

2025-2026 Academic Year

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

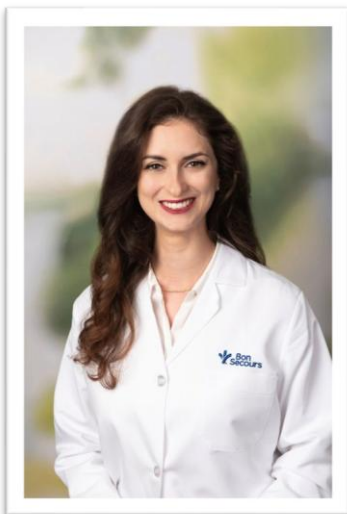


Gregory Crook, MD
PGY 3

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.”

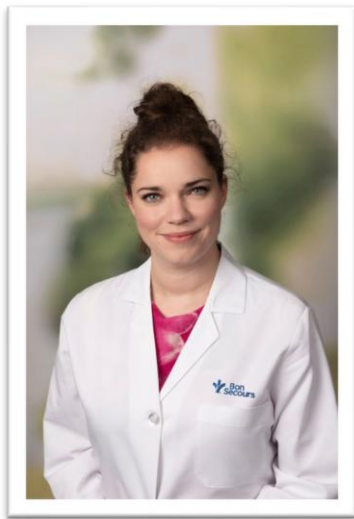


Aylin Crugnale, MD
PGY 3

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.”

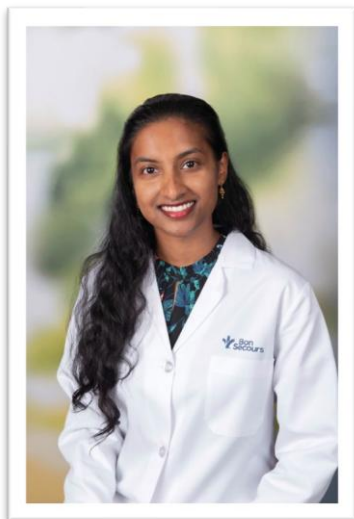


Elizabeth Fernandez, DO
PGY 3

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 3

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.”

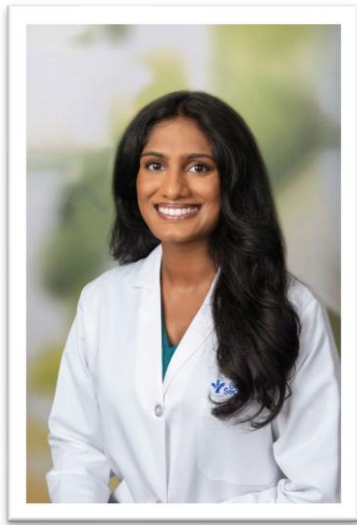


Abigail Hewitt, MD
PGY 3

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.”

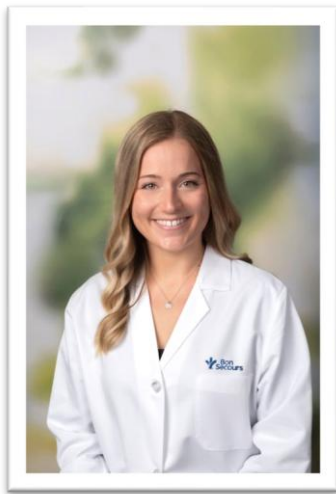


Feeba Koshy, MD
PGY 3

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.”

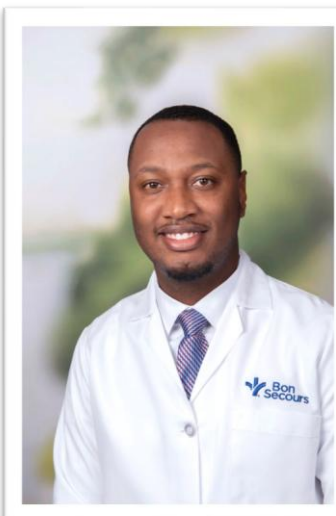


Krista Rounds, DO
PGY 3

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!”

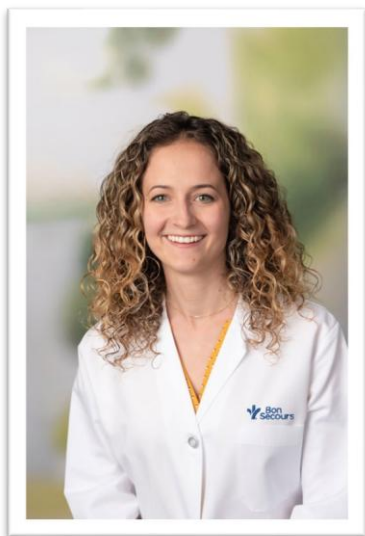


Sydney Sykes, MD
PGY 3

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 3

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 3

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.