



Aguijobi, Nneka

Hometown: Enugu, Nigeria
Medical school: University of Nigeria

Why I chose HCMC: I had the privilege of living in the twin cities and I had heard so much about the HCMC family medicine program. I was immediately excited when I had to visit a friend who was hospitalized in HCMC and I knew instantly that I wanted to be a part of this beautiful organization. I realized that it had a uniquely diverse medical and healthcare staff that serve the most diverse patient population in the twin cities. I also knew I wanted a program with huge learning opportunities, interesting patients and supportive staff. I was completely sold on interview day after being at the Whittier clinic. HCMC is home away from home.

Number one on my Twin Cities bucket list: To eat in all of the restaurants on Eat street, what can I say, I am a big foodie!!!

Plans after residency: I plan to work in outpatient medicine with strong interest in OB, women's health and procedures.

If I weren't a physician, what would I do? I would have loved to be a musician!!



Darby Bedell

Hometown: Edwardsville, IL
Medical School: University of Arkansas Medical Sciences

Why I chose HCMC: HCMC Family Medicine offers an Integrative Medicine Specialty, Curriculum and Faculty, and an introduction to Functional Medicine, exactly what I was looking for. Whittier Clinic is beautiful, well equipped, houses practitioners from several specialties, and offers a diverse patient population. I was especially attracted to Whittier's emphasis on patient education, group appointments, and innovative approaches to wellness and patient care. Plus the program offers broad spectrum procedural training.

HCMC was one of my later interviews, but during my interview with the program director, I knew HCMC was where I belong. Add in the openness and warmth of the faculty and residents, natural beauty of the Twin Cities, cultural offerings, great food and bike trail system, HCMC is the place for me!

Number one on my Twin Cities bucket list: to ride as many of the beautiful trails as I can!

Plans after residency: At this point I want to practice in a Functional Medicine patient-centered medical home

If I weren't a physician, what would I do? Since I am also a professional violinist, I would probably be performing and teaching music.



Courtney Black

Hometown: Blaine/Minot
Medical School: Ross University

Why I chose HCMC: The mission of HCMC stood out to me on the interview trail. They serve everyone no matter who they are or where they came from. To me, that is what medicine is all about. I felt this was the best place for me based on my own personal values.

Number one on my Twin Cities bucket list: Attend a theatre show at Guthrie. The state fair and also the apple orchards in the fall. I love fall and all the trees. Minnesota is so beautiful in the fall so I am excited to experience it.

Plans after residency: I am very unsure what I want to do after residency. I might do a fellowship in sports medicine because it seems very fitting to me. I also love geriatrics too though. I guess I'll see in a year or two.

If I weren't a physician, what would I do? I love animals so I would definitely be a dog groomer or run a rescue farm. Eventually I would like to have a small dog rescue on the side.



Camdin Gray

Hometown: Chicago
Medical School: University of Illinois at Chicago

Why I chose HCMC: The simplest answer is it was by far and away the best fit on interview day. Everyone I met was incredibly genuine and seemed like they really wanted to be here. That passion is not something you can teach folks and really helps push you through the toughest times. I knew that if all the faculty, staff, residents had it, then my future classmates were bound to have it too. And I couldn't be happier with my choice!!

Number one on my Twin Cities bucket list: Kayak on Lake Calhoun!

Plans after residency: Oh gosh – this is one of my favorite things to think about, which always means my answer is impossibly long. Let's just sum it up to say that I would love to find a place where I could do mostly outpatient, but also have 6-12 weeks inpatient, do research, and still have an opportunity to work with learners at a variety of different levels.

If I weren't a physician, what would I do? Own multiple restaurants and bars.



David Henry

Hometown: White Bear Lake, MN
Medical School: University of Minnesota

Why I chose HCMC:

HCMC, to me, feels like a multi-cultural family that is united over the shared mission of delivering top-notch healthcare to anyone, regardless of their ability to pay. It is a beautiful thing that I believe exemplifies the best of not only this great city and county, but humanity in general.

Number one on my Twin Cities bucket list:

Successfully give someone directions.

Plans after residency:

Continue my career as a family doctor somewhere in Minneapolis or close by.

If I weren't a physician, what would I do?

Run a cafe with my wife and cat. Or, more realistically, I would have been a science teacher.



Charles "Mike" Kelly

Hometown:
Medical school: University of Nebraska

Why I chose HCMC:

I had a very positive experience meeting with the residents, faculty and program director. Being a larger urban hospital was also big for me as I wanted a diverse patient experience. The Whittier Clinic is set up with amazing resources that you normally don't have at a typical clinic.

Number one on my Twin Cities bucket list:

The state fair, of course, because: food. I also hope to see my Nebraska cornhuskers play the Minnesota Gophers at TCF stadium at some point. I want to bike the Greenway during the fall, too.

Plans after residency:

Find a job or continue with fellowship training. I have side interests in sleep medicine and geriatrics, so that might be in my future. I also enjoyed my rural medicine rotations in medical school and may pursue that avenue. We'll see!

If I weren't a physician, what would I do?

I would probably go into teaching high school science or be involved in the music industry in some capacity, like producing/ recording music.



Rebecca McDougal

Hometown:
Medical school: University of Minnesota

Why I chose HCMC: During my rotations at HCMC as a medical student, time and time again I saw the hospital's mission toward "exceptional care, no exceptions" being demonstrated from staff of all positions. I also experienced firsthand the excellent and supportive teaching environment, amidst a busy fast-paced hospital service with a wide-variety of presenting illnesses that I found to be unique to HCMC. With this in mind, I felt confidently that I would leave my residency training at HCMC equipped to practice competently in any practice scenario.

Number one on my Twin Cities bucket list: Take a balloon ride over the city

Plans after residency: Continue to practice in the city, within an underserved community

If I weren't a physician, what would I do? If I weren't a physician, what would I do? It's hard for me to imagine doing something else, but maybe own a hobby farm and live humbly out in the country somewhere.



Lauren McPherson

Hometown:?? Born in Korea, raised in different parts of the Midwest. I've lived over half of my life in the Twin Cities now.

Medical school: University of Minnesota

Why I chose HCMC: I had great experiences as a medical school doing rotations here. During my interview, the program seemed like a great fit. The program seems to expose residents to a variety of patients and diseases, provide good support, and works with underserved populations. The residents seemed well-rounded; focused on their training but also interested in things outside of medicine.

Number one on my Twin Cities bucket list: Being from here, I'm not sure what's on my bucket list but I'm willing to take suggestions.

Plans after residency: Unknown

If I weren't a physician, what would I do? I used to teach high school, so I would probably still be in education in some capacity if I weren't a physician.



Kiran Sidhu

Hometown: El Paso, Texas
Medical School: Texas Tech Health Sciences Center, El Paso

Why I chose HCMC: I applied to HCMC Family Medicine because one of my medical school mentors graduated from this program. On my interview day, I got a strong sense of HCMC's dedication to providing healthcare to the underserved. Moreover, I felt that the hospital's mission to provide exceptional care without exception was followed not only by the Family Medicine department, but by all specialties. I wanted to train somewhere that had a diverse patient population, and HCMC offers that. I know I will get full-spectrum training while also expanding my knowledge of various cultures. In choosing a residency program, it was important for me to be able to continue to speak Spanish, and I'll be able to do so in the hospital as well as in the beautiful Whittier clinic! Apart from that, Minneapolis is a fun city that offers lots of outdoor activities, community events, and great food!

Number one on my Twin Cities bucket list: Try cheese curds at the state fair!

Plans after residency: I plan on pursuing a fellowship in Geriatrics and hope to then practice rural medicine for a few years.

If I weren't a physician, what would I do? I would probably be a teacher...or a florist.



Radhika Snyder

Hometown: It's complicated, so I'm choosing Minneapolis

Medical School: University of Minnesota – Minneapolis

Why I chose HCMC:

The people and the mission - I loved working with our patients and staff to provide exceptional care without exception. The learning environment is supportive yet challenging and everyone at HCMC is invested in making us the best physicians we can be.

Number one on my Twin Cities bucket list:

Visiting Paisley Park

Plans after residency:

To practice full-spectrum family medicine in the Twin Cities

If I weren't a physician, what would I do?

Genetic Counseling (This was my answer when asked at medical school interviews, and it still applies!)



Adrian Tomes

Hometown: Woodbury, MN (born in Schwetzingen, Germany)

Medical School: Northwestern University
The Feinberg School of Medicine

Why I chose HCMC: On the interview trail HCMC most stood out to me as a mission driven program serving a very urban and underserved population while still having a great foundation of resources, teaching, and opportunities for me to really develop my skills and knowledge as a physician. The faculty are all fantastic which was immediately evident when meeting everyone, with a real emphasis on our education and development as well as our well-being. I was blown away when touring the Whittier clinic, which was opened just a few years ago and offers the community as well as physicians state of the art facilities with lab and radiology on site. With my interest in sports medicine I was also looking for a program that might also offer me unique opportunities within the field, and HCMC has many connections with local college sports programs in the area in which I could become involved, as well as other opportunities in the community with the University of Minnesota sports medicine program, Mayo sports medicine clinic, and many others which will really provide me an opportunity to further explore and develop my interest in Sports medicine. I also grew up in the Twin Cities and my immediate family still lives here, so the Twin Cities will always be where I truly consider 'home'.

Number one on my Twin Cities bucket list: Participate in Zombie pub crawl (Minnesota in Guinness book of world records for largest zombie gathering in one place)

Plans after residency: Still unsure, but likely will pursue a fellowship in Sports Medicine

If I weren't a physician, what would I do? If I wasn't a physician, I'd be interested in pursuing a degree in computer science or research in bioinformatics and medical informatics.

