

Scripps Family Medicine Residents – Class of 2020



Gabriela Ventura, MD



Miguel Alvarez, MD



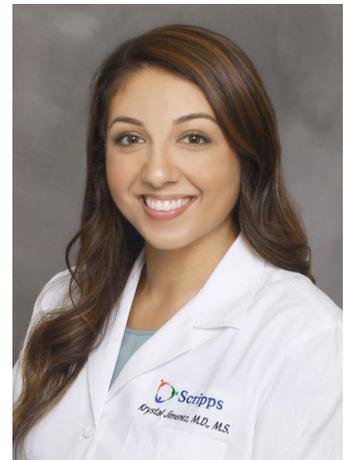
Michaela Stanley, MD



Alejandra Morales, MD



Ernesto Ramirez, MD



Krystal Jimenez, MD



Ellyse Rengstorf, MD



Sabrina Owens, MD

Miguel Alvarez

Miguel was born in El Grullo, Jalisco, Mexico and moved to the San Gabriel Valley during his early childhood. He then attended UCLA where he majored in Physiological Science. During college, he was actively involved with Chicanos/Latinos for Community Medicine and the Latino Student Health Project. After graduating in 2010, he worked at the West LA Veterans Affairs Hospital for a year conducting a smoking cessation study.

For medical school, Miguel was thrilled to be part of the Program in Medical Education for the Latino Community (PRIME-LC) at the UC Irvine School of Medicine. This dual-degree program trains medical students to become physician leaders and advocates within medically underserved communities. In addition to creating the PRIME-LC Student Advisory Council and serving both as council president and co-chair of the Outreach & Recruitment Committee, Miguel was also co-chair of the Latino Medical Student Association. His passion for mentorship and teaching was also demonstrated by his participation in the Health Scholars Program and Doctors for Diversity.

Miguel earned an MBA from the Paul Merage School of Business, envisioning himself leading an administrative role within a federally qualified health center. He is also a proud member of the Gold Humanism Honor Society and recipient of the Oliver Goldsmith, M.D., Scholarship. He is completing his residency training at his dream program, Scripps Mercy Family Medicine Residency, which upholds the values of social justice and providing comprehensive and equitable medical care for our medically underserved communities.

For fun, Miguel enjoys spending time with his wife Krystal (pictured below) and their two small dogs. He likes to travel, eat and try new food, watch movies, run, and play Taboo.

Alejandra Morales

Alejandra grew up in La Ceiba, Honduras until she was 13 years old. She then moved to Sunnyvale, CA in Northern California. Alejandra attended UC Berkeley and received a B.A. in Integrative Biology.

For medical school, Alejandra attend UC Irvine School of Medicine, and was part of the Prime-LC (Latino Community) program. She received her MPH from UCLA in community health. She is a proud member of the Gold Humanism Honor Society. While in medical school, she was an active member of the Latino Medical Student Association (LMSA). She also was a Santa Ana Building Healthy Communities Diabetes Education instructor, and helped tackle the health inequities that affect the community of Santa Ana.

Her passions include social justice, Latino and global health, nutrition, yoga, dancing, and drawing.

Krystal Jimenez

Krystal was born in the San Fernando Valley, CA. She graduated from UCLA with a B.S. in Physiological Science and was very involved in community outreach organizations such as Chicano/as for Community Medicine. After graduating from college, Krystal worked at Olive View-UCLA Medical Center as an emergency medicine research coordinator.

Krystal is a proud graduate of UC Irvine School of Medicine's Program in Medical Education for the Latino Community (PRIME-LC). She received a dual MD/MS degree in Biomedical and Translational Sciences, where she studied occupational risk factors in agricultural workers in Nicaragua. As a medical student, she was an active member of the Latino Medical Student Association (LMSA) and the Health Scholars Program (HSP) in Santa Ana, CA, where she had the great opportunity of mentoring premedical students. Krystal was also inducted into the Gold Humanism Honor Society, where she served as a co-coordinator for a community exercise program, El Tren de Salud (Health Train).

Krystal is very passionate about addressing healthcare disparities through mentorship programs for students that are underrepresented in medicine and by working in medically underserved communities. She is honored to be a part of the Scripps Chula Vista Family Medicine Program, which upholds community outreach and social justice at the core of its values.

Outside of medicine, her hobbies include playing with her two dogs, spending time with her family and husband (Miguel, pictured above!), and practicing event and costume makeup.

Sabrina Owens

Sabrina is a San Diego native who completed her B.S. in Biology and B.A. in Ethnic Studies at the University of California, San Diego. Having found a love of serving the San Diego community, she attended medical school as part of the UC San Diego PRIME Health Equity Program, a five year dual degree program for students interested in serving the underserved. During her time there, she contributed to many programs including coordinating the School of Medicine Mentors, Doc-4-A-Day, and the Sex and Cookies sex education program.

She completed her Master's in Public Health at the University of California, Los Angeles in Community Health Sciences. Her interests include sexual and reproductive health, adolescent medicine, and integrative medicine. She also enjoys volunteering globally having completed work in Guatemala and Mexico.

As a proud member of the Gold Humanism Honor Society, she values providing her patients with compassionate care and volunteering in the community. She has been honored with the Edwin Reithmayer Scholarship, LMSA Outstanding Senior Award, and Champions for Health (San Diego Medical Society) Award for her dedication to serving the community. In her free time she enjoys latin dance, spending time with family, baking, traveling, and striving to complete her life goal of becoming fluent in Spanish.

Ernesto Ramirez

Ernesto was born and raised in the beautiful city of Chula Vista, California. He spent most of his youth playing sports such as basketball, soccer, and cross country. He attended a local high school, Castle Park, where he found his passion for biology and science. He attended UCLA for college, where he was actively involved in community health and mentorship programs.

Before medical school, Ernesto obtained a Masters in biotechnology and spent many years developing human therapeutics for cancer treatment at Amgen. He then attended medical school at UCLA. There, he served as a mentor and tutor to aspiring students wanting to attend medical school. In addition, he spent a summer conducting research on hypertension treatments.

He is passionate about encouraging his patients to become more involved in managing their chronic illnesses such as hypertension and diabetes, as he believes improving patient's self-efficacy is crucial in living a long healthy life. In his free time Ernesto enjoys running, hiking and home improvement projects.

Ellyse Rensgtorf

Ellyse went to college at UC Berkeley and graduated with a degree in Nutritional Sciences. During college she enjoyed studying Spanish, working as a pantry chef, and taking nutrition classes.

As a nutrition counselor at Women, Infants, and Children (WIC), she became interested in becoming a physician to address the health problems her clients had that couldn't be helped by nutrition.

Before medical school, she served as a community health educator in the Peace Corps. For two years in Turkmenistan, she taught prenatal classes in the local language and led health and English classes for children. At the request of her community, she also allied with local nurses to create a small fitness center where she led exercise classes.

During her time in medical school at UC San Diego, Ellyse helped manage the women's clinic at UCSD's Student-Run Free Clinic. She also explored her interests in integrative medicine and obesity medicine.

In her free time she enjoys spending time with her amazing husband, bike riding along San Diego's coastline, cooking new recipes, and hiking.

Michaela Staley

Michaela Staley was born and raised in Idaho Falls, Idaho. She attended Arizona State University on scholarship where she studied Global Health and Sustainability and was fortunate to study and do research in Costa Rica and Guatemala. Working with refugees and migrants in Phoenix and the Southern border gave her a profound respect for displaced families and advanced her interest in the social and political drivers of health. She went to Dartmouth for medical school, where she was a Global Health Scholar and co-led the Migrant Health Initiative working to increase healthcare access for dairy workers in Vermont and New Hampshire.

She strongly believes that physicians have a responsibility to champion policies that promote social, environmental and economic equality; to that end, she plans to devote her career to public policy and advocacy work. She is thrilled to train at a program that is engaged in community activism and confronting the challenges of border health and low resource care on a daily basis. Her clinical interests include women's health and behavioral health, and the integration of mental health into primary care.

In her free time, she loves to hike, swim, play volleyball and dance. She and her boyfriend couples matched to San Diego for residency and are enjoying exploring their beautiful new home.

Gabby Ventura

Gabby Ventura grew up in Irvine, California and often goes to visit her family in Guatemala. She is a graduate of the University of California, Irvine School of Medicine's Program in Education for the Latino Community (PRIME-LC) – a dual degree program with the goal of training physician advocates for underserved Latino communities. She also earned a Masters in Public Health at the University of California, Los Angeles to learn how to better address health and wellness from a community perspective. During medical school she was a member of the Latino Medical School Association and the Gold Humanism Honor Society.

Her passions include social justice and eliminating health disparities. She believes health care is a human right and strives to provide compassionate care to the communities she is fortunate enough to work in. In her spare time, her hobbies include reading, running, and traveling.