

Class of 2023 PGY I - Current Interns



Abeyta, Nicole Kristine
University of New Mexico
School of Medicine

I was born and raised in Las Cruces and received my undergraduate and medical degrees at UNM. As a native New Mexican and member of the Combined BA/MD Program, it has always been my goal to practice in my home state and care for underserved populations in a community-based, multidisciplinary setting. I have a husband who will begin his psychiatry residency at UNM and a beautiful, red-headed baby girl. I was ultimately drawn to family medicine because I admired the unique communication between a pediatrician, child, and parent, the empathy and sensitivity of an OB/GYN provider surrounding pregnancy, and the knowledge and critical thinking of internists. I hope to incorporate all these aspects as a family physician and provide comprehensive care including pediatric and obstetrical care. My interests include women's health, addiction, and preventative medicine. UNM was the perfect location to continue my training because it is a program committed to preparing full scope family physicians dedicated to serving New Mexicans. Outside of medicine, I enjoy spending time with



Brayfield, Clint Arthur
University of New Mexico
School of Medicine

I was born in Santa Fe, New Mexico but grew up in many different parts of the state including Farmington, Bloomfield, and settled down in Las Vegas during high school. I went to the University of New Mexico for undergrad and medical school as a part of the Combined BA/MD Program. On this journey, I was able to learn how to put into words all the health disparities that I saw in my community while growing up. Specifically, I saw how historical trauma, displacement and lack of basic human necessities such as running water on the reservation has impacted the health of my Diné (Navajo) people and me. Tackling these disparities and an emphasis on medicine being more that what takes place in the hospital or clinic is what made choosing Family Medicine the right specialty for me, especially here at UNM. In addition, the breadth of medical knowledge and procedural skills only family medicine trained physicians have enticed me. With my free time I love hanging out with my family and friends. Movies and trying new foods are my favorite pass times, basketball is life, and I hope I can travel to every country on the planet someday.



Collins, Jeffrey Norris
University of Rochester
School of Medicine and Dentistry

I grew up in Salt Lake City, Utah where I developed a love for mountains, lakes, and deserts. After finishing undergrad at Westminster College, I worked as an AmeriCorps VISTA at a free clinic in Salt Lake that was mostly run by volunteer Family Physicians. Their kind attitude and resolve to serve Utah's low-income, uninsured population got me excited about Family Medicine before I started medical school. I was fortunate to go to University of Rochester, where I met my life partner and co-resident here at UNM, Robin. I was a year ahead of Robin in school, so I decided to take a research year during which I lived in Lima, Peru and worked on a tuberculosis project and an HIV project. It was an excellent chance to improve my Spanish and learn about infectious disease care in a resource-scarce setting. I chose UNM for residency because of the program's mission to bring care where it is most needed, its commitment to diversity, its setting in a beautiful location with an amazing mix of cultures, and the wonderful people I met on my interview day. My interests in Family Medicine include Latinx health, global health, obstetrics, and HIV care/prevention.



Cora Kopnina, Yanet
University of Arizona
College of Medicine-Phoenix

I was born and grew up in Cuba, where I became a professional Modern and Contemporary dancer and dance instructor. I came to the United States alone to pursue my dreams of a free country, where I could pursue my calling in medicine. I completed my undergraduate degree at the Arizona State University, and my medical education at the University of Arizona College of Medicine in Phoenix. As a first-generation immigrant, I encountered many challenges that gave me a unique perspective and determination to serve under-resourced and immigrant populations. I mentored students from underrepresented backgrounds, lead diabetes education for Spanish-speaking seniors, and brought basic medical care to low-income neighborhoods. Now as a family medicine physician, I plan to become a source of guidance and support to those with limited resources and opportunities. I plan to build lifelong relationships with my patients, serve them across generations and a continuum of settings. I'm very excited to join the UNM Family Medicine program and to explore the beautiful New Mexico.



Embick, Ellen "Robin"
University of Rochester
School of Medicine and Dentistry

Biography for website: I grew up in Pennsylvania before moving to New York State to study Environmental Studies at Vassar College. After college I had a myriad of jobs, including working in an ecology research laboratory and then at a rock climbing gym before landing at the Camden Coalition of Healthcare Providers in Camden, New Jersey. In this role, working with patients and primary care doctors, my excitement about medicine grew; from there I went to Bryn Mawr College's Postbaccalaureate Program to get my science pre-requisites before heading to the University of Rochester for medical school. Everything in medical school affirmed my choice of Family Medicine: I love the broad scope of practice, the commitment to addressing health disparities, and the closeness with patients, families, and communities. My specific interests in Family Medicine include reproductive health, family planning, hospital medicine, addiction medicine, and teaching and education. While in medical school, I met my life partner, Jeffrey Collins; we both couples matched into Family Medicine at the University of New Mexico. We are thrilled to move to the beautiful Southwest and to be in a program with unparalleled strengths in our areas of interest and dedication to caring for all communities in New Mexico.



Galicia, Ricardo
University of New Mexico
School of Medicine

I grew up in Los Lunas, a rural town south of Albuquerque. I moved to Albuquerque for college and graduated from UNM with a major in French and a minor in chemistry. After graduating from college, I took 5 years off from my educational endeavors to work as a payroll and business tax return specialist, travel, and volunteer at a local non-profit clinic, Casa de Salud. It was through this clinical experience, as well as my background as a first generation Mexican-American, that I developed an interest in working with underserved patients, in particular the Spanish speaking immigrant population. I chose the UNM Family Medicine Residency because of its diverse population, its emphasis in providing broad spectrum care, and its training in providing socially and culturally competent care to underserved populations. UNM also offers ample exposure to my professional interests which include adolescent health, reproductive health, maternal child health, and immigrant health. In my free time I like to hike with my wife (a fellow FM resident!) and our dog Ollie, explore the craft brew scene in ABQ, eat paletas while gazing at the beautiful Sandia Mountains, attend the theater, and partake in good laughing sessions with family and friends.



Gutfrucht, Bethany Elaine
University of New Mexico
School of Medicine

I'm from Gallup, New Mexico, and I'm excited to continue my training at the University of New Mexico as a family medicine resident. I chose family medicine because of the unique population we are able to work with—families! I look forward to a career in which I can get to know communities over generations. Family medicine allows us to serve adults, deliver and care for children, and continue care when our patients become elderly. Some of my particular interests include Native American health, women's health, and addiction medicine. I ultimately plan to work with the Indian Health Service in a rural area. I chose UNM because they truly value community medicine and are working to improve the lives of their patients. They value understanding who their patients are as people and see them as more than their disease. I'm honored to join such an incredible group of people and look forward to learning alongside them.







Kelley, Rachel "Ray"
University of California,
San Francisco, School of Med

I grew up in Pittsburgh PA and Denver CO, and have been living in the San Francisco Bay Area for the past ten years. I attended college at Stanford University, where I majored in Human Biology, and attended the UC Berkeley – UCSF Joint Medical Program for graduate and medical school. While at UCB/UCSF, I researched farmworkers' occupational health and worked to promote diversity and equity in medical education. I was also fortunate to complete clinical rotations with the IHS in Chinle and Gallup, which encouraged me to move to the Southwest for residency! I am excited to join UNM Family Medicine in providing whole-person health care for all ages while building strong relationships with patients and communities. As I continue my training, I aim to live by a saying popularized by disability justice activists – "nothing about us without us!" In this spirit of partnership, I plan to devote my career in Family Medicine to supporting the health and healing of those who historically have been excluded or marginalized, including members of immigrant, indigenous, and LGBTQ communities. Outside of work, I enjoy outdoor adventures, learning languages, and spending time with friends and family.



I have been fortunate to live in different cities throughout the U.S. including Chicago, IL, St. Paul, MN, Washington DC, and Bryn Mawr, PA, but am proud to call New Mexico home. I was raised in Albuquerque, returned here to attend medical school at UNM, and could not be more excited to stay at UNM to complete my residency. I was initially drawn to family medicine because it seemed the field of medicine that most overlapped with my undergraduate studies that examined community health from a social

<p>Kistin, Anna University of New Mexico School of Medicine</p>	<p>science and humanities perspective. These classroom interests were bolstered by collaborations with immigrant communities in my college neighborhood, and also through travels and projects in Latin America. Shortly after starting medical school, I saw that the field of family medicine is one full of providers who are not only expert physicians, but also who work to address the social determinants of health. Outside of medicine I love hiking, reading, baking, trying to keep an herb garden alive, and making people listen to me recount all the podcasts I heard this week.</p>
 <p>Kollars, Kate Andra University of Michigan Medical School</p>	<p>I grew up in Sioux City, IA, with my parents' examples of hard work, political engagement, and service, which continue to guide my life today. I studied anthropology and biological sciences at the University of Nebraska-Lincoln, and I quickly came to appreciate the impact of environmental, social, and political factors on health. After graduation, I moved to Washington, D.C. for a health policy internship and then to Colorado where I worked with low-income high-school students through AmeriCorps. These experiences fostered my passion for public health and primary care, and they set me on my path towards family medicine. During medical school, I continued to be involved in health equity and social justice initiatives, including the University of Michigan's Student Run Free Clinic. I also pursued an MPH in Health Policy at Harvard T.H. Chan School of Public Health. I look forward to forming longitudinal relationships with patients while also working to improve community health. UNM's broad training and dedication to underserved communities and the state was a perfect fit. And I'm thrilled to be moving to Albuquerque where I can explore local arts, music, and food scenes while also taking advantage of mountains for hiking, skiing, and fresh air.</p>
 <p>Meese, Halea Kala University of Colorado School of Medicine</p>	<p>After spending time on both coasts, Halea is ecstatic to have landed in the back in the west for medical school at the University of Colorado (CU) and is thrilled to continue her southwestern journey at UNM FCM for residency. Halea believes in patient centered care. Her experience as a Spanish medical interpreter and member of CU's rural training track, introduced her to the power of social context, community support, and systems-level advocacy in healing.. She is excited to be pursuing a career in family medicine with the goal of practicing in the rural Southwest upon completing her training. At UNM, she looks forward to the opportunities that she will have to care for patients and families while continuing to advocate for her community, fellow residents, and her profession. She chose UNM because of its focus on caring for the whole patient, the opportunities to practice in</p>

	<p>both rural settings and an academic medical center, and the strong training in full spectrum family medicine. In her free time you will find her outside, baking elaborate desserts from scratch, listening to audiobook biographies, or perfecting the art of backpacking meal prep.</p>
 <p>Nava-Marquez, Isabel University of Arizona College of Medicine</p>	<p>I was born in California but raised in rural Arizona. I am half Sun Devil and half Wildcat. I completed my undergraduate education at Arizona State University and medical school at the University of Arizona College of Medicine. Making a difference within communities that need it most has been and continues to be a priority throughout this journey. I am a first generation college graduate and daughter of immigrant parents. I understand the importance of empowering individuals to create lasting changes. I chose Family Medicine because I want to build lasting relationships with my patients and our community. I love that we get to practice full-spectrum medicine but have a soft spot for rural medicine, preventive medicine, and obstetrics. I also have an interest in public health because it allows healing and prevention to go beyond the clinic setting, to where it matters most. My goal is to provide culturally competent care and practice socially responsible medicine. I chose the University of New Mexico to continue my training because it was the program best suited to meet my goals. The amazing people I met during my interview sealed the deal!</p>
 <p>Ninneman, Alexandra "Alex" Oregon Health & Science University School of Medicine</p>	<p>I am a first-generation college graduate and physician and hail from Taos, New Mexico (go Tigers!). I completed my undergraduate degree in Environmental Studies at Willamette University in Salem, OR and spent several years working in environmental education before switching gears to pursue medicine. Following a postbac at Portland State University, I completed medical school at Oregon Health & Science University. After 14 years away, I am beyond excited to return to the Land of Enchantment and to continue my training with the Family Medicine team at UNM. I have dedicated myself to medicine because I've seen how critical our health is to every other aspect of our lives. I strive to care for my patients as whole people within the context of their unique stories, values, and communities and have chosen Family Medicine because I don't think any other specialty accomplishes this as well as we do. I look forward to learning with and caring for my fellow New Mexicans in the years ahead and making up for more than a decade without sopapillas and chile! I am also excited to get back out in the SW sunshine and on the ski slopes with family and friends.</p>



Valverde, Cecilia
University of New Mexico
School of Medicine

I grew up in the South Valley of Albuquerque. I am a first generation Mexican American and the first in my family to graduate from college. My upbringing and work with underserved populations is what inspired me to become a Family Medicine physician. I want to work both in the hospital and as a provider in a community health center. I want to work in the hospital because for many patients their first encounter with the healthcare system often occurs late into their disease course because they were unaware, undereducated or unable to access care. I want to educate patients about their health and connect them to resources so that they can be successful after discharge. I want to work in community health centers because I want to provide continuity of care and to build relationships with community leaders to empower and improve the condition and health literacy in the underserved communities of New Mexico. I hope to continue working towards establishing a bilingual provider program at UNMH along with pursuing my interests in public health. I am excited to be a part of UNM FCM program in order to serve the communities I grew up in.

Santa Fe 1+ 2 Program Interns



Guimaraes, Abraham Antonio
University of New Mexico
School of Medicine

I grew up in Gallup, New Mexico and am a proud New Mexican. I received a bachelor's degree in Health, Medicine, and Human Values from the University of New Mexico as a member of the combined BA/MD program. The program's mission is to address physician shortage in rural and underserved areas of the state, a mission that aligns with my personal goals. I was fortunate to continue my education in state and received my medical degree from the University of New Mexico. I chose family medicine because of its diverse scope of practice, continuity of holistic care, and commitment to preventive medicine. I am also a sports aficionado (go New Mexico United!) and have some interest in sports medicine in addition to rural medicine. I am excited to train at the UNM Northern New Mexico Family Medicine program as it gives me the opportunity to work with a diverse patient population with opportunities to focus on rural medicine. My goal is to return to my hometown to give back to the community that has given me so much. Outside of medicine, I enjoy spending time with friends and family, playing video games, watching sports, and snowboarding.



Kavanaugh, John Patrick
University of New Mexico
School of Medicine

I grew up exploring the woods and mountains of Virginia. In 2004, I moved West and quickly came to love the people, the cultures, and the land of New Mexico. My path to Family Medicine took me on a journey of studying philosophy at St. John's College in Santa Fe, obtaining a Masters in Biology at UNM with an emphasis on ecology and conservation, and becoming a college instructor in Anatomy and Physiology for many students entering the world of healthcare. As a medical student at UNM, I sought out experiences in rural medicine, addiction medicine, and outreach to our underserved communities. I was drawn to Family Medicine by its emphasis on treating the whole person throughout their life and by its central role in providing meaningful healthcare to our most underserved populations. The UNM/Northern NM program attracted me with its excellence in teaching full spectrum, rural Family Medicine. Outside of medicine, my wife and I love to discover the wilderness areas of NM with our young child through hiking and backpacking. I am extremely excited to continue my training at UNM/Northern NM and to join in its mission of serving our community.



Tomar, Abhishek
T.D. Medical College
Alappuzha India

I have had the opportunity to practice medicine in India for 9 years adding in to the 17 years in the field of medicine, both in India & US combined. Family medicine beckons me because it allows me to practice to its fullest the type of medicine that I enjoy. Care for any two patients even with identical diagnoses is never exactly the same. Family Medicine allows me to treat—and better yet, prevent—a multitude of conditions and perform a variety of procedures. It invites me to treat the patient as a whole and form a long-term relationship with him or her. This relationship is essential when the patient crosses a milestone in age or health status. I enjoy the variety of medicine practice that it brings and the grit it demands of me, in an ever changing healthcare environment that we have now with opportunities like patient centric medical homes becoming the new reality. I am lucky to have been selected at UNM, my choicest program, because of its wide curriculum reach, the diversity of population that it caters for, and its emphasis on academics – a perfect blend of medicine that I am eager to learn and practice.



Tsosie, Dathan
University of New Mexico
School of Medicine

My name is Dathan Tsosie. I am Tótsohnii (Big Water Clan), born for Naakaii Diné'é (Mexican People Clan), Ta'neeszahnii (Tangle People Clan) are my maternal grandfathers, and Tsi'naajinii (Black-Streaked Wood People Clan) are my paternal grandfathers. I am Diné (Navajo) from Burnt Corn Valley, Arizona. My journey to Family Medicine was a twisting road that took me through my hometown IHS clinic in Pinon, AZ, then To'hajillee, NM, and through my Pediatrics rotation to hear my calling. The broad spectrum of Family Medicine allows me to not only see elders and babies – two age groups that are very important to me personally – but opens up a challenge with the adults, allows procedures, and opens the possibility of working at an Indian Health Service clinic or hospital on many reservations or cities throughout New Mexico and Arizona. The ability to train in my home region of the Southwestern U.S. was very important as it allows me to stay close to family, my people, and my language, and I am a very lucky person to be able to continue my next level of medical training at UNM and Santa Fe.