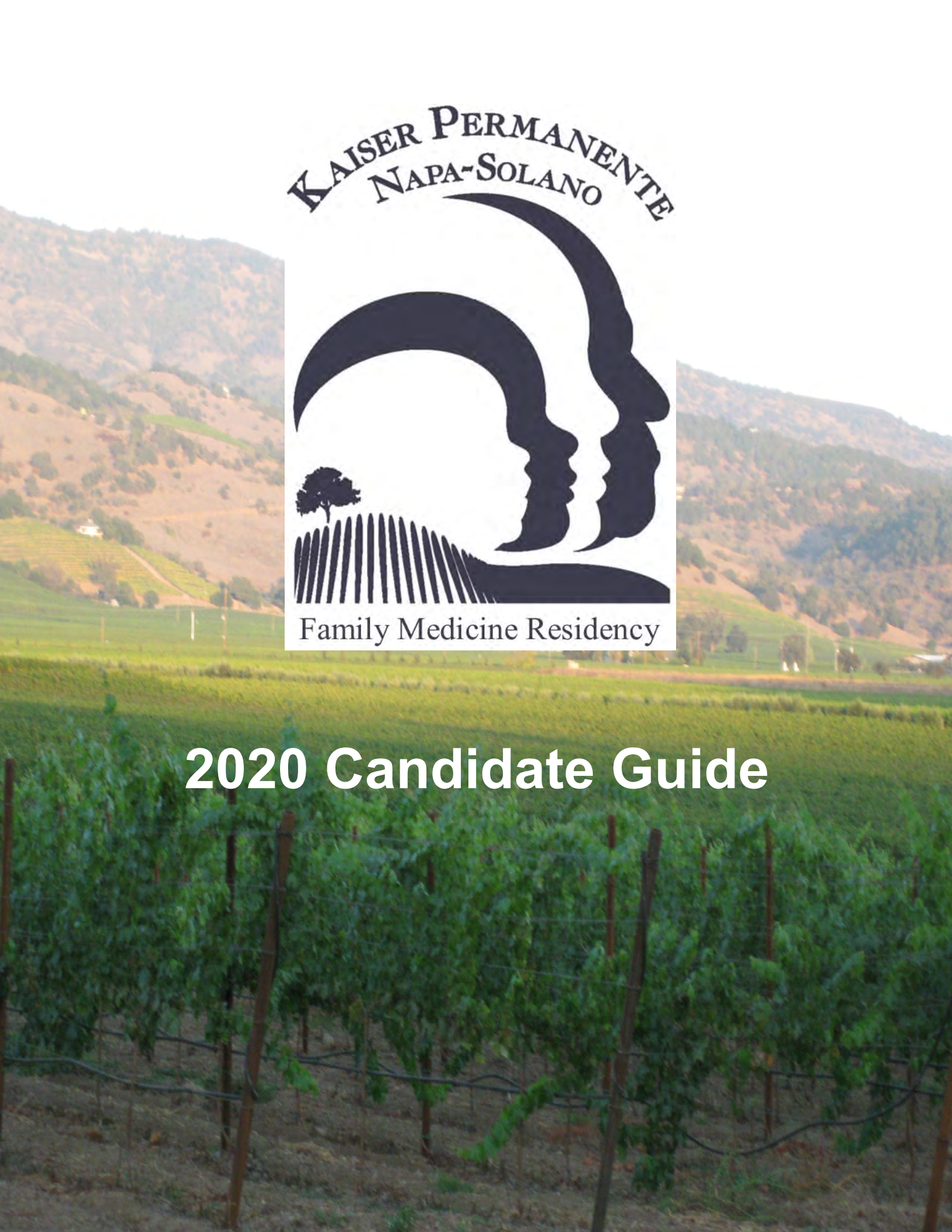


2020 Candidate Guide

We're Social! Be sure to find and like us.....

instagram.com/kpnapasolanofmr/

twitter.com/KPNapaSolanoFM

facebook.com/KaiserPermanenteNapaSolanoFamilyMedicineResidency

https://www.youtube.com/channel/UCq0pZaic8r1AqzqAOKeTd5A

VALLEJO
PEOPLE'S GARDEN

KP Napa Solano Family Medicine Faculty

Ted O'Connell, MD, Program Director

- Undergraduate: University of Notre Dame
- Medical School: UCLA School of Medicine
- Residency: UCLA-Santa Monica Family Medicine Residency
- Board Certifications: Family Medicine
- Curricular Interests: Medical education and helping to develop physicians, writing and textbook development, procedural training
- How I Thrive: Family time, coaching my children's baseball teams, cycling, competing in triathlons, reading

Matthew Symkowick, MD, Associate Program Director

- Undergraduate: Georgetown University
- Medical School: Georgetown University School of Medicine
- Residency: University of California, San Francisco/San Francisco General Hospital Family Medicine Residency Program
- Fellowship: UC San Francisco Faculty Development Fellowship
- Board Certifications: Family Medicine
- Curricular Interests: Practice Management, Inpatient Medicine
- How I Thrive: Being with family, swimming

Tessa Stecker, MD, Fellowship Program Director

- Medical School: Keck SOM of the University of Southern California
- Residency: Kaiser Foundation Hospital, Woodland Hills, CA
- Fellowship: Community Medicine Fellowship, KP Woodland Hills
  Community Medicine and Global Health Fellowship, KP Napa-Solano
  UC San Francisco Northern California Faculty Development Fellowship
- Board Certifications: Family Medicine
- Curricular Interests: Social determinants of health, implicit bias, clinic efficiency, global health, procedures, dermatology, health policy
- How I Thrive: Watching USC football, cooking, discovering new wineries, traveling

Kathy Holder, MD

- Medical School: The Ohio State University College of Medicine
- Residency: David Grant Medical Center
- Fellowship: UCSF Faculty Development Fellowship
- Curricular Interests: Women's health, Physician Wellness, Literature in Medicine
- How I Thrive: Spending time with my family, traveling, reading, hot yoga, running. I also emphasize nurturing and forming relationships with colleagues and residents. I think of myself as a glass half full type of person and focus on being grateful and content.

Gabe Flaxman, MD

- Undergraduate: University of California, Berkeley
- Medical School: Drexel University College of Medicine
- Residency: Santa Rosa Family Medicine Residency Program
- Fellowship: Swedish Hospital Advanced Obstetrics Fellowship
- Board Certifications: Family Medicine
- Curricular Interests: Obstetrics, family planning, and sports medicine
- How I Thrive: Hiking, cooking, and spending time with my family

Ruben Gonzalez, MD

- Undergraduate: University of California, San Diego
- Medical School: University of Washington School of Medicine, Seattle
- Residency: Contra Costa County Regional Medical Center Family Medicine Residency Program
- Board Certifications: Family Medicine
- Curricular Interests: Promoting Latinos in Medicine, Inpatient Medicine
- How I Thrive: Mom's enchiladas

Rebecca Render, DO

- Undergraduate: Seattle Pacific University
- Medical School: Western University of Health Sciences College of Osteopathic Medicine
- Residency: Contra Costa County Regional Medical Center Family Medicine Residency Program
- Board Certifications: Family Medicine
- Curricular Interests: Women's Health, Labor and Delivery, Osteopathic Manipulative Medicine
- How I Thrive: Going for walks, spending time with family and friends

Aakash Agarwal, DO

- Undergraduate: Johns Hopkins University
- Medical School: Western University of Health Sciences
- Residency: Kaiser Permanente, Los Angeles Medical Center
- Board Certifications: Family Medicine
- Curricular Interests: Musculoskeletal, Inpatient, Teaching
- How I Thrive: Hanging out with my 18 month old!

Michael Mason, MD

- Undergraduate: California State University, Fullerton
- Medical School: Keck School of Medicine, University of Southern California
- Residency: Kaiser Permanente Los Angeles Family Medicine Residency Program
- Fellowship: Kaiser Permanente Los Angeles, Geriatrics
- Board Certifications: Family Practice and Geriatrics
- Curricular Interests: Geriatric Care
- How I Thrive:Jogging in early AM, involvement with my Kids many activities, enjoying great food and wine, reading, learning how to make wine

Patrick Lowerre, MD

- Undergraduate: University of Wisconsin (Go Badgers!)
- Medical School: The George Washington School of Medicine
- Residency: UCSF/SFGH Family and Community Medicine
- Board Certifications: Family Medicine
- Curricular Interests: Obstetrics, medical student education
- How I Thrive: Spending time with family and friends, listening to live music, eating great food and watching baseball.

Sarah Jones, MD

- Medical School: Emory University Medical School, Atlanta, GA
- Residency: Malcolm Grow Medical Center, Andrews AFB, MD
- Fellowship: UCSF Faculty Development Fellowship
- Curricular Interests: Community Medicine and Global Health, Women's Health, particularly maternity care, Physician Wellness, Mentoring physicians
- How I Thrive: Keeping my mind/body/and spirit active, cooking, singing, and making memories with family and friends

Rossan Chen, MD

- Medical School: UC San Francisco, San Francisco, CA
- Residency: UCSF/San Francisco General Hospital
- Fellowship: Masters of Science in Health Policy, Planning, and Financing at the London School of Economics and Political Science and London School of Hygiene and Tropical Medicine
- Curricular Interests: Nutrition and obesity, Clinical physical exam, Wellness and burnout
- How I Thrive: Spending time with family and friends, being outdoors, traveling, trying new restaurants, reading

Francisco Dorado, MD

- Medical School: Michigan State University, College of Human Medicine
- Residency: Contra Costa Health Service
- Curricular Interests: CCC -Committee, Outpatient Medicine Teaching, Procedure Teaching, Medical Student Precepting, Working with Community Partners
- How I Thrive: Spending time with family, friends, good food, and the outdoors

Fernando Maldonado, MD

- Medical School: UC San Francisco, San Francisco, CA
- Residency: UCSF/San Francisco General Hospital
- Curricular Interests: Procedure Skills, Musculoskeletal Medicine, Cultural Competency
- How I Thrive: Family time, watching baseball, playing guitar, good food

Rachel Berry-Millet, MD

- Undergraduate: Yale University
- Medical School: UC Berkeley-UC San Francisco Joint Medical Program
- Residency: Montefiore Medical
- Board Certifications: Family Medicine

Behavioral Medicine Team:

Megan DaVania, PsyD

Amy Fuglei, MD

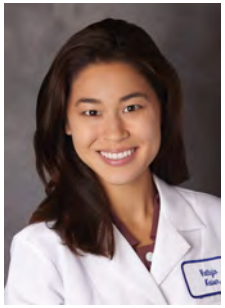
Kat Dang, MS, MSA - Research Project Manager

- Graduate Education: University of California, San Francisco University of California, Davis
- Curricular Intrests: Clinical Research Methods and Design, Community-Based Participatory Research
- Scholarly Interests: Community Medicine, Public Health, Pipeline/Youth Development Programs
- How I Thrive: Dancing, eating, movies, spending time with loved ones

Kaiser Permanente Napa-Solano Residency Program 2020-2021

Jacquaé Walker, MD
Fellow
Community Medicine
& Global Health

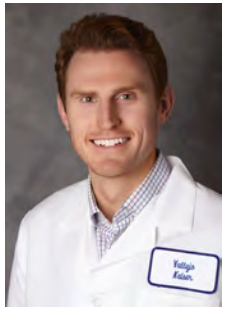
2020-2021 PGY-3 Resident Class of 2021



Alexandra Arenson, DO
Chicago College of Osteopathic Medicine

Aimé Castillo Mazantini, MD
UC Davis

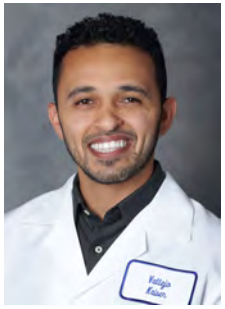
Bryan Caudle, MD
UC Davis



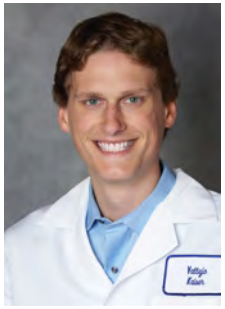
Ben Denton-Schneider, MD
Tufts

Vanessa Franco, MD
Morehouse

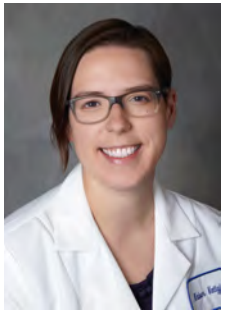
2020-2021 PGY-2 Residents - Class of 2022



Kasra Behizad, MD
USC Keck

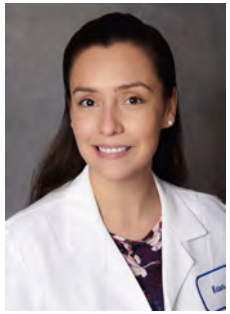


Billie Maes, MD
Univ of Pennsylvania



Liz Perry, MD
Brown Univ

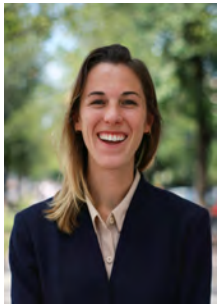
Artie Salow, MD
Northwestern Univ



Jessenia Villa, MD
Michigan State Univ

Hayley Winninghoff, MD
Univ of Washington

2020-2021 PGY-1 Residents - Class of 2023



Hannah Bogen, MD
Univ of Pennsylvania

Cody Dail, MD
Univ of Minnesota

Nicole Madrieljo, MD
Geisinger Commonwealth

Aljanee Whitaker, MD
UC Davis

Natalie White, MD
Georgetown Univ

Jacquelie Yu
H. Frank Netter - Quinnipiac

Community Medicine and Global Health Fellow Biography

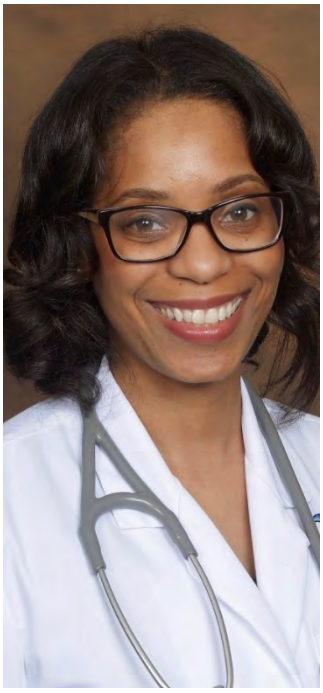
2020-2021

Jacquaé Walker will join us as our 2020-2021 Community Medicine and Global Health Fellow. Jacquaé provides her own biography:

"Growing up in an underserved area of Los Angeles, CA, I felt committed to the care of underserved communities and wanted to become a physician from an early age. I attended UCLA for college and my passion led me to become involved in social justice and community advocacy, organizing town hall meetings, and co-chairing UCLAs first black student leadership conference. After graduating UCLA with a degree in Neuroscience, I attended medical school at Saint Louis University, where I became co-president of the Student National Medical Association (SNMA) and worked to increase cultural competency within the medical school. These efforts ultimately culminated in winning SNMA's institutional leadership and diversity award.

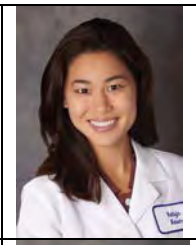
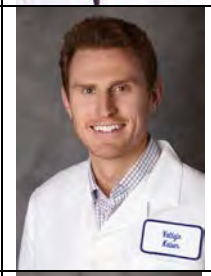
As a Family Medicine resident at the University of Virginia, I cared for refugee populations in our International Family Medicine Clinic, served as recruitment co-chair, and participated in our department's diversity and inclusion committee to recruit and retain faculty and residents that reflected the diversity of patients served in our clinic. All these experiences reinforced my passion for healthcare disparities, health policy, and population health. I am also interested in adolescent medicine and evidence-based medicine.

For fun, besides enjoying beating my friends at board games, I also enjoy songwriting and spending time with friends and family. As a family medicine physician, my overall goal is to have a career that integrates clinical care, the teaching of medical students and residents, health disparities research, and promoting the health of underserved communities. I am excited to join Kaiser Permanente's Community Medicine and Global Health Fellowship, as it will help me grow as a clinician and strengthen my ability to serve as a community advocate and leader in the future."

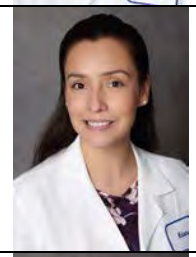


Jacquaé Walker
Saint Louis University School of Medicine
University of Virginia Family Medicine Residency Program

Resident Class of 2021:

Alexandra Arenson, DO received her medical degree from The Chicago College of Osteopathic Medicine of Midwestern University. She received her undergraduate degree in Neuroscience from Hamilton College in Clinton, New York. During medical school, Alexandra worked with the Instituto Health Science Career Academy to provide health education and mentorship to high school students. Alexandra also served as the Director of Operations for the MWU Osteopathic Soft Tissue Clinic and was a tutor for the anatomy and pharmacology courses at her medical school. In her free time, Alexandra enjoys tennis, camping, rock climbing, cooking, travel, and scuba diving.	
Aime Castillo Mazantini, MD received her medical degree from UC Davis School of Medicine. She received her undergraduate degree in Biological Sciences from UC Davis as well. During medical school, Aime served as panelist and organizer of the Annual Stockton Health Empowerment Conference and as a panelist and speaker at the Annual More than a Dream Conference. Aime was active with the Latino Medical Student Association where she worked with the Mentorship and Outreach Committees. Aime served as a regular medical student volunteer during all four years of medical school at the Clinica Tepati Student Run Clinic. Aime also co-founded Dream Health Advocates while at UC Davis in order to raise awareness of social, political, and health issues affecting immigrant populations in the United States. Aime rotated at the Kaiser Permanente Vacaville medical center for her fourth-year elective in Family Medicine. In her free time, Aime enjoys reading, hiking, and watching movies.	
Bryan Caudle, MD received his medical degree from the UC Davis School of Medicine. He received his undergraduate degree in Public Health from California State University, Fresno While in medical school, Bryan served as co-director of the Joan Viteri Memorial Clinic, a student-run free clinic that provides care to underserved populations in Sacramento. Bryan provided additional service by designing, writing, and deploying a web application to schedule volunteers for UC Davis's eight student-run free clinics. Brian also served as an admissions ambassador for the school of medicine. Prior to medical school, Bryan served eight years in the United States Marine Corps as a Staff Sergeant. Brian was a collegiate triathlete and continues to cycle in his free time. He also enjoys running, hiking, sailing, and barbequing.	
Ben Denton-Schneider, MD received his medical degree from Tufts University School of Medicine. He received his undergraduate degree in Biology from Bowdoin College in Brunswick, Maine. While in medical school, Ben worked with Primary Care Progress to provide care to the homeless in Portland, Maine and also volunteered as a medical student organization co-leader of Boston Health Care for the Homeless. Ben served as an anatomy lab tutor at Tufts and did public health work and research in Panama through the Tufts University School of Medicine Global Health Program. Ben was a four -year varsity soccer player and co-captain while in college. In his free time, Ben enjoys hiking, biking, and listening to podcasts.	
Vanessa Franco, MD received her medical degree from Morehouse School of Medicine where she was a merit scholarship recipient and member of the Alpha Omega Alpha honor society. She received her undergraduate degree in occupational therapy from the Universidad de Sao Paulo in Brazil and completed a post-baccalaureate pre-medical program at Georgia State University. During medical school, Vanessa worked at several student-led free clinics providing care for homeless and uninsured individuals. Prior to medical school, Vanessa had a career in occupation therapy and did conducted clinical trials evaluating different rehabilitation protocols at Emory University. In her free time, Vanessa enjoys cooking, reading, and gardening.	

Resident Class of 2022:

Kasra Behizad, MD received his medical degree from University of Southern California School of Medicine. He received his undergraduate degree in Health Promotion and Disease Prevention from USC as well. During medical school, Kasra in a variety of community based federally qualified health centers where he conducted a quality improvement project to improve patient hand-offs and the workings of the inter-professional teams at the USC student run clinics. He is an advocate for youth leaders in his community. In his free time, Kasra enjoys snowboarding, wrestling, running, yoga, weight lifting and salsa dancing. He performed on USC's Latin Dance team in 2014/15 and was awarded 3rd place in the 2015 Collegiate Salsa Open	
William "Billy" Maes, MD received his medical degree from University of Pennsylvania, Perelman School of Medicine. He received his undergraduate degree in Genetics from the University of Wisconsin, Madison. His curricular interests include: Preventative Medicine and Public Health, Teaching, Wilderness Medicine, Global Health and Community Medicine, Women's Health and Family Planning, Sports Medicine, Procedures, Leadership Development, and Healthcare Policy and Advocacy. In his free time, Billie enjoys ating large amounts of ice cream and cheese (in large quantities, with haste); running along the Bay Bridge Trail (at a meandering pace); playing games (of any kind, with my mates); failing at crossword puzzles (I'm a disgrace). Learning about the world and the people in it, preferably via powerful, emotive stories. Being an informed citizen and a good partner, friend, brother, and son.. Being goofy.	
Elizabeth Perry, MD received her medical degree from Brown University, Warren Albert Medical School. She received her undergraduate degree from the New York University. While in medical school, Liz worked as a Quality Improvement Researcher focusing on improving clinical no-show rates and conducted a thesis project to assess barriers to prescribing buprenorphine in the primary care setting. Liz also helped design a curriculum on health information technology and its applications for population medicine. As a community intervention project, Liz partnered with a domestic violence agency to build an inclusive Peer Advocacy Curriculum. In her free time, Liz also enjoys reading science fiction, team trivia contests, yoga and is the proud parent of both a cat and a dog.	
Arturo Salow, MD received his medical degree from Northwestern University, The Feinberg School of Medicine. He received his undergraduate degree in exercise physiology from the University of Florida, Coral Gables. While in medical school, Arturo worked as a healthcare advocacy leader organizing against gun violence in the wake of the Parkland shootings. He was the president of the Family Medicine Interest Group at Northwestern and worked in their Health Disparities Immersion program leading other students through medically underserved areas of Chicago. He was the recipient of the AAFP Emerging Leadership Institute scholarship. In his free time, Arturo enjoys running and road racing, architecture and like Liz, is a proud dog owner.	
Jessenia Villa, MD received her medical degree from Michigan State University College of Human Medicine. She received her undergraduate degree in Biopsychology from the University of California, Santa Barbara. During medical school Jessenia was active in local food as medicine initiatives and worked with the Flint, Michigan school district during their water crisis to create educational materials addressing water safety issues for their student body. A California native, Jessenia was raised in the Central Valley city of Fresno. In her free time, Jessenia enjoys art, particularly the work of Frieda Kahlo, novels by Khaled Hosseini, Latin dance and music, meditation	
Hayley Winninghoff, MD received her medical degree from the University of Washington School of Medicine. She received her undergraduate degree in French with a minor in Chemistry from Pomona College. During medical school, Hayley served as a volunteer and Referrals Coordinator of s student-run clinic at Casa Latina and completed a certificate program in global health through the University of Washington's Global Health Pathway. Hayley worked as Community Health Outreach and Research Assistant for the Seattle Children's Hospital Community Health Assessment. Hayley also served as Student Board Member of the King County Academy of Family Physicians. In her free time, Hayley enjoys hot yoga, hiking, backpacking, kayaking, cross-country skiing.	

Resident Class of 2023

Hannah Bogen, MD received her medical degree from the Perelman School of Medicine at the University of Pennsylvania. She received her undergraduate degree in Community Health from Brown University and pursued post-baccalaureate premedical studies at Johns Hopkins University. During medical school, Hannah has worked extensively at the Penn Refugee Clinic, conducting health screenings and serving as project leader of a transitions of care program. Hannah was the medical student clinic leader of the Homeless Health Initiative and co-organized a Racism in Medicine conference for students from the many medical schools in Philadelphia.

Hannah also pursued research opportunities during medical school. She was the co-principal investigator on a study of patients with inflammatory breast cancer and conducted research on bleeding and infectious diseases in patients who had undergone extracorporeal membrane oxygenation (ECMO).

In her free time, Hanna enjoys rock climbing, surfing, backpacking, skiing, biking, canoeing, cooking, and soccer. Hannah is also in a psychedelic indie rock band.

Hannah Bogen, MD
Perelman School of Medicine at the University of Pennsylvania

Cody Dail, MD received his medical degree from the University of Minnesota Medical School. He received his undergraduate degree in economics from Macalester College in Saint Paul, Minnesota. Prior to medical school, Cody worked at the Food and Drug Administration (FDA) developing vaccines for viruses where none currently exist, including HIV, HCV, and VEE. During medical school, Cody was active in the Student National Medical Association's mentoring program and was recognized for his outstanding performance and commitment. Cody also worked with an interdisciplinary team to create a root cause analysis and present potential solutions to address healthcare in the homeless population.

Cody also participated in several research projects, including as a Mescher Scholar for the University of Minnesota Center for Immunology studying sepsis induced immunosuppression.

In his free time, Cody enjoys blacksmithing, travel, backpacking and experimental cooking. He played division three soccer during his undergraduate years and continues to play in adult recreational leagues. He was smart enough to marry a Sonoma County native and they were glad to be able to return to Northern California.

Cody Dail, MD
University of Minnesota Medical School

Nicole Madrilejo, MD received her medical degree from The Geisinger Commonwealth School of Medicine. She received her undergraduate degree in Science Pre-Professional Studies from the University of Notre Dame (Go Irish!). During medical school, Nicole was an active volunteer at the Hope Center Free Clinic where she also served as a student investigator developing a health literacy program. Nicole also developed a community health research project regarding substance use disorder among adults in the community.

Nicole also served as a student ambassador for Geisinger Medical School's Office of Admissions and was an active participant in a peer mentorship program.

In her free time, Nicole enjoys tap and ballet dancing, kickboxing, cooking, baking, spinning, hiking, and international travel.

Nicole Madrilejo, MD
Geisinger Commonwealth School of Medicine

Resident Class of 2023

Aljanee "AJ" Whitaker, MD received her medical degree from the University of California Davis School of Medicine. She received her undergraduate degree in Biological Sciences from the University of California, Merced and did postgraduate studies in education at Loyola Marymount University. During medical school, AJ was president of the UC Davis chapter of the Student National Medical Association, served on the Diversity Advisory Council, and was a facilitator of the Physician Medical Forum in Oakland whose mission is to increase the number of African American physicians and promote the betterment of healthcare for people of color and underserved communities. AJ has been the recipient of several prestigious scholarships.

Prior to matriculating to medical school, AJ was a high school science teacher through Teach for America and became a Teach for America Corps Member Advisor.

In her free time, AJ enjoys reading, audiobooks, hiking, and travel. AJ grew up in Fairfield, California.

Aljanee Whitaker, MD
University of California, Davis School of Medicine

Natalie White, MD received her medical degree from the Georgetown University School of Medicine. She received her undergraduate degree in Psychobiology from the University of California, Los Angeles. During medical school, Natalie volunteered at the student run homeless clinic in D.C. as well as participating in multiple medical mission trips with the Flying Samaritans to free clinics in San Quintin, Mexico to provide medical Spanish interpretation. She was the recipient of the Ruggles' Family Scholarship for all four years of her medical. The scholarship represents full tuition and is awarded to only four students each year.

A California native, Natalie was raised in the capital city of Sacramento.

In her free time, Natalie enjoys exploring historic sites and playing and watching all sports. She especially enjoys the batting cages and time at the driving range. She runs for fitness, joy, and introspection.

Natalie White, MD
Georgetown University, School of Medicine

Jacqueline Yu, MD received her medical degree from Frank H. Netter School of Medicine at Quinnipiac University. She received her undergraduate degree in Bioengineering: Biotechnology from the University of California, San Diego. During medical school, Jacqueline was involved in a capstone project fostering interprofessional collaboration between traditional Chinese Medicine (TCM) and Western Medicine and worked on a project to include integrative medicine into the medical school curriculum. Jackie identified one of only two existing published cases of posterior reversible encephalopathy syndrome after admission for lithium toxicity. The completed manuscript is being prepared for submission to the appropriate peer reviewed journal.

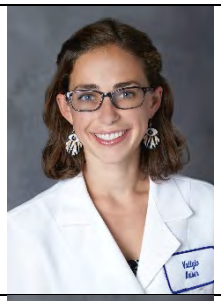
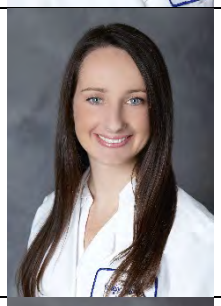
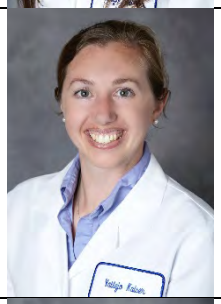
A California native, Jacqueline was born and raised in Oakland and was excited to return to the Bay Area for residency.

In her free time, Jacqueline enjoys playing piano, cooking and trying new foods, crochet, crafting and gardening.

Jacqueline Yu, MD
Frank H. Netter SOM Quinnipiac University

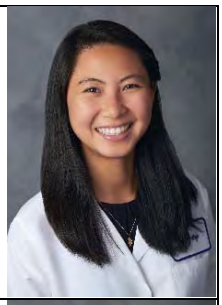
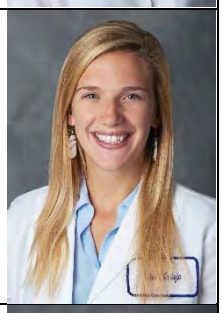
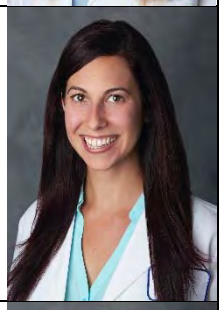
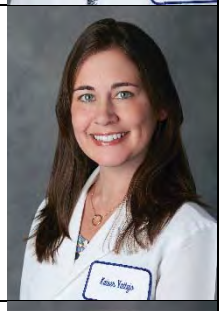
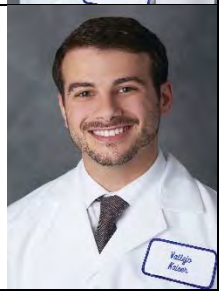
Our Graduates
KP Napa Solano Family Medicine

Resident Class of 2020:

Kaitlin Best, DO	Western University of Health Sciences	Outpatient family medicine practice at Salud Para La Gente in Watsonville	
Alyson Davidson, MD	Georgetown University School of Medicine	Outpatient family medicine and OB at La Clinica de la Raza in Oakland	
Joanna Ingebritsen, MD	Keck School of Medicine at USC	Outpatient family medicine at Kaiser Permanente Gilroy	
Sean Nisam, MD	UC San Francisco School of Medicine	Emergency department and outpatient family medicine at Kaiser Permanente Napa-Solano	
Deborah Orosz, MD	Harvard University School of Medicine	Outpatient family medicine in the Salud en Espanol module at Kaiser Permanente Oakland	
Kristina Rodriguez, MD	UC Davis School of Medicine	Outpatient family medicine at Kaiser Permanente Petaluma	

Our Graduates
KP Napa Solano Family Medicine

Resident Class of 2019:

Gealina Dun, MD	Jefferson University	Practice at Kaiser Permanente Santa Cruz including outpatient, procedures, newborn nursery, and inpatient.	
Kelsey Goodwin, DO	Western University of Health Sciences	Practice at Kaiser Permanente Vallejo including outpatient, procedures, newborn nursery, and inpatient.	
Kelsey Krigstein, MD	University of Southern California Keck SOM	Completed Palliative Care Fellowship at University of California Los Angeles. Palliative Care at Kaiser Permanente Oakland Medical Center.	
Chloe Le Marchand, MD	University of California San Francisco	Medical Officer, Science Team, California Department of Public Health	
Sarah Petrie, DO	Touro University California	Hospital Based Service at Kaiser Permanente Vacaville	
Ethan Sellers, MD	Sidney Kimmel Medical College at Thomas Jefferson University	Deceased. To learn more about Ethan and to honor his memory, please visit the following: bit.ly/2k9ZUdc.	

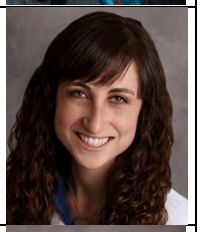
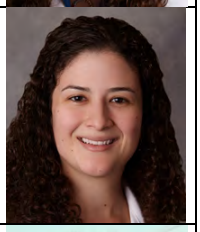
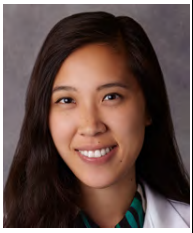
Our Graduates
KP Napa Solano Family Medicine

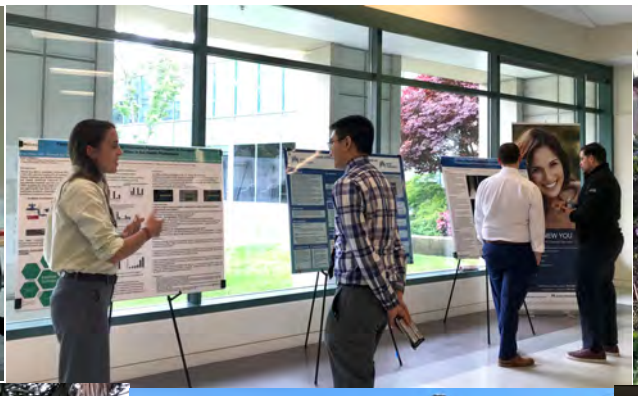
Resident Class of 2018:

Jessica de Jarnette, MD	Medical College of Georgia	Outpatient family medicine practice at One Medical	
Emily Fisher, MD	Loyola University Chicago Stritch School of Medicine	Completed Community Medicine and Global Health Fellowship at KP Napa-Solano. Outpatient Family Medicine Napa-Solano with focus on homeless care	
Helen Lam, MD	David Geffen School of Medicine at UCLA	Outpatient family medicine and procedures Kaiser Permanente San Francisco	
Vanessa Canlas-Reyes, MD	Keck School of Medicine at USC	Practice at Kaiser Permanente Napa-Solano including outpatient, procedures, newborn nursery, and inpatient	
Christie Thomas, MD	University of Miami Leonard M. Miller School of Medicine	Outpatient family medicine at FQHC in Miami, Florida	
Bruna Zanolini, MD	University of South Florida Morsani College of Medicine	Inpatient medicine, obstetrics, and women's health practice at Kaiser Permanente Napa-Solano	

Our Graduates
KP Napa Solano Family Medicine

Resident Class of 2017:

Violeta Barroso, MD	Stanford University School of Medicine	Outpatient family medicine practice at Kaiser Permanente, Watsonville	
Joelle Birnberg, MD	UC San Francisco School of Medicine	Outpatient family medicine at an FQHC in Los Angeles, California	
Elizabeth Iten, MD	UC San Francisco School of Medicine	Faculty member at John Muir Family Medicine Residency Program	
Elise Nissen, MD	UC San Francisco School of Medicine	Part time work at Kaiser Permanente Oakland and at Indian Health Services in Arizona	
Candace Pau, MD	Stanford University School of Medicine	Faculty Director of Simulation at Bernard J. Tyson School of Medicine	
Geoff Winder, MD	Oregon Health Sciences University	Outpatient family medicine practice at Kaiser Permanente San Francisco	



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CURRICULUM AT-A-GLANCE

First Postgraduate Year	Second Postgraduate Year	Third Postgraduate Year
Family Medicine Center Orientation and Clinical Skills Development I, 6 weeks	Family Medicine Center and Clinical Skills Development II, 4 weeks	Family Medicine Center and Clinical Skills Development III, 4 weeks
Inpatient Adult Medicine, 16 weeks	Inpatient Adult Medicine, 8 weeks	Inpatient Adult Medicine, 8 weeks
Outpatient Pediatrics, 4 weeks	Inpatient Pediatrics, 8 weeks	Pediatric Emergency Medicine, 2 weeks
Newborn Nursery, 4 weeks	Intensive Care (ICU), 4 weeks	Outpatient Pediatrics, 2 weeks
Emergency Medicine, 4 weeks	Orthopedics/Sports Medicine, 4 weeks	Orthopedics/Sports Medicine, 4 weeks
Maternity Care (Obstetrics), 8 weeks	Gynecology, 4 weeks	Geriatrics, 2 weeks
Surgery (Inpatient), 4 weeks	Surgery (Outpatient), 4 weeks	Surgical Subspecialties, 4 weeks
Community Medicine, 2 weeks	Cardiology, 4 weeks	Emergency Medicine, 4 weeks
	Medical Subspecialty Elective, 2 weeks	Medical Subspecialty Electives, 4 weeks (2 weeks each)
	Electives, 2 weeks	Electives, 8 weeks
	Dermatology, 2 weeks	Community Medicine, 2 weeks
	Maternity Care (Obstetrics), 2 weeks	Radiology, 2 weeks
		Psychiatry & Addiction Medicine, 2 weeks
Family Medicine Center, 1-2 half days per week	Family Medicine Center, 2-3 half days per week	Family Medicine Center, 3-4 half days per week
Longitudinal Experiences: Behavioral Medicine, Community Medicine	Longitudinal Experiences: Behavioral Medicine, Community Medicine, Skilled Nursing Facility	Longitudinal Experiences: Behavioral Medicine, Community Medicine, Skilled Nursing Facility
	Total Elective Time, 4 weeks	Total Elective Time, 12 weeks
Vacation, 4 weeks	Vacation, 4 weeks	Vacation, 4 weeks

2020-2021 BENEFIT PACKAGE AT-A-GLANCE

PGY1		PGY2		PGY3	
Salary	**$69,047**	**Salary**	**$ 72,747**	**Salary**	**$77,372**
Housing Allowance	$2000	Housing Allowance	$2000	Housing Allowance	$2000
Educational Materials or Conference Attendance	$500	Educational Materials or Conference Attendance	$500	Educational Materials or Conference Attendance	$750
Health & Wellness Stipend	$720	Health & Wellness Stipend	$720	Health & Wellness Stipend	$720
Relocation Stipend	$1000	USMLE Step 3 Registration Fee	$845		
		California Medical Board Fees	$1299		
Total	**$73,267**		**$78,111**		**$80,842**

KP Napa Solano Family Medicine Community Medicine & Global Health

Community Medicine:

Developing an in-depth understanding of community health and the care of vulnerable and underserved populations is at the heart of our residency training philosophy.

We understand that healthy communities are the key to reducing health care disparities and that working upstream, before a risk factor has the chance to cause disease, often yields the greatest impact. Our community-oriented approach recognizes the role of social determinants of health and the role environment plays in supporting or preventing wellness.

This philosophy, alongside the desire to graduate top-notch family doctors who are prepared to serve in any practice setting, underpins the Community Medicine curriculum.

Our residents are integrated into community clinics and the community at large. Rotations and continuity experiences provide our residents with skills unique to practicing in under-resourced environments and public health while developing connections with community partners. Through a partnership with the Vallejo City Unified School District's (VCUSD) "Full Service Community Schools," our residents gain experience designing and implementing a real-world community intervention. Additional experiences can include school-based health clinics, mentoring, and teaching. Through teaching sessions, we explore topics related to healthcare disparities, social determinants of health, culturally competent care, domestic violence, and more. We also integrate hands-on didactics including workshops, community mapping exercises, and service-based group activities.

Required Community Medicine:

In addition to elective time, there is required curriculum in each year of training supported by several dedicated faculty members and our own Community Medicine Global Health fellows.

PGY-1 residents rotate at La Clinica de la Raza, a local Federally Qualified Health Center (FQHC) in place of their own continuity clinic for an afternoon every six weeks. Residents also spend a two-week dedicated community medicine rotation in several different community-based sites.

PGY-2 residents continue to rotate at La Clinica de la Raza in place of their own continuity clinic for an afternoon every six weeks. Residents on the outpatient surgery rotation spend Wednesday afternoons in a procedure clinic at La Clinica de la Raza supervised by our own faculty.

PGY-3 residents continue to rotate at La Clinica de la Raza in place of their own continuity clinic for an afternoon every six weeks. Residents spend two weeks at a single site as an immersion experience either locally or abroad. Examples include La Clinica de la Raza, a Global Health site, Indian Health Services, or working with migrant farm workers. Sites are selected in consultation with mentor/advisors and subject to approval.

Longitudinal Community-Based Project:

At the start of residency, each resident is assigned to a leadership role in one of six affiliated Vallejo Unified School District "Full Service Community Schools." Over the course of the 3 years of residency training, the resident designs and conducts a school needs assessment, develops and implements an intervention to address the needs of the school, assesses impact, and reports results of the program.

This program provides formal and informal opportunities to mentor and teach disadvantaged students, as well as the medical students, allied health professionals, peers, and others with whom the resident collaborates on these

novel projects. The residents provide the linchpin for youth development programs and curricular innovations that are culturally relevant, aligned with student interest, and responsive to the needs, strengths, and assets of the local community.

Global Health:

The leadership of Kaiser Permanente Napa-Solano Family Medicine Residency Program values cultural immersion opportunities which promote competence to work with diverse populations and to cultivate a non-judgmental approach as healers. Global Health is thus offered as an integral component of Community Medicine, with the belief that local is global and global is local. While not mandatory, we actively encourage participation in international health electives and ask residents to consider global health sites for the required third year community medicine rotation. Residents may also use elective time for global health work. Our program emphasizes care for indigenous populations that reflect the diverse cultural backgrounds of Napa Solano's minority populations. Residents are further supported through Kaiser Permanente Northern California Regional Graduate Medical Education with travel stipends up to $3500 annually per approved international rotation.

Global Health sites include:

- ENLACE Foundation, Taulabe, Honduras
- Hospital de la Familia, Nuevo Progresso, Guatemala
- Cacha Medical Spanish Institute, Rio Bomba, Ecuador
- Da Nang General and Da Nang Orthopedic Hospital, Da Nang, Vietnam
- Tibetan Delek Hospital, Dharamsala, India
- The Tiba Foundation (Matibabu Clinic), Ugenya, Kenya
- University Teaching Hospital, Lusaka, Zambia

ENLACE: Taulabé, Honduras

ENLACE Honduras foundation is a non-profit medical relief organization, founded by Javier F. Sevilla-Mártir, MD, which supports primary care clinical services for the rural population of Taulabé, Honduras. It is located in the central Comayagua region, a two-hour drive from the capital of Tegucigalpa.

The clinic serves 60,000 people from 58 communities within a 5-mile radius of the clinic. In addition to primary care services with an adult and pediatric focus, part-time services are provided once a week by a dentist, psychologist, and gynecologist. The facility is a newly-completed two-story building that includes 4 examination rooms, a pharmacy, and potential space for a birthing center and operating room.

There is the potential for a small lab and equipment for plain radiographs. Plans are underway to establish an operating room and to employ a local anesthetist. There are accommodations for up to 32 visitors on the second floor, including a full-service kitchen with on-site cooks.

KP Napa Solano Family Medicine Implicit Bias and Anti-Racism Curriculum:

The goal of the implicit bias and anti-racism curriculum is for resident physicians and learners to explore the concepts of implicit bias and structural inequities, their historical and social roots, and the implications on healthcare disparities. Additionally, the participants reflect on their own implicit biases and learn mitigation tools to lessen the effects of implicit bias. The curriculum consists of 4 yearly workshops (about 2-3 hours each) built into the community medicine (CM) Thursday afternoon didactics. The workshops focus on establishing a foundational understanding of implicit bias and structural racism. Specific topic areas and mitigation strategies are reviewed throughout the year. Workshops consist of opportunities for self-reflection, small group discussion, and large group discussions. Participants have an opportunity to discuss and apply new concepts and skills throughout the workshop. The topics rotate on a ~2-3 year cycle.

2018-2019
Session 1: Intro to implicit bias/ground rules/developing a shared language
Session 2: Intersectionality and Privilege
Session 3: Three levels of racism/implicit bias in teaching
Session 4: Combatting implicit bias/allyship

2019-2020

Session 1: Defining implicit bias/bias in healthcare
Session 2: Code-switching
Session 3: Combatting microaggressions
Session 4: Imposter syndrome

2020-2021: - Change of curriculum to Implicit Bias and Anti-Racism
Incoming interns: Introduction to implicit bias and anti-racism curriculum

Anticipated sessions:
Session 1: Historical legacy of structural racism and oppression
Session 2: Racism vs Race in Medicine
Session 3: Racial caucusing/Having conversations about race
Session 4: Becoming antiracist: a personal journey for lasting change

Each year:

- Set ground rules
- Level-setting session with residents
- Provide resources for further exploration, self-study
- Revisit/recap sessions to date throughout the year

Resources:

- UCSF Teaching for Equity and Inclusion Certificate Resources
- Toolkit for Teaching about Racism (STFM)
- Various videos, Ted talks, books (see individual sessions for resources)

KP Napa Solano Family Medicine Community Outreach and Activities

The KP Napa-Solano Family Medicine Residency Program is committed to the equitable care of under-served populations locally and abroad. Residents, faculty, and medical students associated with KPNSFMRP have participated in multiple community-based outreach efforts both locally and globally.

Regular Participation (the following organizations/clinics benefit from volunteer participation from multiple residents, medical students, and faculty throughout the academic year):

- La Clinica Procedure Clinic (multiple attending physicians, medical students, and residents)
- La Clinica Continuity Clinic (all resident physicians)
- Pipeline Program – Jesse Bethel High School Students/Napa Valley Community College Students (lead: Ruben Gonzalez; participants: medical students, residents, faculty)
- Youth Leadership Series forum (residents, faculty)
- Jesse Bethel School Clinic (in partnership with KP NP Anne Sondheim) – (residents)
- Vallejo People's Garden – volunteer work (residents, medical students, faculty)
- Up Valley Family Health Centers – health education seminars (residents)
- Local-Global Summer Internship (Tessa Stecker, Kat Dang, Ruben Gonzalez)
- Solano County Food Bank (residents)
- Touro Student Run Free Clinic – precepting medical students and observing OMT work (residents)

Organization / Project Name	**Location**	**Project Details**
Resident Community Medicine Rotation: - 2 week rotation with multiple community opportunities	Various locations around Napa, Vallejo, Fairfield	2 week rotation with multiple community opportunities including ride-a-longs with the Vallejo People Garden, La Clinica, Ole Health, Jesse Bethel School Clinic, Up Valley Family Centers, Touro Student Run Free Clinic, Food Bank of Contra Costa and Solano Counties, Habitat for Humanity, Greater Vallejo Recreation District, Global Center for Success; and various health fairs/community engagement opportunities
Medical Student Rotations (Community Medicine Sub-Internship, Global Health Sub-Internship, Latino Health Sub-Internship) – similar opportunities to resident rotation	Various locations around Napa, St. Helena, Calistoga, Vallejo, Fairfield	4th year medical students rotate through various community clinical and educational experiences with additional focused experiences in Latino Health or Global Health depending on the chosen track
La Clinica Longitudinal Clinic (residents)	La Clinica (FQHC) Vallejo	Residents rotate at La Clinica every 6 weeks and see patients with La Clinica providers
La Clinica Procedure clinic (residents/fellows/faculty)	La Clinica (FQHC) Vallejo	Fellows/faculty oversee a minor procedure clinic once a week in the afternoon (residents/medical students attend when possible)
Community Medicine and Global Health Fellowship Clinical Duties - Ole Health clinic - La Clinica clinic	Ole Health (FQHC, Napa) La Clinica (FQHC, Vallejo)	Fellows see same day/urgent care patients at Ole Health and La Clinica as part of a 13-month long fellowship

Organization / Project Name	Location	Project Details
Medical Scholars Program	Napa Vallejo	Provide community college students with high quality premed experiences (leadership/professional development, community outreach, research/scholarly work) to augment their competitiveness for medical school
Public Health Internship	Vallejo	PHR interns are matched with residents, fellows and faculty to create patient-centered and community-based projects. Components include a scholarly project, applied public health practice and mentorship. A Snapshot of Health Patterns in Napa Valley Farmworkers. Kasey Wilson. Touro University PA/MPH Program. Demographic and Clinical Factors Influencing HgbA1C Goal Attainment Among Kaiser Permanente Napa-Solano Diabetic Patients. Nicholas Alonzo. Touro University. PharmD/MPH Program. Differences in Antibiotic Use by Visit Modality: Telemedicine vs In-Person Visits. Nicholas Alonzo. Touro University. PharmD/MPH Program. Demographic and Clinical Factors Associated with Emergency Department Visits Among Kaiser Permanente Napa-Solano Medi-Cal Patients. Keith Jackson. Touro University. PA/MPH Program. Introduction to Diabetes Medication (Video). Keith Jackson. Touro University. PA/MPH Program. Health patterns among rural community members in Comayagua, Honduras: Conducting an epidemiological needs assessment among an unstudied population. Avneet Arora. UC Berkeley. MPH Epidemiology Program. Implicit Bias among Family Medicine Residents. Avneet Arora. UC Berkeley. MPH Epidemiology Program.
VCUSD School Scholarly Work (R1's, R2's, R3's)	Vallejo	Over the course of 3 years, resident classes evaluate the needs of VCUSD, identify community partners, develop a health promotion project, implement a project, and formally present the project Class of 2017: Reducing self-reported stress symptoms in Vallejo high school students using the Screening Tool for Awareness and Relief of Trauma (START) tool – the ReSSt study Class of 2018: Preventing Teacher Burnout: Mindfulness and Self-Compassion Support Groups for Elementary School Teachers Class of 2019: Demographic, Clinical and Social Factors Associated with Sexually Transmitted Infections among Northern Californian Teenagers (13-17) in an Integrated Health System Class of 2020: Risk Factors Associated for Suicidality among Kaiser Permanente Northern California Adolescents
KPSOARS (KP Specialists Offering Access to Referral Services)	Vallejo (partnership with La Clinica)	A short-term specialty-access referral program for uninsured patients at La Clinica (both Vallejo locations) – generally 6 months of coverage for the specialist service, primary care still managed by La Clinica

Organization / Project Name	Location	Project Details
		Fellows manage program – multiple residents/faculty attend monthly meetings to review applications and follow up on previously accepted patients
KP Vallejo 3rd Floor Garden	Vallejo, 3rd floor rehab dept	3rd floor garden to provide a medium for adaptive and therapeutic gardening for patients and caregivers and support community graduate education programs.

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KP Napa Solano Family Medicine Scholarly Activities

Curriculum Description:

Resident scholarly activity includes both research and quality improvement activities. These activities are longitudinally integrated into the three years of residency training. Content and application are formally taught through didactic sessions and experienced through hands-on activities and faculty mentorship.

Didactic sessions include:

- Introduction to Resident Research
- Introduction to Public Health and Epidemiology
- Foundations of Research
- Grading the Medical Evidence
- Conceptualizing a Research Project
- How to Frame a Clinical Question
- Point of Care Resources for Clinical Care
- Study Design
- How to Conduct a Focus Group
- Introduction to Survey Development
- Visual Ethnography
- Medical Chart Reviews and Data Extraction
- Epidemiological Analysis and Interpretation
- Clinically Relevant Metrics
- Community Program Planning and Development
- Dissemination of Research Findings
- Clinical Guidelines Workshop
- Cognitive Biases and Medical Decision Making
- Staying Current with Medical Literature
- Introduction to Quality Improvement (2 part)

Hands-on experiences include:

- Library resource workshop
- Monthly journal club
- Monthly Morbidity and Mortality (M&M) conferences
- Community-based projects
- Opportunities to partner with local undergraduate, medical and public health students to create health promotion initiatives
- Involvement with hospital-based research and quality improvement committees
- Presentations at Kaiser Permanente Napa-Solano lunch time educational programs
- Poster and/or Oral Presentations at local, regional and national conferences
- Peer-review publications (aspirational for all residents)

Research Support:

- Dedicated time for scholarly activity
- On-site epidemiologist dedicated to residency scholarly activity
- On-site quality improvement team
- Faculty with research and publication experience to mentor residents
- Regional biostatistical support
- Support from the Kaiser Permanente Division of Research

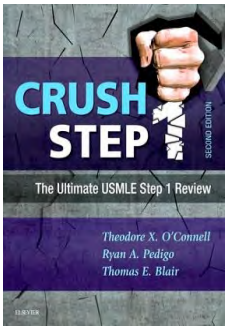
Recent Residency Scholarly Activity Highlights

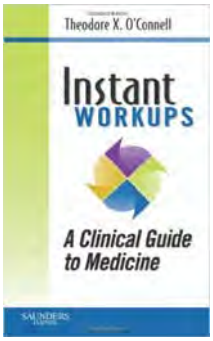
Le Marchand, C., Dun-Melli, G. Goodwin, KQ., Krigstein, KL, Petrie, S., Sellers, E. Demographic, Clinical and Social Factors Associated with Sexually Transmitted Infections Among Northern Californian Teenagers (13-17) in an Integrated Health System (2019). *Pending Publication.*

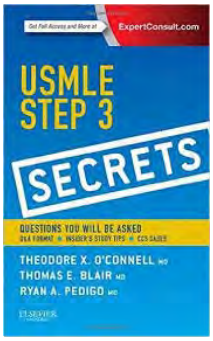
Best, KR., Orosz, DK., Davidson, AJ., Rodriguez, KA., Ingebritsen, JR., Nisam, SC. *Demographic, social, and clinical risk factors and protective factors associated with suicidality among adolescent members of Kaiser Permanente Northern California (2019).* Abstract submitted to Society of Teachers in Family Medicine, Salt Lake City.

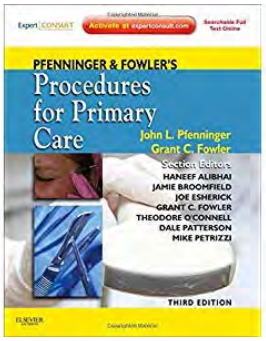
Sellers, Ethan. (2019, April). *Educational Modules as a Tool to Improving Quality and Effectiveness of Advanced Care Planning Initiation in Primary Care.* Poster presented at the meeting of University of California, Los Angeles, Annual Geriatrics & Aging Symposium, Los Angeles.

Faculty Publications









Gonzalez, Ruben. The Association of Ethnicity and Hispanic Acculturation Status with Advance Directive Completion among Older Patients in an Integrated Health System. [ACE-D-19-00036R1]. *Annals of Epidemiology.*2019

McCarthy, J., Mansalis, K., **Holder, K.,** Dawley, C. (2016). Myalgias and myopathies. *FP Essent*ials 2016;440:1-40.

O'Connell TX. "How to Ask For a Great Letter of Recommendation for Residency." https://www.kevinmd.com/blog/2018/05/how-to-ask-for-a-great-letter-of-recommendation-for-residency.html. Accessed 28 May 2018.

O'Connell TX, Pedigo R, Blair T. *Crush USMLE Step 1, Second Edition*. Philadelphia, 2017, Saunders.

O'Connell TX. *USMLE Step 2 Secrets, Fifth Edition*. Philadelphia, 2017, Saunders.

Pau CY, **O'Connell TX**. Nonalcoholic Steatohepatitis in Domino FJ ed: *The 5-Minute Clinical Consult 2017*. Philadelphia, 2016, Wolters Kluwer.

O'Connell TX. *Instant Workups: A Clinical Guide to Medicine, Second Edition*. Philadelphia, 2016, Saunders.

O'Connell TX, Pedigo R, Blair T. *USMLE Step 3 Secrets.* Philadelphia, December 2014, Mosby.

O'Connell TX. Section editor. In Pfenninger JL and Fowler GC. *Pfenninger and Fowler's Procedures for PrimaryCare, Third Edition*. Philadelphia, 2010, Mosby.

Resident Publications

Nissen EMT, Christiani A. Traumatic Brain Injury. In Domino FJ (Ed.), The 5-Minute Clinical Consult, Philadelphia, 2015, Wolters Kluwer Health.
Nissen, E.M.T., Barroso, V., Shaver, J. Which Adult Patients with Asymptomatic Microscopic Hematuria Require Further Evaluation to Rule Out Occult Malignancy? *Help Desk Answer, approved for publication in the Family Physician Network and currently in cycle to print (2016).*

Pau CY, O'Connell TX. Nonalcoholic Steatohepatitis in Domin FJed: The 5-Minute Clinical Consult 2016. Philadelphia, 2015, Wolters Kluwer.
Pau, C., Goodman et.al. TEACH Early Abortion, *Training Workbook, 5th Ed. (completed), 2016.*
Pau, C., O'Connell, T.X. Visual Disturbances. *In Instant Workups 2nd Ed. (published), 2016*.
Pau, C., Shaver, J. Acoustic Neuroma. PEPID Primary Care Plus *(published) 2016.*
Pau, C., Shaver, J. How Predictive are Fetal Kick Counts... FPIN *(accepted for pub, co-first author) 2016.*
Reyes, V. Wellness if More than a Good Night Sleep. *CAFP Summit April 2016.*
Reyes, V., Zanolini, B., Shaver, J. Is the Serum uric acid level helpful to diagnose gout during an acute flare? *FPIN article.*
Winder, G., Birnberg, J., Shaver, J. Risk of Transmission of an Untreated Wart. *Evidence-Based Practice: A Peer Reviewed Journal of the Family Physicians Inquiry Network. Vol. 19, No. 10, October 2016.*
Zanolini, B., Reyes, V., Shaver, J. Is the Serum uric acid level helpful to diagnose gout during an acute flare? *FPIN article.*

Faculty Presentations and Research

Agarwal A. “New resident orientation: making it more than hand-washing hygiene.” Poster presentation at STFM Annual Conference, Orlando, Florida, April 25, 2015.

Bacon Allison, Chen Rossan, Stecker Tessa. Community Grant Writing. STFM Annual Spring Conference. May 2017.

Bacon Allison, Chen Rossan, Stecker Tessa. Teaching Community Medicine Through Novel Community Surveys. STFM Annual Spring Conference. May 2017.

Chen RM. “Primary Care Residency Expansion Program and Implications for GME Reform.” UCSF Primary Care Leadership Academy Showcase, San Francisco, November 2013.

Chen, RM. Protect the Integrity of the Affordable Care Act. California Academy of Family Physicians All Members Advocacy Meeting. March 2017

Flaxman, Gabriel. Miscarriage Care Initiative Rollout. UCSF Faculty Development Fellowship. May 2017.

Fung-Sakita, Sherry. Agarwal, Aakash. A Seminar Series Within the Residency Leadership Curriculum: Exploring and Building the Foundational Skills to Be an Effective Family Medicine Leader. STFM Annual Conference - San Diego. May 2017

Fung-Sakita S, **Agarwal A**. "Building Tomorrow's Medical Leaders: Developing a Longitudinal Leadership Curriculum for a Family Medicine Residency Program." Poster Presentation at STFM Annual Spring Conference, San Antonio, TX, May 2014.

Fung-Sakita, S., Fisher, E. Tracking the Family Medicine Rotation as a Recruitment Tool for Both Students and Preceptors. Society of Teachers of Family Medicine Conference on Medical Student Education, Anaheim, CA. February 2017

Gonzalez, R., Stecker, T., Rabbani, J. The medical scholars leadership forum: describing a novel health promotion-based approach to increasing diversity in the medical workforce. UCSF Colloquium. June 2017

Jones SS. “Advanced Life Support in Obstetrics Provider and Instructor Course.” Guatemala, October 2015.

Jones SS. “Basic and Advanced Life Support in Obstetrics Skills Training in India and Ethiopia: Challenges in Multidisciplinary Education.” Abstract presented at AAFP Global Health Workshop, San Diego, CA, October 2014.

Jones SS. “Collaborating with our Ethiopian Partners to Create Sustainabile, Successful Interventions Toward Improved Maternal and Neonatal Health.” AAFP Global Health Workshop, Baltimore, MD, October 2013.

Jones SS. “Implementing the Advanced Life Support in Obstetrics Course in Ethiopia In Partnership with a Local Community Utilizing the PeaceCare Model.” Poster presentation at Consortium of Universities for Global Helath, Washington, DC, March 2013.

Mrgudich, A., Iten, E., O’Connell, T., Stecker, T. Development and Implementation of a Family Medicine Resident Community Health Resource Curriculum. STFM Annual Spring Conference. May 2017.

O'Connell TX. "A Career in Family Medicine." Invited presentation at the 13th Annual UC Davis Pre-Medical and Pre-Health Professions National Conference, Davis, CA, October 10, 2015.

O'Connell TX. "All Things Thyroid: What You Need to Know." Lecture at the 2015 Napa Primary Care Conference: Caring for the Active and Athletic Patient. Napa, California, November 6, 2015.

O'Connell TX. "Androgen Supplementation in the Aging Male: Risks vs Benefits." Lecture at the 2015 Napa Primary Care Conference: Caring for the Active and Athletic Patient. Napa, California, November 5, 2015.

O'Connell TX. "COPD: How to Diagnose and Manage." Lecture at the 2015 Napa Primary Care Conference: Caring for the Active and Athletic Patient. Napa, California, November 6, 2015.

O'Connell TX. Creating a Successful USMLE Step 1 Study Plan. Touro University School of Medicine. February 2017.

O'Connell TX. "Family Medicine Workshop." Invited presentation at the 12th Annual UC Davis Pre-Medical and Pre-Health Professions National Conference. Davis, CA, October 11, 2014.

O'Connell TX. How to Be a Competitive Residency Applicant. Touro University School of Medicine. February 2017.
Palmer, Ryan; Biagioli, Francis; **Shaver, Julia; Symkowick, Matt.** Adapting a Undergraduate Medical Education Telemedicine Simulation for Graduate Medical Education Learners. STFM National Conference. May 2017.
Render, Rebecca. Faculty Advising in an Organized Fashion: Utilizing an Advisor/Advisee Manual to Track Resident Academic Progress, Wellness, and Career Planning. STFM, San Diego, CA. May 2017.
Render, Rebecca. Using Clinical Competency Committee Tools for Resident Involvement in Their Own Progression Towards Competency. STFM, San Diego, CA. May 2017.
Stecker, T., Jones, S. Beyond Medical Tourism: Preparation and Integraton of Medical Students in Inter-Disciplinary, Capacity-Building Global Health Efforts. STFM Medical Student Conference. May 2017.

Symkowick M. "Kaiser Permanente Family Medicine: Innovation in a Model Practice. Presentation at the UCSF Family and Community Medicine Residency Program at San Francisco General 40th Anniversary Symposium .

Resident Presentations and Research

Barroso V, Birnberg J, Iten AE, Nissen EMT, Pau C, Winder G, Shaver J, Christiani A. "Conducting a Youth Health Needs Assessment: A Family Medicine Residency Partnership with the Local School District." Presented at the California Academy of Family Practice (CAFP) Clinical Forum, April 2015.

Barroso, V. Diabetes Education Lecture. Salud Para La Gente KP Outreach. *St. John the Baptis Church, Napa, CA, 2015.*

Barroso, V. Early Pregnancy Loss Management. Using Evidence Based Medicine to Provide Superior Patient Centered Care. *Talk given at regional meeting of all OB/GYN providers in Kaiser Napa-Solano Region. Including literature review and debut of new workflow practices. May 2016.*

Barroso, V. Evidence Based Review of Early Pregnancy Loss Management. *Super Tuesday – Regional Presentation for OB-GYN department 2016.*

Barroso, V., Birnberg, J., Iten, A.E., Nissen, E., Pau, C., Winder, G., Shaver, J. Developing a Novel Community Medicine Currculum through School-Based Partnerships. A Model for Physician Leadership Development and Sustainable Community Engagement. *Poster presented at UCSF Rodnick Colloquium, 2015.*

Barroso, V., Birnberg, J., Iten, A.E., Nissen, E., Pau, C., Winder, G., Shaver, J. Conducting a Youth Health Needs Assessment. *A Family Medicine Residency Partnership with the Local School District, 2015.*

Barroso, V., Trauma-Focused Cognitive Behavioral Theory with Eye Movement desensitization and reprocessing: What Works in Children with Post-Traumatic Stress Symptoms? A Randomized Controlled Trial. *Kaiser Permanente Napa-Solano Family Medicine Residency Program, 2014.*

Fisher, E. Tracking the Sub-I Rotation. *Presenting at STFM Conference for Medical Education, Feb 2017.*

Iten AE, Fung-Sakita S. "Resident Involvement in Innovating a Pediatric Curriculum at a New Family Medicine Residency Program." Poster Presentation at CAFP Clinical Forum, San Francisco, CA, April 2015.

Iten, E., Chen, R., Winder, G., Barroso, V., Birnberg, J., Nissen, E., Stecker, T., Bacon, A. An Innovative 3-Year Longitudinal Community Medicine Curriculum: Creating Meaningful Change in the Community.
STFM Annual Spring Conference. May 2017

Nissen, E.M.T. California Society of Addiction Medicine Conference, *August 2016.*

Nissen, E.M.T. Health Education and Health Screenings. *Napa Valley Farmworker Foundation, July 2015.*

Nissen, E.M.T., Bacon, A., Barroso, V., Chen, R., Iten, A.E., Pau, C., Stecker, T., Winder, G. An Innovative 3-Year Longitudinal Community Medicine Curriculum – Creating meaningful change in the community. *Scholarly Topic Roundtable Presentation. STFM Annual Spring Conference in San Diego, 2017.*

Pau, Candace; Barroso, Violeta; Birnberg, Joelle; Iten, Elizabeth; Nissen, Elise; Winder, Geoff. Developing A Community-Based Health Intervention: A Kaiser Permanente Residency Experience. Kaiser Napa-Solano Grand Rounds, Vallejo, CA. April 2017

Pau, C. School Project presented at *UCSF Rodnick Colloquium, 2015.*

Reyes V, Agarwal AK. "Wellness is More Than a Good Night's Sleep." Presented at the CAFP Clinical Forum, San Francisco, CA, April 16, 2016.

Reyes, V. Wellness if More than a Good Night Sleep. *CAFP Summit (illustrating finds of wellness survey given to Kaiser Permanente Napa-Solano Family Medicine Residents), April 2016.*

Reyes, V., Thomas, C., Lam, H. AAFP Vaccine Initiative Project. *Ongoing*

Sellers, E. Nightmare on Puberty Street. *Presentation to students and parents at Franklin Middle School.*

Winder, G., Barroso, V., Birnberg, J., Iten, A.E., Nissen, E.M.T., Pau, C., Christiani, A. Developing a Novel Community Medicine Curriculum through School-Based Partnerships. *UCSF's 2015 FCM Rodnick Colloquium, May, 2015. San Francisco, CA.*

Winder, G., Barroso, V., Birnberg, J., Iten, A.E., Nissen, E.M.T., Pau, C., Christiani, A. Conducting a Youth Health Needs Assessment: A Family Medicine Residency Partnership with the Local School District. *CAFP's 2015 Family Medicine Clinical Forum, April, 2015. San Francisco, CA*

Zanolini, B. Advanced Life Support in Obstetrics Course: Malpresentation Lecture. *Training, Kaiser Permanente, Vallejo, Oct 15, 2016.*

Zanolini, B. Weight Loss and Risk of Hyperbilirubinemia in Newborns. *Journal Club, Kaiser Permanente, Vallejo, Feb 3, 2016.*

Zanolini, B., Always, K. Dance and Pregnancy. *Task Force on Dancer Health, Dance USA, 2015.*

Zanolini, B., Bacon, A. Advanced Life Support in Obstetrics Course: Cord Prolapse Case: small group sessions. *Training, Kaiser Permanente, Vallejo, Oct 15, 2016.*

Community Medicine and Global Health Fellowship

Overview:

The Kaiser Permanente Napa Solano Community Medicine and Global Health (CMGH) fellowship is designed to train primary care physicians (specialty boarded or board-eligible in Family Medicine, Internal Medicine or Pediatrics) to become teachers, mentors and leaders in community medicine and global health.

Highlights:

- Enhance Medical Spanish through Kaiser Permanente structured opportunities, local clinics, and global sites
- Mentorship
- Funded global health trips
- Research opportunities
- Formal faculty development training
- Established community partners

During this 13-month fellowship (July 1 – July 31), fellows will work with CMGH faculty to provide Community-Oriented Primary Care in medically underserved communities and engage in health disparities research and Community Based Research Projects. The fellow will facilitate relationships between community partners and the Kaiser Napa Solano Family Medicine Residency Program (KPNSFMRP) to integrate enriching, educational experiences into the resident community medicine rotation and the medical student community medicine sub-internship.

The fellow serves as an instructor and junior faculty member of the KPNSFMRP, through precepting and teaching, health disparities advocacy, research, and clinical practice in resource-poor settings both locally and abroad. Additionally, the fellow chairs the KPSOARS committee, a short-term specialty access program for uninsured patients at the local FQHC, La Clinica. The fellow oversees the review of applications, facilitates monthly review meetings, and acts a primary liaison between La Clinica and Kaiser Permanente. To address shortages in the diversity of the health workforce, the fellow manages the Medical Scholars Program to develop pre-medical community college students' leadership skills and community volunteer experience and help them successfully matriculate into medical school or pursue other healthcare goals. He/she organizes monthly leadership forums for the community college students to develop research skills, leadership skills, and community volunteer opportunities. As a component of the program and in conjunction with the residency research project manager, the fellow oversees a longitudinal community-based needs assessment and project development by the community college students.

The Kaiser Permanente Napa-Solano Family Medicine Residency program is committed to sustainable and educational global health initiatives which consider the needs of the local community through direct clinical work,

health education, or other support activities. Working in conjunction with the global health advisor, the fellow will help support global health opportunities for the KPNS family medicine residents and fourth year medical students completing a family medicine sub-internship with a focus on global health. The fellow will also assist with global health didactic sessions and mentoring the residents and medical students participating in global health activities. The fellowship culminates with a yearly trip with the third year residents as part of the residents' leadership curriculum, with an emphasis on community health development and sustainable projects in a Honduran community. Additionally, to further the fellow's global health education, the CMGH fellow will take part in an online global health course, attend the AAFP Global Health Workshop, and have the opportunity to participate in global health trips including KP Global Health sites such as:

- Ecuador – Cacha Medical Spanish Institute
- Honduras – ENLACE foundation
- Guatemala – Hospital de La Familia
- Kenya – The Matibabu/Tibia Foundations
- Zambia – University Teaching Hospital

Objectives:

The Community Medicine & Global Health Fellow will:

- Receive training and career development through practical experience and the development of tools in the areas of teaching, health disparities research, advocacy, leadership and clinical care under direct faculty mentorship.
- Serve as role models, teachers and mentors to medical students, residents and physician colleagues working and training at Kaiser Permanente Napa-Solano and to community college students enrolled in Napa Valley College
- Provide direct support to local FQHCs and other community partners to meet the shared goals of eliminating health disparities, reducing community violence and supporting culturally mindful, integrated approaches to community health.
- Support local and regional Community Benefits by assisting in implementation and oversight of community based strategies to address identified Kaiser Permanente Napa-Solano Community Health Priorities.
- Instruct, supervise and precept KPNSFM residents and medical students training in community based and international health sites.
- Support the residency's program travel to established and potential global health training sites with priority given to international training sites that reflect the local demographics of Napa and Solano counties.

Additional Information:

Application URL:
http://residency-ncal.kaiserpermanente.org/programs/fellowships/commedglobalhealth/application/

KP Global Health: http://residency-ncal.kaiserpermanente.org/residents/global-health/
The Challenges of Global Health (Duke University): https://www.coursera.org/learn/global-health

Salary and Benefits:

- Salary: $97,000 (2019-2020)
- Benefits: Medical and dental coverage, 4 weeks paid vacation, $1,500 educational stipend, stipends for 4 global health trips, reimbursements for license renewal fees, gym membership stipend

Kaiser Permanente Napa-Solano
Family Medicine Residency Program

Sub-Internships

Our Mission: The Kaiser Permanente Napa-Solano Family Medicine Residency Program provides:

- Outstanding training in full spectrum Family Medicine that prepares graduates to excel in any practice setting and to be leaders and innovators in medicine.
- A culture of family- and patient-centered care that balances the best in cutting edge, innovative technology and evidence-based practice with humanistic care and a commitment to social justice and community service.
- A model and inspiration for Family Medicine programs, physicians and medical students nationwide by being the best place to train, to work, and to receive care.

We are excited to offer ***4-week Family Medicine Sub-Internships*** for eligible medical students in the following tracks:

- **Community Health** – Offers students both clinical and non-clinical opportunities to develop an in-depth understanding of community health. In addition to caring for patients in our Family Medicine Center alongside residents and faculty, you will experience our partnerships with local FQHCs including La Clinica North Vallejo and OLE Health in Napa as well as organizations such as Vallejo People's Garden and Up Valley Family Centers in Calistoga.

- **Care of Women and Children** – In this rotation, students will work 4-5 shifts with family medicine attendings on our labor and delivery service, round on infants in the well-baby nursery and then follow up with families upon discharge in our Newborn Club. In addition, you will care for patients of all ages in the Family Medicine Center with residents and faculty.

- **Family Planning** – Help patients navigate options following a positive pregnancy test, including provision of high-quality prenatal care and the methods for pregnancy termination. Students will gain experience in pregnancy options counseling, first trimester dating ultrasound, first trimester office-based aspiration, and medication abortion provision, including follow up and complications.

- **Inpatient and Outpatient Family Medicine –** Focus your learning efforts between caring for hospitalized adult patients for 2 weeks on our Family Medicine Resident Inpatient team and 2 weeks of caring for patients of all ages in our full-spectrum Family Medicine Clinic.

- **Global Health –** Care for medically underserved communities locally and globally, spending 3 weeks in Vallejo, CA and then 1 week on *a funded global health trip* to Taulabe, Honduras, working alongside our Community and Global Health Fellow and Fellowship Director at Enlace, a community organization focused on sustainable and educational global health. ***Our trip to Honduras is scheduled for September 11th to September 20th, 2020.***

See our website for further information:
http://residency-ncal.kaiserpermanente.org/med-students/family-medicine/

How to Apply:

VSAS: Our application is accessible by searching Kaiser NCAL – Napa/Solano in VSAS.
https://services.aamc.org/20/vsas/

If you encounter any difficulty with the VSAS application process or have any questions about the opportunity please email the Residency Assistant, Gilbert Garces at **gilbert.garces@kp.org**

KAISER PERMANENTE®

MESA
Math · Engineering · Science Achievement

News & Events at Napa Valley College

Fall 2019

STEM
Science • Technology • Engineering • Mathematics

Welcome to all this Fall 2019

The MESA/STEM Center team is excited to begin another year assisting our students with their academic and counseling needs. This fall we are unveiling the new MESA California logo and launching this **MESA/STEM Center News & Events** newsletter to inform the NVC community about the services, resources and events taking place throughout the year.

The newsletter also recognizes our stellar students' and alumni's accomplishments, highlights our partnerships with organizations such as Kaiser Permanente Northern California and other internships, and shares news about other center activities. We hope you find it informative and share it with your colleagues, staff and students.

What is MESA/STEM and where is the Center?

The Napa Valley College MESA/STEM Center serves as a hub for our Science, Technology, Engineering, and Mathematics (STEM) students. Our Math, Engineering, Science Achievement (MESA) program is the heart of our Center. MESA was established on our campus in the fall of 1999 to serve educationally under-represented students. The program encourages students, through a wide range of services, to develop the necessary academic and leadership skills to successfully transfer to and graduate from a four-year university with a degree in one of the STEM fields.

The staff invites the NVC community to visit the Center and is always happy to give students and other visitors a mini-tour of our department. We are located in the 1800 building and our entrance is behind the building and down the stairs. There is an elevator nearby and the lower level entrance is just to the right. We are open Monday-Thursday 8:30a-6p and Friday 8:30a-5p.

Above: The Summer Bridge 2019 class takes a moment from the closing ceremony to pose with some of the participating faculty, staff and MESA/STEM Center team. Right: The students doing geology field work near the Golden Gate National Recreation Area in Marin.

Inside this issue

- STEM Speaker Series
- Our Partnership with Kaiser's Pre-Medical Program
- MESA/STEM Clubs and Student Perspectives
- Key Resources at the Center
- Our 2018-2019 Graduates

Congratulations to the Summer Bridge Class of 2019

Twenty-one high-school graduates joined our two-week STEM Summer Bridge 2019 program that offered a 'sneak preview' of NVC's science, math and engineering instruction. The program included presentations by guest speakers, a counseling orientation, library research workshop and labs in biology, chemistry, engineering, and geology. The students also visited the Stanford Linear Accelerator Laboratory with physics professor Antonio Castro, conducted geology field work with instructor Cari Roughley in Sonoma and Marin, and participated in a team-building morning Ropes Course in Napa. The MESA/STEM Center extends a giant thank you to the faculty, library staff, counselors and advisors who made this program possible.

STEM Speaker Series – Destany Barnett

We were so excited to host NVC MESA/STEM alumna **Destany Barnett** for our STEM Speaker Series. Destany is a fifth-year transfer student at UC San Diego with a major in Global Health and minor in Biology. She is a pre-medical student with an interest in women's health, maternal mortality, and health inequities among under-represented groups.

Destany spoke about her academic journey and her field research experience with the UCSD School of Medicine in the Dominican Republic and Honduras. She also conducted research with the Family Medicine Residency Program at Kaiser Permanente in Honduras. During her time at NVC, Destany was a Kaiser Medical Scholars Program and UC Davis Prep Medico participant .

We deeply appreciate everyone who attended her inspiring and informative presentation and you can view highlights of her achievements at www.napavalley.edu/MESA.

The MESA/STEM team and guests helped celebrate Destany Barnett's birthday after her September 9 presentation.

Our Partnership with the Kaiser Permanente Northern CA Medical Scholars Program

The Napa Valley College MESA/STEM Center is proud to announce that a Memo of Understanding was signed with Kaiser Permanente Northern California and approved by the NVC Board of Trustees this spring to formalize the Medical Scholars Program for pre-medical students. What started as a one-year pilot in 2015 evolved into a three-year program. The current cohort of 11 NVC MESA students will partake in the Leadership Forum that launched in September and receive a combined stipend of $10,000 from Kaiser.

The mission of the program is to develop a pathway to medical school for under-represented minority students. The goal is to increase the number of students from underserved and minority backgrounds who successfully transfer and graduate from a university with a pre-health major, and prepare them for medical school admissions.

Kaiser Permanente Medical Scholars alumnus Alexis Delgadillo and current student Selene Gonzalez Solorio pose with Dr. Juleon Rabanni of Kaiser Permanente Northern Division of Research (center) and MESA/STEM Center team's Luis Alcazar, Patricia Posada and Rene Rubio, following their presentation to the NVC Board of Trustees in August 2019.

KP Medical Scholars Program – Leadership Forum

Napa Valley College pre-medical returning students began their second year of the Kaiser Leadership Forum on September 13. The forum is planned by Dr. Ruben Gonzalez of the Kaiser Permanente Napa Solano Family Medicine Residency Program, and Dr. Gonzalez led this year's opening session at the Kaiser Vallejo facility.

The Leadership Forum is comprised of four workshops per semester, with a focus on: leadership training; careers in medicine and research panel discussions: and community engagement training and projects. Congratulations to our second-year pre-medical cohort and best wishes on their continued drive and hard work this semester.

Above: MSP students confer with Kaiser's Dr. Ruben Gonzalez during the first session. Right: Students practice their 'elevator pitch' for why they want to study medicine.

NVC STEM Student Perspectives

We asked some of our students to provide their thoughts about their experiences with the MESA/STEM Center and want to share them with the NVC community.

"My experience with MESA, is life changing! I never thought I would spend most of my time studying, directing club meetings and speaking with such wonderful and talented people. MESA opened my eyes and is guiding me toward the right path. The resources in MESA are useful and help students achieve their tasks and their overall academic goals. Also the MESA Center team is very supportive--they want students to achieve. . . In addition, the MESA Center prepares you for learning to network and connect with the public, and helps you start gaining work experience. Students are then ready to apply the practical skills they developed to succeed at internships that MESA creates or finds to help students obtain work experience."

— Selene Solorio Gonzalez, current pre-medical Biology student

"I was an introvert but through the SHPE club, I met people, improved my communications skills and learned how to network."

— c.g., Mechanical Engineering student

"I went to the SACNAS national conferences and found them inspirational...seeing people like me...very supportive."

— l.g., Physics major who transferred to UC Berkeley to study Engineering

"MESA helped me step out of my comfort zone. The students are my good friends...MESA encourages students to join clubs. MESA is a safe home, a family."

—r.a., Electrical Engineering major who transferred to UC San Diego.

STEM Clubs help our students:

- ◊ Connect with other STEM students
- ◊ Obtain insights from relevant industries and organizations
- ◊ Learn valuable networking skills and find real world networking opportunities

STEM Clubs students can join:

SACNAS – Advancing Chicanos / Hispanics & Native Americans in Science

SHPE – Society of Hispanic Professional Engineers

DOCC – Dreamers of Community Change (pre-med club)

NVC Robotics Club

CAAPS – Collegiate Aerospace, Astronomy & Physics Society

All the clubs are open to any STEM student. The MESA/STEM Center team encourages students to Join a club and participate in the field trips and events that offer networking opportunities. Students may also help run the clubs and thereby develop their communication and leadership skills, and 'stretch' their comfort zones.

Fall 2019 Workshops

MESA/STEM Counselor Patricia Posada recently offered two timely workshops at the Center. **"Muscle Up Your GPA"** helps studens be vigilant of their grades and maintain them at or above the B level. A healthy GPA is particularly important for STEM students who plan to transfer to four-year universities.

"Communicating Effectively to Stay On Course" helps students improve their soft skills, such as communication, inner and outer awareness and interpersonal relationships. The goal is to enable students to express themselves clearly and meaningfully to better access the NVC staff, services and resources that are key to their academic success and personal development.

These workshops will be offered again in November.

Key Resources at the MESA/STEM Center

- ◊ Access to a Computer Lab and a computer presentation class room
- ◊ Study Area for individuals and cohort group projects
- ◊ Academic Counseling to develop your Student Education Plan (SEP), based on transfer requirements to four-year institutions.
- ◊ Assistance in the transfer process
- ◊ Academic Excellence Workshops (AEW) or Supplemental Instruction (SI) for math and science students.
- ◊ Free tutoring and free check-out of T-I graphing calculators.
- ◊ Student support services that include personal advising, participation in internships and leadership training institutes.

Please contact our office for information on how to enroll in the MESA/STEM program — 707.256.7280.

Congratulations to the 2018-2019 MESA/STEM Graduates and Transferred Students

Jathniel	Abad	Engineering
Ali	Ahsan	Chemical Engineering
Rusul	Albusultan	Electrical Engineering
Jaquline	Borrayo	Pre Med (Biology toward Pre-Dental)
Josephine	Bryant	Animal Science
Mariely	Caraballo	Electrical Engineering
Jesse	Cruz	Aerospace Engineering
Kyle	Cueto	Mechanical Engineering
Joel	Duarte Juarez	Animal Science
Derek	Everhart	Computer Science
Brandon	Gonzalez-Gray	Computer Engineering
Drew	Harder	Aerospace Engineering
Jayson	Harriott	Mathematics
Jenna	Huddleston	Biological Science - Marine Biology
Austyn	Jones	Engineering and Mathematics
Andrew	Kellogg	Electrical Engineering
Hamza Kamran	Khawaja	Electrical Engineering
Juan	Martinez	Mechanical Engineering
Ivonne	Marquez Rangel	Viticulture/Enology
Alora	McNamara	Wild Life Biology
Maria	Palafox	Electrical Engineering
Sergio	Reyes	Pre Med (Biology, Human)
Alfonso	Rios Ochoa	Mechanical Engineering
Diana	Rodriguez	Animal Science
Valdemar	Roman	Bio-Chemistry Engineering
Clarisa	Rosas	Environmental Science
Sebastian	Rubio-Gomez	Civil Engineering
Timothy	Samson	Computer Science
Alexzandrya	Smith	Bio chemistry
Margarita	Sotelo	Mathematics
Liliana	Urena	Electrical Engineering
Samuel	Ayala	Electrical Engineering
Nicholas	Bentley	Engineering
Liam	Carr	Computer Science and Engineering
Alfonso	Garibay	Computer Science and Engineering
Lizbeth	Gonzalez Palafox	Physics
Oscar	Hernandez	Kinesiology
Tianna	Murray	Animal Biology

Advisory Board Retreat

The MESA/STEM team extends a fall welcome and thank you to its Advisory Board. The team met with the board for the August 9 Fall Retreat and we had the pleasure of hearing directly from three students about their MESA/STEM Center experience.

We thank Cristian Guzman, a current Mechanical Engineering student, Lizbeth Gonzalez Palafox, a Physics transfer student to UC Berkeley, and Rusul Albusultan, an Electrical Engineering transfer student to UC San Diego, for their guest appearance at the Retreat.

The other Advisory Board attendees were Elizabeth Lara-Medrano, Antonio Castro, Jane Binger PhD, Juan Guerra MD, Amelia Ramirez, Jose Hernandez, NVC MESA alumnus Mark Efe and Student Representative, Manaal Shaad.

Aside from the retreat, the board meets twice per semester.

MESA/STEM Center Team

Rene Rubio, Student Specialist/ Advisor
Patricia Posada, STEM Counselor
Luis Alcazar, Associate Dean
Claudia Ramirez, Administrative Assistant

Center Hours: M-Th 8:30a-6p, F 8:30-5p

NAPA VALLEY COLLEGE

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The NVC MESA/STEM Center Newsletter is designed and produced by Claudia Ramirez.

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Kaiser Permanente Napa-Solano
Family Medicine Residency Program
Global Health Elective

This elective is currently unavailable for booking. Please check our website regularly for updates on when it will become available. We regret any disappointment this may cause and look forward to welcoming students in the Summer of 2021.

The Global Health Sub-Internship provides interested 4th year students the opportunity to care for medically underserved communities locally and globally. This sub-internship includes a funded global health trip focused on sustainable and educational global health initiatives which consider the needs of the local community through direct clinical work, health education, or other support activities. The student will work with a mentor to develop a community-based project at an international site. Additionally, time will be spent at local community clinics, organizations, and health education related opportunities to enhance the understanding of the local Vallejo community.

See our website for further information:

http://residency-ncal.kaiserpermanente.org/med-students/family-medicine/

Clinical site:

- Honduras - ENLACE foundation

See website for further details:

http://residency-ncal.kaiserpermanente.org/residents/global-health/affliated-programs/

Blog from previous trips:

http://taulabetalk.blogspot.com

KAISER PERMANENTE®

La Salud Permanente Latino Health Elective

Our commitment to providing culturally responsive, prevention-focused health care to our patients has been a part of Kaiser Permanente's DNA since its inception over 65 years ago. Our integrated, technologically advanced, outcomes-based clinical care has been lauded by experts across the nation.

The Affordable Care Act has made KP health coverage available to under-served populations, and in California, a large percentage of that population is Spanish-speaking or Latino. We strive to be a national leader in providing culturally respectful care to this community, and we are pleased to offer a chance for students and residents to learn more about how we are using our integrated system to do just that.

NORTHERN CALIFORNIA
RESIDENCY PROGRAMS

La Salud Permanente

The *La Salud Permanente* elective will allow 4th year medical students and residents with elective time who are passionate about Latino health a unique opportunity to contribute to our commitment. Over the course of this highly personalized 4 week program, you will work within primary care departments whose primary focus is Spanish-speaking patients. You will experience our integrated healthcare system, use technology to deliver care, and learn from practicing physicians. We will tailor your experience to suit your areas of interests. For example, you could participate in community health events, work within our Division of Research, help create cutting-edge patient resources, or pilot a performance improvement project in a clinical area.

The program will be offered in five medical centers within northern California: Fresno, Napa, San Jose, Santa Rosa and Vacaville. Spanish-speaking students or residents who demonstrate a superior interest in primary care and contributing to advancements in culturally-sensitive care are encouraged to apply. Applicants are asked to state their current interests in medicine and express their current involvement in serving diverse communities. They will be paired with enthusiastic and dedicated physician mentors in various clinical settings.

How to Apply

Applications open November 1 to candidates who seek an opportunity to learn from the largest integrated health care delivery system in California and contribute to the health of our Latino communities.

Visit our website for more information & to apply.

http://residency-ncal.kp.org/med-students/lsp-elective/

Explore the outdoors on Vallejo's waterfront

By Carey Sweet **Published 5:06 pm PDT, Tuesday, October 17, 2017**

https://www.sfgate.com/news/article/Explore-the-outdoors-on-Vallejo-s-waterfront-12285922.php

Everybody in Vallejo, it seems, looks forward to each October, when the southern end of Mare Island morphs into Nightmare Island. Through the Halloween month, the Mare Island Shoreline Heritage Preserve comes alive (or maybe becomes dead?) with a frightful haunted house, dark-of-night cemetery excursions, paranormal tours of spooky old abandoned buildings, a "petting zoo" of bloodthirsty carnivorous plants, meet-and-greets with live bats and owls, a horror film competition, a NorCal HearseCon undertakers' car show, and the highlight — hordes of zombies staggering about.

The series of evenings is admittedly bizarre as zombies (gruesomely painted volunteers) crawl out of ancient naval ammunition and spy bunkers, recreating themes of "Walking Dead" and "Night of the Living Dead."

Then, there's the 160-year-old Mare Island Naval Cemetery that is the final resting place of three Medal of Honor recipients as well as Anna Key Turner, the fifth child of Francis Scott Key, who penned The Star Spangled Banner. It's the oldest Naval cemetery on the West Coast, sure to be packed with battle-worn spirits.

Still, for all the underworld fun, there are plenty of other less eerie, year-round adventures to be enjoyed in this lovely area cradled by the Napa River where it empties into San Pablo Bay and the Carquinez Strait.

Certainly Vallejo is known for its family-favorite Six Flags Discovery Kingdom. Theme park enthusiasts can enjoy the new Wonder Woman Lasso of Truth spinning/swinging pendulum ride and holiday events, including FrightFest on select days through Oct. 31, and then Holiday in the Park on select days from Nov. 24 through Dec. 31.

But for something really different, how about a relaxing game of golf, played on grassy hillsides with stunning water and city views and a few bunker play-arounds (meaning real former military bunkers)?

Or perhaps you'd like to picnic in a pretty public park, your lunch spread on a blanket in the shade of 100-plus year-old trees brought back in the 1800s from New Zealand, South America and Australia.
Only in Vallejo.

Mare Island Golf Club
Opened in 1892, this is one of four Vallejo golf courses, and America's oldest course west of the Mississippi River. In its old days, hazards included rattlesnakes and a horse belonging to a Marine Lieutenant that liked to stand on the greens in between golfers' balls and the pin. Eventually, rules allowed players to relocate balls blocked by the horse, without penalty.

Today, it's common to see players proudly wearing ridiculous patterned golf pants as they navigate ten former ammunition bunkers amid the 18-hole fairways. And it's traditional for players to gather for 19th Hole beverages at the clubhouse, a building that served as a radio frequency monitoring station for overseas transmissions during World War II.
McIntyre Ranch/Greater Vallejo Recreation District

Surrounded by more than 900 acres of breathtakingly beautiful open space owned by the Solano Land Trust, the historic property is open by appointment only. But it's well worth making a reservation for its ranching/homesteading classes (build a chicken coop!), demonstration gardening, animal care workshops with lambs and calves and equestrian activities/therapy through the on-site Jane's Good Horses group.

Kayaking
This nimble water sport is so popular on Vallejo's rivers and straits that there's an entire website dedicated to the fun (**www.kayakvallejo.com**). No matter your experience level, you can join in the paddling, registering for email notifications on events, or checking the Kayaking and Biking Vallejo Facebook site (**www.facebook.com/groups/souzasounds**). Either way brings access to group adventures like casual races departing from the Vallejo Yacht Club, wildlife tours off Point San Pablo, and playtime around the Vallejo Marina and Dan Foley Park. You don't even need your own equipment; everything from kayaks to life jackets is available for rent, with beginning class guidance offered, too.

Alden Park
You can spend plenty of quality time at this park, thanks to the unique displays of antique Civil War cannons.

Visitors are welcome to picnic, and relax in the shade of the 1895 gazebo/bandstand. Be sure to salute the flag here, too — the original flagpole was erected Oct. 3, 1854, and it still stands today.

If you go
Mare Island Golf Club: 1800 Club Drive, Vallejo, (707) 562-4653, www.mareislandgolfclub.com

McIntyre Ranch/Greater Vallejo Recreation District: 1 St. Johns Mine Road, Vallejo, (707) 648-4600 www.mcintyreranch.org

Kayaking: www.kayakvallejo.com

Alden Park: At 8th St. and Walnut Ave., Vallejo.

History meets creativity in downtown Vallejo

By Maurice Robie
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The Empress Theatre was built in 1911 and operates as a nonprofit that shows movies, hosts live performances and is rented for private events.
The potential of Vallejo's historic downtown has been rediscovered as a burgeoning arts and entertainment district.

With working artist studios, a performing arts venue and appealing food options, the district has added creative flair to the city. Combining classic Vallejo institutions with the fresh energy of new businesses, downtown has become a fun and vibrant destination.

The Empress Theatre
Originally built in 1911 and opened in 1912, the Empress Theatre has changed hands many times and undergone numerous renovations. At first, the building was home to touring vaudeville acts and then a motion picture palace.

Eleven years ago, the city spent $5 million bringing back some of the splendor of the original red velvet seats and ornate gold leaf painted clouds on the ceiling. Now the beautiful 400-seat hall is a multi-use facility anchoring a revitalized downtown.

"We're already establishing ourselves as an entertainment center," general manager Kevin Frazier said. With Frazier booking a variety of music, comedy and performing acts, the theater has this year doubled its attendance from last year. The Vallejo Symphony is now performing at the theater with their first concert of the new season at 3 p.m. today.

Frazier wants locals to know what they have in their historic downtown.
"Once they adopt this as their performing arts center, then everything else comes into place with that — people will start to see this as a destination city," Frazier said.

His goal is to book the same acts one could see in San Francisco or Oakland so locals don't have to go there. "There is lot happening around what's going on in Vallejo right now," Frazier said.

The League of Chefs
Nicole Hodge just wants to cook good food for you. The owner and lead chef of The League of Chefs has many ways to make that happen. Three nights a week (Tuesday through Thursday), Hodge and her staff prepare gourmet dinners, such as homemade beef lasagna with a chopped romaine Caesar salad. There are always vegetarian options, like ricotta lasagna, and kids' options as well.

It's all ordered in advance from her website and pick up options include her League of Chef's Kitchen in downtown Vallejo or at the Vallejo Ferry Dock for commuters. She also makes box lunches for 10 or more. A popular choice is her Tuna Sandwich Box with sustainably caught wild tuna salad with peas, Vidalia red onions and shredded carrots served on house made rosemary focaccia.

"People are hungry here and they can't get enough good food," Hodge said in her kitchen while preparing a night's dinner bounty. "Vallejo needs high quality fresh organic food." She also has a dining room which seats 36 and she has occasional weekend dinner nights there, turning the room over once for two seatings and 72 people all together. Hodge has successfully experimented with special themed pop-up dinners that have become so popular, they sell out before the menu is even posted.

"As soon as the reservations open up, they book seats. They just trust that it's going to be good," Hodge said. She's found that Vallejo is the perfect place for her business. "It's affordable. A community-oriented, friendly, welcoming place. Vallejo is the city of opportunity. I feel like I can spread my wings and take a risk," Hodge said.

Boutique Classique
Located in historic downtown Vallejo, this small shop specializes in the glamour of a bygone era. Though the vintage styles are all from the '20s through the '50s, the clothes are newly made from manufacturers recreating the signature styles.

Owner Serenity Beth Holzman calls herself an "old soul" who just loves the classic eras the clothes evoke. With her husband, who's a celebrity and pin-up-style photographer, Holzman decided to fill a niche. "We realized there was a need for this fashion. There's nothing else like this around," Holzman said. "We got the shop and then we realized this genre just took off."

Temple Arts Lofts
Temple Arts Lofts is the transformed combination of two historic buildings — the 1917 Masonic Temple and the 1872 City Hall. The building now houses 29 affordable live/work lofts for artists as well as a performance hall and office space for a nonprofit arts organization.

Located in the midst of Vallejo's blossoming arts and entertainment district the award-winning project has become an energizing force in Vallejo's downtown revitalization efforts.

Victory Stores
Their motto is "working class clothes for working class people" but don't be surprised if you see a young hipster or two in the store.

The iconic Vallejo business has been open since 1945 and is still owned by third generation descendants of the original owner. Brands such as Ben Davis and Dickies overflow counters in huge stacks and there are flannels, boots and shoes, military wear and what seems to be customers' favorites — eclectic vintage and current surplus military gear. The store can also stamp military dog tags from a restored vintage machine created just for that purpose.

The Ferry
With the only predictable aspect of Bay Area traffic being its growth, alternative commuting methods have grown steadily in recent years. The San Francisco Bay Ferry service between Vallejo and San Francisco

makes 15 weekday departures to San Francisco and seven weekend departures, most going direct from Vallejo to the San Francisco Ferry Building although a select few routes also make stops at Mare Island and Pier 41.

The trip takes about an hour and tickets are available at the Vallejo Ferry Building. Ridership on the Vallejo service in July 2017 alone reached an all-time high serving nearly 105,000 passengers. The Ferry also offers direct service to and from AT&T park on some game days during the season. During weekend games, the Ferry goes directly to and from the park, and on weekday games, the Ferry goes from the park only.

If you go
The Empress Theatre: 330 Virginia St., Vallejo, (707) 552-2400, **www.empresstheatre.org**.

The League of Chefs: 300 Virginia St., Vallejo, (510) 423-1911, **www.leagueofchefs.com**. Pick-up from 1 p.m. to 3:30 p.m.
Pick-ups are also available at the Vallejo Ferry Dock from 4 p.m. to 8:15 p.m. and other locations listed on their website.

Boutique Classique: 1711 Sonoma Blvd., Vallejo, (707) 641-1231, **www.boutiqueclassique.net**. Open 2 to 6 p.m. Thursday-Friday, 11 a.m. to 6 p.m. Saturday.

Temple Arts Lofts: 707 Marin St., Vallejo, (707) 649-4100, search @temple.artlofts on Facebook.

Victory Stores: 435 Virginia St., Vallejo, (707) 642-0467. Open 10 a.m. to 6 p.m. daily.

The Ferry: 289 Mare Island Way, Vallejo, (707) 643-3779, **www.sanfranciscobayferry.com**.

Kaiser Permanente Napa-Solano
Family Medicine Residency

About Vallejo and the Bay Area

The Kaiser Permanente Napa-Solano Family Medicine Residency's location is ideal for residents who are interested in living in Northern California. Conveniently situated at the North end of the San Francisco Bay, the residency is located in the vibrant city of Vallejo, a culturally diverse community that provides a reasonable cost of living. We are within a very reasonable commute of all the major communities including Berkeley, Napa, Marin, Oakland, Walnut Creek, Concord, Fairfield, Sonoma County, and San Francisco. In fact, our faculty members live in all of these communities.

We believe in a balanced, healthy lifestyle and that our residents deserve time to live life outside of the medical center while pursuing their medical training. Our rotation schedule, vacation allotment, and educational leave afford residents the time they need to maintain the important balance between work and life outside of medicine.

Northern California is known for offering a rich variety of cultural, culinary, athletic, and outdoor activities, and our residency program is located in the middle of it all. Whether you desire the cultural activities and nightlife of San Francisco, the cuisine and wine tasting of Napa Valley, the skiing and outdoors activities around Lake Tahoe, hiking amongst the redwoods, rafting down the American River, attending sporting events, or taking in the quirkiness of Berkeley, our location has much to offer.

Vallejo celebrates with a multitude of festivals each year including a Native American Pow-Wow, Filipino cultural festival (pista sa nayon), Puerto Rican dance festival, Portuguese Festas and Unity Day, which serves to celebrate all of our amazing groups in one space at one time. The Northern California Pirate Festival is held on our waterfront each June. It comes complete with ship to shore cannon battles and assorted street theater style entertainments.

Vallejo's high speed ferries take passengers directly from our waterfront to PacBell Park the home of the World Champion San Francisco Giants on select game days and offers daily commute service to the historic San Francisco Ferry Building and world famous Fisherman's Wharf and Pier 39 areas.

Vallejo offers many vibrant local chapters of most service organizations (Rotary, VFW), historically black sororities and fraternities, and faith based organizations for those interested in lending a hand. Our welcoming LBGT community celebrates Pride Week with a party in our central city park and helps sponsor downtown celebrations such as the Mad Hatter Parade in December.

We are the only stop for NASCAR in Northern California and one of only two showings on the West Coast. Open wheel Indy Cars, world touring car and historic sports car racing are also on the menu at Sonoma Raceway in the beautiful Sonoma hill country, a mere fourteen miles from our facility in Vallejo. Drag racing is offered for any car that passes safety inspections (including your mini-van!) on Wednesday's during the spring and summer seasons.

As a resident, you will be able to experience a wide range of culinary offerings. We offer multiple specialty food markets and dining experiences.

On any given day, you can go Filipino markets to purchase fresh lumpia or adobo, visit a farmers market (on-site at the hospital every Friday!) or grab a quick lunch from our many food trucks. If you are in the mood for an all American bistro, we offer any number of cafes and coffee shops to enjoy a leisurely

breakfast or brunch with friends. A short trip across town brings soul food offerings, traditional Southern barbeque, Mexican, Salvadorian or Indian cuisine. Sushi, Chinese, Thai and Vietnamese restaurants also proliferate. We even have excellent Italian restaurants who deliver.

Vallejo's rapid reinvention of its once failing school system has led to new and exciting choices in public education for our children. Our K-12 school district offers an array of school choice including charter schools devoted to technological excellence, health and fitness academies and language bi-literacy. Our high schools have moved to an academy based system that offers students their choice of educational interest to follow as core curriculum. We currently offer engineering, bio-sciences and hospitality academies within each high school.

We boast a public bi-lingual dual immersion elementary school which educates both native Spanish and English speakers along a 90/10 model of immersion. Under this model, half of the student population are native Spanish speakers and the other half of the students are native English speakers. The school is public and open to students through a lottery system. Northern California is known as a leader in this innovative style of education. Similar Spanish schools are situated close by in Fairfield and Napa. San Francisco boasts many language schools as well in a variety of languages including Cantonese, Japanese, Spanish, and French.

Additionally, many private parochial and non-denominational religious options are available for our families. There are even options for non-traditional schools like Montessori or Waldorf based models in the immediate surrounding areas.

The Napa Solano region offers a very temperate climate allowing for year round outdoor activities.

Thank you.....

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