

Family Medicine Class of 2019



Seleipiri Akobo

Hometown: Port Harcourt, Nigeria

Medical School: Saint Georges University, Grenada, WI

Who I am and why I chose HCMC: My life at this point is a culmination of experiences acquired in my sojourn through this amazing Journey called life. My faith in GOD, love for family, strong sense of self and commitment to destiny drive my desire and continue to fuel my passion. I grew up in Port Harcourt, a metropolitan city situated in the south of Nigeria. I had my secondary school education there and also did three years of university @ the University of Port Harcourt before leaving for the United States. I spent 3 years and half in Pittsburg, Kansas for undergrad and then I moved to Minneapolis where I worked for a while before attending graduate school in Des Moines Iowa. Life then took me to Texas for work and prep for medical school. Medical school saw me studying and gaining experiences in different continents, countries, states and cities. When I look back at my journey, this quote by Usain Bolt describes my philosophy and take on life and the reason I'm here today: "...it's the power of doing that make dreams happen".

7 years later I had the opportunity to return to Minneapolis to hone my skills as a Family Medicine doctor. This brought me much excitement because it felt like coming back home.

Why HCMC? More like why not HCMC?

HCMC offers a diverse experience, one that keeps me grounded and reminds me each day that global lines are blurred when it comes to health needs, the quest for affordable yet efficient healthcare, and the search for relevance. I know that the years would fly by and the experience would be worthwhile because I'm on a journey very aware of the obstacles that exist, but grateful for the amazing resources available to me to ensure my progressive growth, refinement, and success. More so, I am reminded that I possess the resiliency required to stay through the rigors and remodeling that residency brings.

Additionally, I am grateful for the eleven other amazing souls I get to go through this journey with. This and many more reasons are why I chose HCMC.



Sabeen Chohan

Hometown: Portland, OR

Medical School: (UMHS) University of medicine & health sciences

Who I am and why I chose HCMC: The facility, faculty and diversity of patient population really sold this program to me. You get a vast amount of in-patient experience as well as out-patient, all while staying true to Family medicine. This program is going to train me to take care of a wide variety of patients.



Gagandeep Daul
Hometown: Morton Grove, IL
Medical School: Ross University School of Medicine

Why I chose HCMC: I am a Chicago native and a Loyola University Alum (Go Ramblers!). I like to play guitar, go diving, and spend my days on service perfecting my stand-up comedy routine. If you like the Chicago Bears/Bulls/Cubs and Back to the Future, we'll get along just fine.

I went to Ross University for medical school and wanted to come back and live relatively close to home; taking two flights out of a jungle was not the most ideal route of travel. I looked at HCMC because two of my best friends from undergrad were here and kept telling me to apply. They never let me down before so I took their word, and they're still as trustworthy as they ever were.

This program is exactly what I was looking for. Life takes you in so many different directions. Knowing that things can change in an instant and being prepared for any situation is what makes HCMC exceptional. The facilities, the education, and the city are all phenomenal. If I had to pick one thing that stands above the rest it would be the faculty: Everyone here is supportive and wanting you to improve and learn.

When you pick your residency, ask yourself one important question: "Can I call this place home?" Because it will be home for 3 years. I am fortunate to have Minneapolis be my Home and HCMC be my family.



Drew Dietle
Hometown: Omaha, NE
Medical School: UNMC (University of Nebraska Medical Center)

"Who I am and why I chose HCMC": I'm training to be a Family Medicine physician because I want to connect with people, hear their stories, and empower patients to improve their health. I chose HCMC

because of Whittier clinic. My impression was that it was an inclusive, positive, and well-run space for the community. I am glad to be here.



Gina Francois
Hometown: Miami
Medical School: Ross University

Who I am and why I chose HCMC: I wanted to go into Family Medicine not for the typical reasons of wanting continuity of "life to death", reasons that most give, though notable, and is at the heart of Family Medicine. At the heart of who I am, is an adventurer and this is the spirit of any Family Medicine doctor that is able to do global health and handle any and everything that they see. I choose HCMC, a place as foreign to me as can be--a Floridian and through and through "tropical fish". HCMC offers the diversity in patients that I want, diversity in staff that I admire and the intensity and quality in teaching that I demand. I desired a program that would provide an intense inpatient service while providing care to the underserved community. One aspect that solidified this program in my mind, is the belief that under-served does not mean less deserving; from maintenance of facility to the quality of staff and residents.

As a Family Medicine physician, I will be fully equipped not only to dutifully handle any and all situations, but also to fully expound on my training.



Eric Fredell
Hometown: Park Rapids, MN
Medical School: University of Minnesota School of Medicine

Who am I and why I chose HCMC: I was born in Liberia and raised in northern Minnesota. I attended Marquette University and received a BS with majors in Biology and Theology.

I choose Family Medicine because I enjoy the full spectrum of medical care. I chose the HCMC Family Medicine Residency because it provides this broad spectrum of care. As an essential teaching hospital, all faculty I encounter are invested in my education as a resident. While, as a safety net institution, HCMC provides care to the most diverse and underserved population. This provides the opportunity to learn from individuals from all socioeconomically and cultural backgrounds, which gives the greatest breadth of medical training.

In my free time I enjoy water sports including swimming, water skiing, and canoeing. I also spend a significant amount of time doing construction and landscaping around the house.



Lulu Guo

Hometown: Troy, Michigan

Medical School: Michigan State University College of Human Medicine

Who I am and why I chose HCMC: I felt like HCMC really focused on Family Medicine. I knew that I would get very good training that would allow me to practice full scope, both inpatient and outpatient medicine, in the future. I knew the residents had great camaraderie too.

Minneapolis is also a wonderful city with great food, events and outdoor activities that I knew would keep me busy out of the hospital.



Yazdaan Juma

Hometown: Richfield, MN

Medical School: Ross University School of Medicine

Who I am and why I chose HCMC: I am a son of two immigrants, two different countries, two different continents, born and raised in Richfield, Minnesota just south of Minneapolis, my journey to medical school was full of obstacles but with each step I gained resilience and overcoming adversity. My dedication to my family, community, diversity and finally to myself led me to choosing HCMC as my home for residency. Growing up around HCMC (& one time patient) I have always appreciated the HCMC culture and mission. It serves a vast diverse community not only of the immediate twin cities, but a connection to the rest of the state. I felt HCMC could prepare me for anything and everything, I knew HCMC was right for me when I saw myself as the potential future Family Medicine physician I could be, a dream that is so close now!



Arun Mallapareddi

Hometown: Visakhapatnam, India

Medical School: Medciti Institute of Medical Sciences, India

Who I am and why I chose HCMC: In addition to my passion in medicine, I am very much interested in art. I am a nature lover and enjoy travelling. I am interested in working in the urban underserved communities where the cultural diversity is wide and healthcare needs are unique. I want to extend my service beyond the hospital and involve in community service.

I chose HCMC Family Medicine program as it has all the qualities that I have aspired for and more. When I did a rotation at HCMC, I understood how teaching is a core value of all HCMC faculty and was really impressed by the encouraging environment that existed in the hospital. Looking at the Family Medicine program I was very impressed by the program's focus on strong teaching curriculum, integrative medicine, research and community outreach activities. The Whittier clinic, the hospital, faculty, residents and community we serve all made my decision easy.



Jennifer Purifoy

Hometown: Mantorville, Minnesota

Medical School: Touro University California

Who I am and why I chose HCMC: Growing up in rural Minnesota and spending my childhood summers on my grandparent's farm in Nebraska provided me with a deep value for family and stressed the importance of having a strong work ethic. My last 10+ years have been spent in the San Francisco Bay Area going to school, teaching elementary and middle school children, working with various organizations in underserved communities, and raising a family of my own.

HCMC was the program that checked off the most boxes of what I ideally wanted in a residency program: opportunity to care for underserved patients, community-focused, high inpatient AND outpatient volume with exposure to diverse pathology, long-standing reputation of great teaching, lots of OB, weekly protected time for didactics throughout all three years, opportunity to work with established faculty from diverse backgrounds, and a beautiful community clinic that the family medicine residents and faculty can call their own.....not to mention, after living outside of Minnesota for more than a decade, I was also happy to find my way back home.



Rochelle Samarasekera

Hometown: Toronto, Ontario, Canada

Medical school: Nova Southeastern University College of Osteopathic Medicine

Who I am and why I chose HCMC: I grew up in Canada and after completing my undergraduate degree in Missouri, moved to Florida for medical school. After some great years in the Miami/Fort Lauderdale area, I am happy to be back in the Midwest. Outside of medicine I enjoy outdoor activities and traveling.

I chose HCMC specifically because it had all the things that were important to me in a family medicine program. There is a strong inpatient service with a strong OB component, which is an interest of mine. I also felt that my values of service to the community and providing quality medical care for all were really aligned with the mission at HCMC. In addition, I really loved the city of Minneapolis during my interview. It has so much to offer in terms of activities and I am having a great time living here so far.



Jawad Zafar

Hometown: Garden City, NY.

Medical School: Islamic International Medical College

Who I am and why I chose HCMC: I am an eternal optimist who likes the outdoors, running, hiking and exploring new places.

I chose HCMC because I wanted to be part of an academic program with diverse patient population. Faculty's diverse backgrounds and assorted interests along with commitment to perpetual improvement of education and patient care is the real strength of this program. HCMC offers a distinct opportunity to work in an urban community hospital while still providing the countless learning experiences offered by any other major academic institution.