



CONTRA COSTA REGIONAL MEDICAL CENTER THEN & NOW

First County Infirmary-built 1880



#2, built in 1914



WORDS TO LIVE BY

Be curious and stay calm.

He who hesitates is lost.

Do the common things uncommonly well.

All bleeding stops eventually.

The enemy of good is better.

Always involve the family.

Don't be afraid.

Walk, don't run to a code.

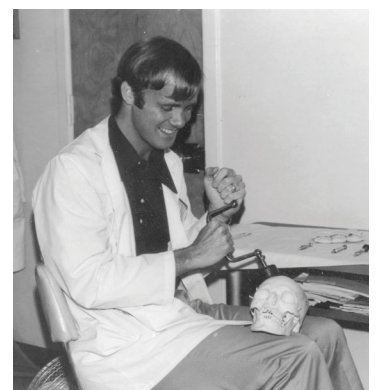
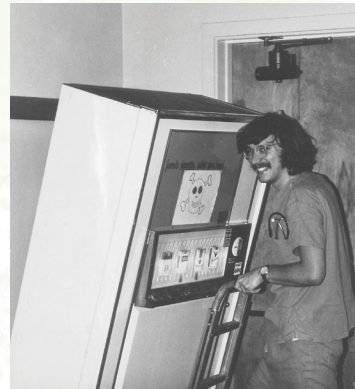
Never stand up when you can sit down,
and never sit down when
you can lie down.

See one, do one, teach one.

Bring back the cowboy.

The patient is not feeling well. Guess
they should stay the night. - admission
page by Dr. Jon Beauchamp

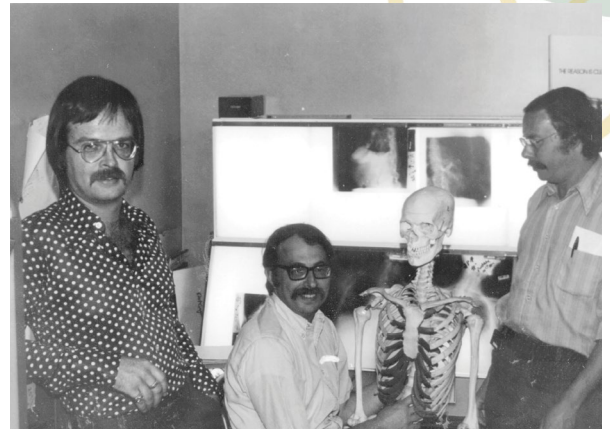
Move towards the difficulty.



INSPIRING MEMORIES

Kristi Schoeld, 1993

Meeting my future husband on our first day of orientation as interns, June 25, 1990. I don't actually remember that moment, but I do remember knowing when he was the one: watching him admit a victim of elder abuse to his medicine team while I was writing notes at the ER nurses' station - anyone who could be that caring and compassionate in that moment would be a wonderful life partner.



Kendra (Johnson) Grathwohl, 2016

I cared for a patient with laryngeal cancer in the hospital as an intern. On one of our first few days together, when he was coughing up blood through his tracheostomy, he told me, "You are not my doctor, everything you say goes in one ear and out the other." Over the course of the month, we got to know one another, and I offered to be his primary care patient when he was finally discharged, and he agreed. I saw him in the clinic, visited him in his "board and care," and met him in the ER at CCRMC to help advocate for him to get the care he wanted without the things he didn't want. He was ultimately transitioned to hospice care and I visited him as he was nearing the end of life. I had come full circle in my relationship to him: from stranger, to physician, to friend. I now work as a palliative care provider and this patient story stays with me as an example of how meaningful it can be to have a longitudinal relationship with a patient and serve as their advocate throughout a journey with serious illness.



Aria Arrizabalaga, 2002

SV, a woman in her 40s, kept having stroke-like symptoms, but did not have any findings on CT. She had a working diagnosis of conversion disorder until we were finally able to get an MRI. It showed cerebral vasculitis; the workup revealed Antiphospholipid Antibody Syndrome as the cause. I tell my residents her story periodically as a reminder that sometimes we haven't done the right test to figure things out and, even more importantly, we don't see what we're not looking for.



DEGNAN HONORED: Dr. George Degnan, county hospital medical director, is shown receiving an award from Chairman Thomas Call of the board of supervisors for 15 years service with the county.



Kim Haglund, 2004

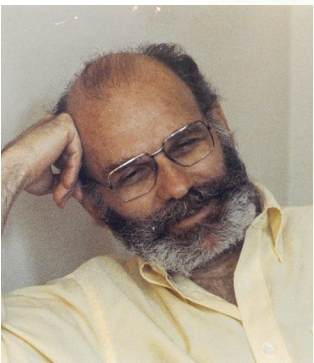


I had a patient who I met in the hospital when he presented with painless jaundice and was found to have a large pancreatic cancer. He had a Whipple procedure, then chemo, but within 6 months, he was dying of pancreatic cancer and was on home hospice. I continued doing home visits and last saw him about 2 weeks before he died, and at that visit, he asked me to fill out his DMV physical to renew his commercial truck driving license. He was down to about 90 lbs, and on a lot of morphine, but still felt like being a truck driver was such a part of his identity as a provider for his family and member of society, that he really wanted to renew his license even though he would never drive again. His wife told me after he died that he continued looking after their grandson and putting around the yard and house, fixing things and tidying the garden until about 2 days before he died, when he was finally too weak to get up. I admired so much that he stayed involved in his neighborhood and family right up til his last days, despite his pain.



Steve Maron

Not one memory or interaction, but the totality of the experience. Three years surrounded by registrars and residents who truly cared about patients. Nurses who took me under their wings. A depth of compassion that seemed bottomless. I was surrounded by people who would always help me, be it to teach me (again and again) a lesson, teach me a skill or procedure, answer my calls when I had questions, and always help me understand human behavior. Those years taught and reinforced the value of helping others.



Sangita Pillai

Witnessing the transformation and receiving the appreciation of a female ICU patient, who was diagnosed with empty sella syndrome, was one of my most impactful patient interactions. She had been admitted with severe statin-induced rhabdomyolysis and was noted on exam to have slowed speech, an enlarged tongue and generalized swelling. She was Spanish-speaking and gave a history that she was in generally good health until a number of years prior, when she had a traumatic delivery. She reported heavy blood loss and subsequently developed excessive weight gain, loss of her menstrual cycle and mental slowing. Making an argument that hypothyroidism could increase a patient's risk of statin-induced rhabdomyolysis, I was able to convince my attending to order additional testing, which confirmed severe hypothyroidism and adrenal insufficiency. Subsequent Brain MRI was consistent with an abnormally small pituitary gland, leaving her with an empty appearance of the sella turcica. We immediately treated her for adrenal insufficiency and hypothyroidism, and I remember it was the first and only time in my experience as a physician of giving levothyroxine via IV infusion. I continued to follow her as a primary care patient and noted a dramatic transformation in her appearance with normalization of her speech and resolution of generalized swelling within weeks of her treatment. Experiences like these with follow-up in the primary care setting have continued to fuel my passion for being a Family Medicine physician.





SKILLS THAT ENDURE

John Lee, 1973

Quickly putting in burr holes under local anesthesia.

The patient had sustained head trauma in a bar in downtown Martinez, and shortly after arriving in the ER, had blown a pupil. He woke up on the table after the pressure was released.

Naman Shah, 2018

I took in everything, and everything was valuable. The major surgeries ensured I never batted an eye at anything in the office. Overall, it was the spirit of the training that demystified medicine and gave you the confidence needed to realize you can learn and perform anything if your patient or community needs it.

Kendra (Johnson) Grathwohl, 2016

In my first 4 years working at the Hopi Health Care Center, I covered ER and OB and used procedural skills I learned at Contra Costa in critical situations on multiple occasions: endotracheal intubation, a surprise twin birth with the second twin breech, NRP newborn resuscitation, and bedside ultrasounds where findings made a difference for patient care. I also enjoyed offering clinic procedures to save my patients the multi-hour journey to Flagstaff to get them: paracenteses, lumbar puncture, IUD insertions, EMBs, joint injections, incision/drainages.

Sarah Lamanuzzi, 2006

I used every skill that CCRMC gave me! Clinic (toenails, colposcopy, lacerations, excisions, IUDs, I&Ds, etc). Hospital (central lines, paracentesis, thoracentesis, biopsies, I&Ds, etc). OB (NVD, VAVD, c/s assist, etc). ED (all of hospital skills + intubations, chest tubes, etc). I continue to use these skills in the hospital, ED, and clinic!

Erin Stratta

Everything EM -related (Central lines, Intubation, suture, joint reduction) and everything OB-related (C/S, MVA, D&C, delivery, repair)





INSPIRING TEACHERS

It's not a single person who stands out. What stood out was having multiple inspiring people, from multiple specialties and backgrounds, who all designed their own path in medicine, and were generous and supportive. What's more, more often than not, I respected who these people were as individuals outside the hospital as much as inside.

Mark Wille for his knowledge and yet an unassuming manner. **Roger Barrow** for being kind, down to earth and being an incredibly smart and well-rounded family doctor who inspired us that we could be the same, **Jay Crockett**, for being gentle and kind with deliveries, and yet, according to my husband, was an absolute warrior on the basketball court.

To name a few: **Brian Johnson** for his incredibly thoughtful and deliberate approach to teaching - I try to emulate some aspects of his style when I teach students or residents. **Neil Jayasekera** for his energy, enthusiasm, positivity, and dedication to teaching all things, but especially bedside ultrasound. **Ann Lockhart, Fred Beck, and Judy Bliss** for their exceptional teaching on OB that gave me the confidence to manage emergencies on my own. **Pramita Kuruvilla** for her confidence, poise, and calm leadership in critical situations. I will never forget her teaching how to run code by starting with "I'm Dr. Kuruvilla, and I am running this code."

Jay Crockett for many reasons including helping me get accepted, **Alan Casebolt** for lumps and bumps, **Mike Baker** for taking a chance on me and pushing me beyond my comfort zone in a multitude of surgical situations and **Lazlo Tamas** who I worked with for many years teaching me that neurosurgeons could actually be nice and caring people and that brain surgery could almost be understandable to a simpleton like me.



Dr. Mark Stinson He was always positive, kind, extremely knowledgeable, always willing to help patients and colleagues and a great teacher.

Dr. Neil Jayasekera. He insisted that I see the sickest patients and as many patients as possible. He allowed me to be independent but supported me when I needed help. I never would have learned as much as I did if it weren't for him.

Dr Wille, Dr Barrow, Dr Heiner, Dr McDonald, Dr Forman, Dr Madrigal, Dr Hernandez, Dr Fish, Dr Jayasekara, Dr Stinson (rip), Dr Berletti (rip), Dr Graham, Dr Mahar, Dr Feiereband, Dr Bliss, Dr Carlson (rip), Dr Lee, Dr Cominos, Dr Jones, Dr Farnitano ... truthfully I could just list every attending I had between July 2003 and June 2006 and not be lying one bit. They were amazing. Are amazing.

Dr. Kent Hobert. One morning, he couldn't move his legs and became a paraplegic for life. He went on with his career, adapting, improvising, and overcoming challenges. Always smiling, never complaining. Helped me understand 'overcoming adversity'.

Denis Mahar! He was super smart and evidence-based, so I really respected and looked up to him. At the same time, he was so approachable and such a patient teacher that I always felt comfortable asking him all my questions. That said, I had so many great teachers at the County: **Chris Farnitano, Diana Mahar, Ann Lockhart, Oliver Graham, Sarah Levin, Fred Beck, Neil Jayasekera**, and many more. Too many to name! I owe them a lot. I learned so much from all of them and try to model my teaching after their styles.

Kim Haglund - learned so much from her and still aspire to be as smart and efficient as she is

Veda Bhatt inspired me to practice hospital medicine and OB.

Oliver Graham for his humor and smarts - what an amazing teacher and fun person!

Susan Feierabend for her unwavering commitment to providing abortion in the face of adversity.

Judy Bliss for her clarity around commitment to patients.

Dr Daniels, who reviewed and reminded me of many life lessons throughout the years

Dr. Mark Wille was the chair of the Internal Medicine Department. He attracted a group of "Registrars" and was an excellent, supportive teacher and mentor to all of us during residency and while on the staff.



Dr. John Lee in outpatient FM and **Dr. Jon Stanger** in Medical Ethics were also inspirational to me during my career.

George Degnan, a great medical storyteller; **Kent Sack**, a very talented and compassionate man

The support of **Drs. Oliver Graham, Robert Leibig, Fred Beck, Jeremy Fish, Veda Bhatt, and Lisa Quiñones**, among many others, all helped to make me the physician I am today.

Sharon Hiner. We had many awesome teachers, but Sharon is an OUTSTANDING doctor and is full of thoughtful advice for being a humanistic physician. She showed us how to ask questions when needed, not to be too cocky to say when we didn't know something; the patient is always at the center of care. Not least, she showed us how to be a strong female physician in a male-dominated profession.

David MacDonald, of course! He was able to teach in a way that allowed us to think our way through the process...which is a valuable skill in itself. I will never forget the satisfaction and smile he would display when he noticed the light bulb turning on in our heads. Also, I appreciate that he would teach with a sense of humor, and he was one of the most approachable attendings I encountered at the program.



WHY WE STAYED

Sarah McNeil, 2012

The people - the patients, the staff, and other attendings.
An ability to have a varied career - and continue to change it with time.

Angela Rodgers, MD, FAAFP, 2019

My colleagues, the patients, and the family medicine residents.

Estela Hernandez, 2001

Our patients, colleagues and residency

Roger Barrow, 1979

The mission of the system was to serve the underserved. It was possible to do inpatient and outpatient medicine. Being able to have continuity FM clinics. Being able to take the role of "Registrar" as part of the teaching staff. Working with the other Internal Medicine Registrars. It was an era of the "generalist" doing most of the care, with specialists as backup.

Steven Maron, 1987

I was on assignment with Doctors Without Borders eleven days after finishing residency. I did come back to the US and 'moonlit' in the ER at CCRMC. It always provided an opportunity to help those in need. My last shifts were after 9/11, when I worked Mark Stinson's ER shifts so he could serve with USAR Task Force 4 in New York City.

Leah Schweid Romito, 2014

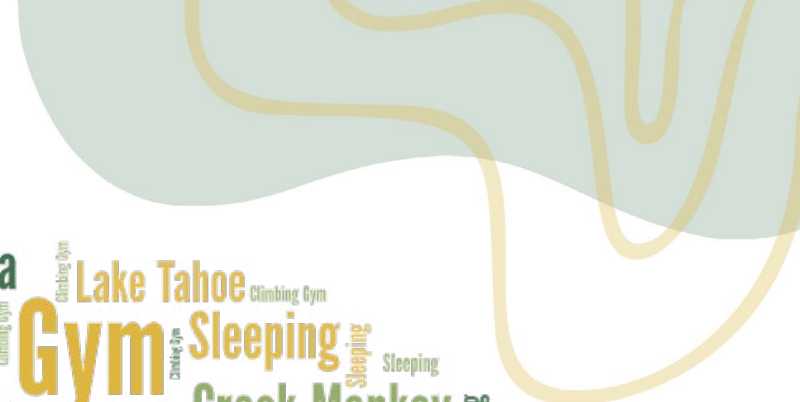
The people and the mission. From the incredibly dedicated physicians, residents, nursing, social work, PT/OT and office staff, we all choose to be here for the mission of providing care to the most vulnerable in our community. The camaraderie and respect make this work meaningful and sustainable. And the knowledge that each year we graduate 13 family physicians to go on and impact a panel of patients over their lifetime is incredibly gratifying and humbling.

Kristin Moeller, 2003

I love working with our population, helping people who often live at the fringe of society to care for their health.



Climbing Gym
 Lake Tahoe Climbing Gym
 Gym
 Sleeping
 Sleeping
 Creek Monkey

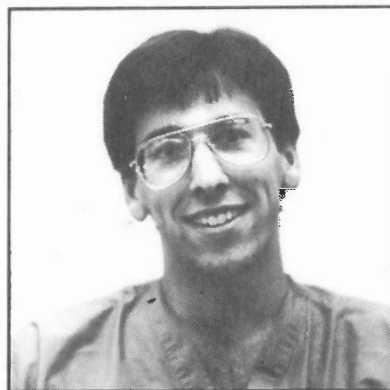
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Merrithew Memorial Hospital & Clinics 1st Year Residents 1989/90

These are our new first year residents for 1989/90. They are a diverse, talented and very interesting group of individuals. We hope you'll take the time to say hello and to extend the traditional Merrithew welcome to those you meet. On behalf of the hospital and clinics staff we wish all our residents the best of luck.



Sharon Amon, M.D.



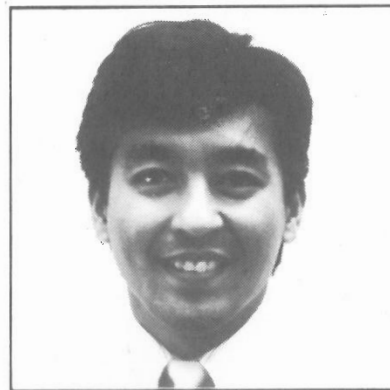
Fred Beck, M.D.



Judith Bliss, M.D.



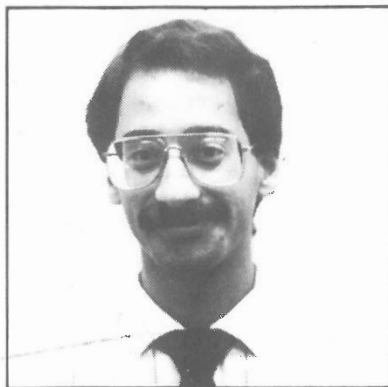
**Charlotte
Clark-Neitzel, M.D.**



Michael Mouri, M.D.



Nancy Owens, M.D.



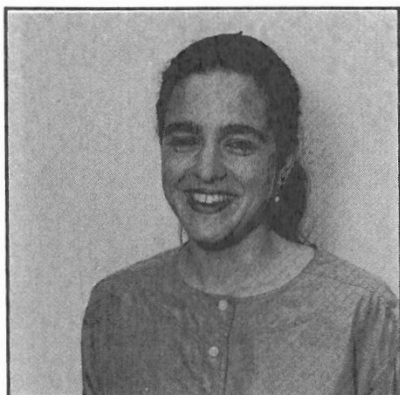
Michael Stelman, M.D.



Denise Taylor, M.D.



Merrithew Memorial Hospital & Clinics First Year Residents 1992/1993



Eve Cominos, M.D.

Eve Cominos



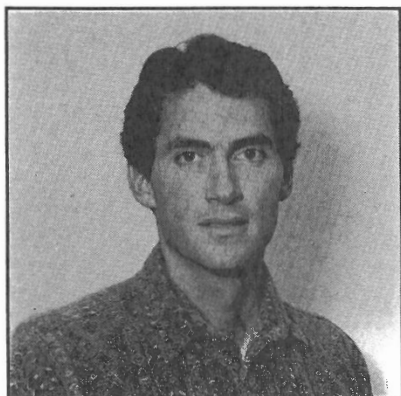
Thomas Hunt, M.D.

Thomas Hunt



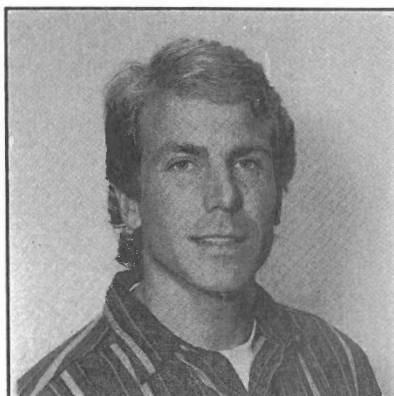
Robert Levin, M.D.

Robert M. Levin



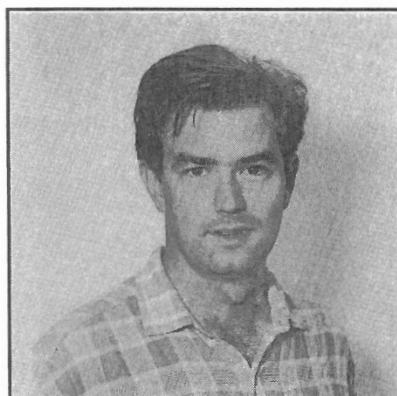
Denis Mahar, M.D.

Denis J. Mahar, M.D.



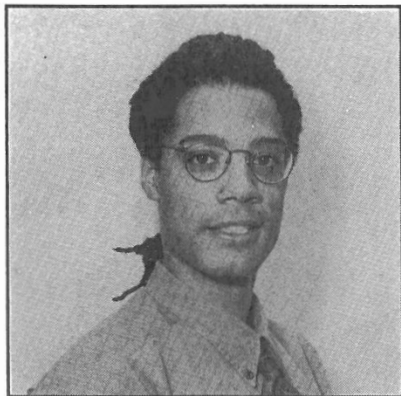
Erich Pessl, M.D.

Erich Pessl



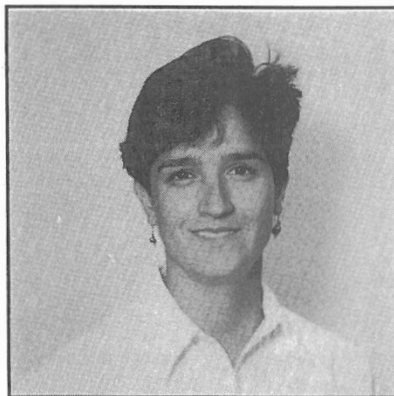
William Porter, M.D.

William Porter



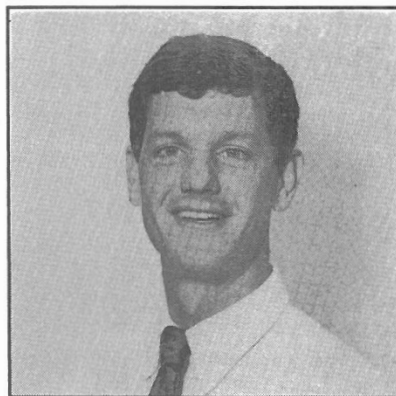
Curtis Robinson, M.D.

Curtis Robinson



Laura Tavernier, M.D.

Laura Tavernier

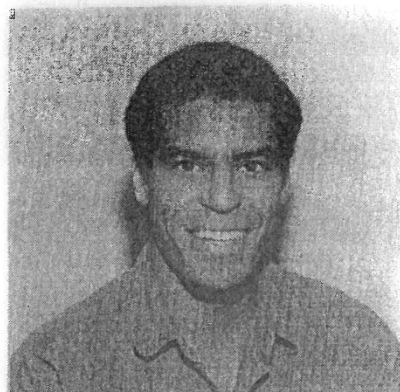


James Trapnell, M.D.

James Trapnell



Merrithew Memorial Hospital & Clinics First Year Residents 1993/1994



Gerard Bland, M.D.

Gerard Bland



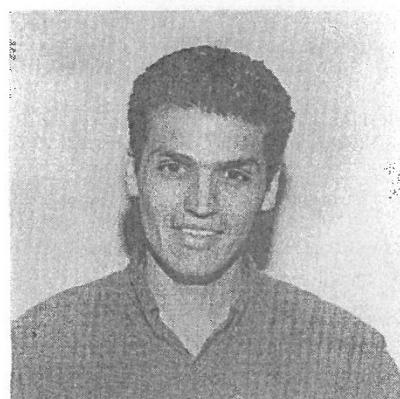
Samuel Chua, M.D.

Samuel Chua



Evelyn Dacker, M.D.

Evelyn Dacker



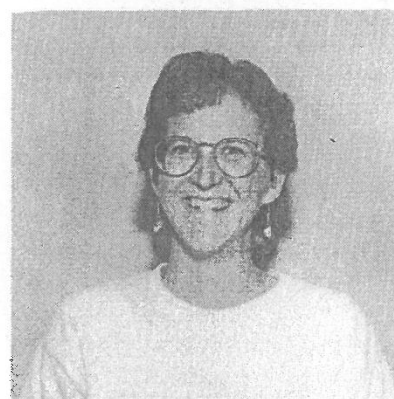
Martin Hurtado, M.D.

Martin Hurtado



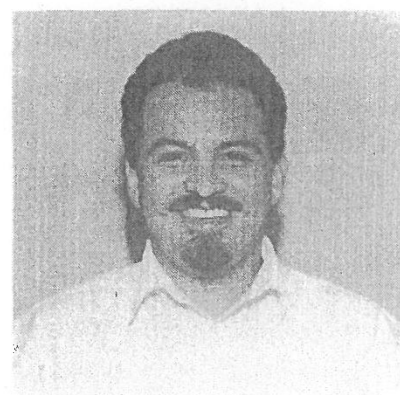
Geeta Malik, M.D.

Geeta Malik



Shelly Maramonte, M.D.

Shelly Maramonte



Christopher Rodarte, M.D.

Chris Rodarte



Andrew Schechtman, M.D.

Andrew Schechtman

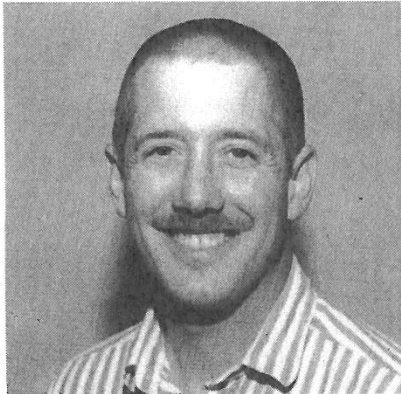


Jill Simmons, M.D.

Jill Simmons

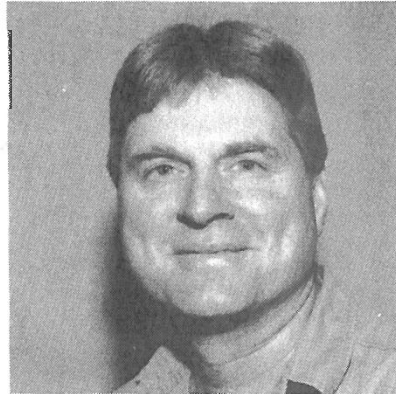


Merrithew Memorial Hospital & Clinics First Year Residents 1994/1995



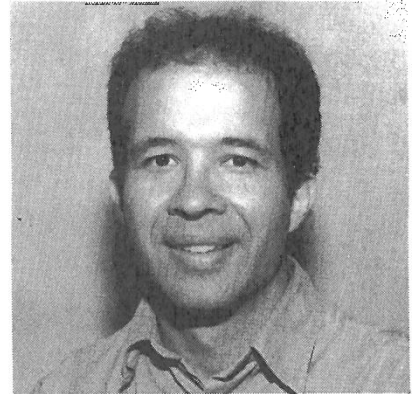
Michael Alperin, M.D.

Michael Alperin



Byron Hatcher, M.D.

Byron K. Hatcher MD



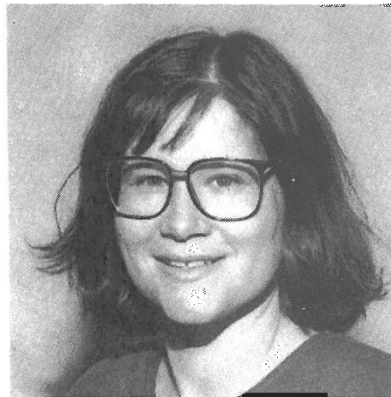
Neil Jayasekera, M.D.

Neil Jayasekera



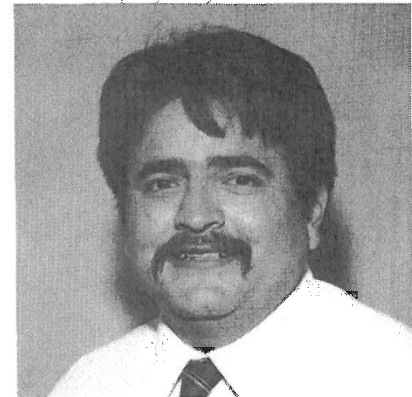
Greta Perez, M.D.

Greta Perez



Susan Peters, M.D.

Susan Peters



Jesus Saucedo, M.D.

Jesus Saucedo



Jennifer Siegel, M.D.

Jennifer Siegel



Nora Smith, M.D.

N. Smith



Joanne Spalding, M.D.

Joanne Spalding

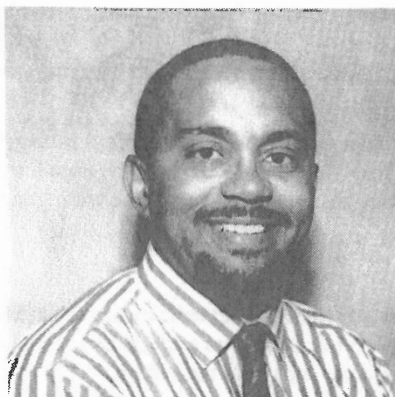


Merrithew Memorial Hospital & Health Centers First Year Residents 1995/1996



Veda Bhatt, M.D.

Veda Bhatt



Kenneth Brooks, M.D.

Kenneth Brooks



Amy Buoncristiani, M.D.

Amy Buoncristiani



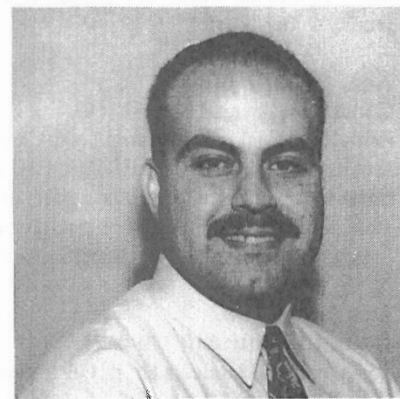
Anna Hejinian, M.D.

Anna Hejinian



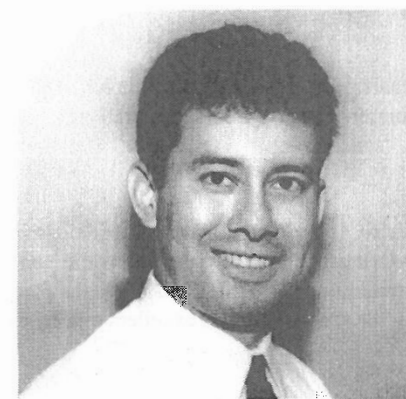
Lyn Jacobs, M.D.

Lyn Jacobs



Nicolas Makhoul, M.D.

Nicolas Makhoul



Rafael Soria, M.D.

Rafael Soria



Kristin van Konynenburg, M.D.

Kristin van Konynenburg



Lara Wright, M.D.

Lara Wright

Merrithew Memorial Hospital & Health Centers First Year Residents 1996/1997



Dorothy Carin, M.D.

Dorothy Carin, MD



Anthony Jones, M.D.

Anthony Jones, MD



Hector Lopez, M.D.

Hector Lopez, MD



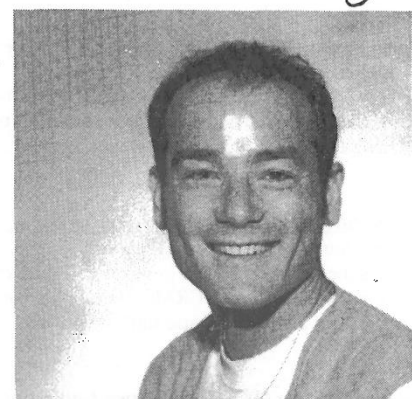
Teresa Madrigal, M.D.

Teresa Madrigal



Maria Perlas, M.D.

Maria Perlas, MD



David Pilcher, M.D.

David Pilcher, MD



Penney Stringer, M.D.

Penney Stringer, MD



Kirsten Truman, M.D.

Kirsten Truman, MD



Aaron Wernham, M.D.

Aaron Wernham



Merrithew Memorial Hospital & Health Centers First Year Residents 1997/1998



Derrick Butler, M.D.

Derrick Butler



Kimberly Carter, M.D.

K. Carter



Luis Flores, M.D.

Luis Flores



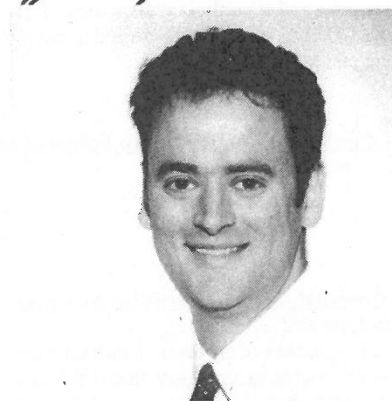
Emmanuel Gallegos, M.D.

Emmanuel Gallegos



Amy Gordon, M.D.

Amy Gordon



Joseph Grondahl, M.D.

Joseph Grondahl



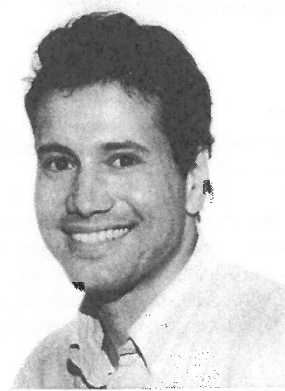
Daniel Santiago, M.D.

Daniel Santiago



Jonathan Scheffer, M.D.

Jonathan Scheffer



Don Weinreich, M.D.

Don Weinreich

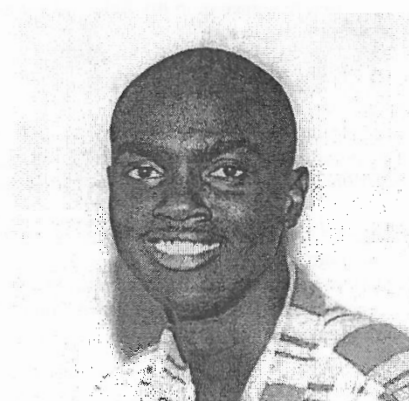
CONTRA COSTA REGIONAL MEDICAL CENTER
CONTRA COSTA HEALTH CENTERS
FIRST YEAR RESIDENTS 1998/1999



RAQUEL CABRALES, M.D.



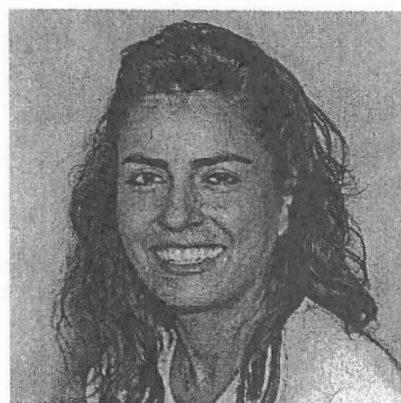
FRANCES CHAVEZ, M.D.



OLAYINKA FAJANA, M.D.



JENNIFER HENSON, M.D.



ESTELA HERNANDEZ, M.D.



LIEN LUONG, M.D.



JANA MCANINCH, M.D.



JANE MCCORMICK, M.D.



OLIVIER SEBAN, M.D.



ARIA ARRIZABALAGA, M.D.

Aria Arrizabalaga



ROLANDO CABRERA, M.D.

Rolando Cabrera



AARON CLEVELAND, M.D.

Aaron Cleveland



LAURA DALTON, M.D.

Laura Dalton



JESSICA DIAZ, M.D.

Jessica Diaz



CHARLES HARRIS, M.D.

Charles Harris



HUONG HUYNH, M.D.

Huong Huynh



MICHELLE LEE, M.D.

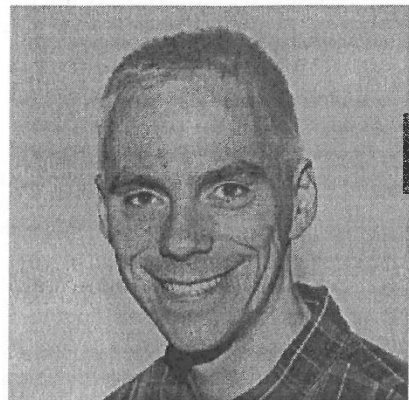
Michelle Lee



MICHELLE THOMAS, M.D.

Michelle Thomas

CONTRA COSTA REGIONAL MEDICAL CENTER
CONTRA COSTA HEALTH CENTERS
FIRST YEAR RESIDENTS 2000/2001



PAUL ABRAMSON, M.D.

Paul Abramson



COURTNEY BEACH, M.D.

C. Beach



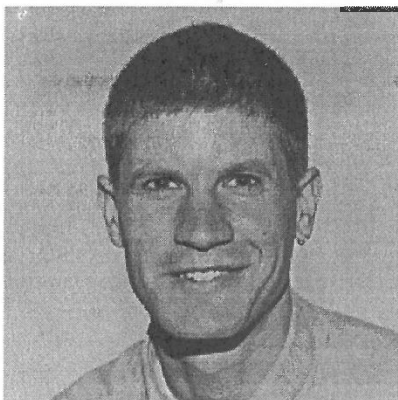
TRINH GREEN, M.D.

Trinh Green



ELLEN GROSSNICKLE, M.D.

EBG



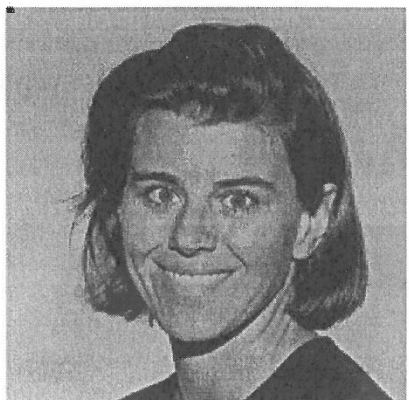
THOMAS KASTEN, M.D.

Thomas Kasten



KRISTIN MOELLER, M.D.

K. Moeller



BRENDA REILLY, M.D.

Brenda Reilly



LUREE SCHNEIDER, M.D.

Luree Schneider



ORI TZVIELI, M.D.

Ori Tzvieli



NATASHA DIAZ, M.D.

Natasha Diaz



DIANE GONZALEZ, M.D.

Diane Gonzalez



LAURA GROSS, M.D.

Laura Gross



KIMBERLEY HAGLUND, M.D.

Kimberley Haglund



ELISE JONES (LEWIS), M.D.

Elise Jones



ANN LOCKHART, M.D.

Ann Lockhart



SARAH MATTSON, M.D.

Sarah Mattson



RAJIV PRAMANIK, M.D.

Rajiv Pramanik



THOMAS WARNE, M.D.

Thomas Warne



CONTRA COSTA REGIONAL MEDICAL CENTER
CONTRA COSTA HEALTH CENTERS
FIRST YEAR RESIDENTS 2002/2003



DAVID HAHN, D.O.

David Hahn



LORENA HILLMAN, M.D.

Lorena Hillman



SANDY KULLAR, M.D.

Sandy Kullar



MAURA O'LEARY, M.D.

Maura O'Leary



TAIYUN ROE, M.D.

Taiyun Roe



ANDREA SANDLER, M.D.

Andrea Sandler



MIGNON WALKER, M.D.

Mignon Walker



KINARI WEBB, M.D.

Kinari Webb MD



JOSE YASUL, M.D.

Jose L. Yasul MD

CONTRA COSTA
HEALTH SERVICES

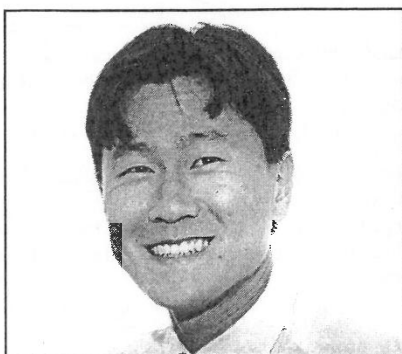
CONTRA COSTA REGIONAL MEDICAL CENTER
CONTRA COSTA HEALTH CENTERS

FIRST YEAR RESIDENTS 2003/2004



MARISHA CHILCOTT, M.D.

Marisha Chilcott



KWAN CHUN, M.D.

Kwan Chun



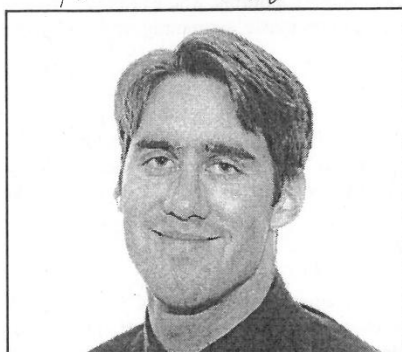
SARAH LAMANUZZI, M.D.

Sarah Lamanuzzi



TARA LEHMAN, M.D.

Tara Lehman



GABRIEL MAYLAND, M.D.

Gabriel Mayland



NANCY PALMER, M.D.

Nancy Palmer



JAMES PEHLING, M.D.

James Pehling



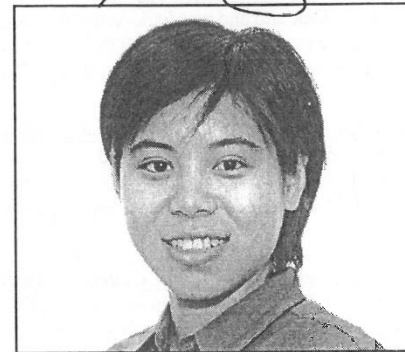
JESSICA ROBERTS, M.D.

Jessica Roberts



FELICIA TORNABENE, M.D.

Felicia Tornabene



CHRISTIANA WENG, M.D.

Christiana Weng

CONTRA COSTA HEALTH SERVICES • SECOND YEAR RESIDENTS 2005 – 2006



JUSTIN CHATTEN-BROWN, MD



CINNIE CHOU, MD



JANET GRIMES, MD



ANNI HANSEN, MD



PRAMITA KURUVILLA, MD



ALICE LIN, MD



AMY McENTEE, DO



ARWEN MOHR, MD



KATRINA RAPA, MD



JENNY RILEY, MD



STEPHEN RUDA, DO



CHRISTY SEED, DO

CONTRA COSTA HEALTH SERVICES • FIRST YEAR RESIDENTS 2006 - 2007



Neary Arpajirakul, MD
UC Davis



Larry Burchett, MD
University of Kansas



Joseph Carey, MD
New York University



Erica Hansen, MD
David Geffen/UCLA



Daniel Lee, MD
Temple University



Tabessa Lee, MD
Medical College of Wisconsin



Tom McCoy, DO
Arizona College of Osteo.



Chantal Morrison, DO
Western Univ. Hlth Sciences



Gina Perez-Baron, MD
Stanford University



Malaika Scott, MD
UC San Francisco



Patrice Yang-Sharma, MD
Emory University



Camilo Zaks, MD
Keck SOM/USC

CONTRA COSTA HEALTH SERVICES • SECOND YEAR RESIDENTS 2006 - 2007



David Adams, MD
Univ. of Colorado



Karen Alingog, MD
UC Los Angeles



Brea Bond, MD
Univ. of New Mexico



Jessica Cohen, MD
Univ. North Carolina



Miriam Dunham, MD
MCP Hahnemann



Anna Fraser, MD
UC San Francisco



Melissa Hubiak, MD
UC Davis



Ravi Kullar, MD
UC Davis



Lisa Quinones, MD
UC San Francisco



Nishant Shah, MD
Emory University



Jack Song, MD
University of Illinois



Denice Tai, MD
UC Davis



Rachel Yates, MD
Univ. of Colorado

CONTRA COSTA HEALTH SERVICES • THIRD YEAR RESIDENTS 2007 - 2008



David Adams, MD
Univ. of Colorado



Karen Alingog, MD
UC Los Angeles



Brea Bond, MD
Univ. of New Mexico



Jessica Cohen, MD
Univ. North Carolina



Miriam Dunham, MD
MCP Hahnemann



Anna Fraser, MD
UC San Francisco



Melissa Hubiak, MD
UC Davis



Ravi Kullar, MD
UC Davis



Lisa Quinones, MD
UC San Francisco



Nishant Shah, MD
Emory University



Jack Song, MD
University of Illinois



Denice Tai, MD
UC Davis



Rachel Yates, MD
Univ. of Colorado

CONTRA COSTA HEALTH SERVICES • CLASS OF 2009



Neary Arpajirakul, MD
UC Davis



Larry Burchett, MD
Univ. of Kansas



Joe Carey, MD
New York Univ.



Erica Hansen, MD
David Geffen/UCLA



Daniel Lee, MD
Temple Univ.



Tabessa Lee, MD
Medical College Wisconsin



Tom McCoy, DO
AZCOM



Chantal Morrison, DO
Western U. Hlth Sciences



Gina Perez-Baron, MD
Stanford Univ.



Malaika Scott, MD
UC San Francisco



Bhakti Tantod, MD
George Washington Univ.



Patrice Yang-Sharma, MD
Emory Univ.



Camilo Zaks, MD
Keck SOM/USC

CONTRA COSTA HEALTH SERVICES • CLASS OF 2010



Joanna Eveland, MD
UC San Francisco



Micaela Godzich, MD
UC San Francisco



Hanna Kang, MD
Northwestern Univ.



Rebecca Kershner, MD
Yale University



John Lipson, MD
Georgetown Univ.



Michael Martinez, MD
UC San Francisco



Jacob Meyer, MD
Oregon Hlth & Science



Michele Montandon, MD
UC San Francisco



Jamie Navel, MD
Univ. of Tennessee



Natasha Pinto, MD
UC San Francisco



Maya Shaw, MD
UC San Francisco



Will Sheldon, MD
NY Medical College



David Solomon, MD
Jefferson Med. College

CONTRA COSTA HEALTH SERVICES • CLASS OF 2011



Elizabeth Bierer, MD

Univ. of Arizona



Michael Boyd, MD

Univ. of Colorado



Francisco Dorado, MD

Michigan State Univ.



Matthew Fentress, MD

UC Davis



Matthew Foster, MD

Georgetown Univ.



Ruben Gonzalez, MD

Univ. of Washington



Rebecca Lee, MD

Georgetown Univ.



Sangita Pillai, MD

Univ. of Massachusetts



Rebecca Render, DO

College of Osteopathic Med
of the Pacific



Michel Sam, MD

UC San Francisco



Reagan Schaplow, MD

Hahnemann Univ.



Aditya Sharma, MD

Yale Univ.



Blair Thedinger, MD

Univ. of Kansas



Michelle Wong, MD

Tufts Univ.

CONTRA COSTA HEALTH SERVICES • CLASS OF 2012



Robin Baltrushes, MD
Boston Univ.



Jose Barrios, MD
Howard Univ.



Richard 'Harry' McIlroy, MD
Univ. of Arizona



Sarah McNeil, MD
Dartmouth



Kaaren Nelson-Munson, MD
Oregon Health Science



Julie Pham, DO
College of Osteopathic Med of
the Pacific



Bradley Randles, MD
Univ. of Iowa



Shelle Schwamberger, MD
Medical College of Georgia



Daniel Sobel, MD
UC Davis



Jennifer 'Kali' Stanger, MD
UC San Francisco



Jennifer Tsang, MD
Univ. of Illinois



Sergio Urcuyo, MD
Keck/USC



Christopher Zamani, MD
Meharry Medical College

****Chief Residents are in Red**

CONTRA COSTA HEALTH SERVICES • CLASS OF 2013



Melina Beaton, MD
University of Illinois



Brea Bondi-Boyd, MD
Escuela Latinoamericana



David Carey, MD
New York University



Ne Ferguson, MD
Loyola University

Melissa



Kate Goheen, MD
Weill Cornell



Rita Hamad, MD
UC San Francisco



Erin Helgersen, MD
Indiana University



David Lee, MD
SUNY Downstate



Trang Lehman, MD
Stanford University



David Longstroth, MD
University of Vermont



Michelle Robello, MD
UC Davis



Lisa Rodelo, MD
Wayne State University



Paul Shen, MD
UC San Francisco



Brent Sugimoto, MD
UC San Francisco

CONTRA COSTA HEALTH SERVICES • CLASS OF 2014



Jon Froyd, DO



Christina Hamilton, MD



Jessica Hamilton, MD



Geena Jester, MD



Abby Luensmann, MD



Joseph Mega, MD



Monika Mehrens, DO



Rohan Radhakrishna, MD



Jeana Radosevich, MD



Abby Rardin, MD



Jason Reinking, MD



Leah Schweid, MD



James Walls, MD



Courtney Wright, MD

CONTRA COSTA HEALTH SERVICES • CLASS OF 2015



Ashley Ballard, DO

Western Univ of Health
Sciences



Kimberly Butler, MD

University of Utah



Stephanie Cheng, MD

Oregon Health & Science
University



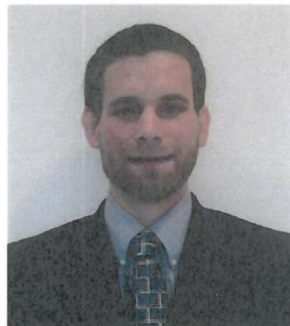
Laura Cotter, MD

George Washington
University



Danielle Draper, MD

University of Arizona



Stephen Merjavy, MD

Mount Sinai SOM



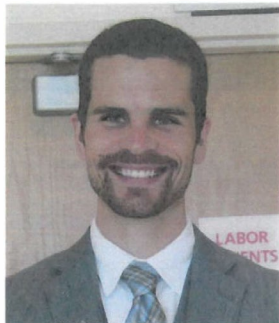
John 'Travis' Nelson, MD

University of Kansas



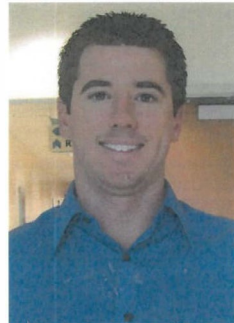
John Parr, MD

Medical College of Wisconsin



David Piccinati, MD

UC San Diego



Brent Porteous, DO

Western Univ of Health
Sciences



Mena Ramos, MD

Escuela Latinoamericana de
Medicina



Erin Stratta, MD

Loyola University



Tina Toosky, MD

Saint Louis University



Lauren Wondolowski, MD

University of Toledo

CONTRA COSTA HEALTH SERVICES ● CLASS OF 2016



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Elizabeth Berryman, MD
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Christina Gomez-Mira, MD
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Kathryn Hamlin, MD
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Christine Henneberg, MD
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Kendra Johnson, MD
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Christy Martinez, MD
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Tamara McBride, MD
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Jennifer Owen, MD
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Jonathan Powell, MD
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Marcie Richmond, MD
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Neal Sheran, MS, MD
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Kaitlyn Van Arsdell, MD
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CONTRA COSTA HEALTH SERVICES • CLASS OF 2017



Kaya Belknap, MD, MPH
MTZ x044



Nichole Boisvert, MD
WCHC x269



Wesley Tay, MD
CHC x660



Erica Dorfman, MD
WCHC x441



Benjamin Durant, MD
MTZ x778



Nadra Crawford, MD
PHC x909



Miguel Gomez, MD
MTZ x693



Kaitlin Hollander, MD
PHC x174



Neil Jackson, MD
PHC x803



Caroline Mogler, MD
WCHC x707



Bonnie Kwok, MD, MPH
MTZ x150



Jacqueline Proudfoot, MD, MPH
WCHC x114



Teresa Schiff, MD

CONTRA COSTA HEALTH SERVICES • CLASS OF 2018



Victoria Chew, MD
CHC x124



Madeline Cozad, MD
WCHC x125



Erik Gonzalez, MD
WCHC x134



Kari Kompaniez, MD
PHC x142



Mariel Lougee, MD
WCHC x088



Tiffany Lu, MD
MTZ x095



Adelaida Magallanes, MD
WCHC x099



Ashley "Engel" Ottman, MD
CHC x105



Lauren Pallis, MD
MTZ x036



Evan Pulvers, MD
MTZ x070



Naman Shah, MD
MTZ x076



Marcella Torres, MD, MS
PHC x086



Ariel Wagner, MD/MMSc
PHC x013

CONTRA COSTA HEALTH SERVICES • CLASS OF 2019

AY 2016 - 2017



Gabriel Anaya, MD, MS
PHC x010



Kevin Dolezal, MD
PHC x017



Alex Harsha, MD
MTZ x019



Melinda Kong, MD, MS
WCHC x031



Jessica "Jessie" Lucey, MD
MTZ x255



Jennifer Estrada-Melgar, MD
WCHC x061



Victor Luis Mleczko, MD
WCHC x075



Emma Montelongo, MD, MPH
PHC x085



Catherine Nguyen, MD
PHC x089



Jonathan "Jon" Patberg, MD
MTZ x021



Sarah Pettibone, MD, MSCR
CHC x121



Angela Rodgers, MD
WCHC x166



Karen Weinbaum, MD, MPH, PhD
MTZ x205

CONTRA COSTA HEALTH SERVICES • CLASS OF 2019

AY 2017-18 + 2018-19



Gabriel Anaya, MD, MS
MTZ x010



Joshua Back, MD
PHC x448



Kevin Dolezal, MD
PHC x017



Jennifer Estrada-Melgar, MD
WCHC x061



Alex Harsha Bangura, MD
MTZ x019



Melinda Kong, MD, MS
WCHC x031



Jessica "Jessie" Lucey, MD
MTZ x255



Victor Luis Mleczko, MD
WCHC x075



Catherine Nguyen, MD
PHC x089



Jonathan "Jon" Patberg, MD
MTZ x021



Sarah Pettibone, MD, MSCR
PHC x121



Angela Rodgers, MD
WCHC x166



Karen Weinbaum, MD, MPH, PhD
MTZ x205

CONTRA COSTA HEALTH SERVICES • CLASS OF 2020



Margot Albert, MD
MTZ x851



Rafael Blank, MD
MTZ x220



Kevin Critchlow, MD
WCHC x837



William "Liam" Guerin, MD
MTZ x863



Rachel Harlos, MD
PHC x963



Claire Hartung, MD
PHC x919



Adam Jesionek, MD
MTZ x404



Jessie Liu, MD
PHC x361



Candace Markley, MD, MPH
WCHC x996



Elena Phoutrides, MD, MPH
MTZ x905



Jennifer Shrestha, MD
WCHC x761



Kelsi Schoenrock, MD
WCHC x798



Jennifer Stanziale, MD
PHC x665

CONTRA COSTA HEALTH SERVICES • CLASS OF 2021



Mercedes Charles MD
MTZ x012



Silvia Fonseca, MD, MPH
WCHC x593



Helena Frischtak, MD
MTZ x214



Laura Harris, MD, MS, MPH
MTZ x481



Sorren Lindstrom, MD
PHC x716



Joana Loeza, MD
WCHC x588



Carol's Montes-Rouse, MD
PHC x642



Skender Najibi, MD
WCHC x817



Dahlia Norry, MD
WCHC x331



Shakir Saud, MD, MS
PHC x004



Ari Simon, DO, MS
MTZ x020



Adam Spring, MD, MPH
MTZ x431



Selina Thomas, MD
PHC x187

CONTRA COSTA HEALTH SERVICES • CLASS OF 2022



Maxwell Binstock, MD, MS
WCHC x376



Maryana Boulos, MD
WCHC x378



Carla Castillo, MD, MA
MTZ x638



Jinnie Chang, MD
WCHC x382



Noha Eshera, MD
MTZ x660



Jacqueline Mostow, MD
MTZ x616



David Pichardo-Gomez,
MD, MPH
MTZ x655



Prachi Priyam, MD, MPH
PHC x999



Emma Richardson, MD
MTZ x279



Fatumata Saho, MD
WCHC x709



Lilia Sanchez, MD
PHC x735



Gregory Wittenburg, MD
PHC x746



Marian Younge, MD
PHC x742

CONTRA COSTA HEALTH SERVICES • CLASS OF 2023



Mayra Carrillo MD
PHC x563



Isabel "Isa" Cuervo, MD
MTZ x337



Jennifer Devries, MD, MPH
WCHC x068



Daniel Escamilla, MD
PHC x380



Elvira "Sofia" Gonzalez, MD
WCHC x388



Nery Guerrero, MD
WCHC x427



Gabriel Gutierrez, MD
WCHC x469



Myriam "Maisha" Kane, MD
MTZ x396



Shauna Milne-Price, MD
PHC x353



Sara Muralles, MD, MPH
PHC x349



Megan Perez, MD
MTZ x516



Kyra Ray, MD
MTZ x474



Eleanor "Elle" Sullivan, MD
MTZ x535

CONTRA COSTA HEALTH SERVICES ● CLASS OF 2024



Tristen Adams, MD/MPH
Univ. of New Mexico



Bianka Aguilar, MD
Keck USC



Hillary Carneal, MD
UC Davis



Alexis Chaet-Lopez, MD
Perelman Univ. of Penn



Mallory Cless, MD
UCSD School of Medicine



Maya DeGroote, MD
Geisel School Dartmouth



Kunal Doshi, MD/MPH
Univ. of Colorado



Stephanie Glick, MD
Loyola Univ. Chicago



John Hawkins, MD
Univ. of Chicago Pritzker



Karlee Kirkpatrick, DO/MSW
Chicago Osteopathic Univ



Tiffany Ku, MD
Loyola Univ. Chicago



Stephannie Ratcliff, MD/MS
UCSF School of Medicine



Arianna Robin, MD
Oregon Univ School Medicine

CONTRA COSTA HEALTH SERVICES • CLASS OF 2025



Sarah Baranes, MD
WCHC x036



Phoebe Bredin, MD
WCHC x062



Inanna Carter, MD
PHC x066



Aaron Gach-Kvenild, MD
MTZ x076



Jordan Gemelas, MD/MPH
MTZ x087



Aemad Komarizadeh, DO
WCHC x012



Christine Krentz, MD
MTZ x019



Angela Liu, MD
PHC x099



Onagh MacKenzie, MD
MTZ x594



Lakhta Najibi, MD
MTZ x634



Kayla Rasmussen, MD
PHC x614



Marjorie Suarez, MD
PHC x898



Harini Ushasri, MD
WCHC x338

CONTRA COSTA HEALTH SERVICES ● CLASS OF 2026



Vivian Anochili, MD
PHC she/her x990



Samuel Bosch, MD, MPH
PHC they/them x989



Rico Chenyek, MD, PhD
WCHC they/them x977



Carly Chiwiwi, MD, MPH
MTZ she/her x969



Kalsang Chodon, MD
WCHC she/her x863



Rima Datunarachchi, MD
MTZ she/her x946



Katherine Deutsch, MD
MTZ she/her x935



Katherine Dyer, MD
WCHC she/her x924



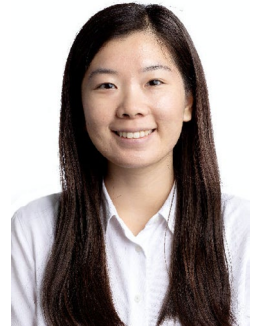
Mercedes Forster, MD
WCHC she/her x912



Mira Moore, MD
MTZ she/her x845



Kiara Owens, MD
PHC she/her x838



Wendy Woo, MD
MTZ she/her x827



Katherine Yu, MD
PHC she/her x952

CONTRA COSTA HEALTH SERVICES • CLASS OF 2027



Allen, Read, MD
PHC she/her x031



Brunner, Johanna "Jo", MD
MTZ she/her x608



Ellis, Maya, MD
PHC they/them x639



Holterman, Alex, MD
PHC he/they x654



Iyra, Puja, MD
WCHC she/her x663



Jayawickrama, Shehani, MD
MTZ she/her x699



Klug, Emma, MD
WCHC she/her x749



Maristany, Sumiko, MD
PHC she/her x774



Rahimi, Roshun "Ro", MD
MTZ she/her x622



Ren, Megan, MD
WCHC she/her x802



Spivack, Sarah, MD
MTZ she/her x822



Takeda, Caitlin, MD, MS
MTZ she/her x961



Yang, Yihui "Ashley", MD, MS
WCHC she/her x973

CONTRA COSTA HEALTH SERVICES • CLASS OF 2028



Andrade, Tricia, MD
PHC she/her x499



Brustad, Abby, MD
PHC she/her x480



Han, Dorothy, MD, MPH
WCHC she/her x728



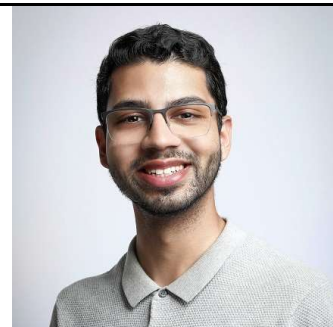
Jeon, Hyaejeen "Sally", MD
WCHC they/them x717



Leonard, Sophia, MD, MPH
WCHC she/her x689



Ma, Jessica, MD
MTZ she/her x631



Malhi, Akashdeep "Ash", MD
MTZ he/him x691



Marino-Nunez, Diana, MD
WCHC she/her x972



Modi, Krupa, MD
MTZ she/her x545



Murtagh, Caroline, MD
PHC she/her x539



Ott, Austen, MD
PHC they/them x511



Santaolaya, Carlos, MD, M.Sc.
MTZ he/him x786



Vu, Jackie, MD
MTZ she/her x967

ADVICE FOR RESIDENTS



Hold onto one or two of the things that make you YOU, the human being, not you the doctor--and maintain them. You won't be able to maintain them all since residency is crazy, but it's so important to keep your spirit and humanity to hold onto a couple. Also, it's ok to be late, to pause and take a breath, and it's very ok to be impacted by what you see. It means you're human and probably a better doctor for it (but also take care of yourself).



Work and learn as hard and long as you can, and remember you asked to do this. Remember why this is important to you. You only do this Residency once, and you will remember it forever. Make it count!

Believe in yourself. You are getting excellent training. Be kind to yourself. This training is the hardest training that you will experience. But it is worth it.



Ask for help! Ask for help. Ask for help. When you are struggling diagnostically, procedurally, emotionally, spiritually -- ask for help!

Learn as much as possible. Work on life/work balance AFTER residency. Learning new information or skills after graduating costs a lot of money and time.

Continuity with your patients over time is very rewarding. Try to achieve this whenever possible. Medicine is changing rapidly. You can use your FM skills in many different settings. Wishing you a great career.



Learn as much as you can and know who to go to when you do not have the answers.

Push yourself to learn everything you possibly can, especially procedures. The time to learn is short. Get really good with ultrasound and how to use A.I. Never forget WHY you went into healthcare, and continue to care with compassion for those in need.

Look at your patient...manage your EHR accordingly.

Algorithms are only guidelines and need to be customized to each individual patient.

If a possible diagnosis even crosses your mind, you must rule it out...denial is a luxury in which only patients can indulge.

Never lose sight of what made you choose to become a physician and what motivated you to train as a Family Physician. Always strive to practice medicine in the way you imagined it, with integrity. No matter how constrictive the current medical system may feel, know that there is always a way to practice outside of the box.

Always remember why you are doing this (and if it's for the money, you chose poorly), stand up for yourself and your values. It's important for you and for your patients.

Medicine is a really hard career, and it is also incredibly fulfilling. Take care of yourselves; you'll need to regroup over the years and change things up to keep things interesting. Your training at Contra Costa will prepare you well for a wonderful career in medicine.

Always take the opportunity to learn when the moment arises because there is never enough time before you are out in practice.

Develop a strong suit in an area of medicine that you love. It helps ameliorate the feeling of never knowing enough, particularly if other generalists can turn to you when a specialist is not around.

Treat patients uncommonly well. Medicine is most fulfilling when compassion accompanies skill.





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HEALTH