

## Scripps Mercy Family Medicine Residents – Class of 2021



### **Athena Arias, MD, MPH**

University of California, Irvine - School of Medicine

Athena grew up in Alhambra, California. She attended East Los Angeles Community College and transferred to the University of California, Berkeley where she majored in Molecular Environmental Biology. During her undergraduate years, she was involved in Chicanos for Health Education (CHE) and Global Medical Brigades, traveling to Panama and Honduras to provide health care services in rural communities. During her post-baccalaureate years, she taught evidence-based comprehensive sexual and reproductive health to high school students in Los Angeles County.

Athena is a graduate of UC Irvine School of Medicine's Program in Medical Education for the Latino Community (PRIME-LC). She is passionate about mentoring the next generation of health professionals and coordinated outreach events for the Latino Medical Student Association (LMSA) and Doctors4Diversity. As co-chair of Flying Samaritans, she led a monthly medical team to Valle Redondo, Mexico. She was awarded the LMSA-West Community Service Award and the Kaiser Permanente Public Health Scholarship for her commitment and service to underserved communities.

Athena completed her Master's in Public Health with a concentration in Maternal and Child Health from the University of California, Berkeley. Her thesis examined life events and mental health outcomes among Latino youth from the Salinas Valley. She is excited to join the Scripps Mercy Hospital Chula Vista family and is committed to the mission of eliminating health disparities. Her clinical interests include maternal-child health, family planning, geriatrics and global health. In her free time, she enjoys spending time with her family, watching Los Angeles Dodgers baseball, dancing to Latin music and camping.



### **Alondra Cardenas Gonzalez, MD**

University of Illinois College of Medicine at Chicago

Twenty-eight years ago, Alondra and her family immigrated to the United States from Zacatecas, Mexico and settled in a predominantly Latino and immigrant community in east San Jose where she witnessed and personally experienced a multitude of socioeconomic barriers to health care.

While completing her bachelors in Neurobiology, Physiology and Behavior at UC Davis, she volunteered at Clinica Tepati, a student-run clinic that

provides free health care to the uninsured and medically underserved communities of Sacramento. She also studied abroad in Oaxaca, Mexico where she observed how physicians diagnose and treat diseases with limited diagnostic and economic resources. This broadened her understanding of public health.

To continue serving medically disadvantaged communities and gain a deeper understanding of how community-based organizations work to reduce health disparities, she did a year of service with the San Francisco's Community HealthCorps. As a health educator at a teen clinic in the Mission District, she helped urban youth make informed decisions about their sexual and reproductive health.

Alondra attended the University of Illinois College of Medicine at Chicago, where she was a participant of the Urban Medicine Program, a program that prepares future physicians to address the unique health concerns and needs of urban disadvantaged communities. In her spare time, Alondra enjoys dancing, traveling, laughing and visiting the beach.



### **Lesley Lara, MD, MPH**

University of California, Irvine - School of Medicine

Lesley comes from a transnational Mexican family of farm workers. Her journey into a life of service as a family physician and her deep desire for working on issues of social justice, specifically those pertaining to educational and health care inequities, was inspired during her early years in rural Mexico. Shortly after permanently moving to the U.S., Lesley attended community college where she played key roles in developing and running several mentorship programs with the mission of closing educational gaps affecting underprivileged communities. She then transferred to UC Berkeley, where in search of innovative solutions to the global health

problems faced by the poor, she worked on the development of a malaria-fighting technology that would result in a more affordable cure to malaria.

Before starting medical school, Lesley was one of the founders of the Health Scholars Program (HSP) in Santa Ana, a pipeline mentorship and volunteer initiative aiming to diversify our health care workforce. Lesley joined the Program in Medical Education for the Latino Community (PRIME-LC) at UC Irvine, a MD/Master's dual degree program committed to training culturally sensitive and linguistically competent physician leaders to meet the needs of disenfranchised Latino communities. Her leadership efforts focusing on service, advocacy and social justice have been recognized through her induction into the Gold Humanism Honor Society and by the California Wellness Foundation as a recipient of 2017-18 California Community Service-Learning Program (CCSLP) fellowship. Lesley loves submerging into other cultures through traveling and in her free time she enjoys preparing traditional meals, trekking and spending time with her husband and baby boy.



## **Joshua Ocegueda, MD, MS**

University of California, San Francisco - School of Medicine

Joshua is a California native who grew up in and around Los Angeles County. He attended UCSD's Revelle College, where he double majored in Human Biology and Economics and honored with distinction. After college he worked for some years as a teacher at Sylvan Learning Centers. In 2013 Joshua matriculated to the UC Berkeley - UC San Francisco Joint Medical Program (JMP), which is a 5-year combined MS/MD program. His master's work at the UC Berkeley School of Public Health focused on finding better ways to support Spanish-speaking fathers with parenting. At UCSF School of Medicine, in addition to receiving his MD degree, Joshua completed PRIME-US, which helped him focus his training on helping urban underserved communities. His various community health projects focused on working with teens and other school-aged children. Besides PRIME-US, Joshua also enjoyed mentoring students and leading student-run clinics with The Suitcase Clinic.

Joshua is delighted to return to the San Diego area to join the Scripps Family Medicine Residency Program, where he will be able to continue his passion for improving community health and working with a variety of patient populations. Joshua's professional interests include: obstetrics and women's health, adolescent medicine, community medicine, community research and public health policy, mentorship and medical education, working with underserved populations and global health.

In his free time, Joshua loves playing with the latest tech, exploring new food places or being outdoors in nature with his beautiful wife, Jennifer, and dog Maximus (who resembles Dante from Disney Pixar's Coco).



## **Ana Ordaz, MD, MPH**

University of California, Irvine - School of Medicine

Ana was born and raised in Michoacán, Mexico. At the age of 11 she moved to Fresno, California, with her mother, two sisters and two brothers. In high school, she participated in the Medical Education & Research Program. She attended CSU Fresno for undergraduate and received a bachelor's in Biology and Chicano & Latin American Studies. At Fresno State she met great mentors, was involved in community programs and solidified her interest in medicine. After undergraduate, she completed promotora training, worked as a tutor for migrant children and as a community educator for a nonprofit organization. Ana attended UC Irvine for medical school where she was part of the Program in Medical Education for the Latino Community (PRIME-LC), which

provides training to students interested in serving Latino populations and helping reduce disparities in the health care system. She also served on the boards for the Family Medicine Interest Group (FMIG) and LMSA's Mentorship Program. In her third year, she became a member of the Gold Humanism Honor Society. She is passionate about working with vulnerable and marginalized individuals and providing appropriate, respectful and culturally sensitive health care.

Ana's interests include: patient empowerment, community health, and child and adolescent health. In her spare time, she enjoys cooking, catching up on movies and spending time with nephews and nieces. Ana also earned an MPH from the Fielding School of Public Health at UCLA, which she plans to use in the future to improve community health outcomes through community program implementation, evaluation and analysis.



### **Allen Rodriguez, MD**

University of California, Los Angeles - School of Medicine

Allen Rodriguez was born 9lbs 7oz in Thousand Oaks, Ventura County. He enjoys being in nature, gardening and traveling. He attended the University of California and graduated with a degree in Molecular and Cell Biology and worked on several research projects in laboratories in Berkeley, Berlin and at UCLA. He continued on at UCLA to earn his doctorate of medicine in 2018.

Allen's priorities include family, friends, food and becoming the best physician possible. Areas of particular interest in medicine include child and adolescent medicine, sports, addiction and geriatrics. He is very excited for the next chapter of his training in the community of Chula Vista and hopes to make contributions to the public health of the region.



### **Cayce Smith, MD**

University of Texas Southwestern Medical School

Cayce grew up overseas among a lively bunch of ex-pats until her family decided to move back to the states and settle down on the Texas gulf coast.

Throughout her journey in becoming a physician, Cayce has focused on the relationship between inequality, illness and suffering. During her training she has worked with organizations advocating for immigrant rights as well as against police brutality in communities of color.

In the past year Cayce has worked extensively with groups providing humanitarian aid to migrants crossing the U.S.-Mexico border. She is committed to strengthening knowledge and work surrounding the social determinants of health as well as access to care for marginalized groups.

Cayce's other interests include poetry, mixed media drawing, the ocean and learning Spanish.



**Kasi Bodiford, MD**

Loma Linda University - School of Medicine

Kasi grew up in a military family and has lived in many different places throughout the United States and the world. She's experienced many different cultures and worldviews, which has shaped her own perspective and cultivated her desire to serve communities with diverse experiences and ways of thinking.

While attending medical school at Loma Linda University School of Medicine, she lived in Lake Elsinore and participated in grassroots community development initiatives. She is passionate about patient centered care that empowers patients to take charge of their health.

She also loves supporting mothers in birthing their babies as well as teaching her patients about alternative treatments to chronic medical conditions such as nutrition, stress management, exercise and evidenced based supplements.

As an undergraduate at California Baptist University, Kasi majored in biology and minored in global studies.

In her free time, you will find her playing with her four-year-old daughter, hanging out with her husband, hiking, camping or spending time with her neighbors.