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HERITAGE VALLEY
HEALTH SYSTEM

PGY-3



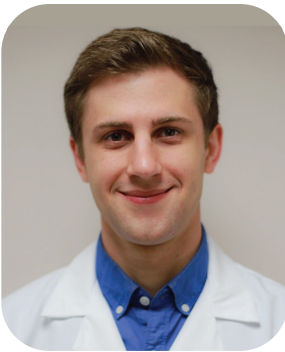
Lamis Khalil, MD

Hometown: Southfield, Michigan

Undergraduate: American University of Beirut

Medical School: Lebanese American University School of Medicine

"I knew I wanted to be part of the Heritage Valley Family Medicine team as soon as I interviewed there! Even though this year's interviews were virtual, the residents and physicians displayed a palpable sense of community and positive work environment; they were all warm-hearted, compassionate and showed genuine interest in my experiences. They made me feel at home! What attracted me the most were their TRACs that would allow me to tailor my training to fit my areas of interest. I was confident I would get a well-rounded residency training there that would help me achieve my professional goals."



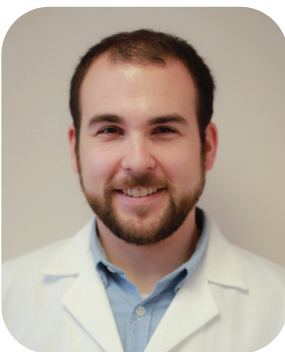
Nicholas Lieb, DO

Hometown: Harrison City, PA

Undergraduate: Saint Vincent College

Medical School: Lake Erie College of Osteopathic Medicine – Bradenton

"I was interested in completing a residency at Heritage Valley for many reasons. Heritage Valley is close to my hometown, and I feel personal ties to the greater Pittsburgh area. The residency program appealed to me because of its well-rounded training opportunities in Family Medicine as well as its options to focus on tracks such as Sports Medicine or Palliative Care. It was evident during my interview that the program fostered a good sense of community and well-being among the residents."



Jared Maurer, DO

Hometown: Julian, PA

Undergraduate: Pensacola Christian College

Medical School: Edward Via Virginia College of Osteopathic Medicine

"Heritage Valley was appealing to me because their program offered great educational opportunities in a community hospital setting. I was also drawn by the opportunity to pursue my interests in Sports Medicine and OMM while in residency. During my interview, the faculty, staff, and residents were so kind and welcoming, and I knew that it was the kind of environment that I wanted to join."



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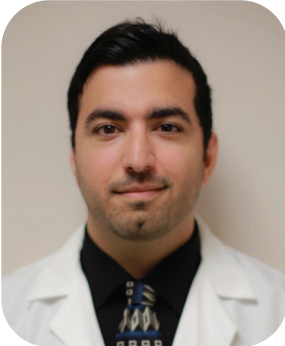
Saniya Niazi, MD

Hometown: Karachi, Pakistan

Undergraduate: BAMB PECHS Govt College for Women

Medical School: Karachi Medical and Dental College

"I chose Heritage Valley, as not only it offered an unopposed program that would diversify my learning experiences; it also provided the richness to personalize my training through TRACs. On my interview day, I was thoroughly impressed with the Program's cultural dexterity, inclusiveness, and has passionately the faculty, residents, and staff all comes together as a team to serve the community. As this was not enough, the Program statement, "Program As Unique As You" confirmed the intellectual alignment of our vision for professional growth. I knew I will choose Heritage Valley every time over any other program."



Jon D. Nicassio, DO

Hometown: Harrison City, PA

Undergraduate: The University of Pittsburgh at Greensburg

Medical School: West Virginia School of Osteopathic Medicine

"When choosing a residency program, I was looking for a program that was friendly, compassionate, hardworking, and supportive to their residents, employees, and staff. I quickly learned from my rotations at the Heritage Valley Beaver Campus, that the program had all of these traits I was looking for. I loved how supportive and knowledgeable everyone was. I knew that I would receive the best training in Family Medicine."



Michael R. Thomas, DO

Hometown: Pittsburgh, Pennsylvania

Undergraduate: Saint Vincent College

Medical School: Lake Erie College of Osteopathic Medicine

"I was initially interested in Heritage Valley because I wanted to attend a good program that was close to home. I was really impressed during my interview as everyone was very welcoming and friendly. I was happy to learn that I could pursue my interest in Behavioral Health at Heritage Valley. After I came for a second look, I realized this was a great community that I wanted to be a part of."



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Hannah Coombe, DO

Hometown: Maple Shade, NJ

Undergraduate: Grove City College

Medical School: Liberty University College of Osteopathic Medicine

"The Family Medicine program here at Heritage Valley Beaver is well established and well known for training fantastic Family Medicine Physicians. Everyone, from the faculty and residents to the nurses and office assistants are approachable and supportive. When searching for a program, I was also looking for a family friendly training environment with a strong reputation and a location my family could finally call "Home". This... is... it! The proximity of Beaver to Pittsburgh brings everything within reach. We have an abundance of parks and kid-friendly activities as well as entertainment, professional sports, and plenty of restaurants to satisfy any foodie cravings. My family found a beautiful home in Coraopolis where we can easily access the city or commute to work."



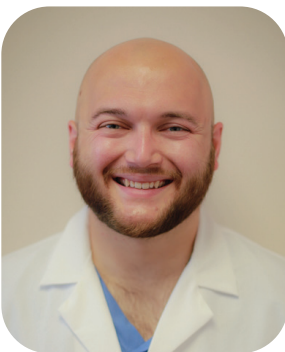
Bushra Hashmi, MD

Hometown: Pittsburgh, PA

Undergraduate: Allegheny College

Medical School: American University of Integrative Sciences

"This program appealed to me because of the unique curriculum and strong institutional support it offers. As an unopposed program, it offers a well-rounded experience in clinical and procedural skills both in the inpatient and outpatient settings. I knew this program was right for me after having such a positive interview experience and learning more about the many opportunities I have to tailor my curriculum to my interests. Being close to my hometown of Pittsburgh is a bonus!"



Andrew Kroemer, DO

Hometown: Edinboro, PA

Undergraduate: Allegheny College

Medical School: Lake Erie College of Osteopathic Medicine

"I chose Heritage Valley FM for a multitude of reasons. First, I did an audition rotation here during my fourth-year in medical school and saw how organized and involved they were with my medical school education. It was quite obvious that if they took that amount of time for a visiting medical student, they must really care about their residents and their education. Second, I was incredibly impressed by the structure of the longitudinal curriculum, and how it has shorter rotations with repetition which is more attune with my learning style compared to more traditional structures. Lastly, I wanted a location that was unopposed that allowed me to have access to many opportunities that other FM residencies would have been competing for. For example, I have a passion for sports medicine and Heritage Valley allows me the chance to be the team physician for a local high school as well as Geneva College."



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Jaclyn Natalone, DO

Hometown: Dix Hills, NY

Undergraduate: University of Delaware

Medical School: Lake Erie College of Osteopathic Medicine

"I was initially drawn to this program because of my interview experience. In addition to the fact that everyone was very welcoming, with Heritage Valley being an unopposed program, I got the sense that the faculty genuinely cares about the residents. This program creates a learning environment that encourages you to become a competent, well-rounded physician. I was also drawn to the program because the residents serve a wide variety of patients, including both rural and urban-underserved populations. After my virtual interview, I came for a second-look and fell in love with the area! I knew that residency would be challenging regardless of where I chose, but I'm happy that I chose a program with wonderful co-residents and supportive faculty!"



Chelse Van Spronsen, DO

Hometown: Jenison, MI

Undergraduate: Alma College

Medical School: Lake Erie College of Osteopathic Medicine

"I knew I wanted to complete my residency at Heritage Valley following my rotation with the program. I found all the residents and faculty to be extremely kind and welcoming and knew it would be a perfect learning environment to excel in my areas of interest. The small size of the program and the rural community medicine setting were very appealing to me. I have also lived in the Greater Pittsburgh area for the past year with my soon-to-be husband and grew to love the many amazing food options in Pittsburgh as well as the beautiful nature trails of Western Pennsylvania. Heritage Valley had everything I wanted and needed in a residency program."



Kayla Wilson, MD

Hometown: Millerstown, PA

Undergraduate: Lock Haven University

Medical School: American University of the Caribbean

"I chose Heritage Valley because I knew it was the best place I had found to learn how to become an excellent family physician. Being an unopposed program, I knew I would not be competing for any learning opportunities. I have never encountered a hospital system that felt like it was one big family as much as Heritage Valley. Everyone in the program is supportive and residents never have to be afraid to ask for help. I'm glad that I am now part of this wonderful community where patient care and resident education remain the top priorities."



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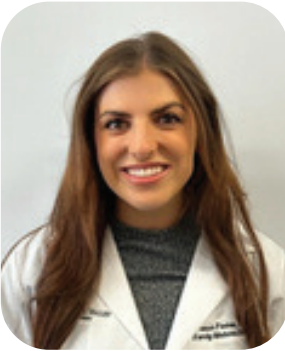
Jacob Hayton, DO

Hometown: Tempe, AZ

Undergraduate: Arizona State University

Medical School: Lake Erie College of Osteopathic Medicine

"I selected Heritage Valley after an extremely open and welcoming interview and second-look. My family loved the area and I am excited by the challenges available in the program, especially the opportunities to practice family medicine alongside outpatient behavioral health and MAT. I really enjoyed meeting the residents and staff and heard rave reviews from everyone I asked about the program!"



Tressa Parker, DO

Hometown: Pittsburgh, PA

Undergraduate: Westminster College

Medical School: Lake Erie College of Osteopathic Medicine

"I chose Heritage Valley because of how comfortable the residents, faculty, and staff made me feel during my time visiting as a medical student. I was lucky enough to have rotated with this program as a fourth-year medical student and I could not have had a better experience between the people and the learning opportunities. On top of the friendly environment, I also love what this program has to offer. I personally value the idea of having dedicated time to explore specific domains such as OMT, MAT, behavioral health, procedures, etc. all within the outpatient office setting. Additionally, as a Pittsburgh native, being close to home is a bonus!"



Kelsey Rice, DO

Hometown: Orlando, FL

Undergraduate: University of South Florida

Medical School: Philadelphia College of Osteopathic Medicine

"I was fortunate to do an audition rotation at Heritage Valley where I immediately fell in love with the faculty, residents, staff, and patients. As I interacted with the residents, I saw how they truly enjoyed their day-to-day life serving the Beaver community and how proficient and confident they were to go out into the workforce once graduated. During my interview, I saw how I could customize my residency experience at this program through their TRACs and receive all the support from the faculty to make me a well-rounded and successful family medicine physician. I also appreciated how the program is unopposed and serves a more rural community so that I can learn everything I can to better serve my future patients."



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Sonya Shaikh, MD

Hometown: Bethel Park, PA

Undergraduate: Allegheny College

Medical School: Saint James School of Medicine, Anguilla

"I knew Heritage Valley was the program I wanted to continue my training at after my interview. I was looking for an unopposed program, with a strong curriculum, that was close to home, and the program has everything and more. I was struck by how passionate the residents and faculty were about Family Medicine. I was confident that if I continued my training at Heritage Valley I would be one step closer to becoming the full scope Family Medicine physician I aspire to be."



Gage Stevens, MD

Hometown: Topeka, KS

Undergraduate: Kansas State University

Medical School: Ross University School of Medicine

"I am thrilled to have been matched at Heritage Valley Family Medicine. This program aligns perfectly with my career aspirations in family medicine, as their curriculum allows me to additionally explore my interests within the field, such as Sports Medicine and Urgent Care. The warm and welcoming environment created by the faculty, staff, and residents at Heritage Valley is truly exceptional. From my interactions during the interview process and tour of the facilities, I felt an instant connection and a sense of camaraderie. I firmly believe that being part of such a supportive and collaborative community will not only enhance my learning experience but also foster personal and professional growth. Heritage Valley is undeniably the best fit for me, and I am excited to embark on this journey with them!"



Rahul Tuhani, MD

Hometown: Queens, NY

Undergraduate: Queens College City University of New York

Medical School: Windsor University School of Medicine, Saint Kitts and Nevis

"I was drawn to Heritage Valley because I was looking for an unopposed program that would maximize my learning experience. After the virtual interview and in-person visit, I was blown away by the camaraderie between faculty, residents and staff. I truly felt that I would learn and grow as a physician in this supportive environment. I also appreciated the ability to tailor interests through TRAC, which I found to be really unique to this program."