction, trying new restaurants, watching football, and spending time with my wife and our cat.

**Why SFFM?** “I chose SFFM because the residents and faculty I met were kind and welcoming. SFFM is a well-rounded, full spectrum family medicine training program and I know I will be well prepared when I graduate. I am originally from Virginia and staying close to my family was also important to me.”



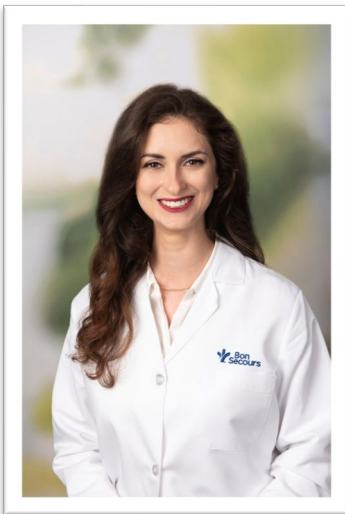


**Gregory Crook, MD**  
**PGY 2**

**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.”

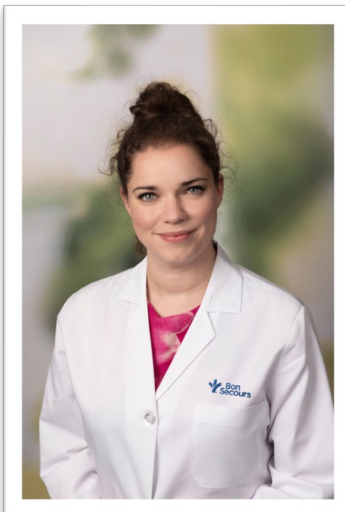


**Aylin Crugnale, MD**  
**PGY 2**

**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 2**

**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 2**

**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.”

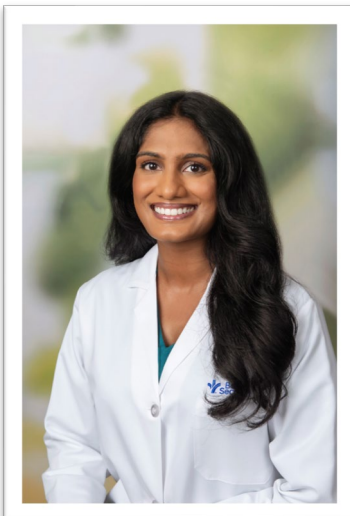


**Abigail Hewitt, MD**  
**PGY 2**

**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.”

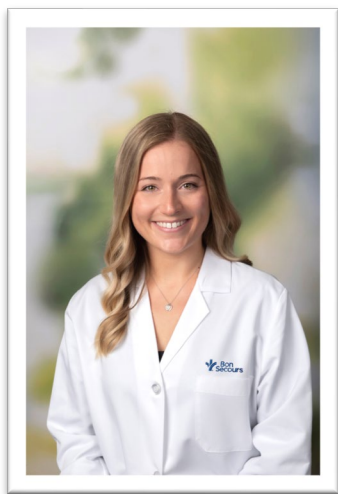


**Feeba Koshy, MD**  
**PGY 2**

**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.”

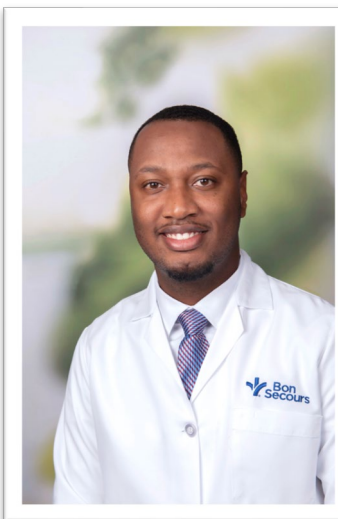


**Krista Rounds, DO**  
**PGY 2**

**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 2**

**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 2**

**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.”**



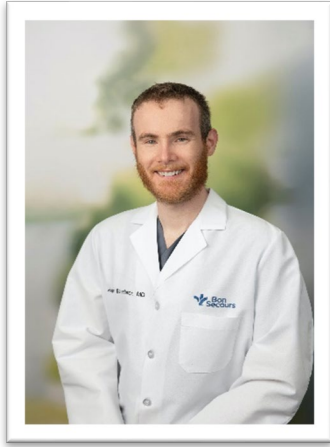


**Helena Varys, MD**  
**PGY 2**

**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. “

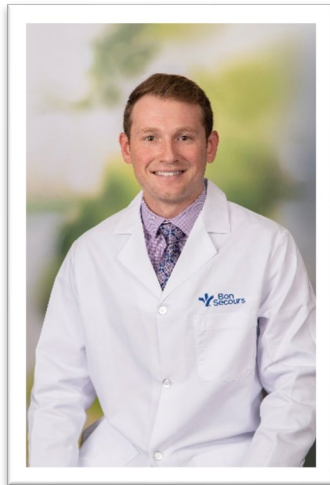


**Joseph Bannister, MD**  
**PGY 3**

**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.”

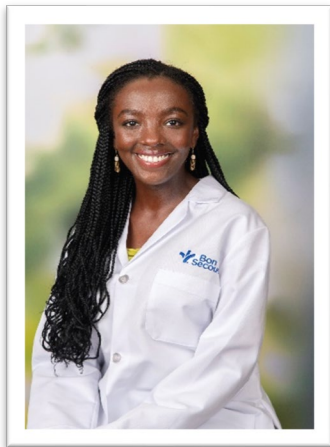


**Connor Barrand, DO**  
**PGY 3**

**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!”

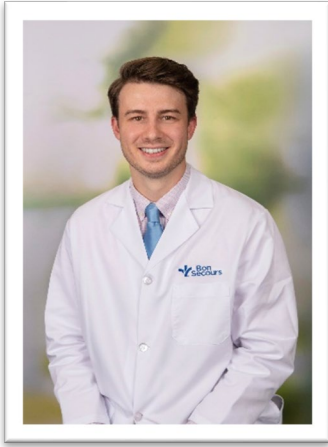


**Shalom Chege, MD**  
**PGY 3, Chief Resident**

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

**Personal interests:** I love cooking, baking, checking out restaurants, discovering new coffee shops, and traveling 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.”

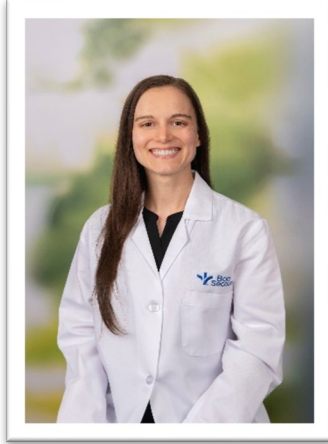


**Brian Engelhardt, MD**  
**PGY 3**

**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 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 3, Chief Resident**

**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.”

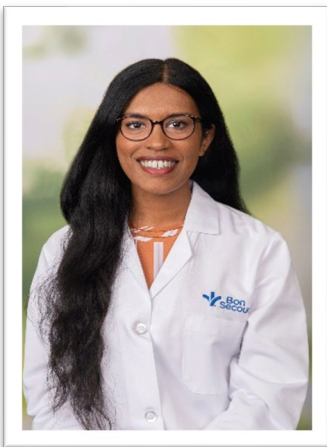


**Matthew Reynolds, MD**  
**PGY 3**

**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 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.”

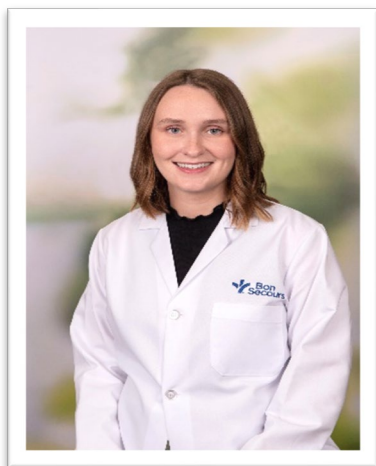


**Dan Teddy, MD**  
**PGY 3, Chief Resident**

**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.”