

Our Residents

St. Joseph Hospital Family Medicine Residency Program

Class of 2027

Sarah Holdren, MD

Hey everyone! I'm thrilled to be at St Joe's family! I'm originally from rural Ohio, but have most recently called Asheville, North Carolina home.

I've made a lot of stops along the way on my journey to St Joe's. I attended undergrad at Elon University where I studied anthropology and public health while conducting qualitative research about infant feeding and family-centered care in the NICU. That research took me to Finland on a Fulbright grant after graduation, where I got to study and work within a public healthcare system that prioritizes primary care differently than our health system in the US. My time spent in the NICU gave me a passion for caring for both parents and children, and I am so excited to continue doing this as a full-scope family doc. Upon returning to the U.S., I completed a master's degree in Narrative Medicine before attending medical school at the University of North Carolina School of Medicine.

During medical school, I used my skills in Narrative Medicine to develop and lead several workshops for faculty and students on DEI and anti-racism in medicine. I also furthered my interests in health equity, childbirth, and family-centered care by continuing to conduct qualitative research with patients and advocate for systemic changes that supported their care. In my clinical rotations, I fell in love with all aspects of family medicine: adult medicine, reproductive healthcare, care for folks with substance use disorders, and pediatrics. When looking for a residency program, I wanted to find a place where I could continue to grow as a teacher and advocate while also practicing the fullest scope possible. St. Joseph's clearly had all of this and even more-- residents who seemed genuinely happy. Outside of medicine, I enjoy hiking with my partner, Greg, and our basset hound, Banjo, making ceramics on the pottery wheel, trying new restaurants/breweries, and reading on the couch.



Caryn Aussenhus, MD

Hello! I am beyond excited to be completing my residency at St. Joe's!

My early years were spent in Colorado, exploring the Rocky Mountains and riding horses in the foothills. I then moved to the beautiful Pacific Northwest where I grew up wandering through the evergreens and paddleboarding in the Puget Sound. I graduated from Wheaton College in Illinois where I studied Applied Health Science and minored in Spanish. I had the opportunity to participate in a Spanish immersion program in Spain, which was undoubtedly a highlight of my college experience and challenged me to become conversational in Spanish.

Following college, I spent a year in Seattle working as a graduate research assistant at Fred Hutchinson Cancer Research Center. I devoted my time to public health research and determining how we could better improve health policy. I specifically focused on how to improve nutrition and physical activity programming in elementary schools.

I attended medical school at Loma Linda University in Southern California, an institution committed to whole-person care. It was here that I fell in love with family medicine and how the specialty allows you to journey alongside patients through their most vulnerable seasons of life. Additionally, I further pursued my passion for social justice by completing a certificate in the Policy, Advocacy, Leadership, Service (PALS) program. I also help found a student organization, Latinidad, that advocates to improve healthcare for the Latinx communities.

I enjoy discovering local coffee shops, finding farmer markets, and exploring all that Colorado has to offer. I am so happy to call this place home!





Nicholas Brady, MD

Greetings! My name is Nick, and I grew up just outside Chicago, raised on a steady diet of deep-dish pizza and windy winters. In search of a new experience, I left the majestic cornfields of Illinois to study at UC Berkeley, where I majored in economics. During this time, I developed a greater appreciation for how the larger systems at play influence people's lives on a micro level, particularly with regards to health. This perspective no doubt nudged me towards family medicine with its broader emphasis on the community.

I took the scenic route from college to medical school, spending one year teaching high school math and coaching football in American Samoa and a second working as an emergency department technician in Washington, DC (which was made quite interesting when covid hit). While in the ED, I saw just how impactful quality primary care—or lack thereof—was in determining health outcomes. I then went on to medical school at the University of Maryland in Baltimore, where my passion for family medicine crystallized due to its ability to support underserved communities through a longitudinal approach and focus on the whole person. I also supplemented my clinical time with political advocacy aimed at social inequities, a value shared by St. Joe's and one of the reasons I was drawn towards the program. My professional interests include palliative care, reproductive justice, LGBTQ+ care, social determinants of health, and community medicine. Outside of medicine, I enjoy beach volleyball, live music, writing, and exploring the beautiful scenery of Colorado via cycling, hiking, and snowboarding.



Lynn Wang, MD

Hi everyone! My name is Lynn Wang and I grew up in Woodbury, MN. I attended the University of Minnesota and majored in neuroscience. Thinking I would become an academic researcher, I moved out to San Francisco to earn my PhD through UCSF's Neuroscience Graduate Program. However, my time in graduate school helped me realize that what I found truly fulfilling was not working at the bench but engaging with people on a regular basis to make a difference in individual lives. I returned to my alma mater to attend medical school, where I discovered my passion for family medicine. What ultimately drew me to the specialty were the opportunities to engage in continuity of care and the breadth of practice. My interests include women's health, adolescent medicine, and community medicine. I'm really excited to be attending residency at St Joe's, where I train in an urban setting working with underserved communities.

Outside of work, I enjoy spending time with my family. I am married and have two sons, a pittie mix. My husband is from Denver, so we are thrilled to be close to family and return to our former days of camping and hiking in the mountains. In my personal time, I enjoy playing piano and violin, biking, reading, cooking and baking, and knitting.



Shreya Bhattacharya, DO

Hi, I'm Shreya! I'm from Fort Lauderdale, Florida, and I completed undergrad at the University of Florida and medical school at Nova Southeastern University (while also getting my MPH).

With my experiences, I grew to appreciate the variety and diversity within family medicine, as well as the opportunities to advocate for and work with underserved patient populations. Within family medicine, my special interests include reproductive care, gender-affirming care, and integrative medicine. I am grateful to get full-spectrum training at St. Joe's from the physicians and faculty who share my values and mission, and where opportunities to engage in advocacy and within my special interests are plentiful.

In my free time, I enjoy traveling, reading novels, crocheting, and finding new places to eat or new recipes to try at home. I am thrilled to be here!

Anne Cardwell, MD



Hi! I'm Annie, and I'm super excited to be at St. Joseph's family medicine program! I am looking forward to being a part of a residency program that has enthusiastic and driven residents and faculty. I grew up moving around a lot before settling in Kalamazoo, Michigan right before I started high school. I attended Case Western Reserve University and studied Cognitive Science and Biology. Throughout high school and college, I discovered a love of education and after graduation, I joined the Peace Corps and moved to Mbeya, Tanzania, where I taught Biology in a secondary school and led community education programs on HIV and menstruation.

I attended medical school at the University of Michigan, where I found myself drawn to Family Medicine for its wide variety and the opportunities to build long-term relationships. I also got an MPH while at Michigan, which I'm excited to apply to in this next chapter of my journey here at St. Joseph's! Outside of medicine, I enjoy almost any outdoor activity and can often be found hiking or running. I also love live music, baking for friends, and buying new houseplants! I enjoy getting out on the trails and seeing lots of shows and concerts!

Megan O'Leary, MD



Hello! My name is Megan O'Leary. I am a Colorado native, born and raised in Highlands Ranch. As a first-generation college student, I graduated from the University of Denver with a degree in biochemistry and minors in biology and communications. After graduation, I took a few gap years and worked at the University of Colorado Anschutz Medical Campus as a cancer research assistant in the Department of Pathology. During this time, I also enjoyed hosting trivia at various bars around the Denver Metro Area.

I attended medical school at Midwestern University Chicago College of Osteopathic Medicine in Illinois, where I met my husband. I am thrilled to be joining Saint Joe's. I instantly connected with everyone during my interview and knew I would fit in perfectly with the team. I am also very interested in the medical Spanish component built into the curriculum, as it will help me connect better with my patients.

In my free time, I love playing with my dog, Stella, and my two cats, Emma and Ozzie. I also enjoy exploring new breweries, watching sports, and spending time with my family.

Sabrina Demaestri, DO



Hi! My name is Sabrina and I am so excited to be a part of the family medicine residency at St. Joe's! My family is from Argentina and I grew up in Washington DC and Montevideo, Uruguay. I went to Barnard College in NYC where I majored in psychology and political science. After a few years in sales, I decided to pursue my dream of becoming a physician. I attended the Post Bac Pre Med program at University of Virginia and then medical school at Kansas City University. In between academic years, my husband Nat and I lived in Denver and Golden and we fell in love with Colorado. We are so excited to continue living here!

I am a native Spanish speaker and I am passionate about serving the Latino community, both here and abroad. In medical school, I traveled twice to Guatemala where I had the chance to serve on a team that set up clinics in different towns. It was extremely rewarding to be able to connect with patients and offer so many different sustainable resources. I also have a strong interest in women's health and I hope to include obstetrics in my family medicine practice. The diverse patient population as well as the Global Health and Obstetrics tracks first drew me to this program. I was able to spend a month at St. Joe's and I felt right at home. The residents and faculty find joy in working with underserved patients and providing unparalleled support in learning and teaching, which is the perfect fit for me!

When I'm not in clinic I love jogging, yoga, and hiking with our dog Marnie! I also love traveling and I spend a lot of time in the kitchen, recreating recipes from the amazing foods we've tried on our adventures.



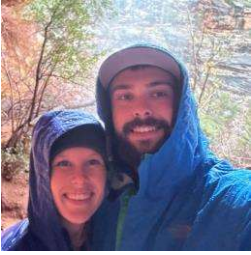
Marissa Nolan, DO

Hey Y'all! I'm Marissa and I am thrilled to be a part of the St Joe's family! I'm originally from Hastings, MN, a small town outside the Twin Cities. The thing I love most about Minnesota is the lakes, you can't beat boating on the lakes and rivers in the summertime! I attended the University of Minnesota-Twin Cities for undergrad, and loved everything that a Big 10 school had to offer, Go Gophers! On a whim I decided to leave the midwest and I committed to attending medical school at Campbell University School of Osteopathic Medicine (CUSOM), and thoroughly enjoyed my time on the beaches, lakes, and mountains in NC. During my time at CUSOM I was lucky enough to be able to serve at our student-run Community Care Clinic. We served a large migrant farm worker population, most of whom spoke Spanish. Through this experience, among many others, I developed my passion for serving underserved populations, Spanish-speaking populations, and serving families. What I love most about family medicine is the longitudinal and variety of care, and the opportunity to see entire families over multiple generations. My special interests in family medicine include adolescent medicine, behavioral health, obesity medicine, lifestyle, and underserved medicine.

Outside of the hospital I consider myself to be a jack of all trades, but master of none. I love the outdoors and enjoy rollerblading, hiking, biking, kayaking, etc. I occasionally will try to relearn the piano. I love reading and spent a lot of my fourth year of medical school reading ACOTAR and the other Sarah J. Maas books, iykyk. The thing I love most in the world is dogs, although I don't currently have one of my own I will certainly love on everybody's pets. I enjoy game nights, hitting up breweries, and am really game to try just about anything once.

Class of 2028

Mikel Berria, DO



Hello! My name is Mikel and I am so glad to be at St. Joe's Family Medicine Residency and becoming the physician I have always wanted to be!

I grew up in a small farm town in Idaho, where I enjoyed many of the same outdoor activities available in Colorado, just a little further north in the Rockies. I worked as a CNA briefly in high school, where I fell in love with the team aspect of medical care and the rewarding nature of direct patient interaction. I knew that I didn't want my medical journey to stop there so I attended college at the University of Idaho (Go Vandals!), where I majored in Medical Sciences. During this time, I had many experiences in the medical field, most of which were primary care based and with underserved populations. I began to appreciate how large of an impact Primary Care Physicians had, especially with more vulnerable populations. I decided to apply to medical school with a semi-open mind about specialty selection, but leaning heavily towards Family Medicine. I attended medical school at Touro University Nevada in Las Vegas and quickly determined that I wanted to practice preventative medicine, have continuity with my patients, and work with underserved populations. I received a scholarship through the National Health Service Corps, ensuring that after my residency training, I will be doing just that! I feel very fortunate to be joining a residency program that will prepare me well for this role!

Outside of medicine I like to remain active: lifting weights, hiking, biking, skiing, and doing pretty much any outdoor activity you can think of. My partner and I have also become sort of amateur foodies; we love trying new restaurants and new beers! I am beyond excited to finally live in a walkable/bikeable city and plan on taking full advantage.

William Tsai, MD



Hi everyone! My name is Will and I was born in Taiwan and immigrated to Irvine, California when I was six. I attended UCLA (Go Bruins!) where I majored in Psychobiology and minored in Developmental Psychology. Throughout college, I wavered between pursuing a career in education or healthcare but ultimately realized that I could fulfill both dreams by becoming a physician. After college, I took two gap years where I taught GED math at a local rescue mission and volunteered at a hospital implementing therapeutic play for pediatric patients.

I left the sunny SoCal beaches for the rolling hills of Iowan corn fields when I attended the Carver College of Medicine for medical school. I was able to further develop my passion for teaching through a Teaching Distinction Track which gave me opportunities to participate in several curricular committees and serve as an anatomy tutor for two years. I also had the chance to design and implement an MCAT preparation program for pre-meds from underrepresented backgrounds. Ultimately, I was drawn towards family medicine by the unique role of a family physician as the bridge between patients and their communities with complex healthcare systems and specialized care. I'm excited to continue my training at St. Joe's to become an effective clinician and educator in the beautifully diverse and vibrant community of Denver.

Outside of medicine, I love cooking and eating Asian food (and really any food...), running, basketball, board games, hiking, playing guitar or piano, listening to classical or jazz music, and cuddling with my sweet goldendoodle pup Manna. I'm so excited to be in Denver to hike the mountains and explore the city!



Avery Pardue, MD

Hi my name is Avery Pardue, a Kansas native and a proud graduate of North Carolina A&T State University where I earned my B.S. in Biology with a Pre-Med concentration. Throughout my undergraduate journey, I was deeply engaged in research and participated in nationally recognized programs, such as the Bluford Healthcare Leadership Institute and the Summer Health Professions Education Program. Both programs shaped my understanding of health systems and leadership.

I attended KU Medical school where I continued to develop my medical knowledge and social awareness. Beyond academics, I've been actively involved in mentoring and service. My experience includes working with Spanish-speaking elementary students abroad, mentoring high school students, and providing healthcare to Kansas City's unhoused population. I'm passionate about guiding others through education and empowerment. My experiences continue to shape my vision for equitable healthcare and leadership in medicine, which played a major role in my desire to pursue a career in Family Medicine.

Outside of medicine, you can find me practicing Spanish, hiking outdoors, or playing chess. Excited to be a part of the St Joseph community.



Lisa Hopkins, DO

Hi everyone! My name is Lisa, I'm a Colorado native and am excited to be a part of the Saint Joe's Family Medicine Program.

I completed my undergraduate studies at the University of Colorado Boulder, majoring in Integrative Physiology. My passion for global health began during that time, when I traveled to Nicaragua and Panama with Global Medical Brigades. That interest only grew throughout medical school at Rocky Vista University in Parker, CO, where I had the incredible opportunity to continue exploring healthcare in diverse settings through clinical work in Kenya and Guatemala.

I've also developed a strong interest in Sports Medicine, volunteering at events like the Boulder Ironman and working alongside local sports physicians to provide care to athletes in our community. Outside of medicine, I love spending time with my fiancé, our family and friends, and our two golden retrievers, Wynn and Indy. You can usually find us hiking, skiing, or occasionally taking our tandem bike for a spin to a local brewery.



Alisa Rippee, DO

Hi y'all! My name is Alisa, and I'm from Kansas City, MO. I like to pretend that I am a Colorado native since I was born in Pueblo, so being in Denver is like a homecoming of sorts. I completed undergrad at Truman State University where I majored in Psychology and Exercise Science and played rugby all four years. After undergrad, I thought I might want to do medicine, so I got my EMT license and worked for a while on an ambulance out in California before coming back home to Kansas City and working in the ER before starting medical school at Kansas City University. I got my Masters in Bioethics at the same time, where I learned a lot about the really hard things that inevitably pop up in medicine.

Those four years between undergrad and medical school gave me tons of great experiences and taught me a lot about how much we need good primary care providers. Between that and the fact that I like a little bit of everything, Family Medicine felt like the perfect way to have my cake and eat it too! My main professional interests are LGBTQ+ care, palliative care, community medicine, and inpatient medicine. I am so excited to be at St. Joe's, as this feels like the perfect place for me to learn and grow as a doctor.

Outside of work, I live with my younger brother and my three cats. I love to travel, when I can, and have been fortunate enough to visit one of my best friends in South Korea twice! I love to read and pretend I'm good at gaming with my friends on the weekends.

Tsion Shiferaw, MD



Hi everyone! I'm Tsion (pronounced SEE-yon), and I'm so excited to be at St. Joseph Family Medicine Residency!

I was born in Addis Ababa, Ethiopia, and grew up in Denver, Colorado. I studied Biochemistry at the University of Denver and earned my Master of Public Health in Global Maternal and Child Health from the Colorado School of Public Health. I've always been passionate about working with and for underserved communities, and this passion has guided my path through medicine. I knew St. Joe's was the right fit for me because of our shared core belief that medicine is more than just treating disease — it's about addressing the social determinants of health, advocating for those who face health disparities, and building trust across cultures. My desire to combine clinical care with reducing inequities and fostering effective cross-cultural communication has solidified family medicine as my path. I'm committed to providing care grounded in humility, social justice, and trust — qualities I believe are the true essence of family medicine.

Alongside medicine, I also enjoy expressing myself through painting and exploring new fine-art mediums, finding cozy coffee shops, trying new restaurants, spending quality time with my lovely cats, and traveling whenever I can. I also firmly believe Beyoncé is the greatest artist of all time and will happily hold a spirited discourse to prove it.

Sam Durkin, MD



Hello! My name is Sam, and I grew up in Northeast Ohio in between Cleveland and Akron. My childhood consisted of snowboarding at the stunning ski resort of Boston Mills and Brandywine, exploring the Cuyahoga Valley National Park, and playing a wide variety of sports.

The next step in my life took place at Ohio State for undergrad, where I initially had no clue exactly what I would be studying and started off with an interest in some form of business. The one thing I knew for certain was, no matter what I studied, it would not include science (thanks to a rough Honors Chemistry experience in high school). I quickly realized that my initial interest in the field of business was wildly off base, and thanks to a chance lecture about the school of Health and Rehabilitation Sciences, as well as a realization that I wasn't happy doing what I was doing, I found myself fully interested in the field of medicine. This quickly progressed through an interest in PT, OT, PA and finally, medical school.

I attended medical school at Wright State University in Dayton, Ohio, where I once again had no idea what I wanted to do. I allowed the experiences of medical school and my interest in longitudinal relationships, impacting patients' whole health outside of just clinical encounters, and an overall love for medicine to shape my path. Ultimately, this led me to Family Medicine, where I knew I could achieve all of my goals and truly impact the health of the patients that I would care for in a wide variety of ways.

I'm truly blessed to be here at St. Joseph's. It has been made abundantly clear that this is a program that values a strong culture where everyone is safe to be themselves, while simultaneously pushing you to be the best Family Medicine Physician you can be. For someone who strives every day to keep an open mind and to let my experiences shape the kind of person and physician I will be, I could not be luckier to be at this program for the next three years. The beautiful scenery of Colorado is just a bonus, and I am excited to continue to explore the area through hiking, snowboarding, and camping!



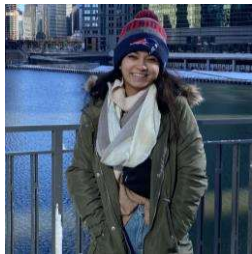
Sophia Lee, MD

Hey y'all!!! My name is Sophia. I'm from Tulsa, Oklahoma. I studied biology and Italian at OU, where I continued to study for medical school (Boomer Sooner & Thunder Up!!)

During my time at OU, I was able to be an ambassador for the DEI Office where I fell in love with advocacy. I've had the privilege of long-term relationships with various organizations dedicated to communities with special needs, the homeless, and at-risk youth. This is where I really got to see the need for primary care and developed a passion for working with underserved populations. I had a blast on my family medicine rotation third year and realized it was the perfect blend of medicine and people that I had been looking for.

I am so excited to be doing my residency at St. Joe's! I was immediately drawn to the full-spectrum training and dedication to service. I truly believe it will be an amazing place to continue my training.

Outside of work, I am probably spending time with my friends or partner, Blake. We love to ski, hike, and travel somewhere new! At home, you can usually find me reading, painting, or taking up a new hobby just for fun,



Ranjini Nagaraj, DO

Hi everyone! My name is Ranjini Nagaraj, and I'm so grateful to be at St. Joe's! I was born in Boston (go Pats!) but grew up mostly in the Bay Area before heading to Rice University in Houston for undergrad. After college, I joined Teach for America in Fort Worth and taught high school science for two years- an experience that sparked my passion for education and community-focused work. I then attended medical school just outside of Houston at Sam Houston State University. During my third year of medical school, I was torn between pediatrics, OBGYN, and family medicine. I realized I couldn't give up any patient population, landed on family medicine, and never looked back.

I did a sub-I at St. Joe's in August of my fourth year, and I immediately felt the warmth, support, and camaraderie of the program. It was clear this was a program that truly values its people, and I'm so thrilled to be part of it! During residency, I hope to build a strong foundation in full-spectrum care, with a particular focus on women's health and obstetrics.

Outside of the hospital, you can find me watching bad reality television, trying new coffee shops/restaurants/breweries/bars in the Denver area, attempting to climb mountains, skiing in the winters, and reading! I am so excited to get to explore Colorado during my time here!

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Estefania Barba, DO

Hi everyone! My name is Estefania, and I am so excited to be a part of St. Joe's family. I was born and raised in Laredo, Texas, and went to Texas A&M University for undergrad, where I studied Biomedical Sciences. I then made my way to Fort Worth to complete my Masters in Medical Sciences and attend medical school at UNTHSC.

I adore Family Medicine because it allows me to build meaningful relationships with patients while advocating for more accessible care for vulnerable and underserved populations. I am drawn to the specialty's variety, continuity, and the opportunity to care for entire families and communities, and am proud to use my Latin heritage to connect with patients culturally and bridge the Spanish-language barrier. Throughout residency, I hope to learn more about the different facets of family medicine, such as sports medicine, community advocacy, health equity, and underserved care, to name a few.

Outside of the hospital, I'm a huge social butterfly and love spending time with family and friends. You'll usually find me trying new restaurants, cooking for the people I love, planning an unnecessarily elaborate themed party, or collaborating on niche playlists with my friends. I danced ballet for 10 years growing up, and hope to find a studio in Denver that can help me reconnect with dance. I also love fashion, thrifting, and giving thrifted finds a second life with my sewing machine. Some of my favorite things are visiting family in Mexico, spending weekends at cookouts with my parents and younger brother, entertaining my friends through my fun story-telling skills, playing pool, going for a jog after school/work, and exploring local spots.

Peyton Boyd, MD



Hello there, my name is Peyton and I am beyond excited to be a part of the St. Joe's FM residency!

Although I was born outside New Orleans, Louisiana, I grew up primarily in western county St. Louis, Missouri. I attended Vanderbilt University, where I double majored in Neuroscience and Medicine, Health, and Society, which deepened my interest in racial health disparities and the social determinants of health. Before medical school, I worked as a medical technician at local urgent care clinics and saw firsthand how geography can shape a community's healthcare needs and access, even within the same city bounds. I then attended the University of Colorado School of Medicine, where I became involved with organizations including the Student National Medical Association and the Center for African American Health, where I not only represented my fellow classmates, but also served the local community in providing health-related education and care. I found myself continually drawn to specialties centered on longitudinal patient relationships and trust, which is why I am beyond excited to continue this journey of discovery and health justice as a St. Joe's resident!

Outside of medicine, I enjoy exploring Denver's fine arts scene. I regularly visit the Denver Art Museum, attend plays and musicals at the Denver Center for the Performing Arts, and take full advantage of my AMC A-List membership. I listen to a lot of music, mainly pop, R&B, hip hop, and soul, and am also trying to explore more of the outdoor experiences that Colorado has to offer. And finally, I have to agree with Dr. Shiferaw: Beyoncé is the greatest artist of all time.



Tommy Clark, MD

Hello! I grew up in the Midwest with three siblings and a soccer ball always at my feet. When it came time for college I initially thought I would study engineering but quickly realized I wanted a career centered on working with people, so I pivoted. I graduated from Western Michigan University with degrees in Biomedical Science and Spanish. I went on to complete a Master's degree in Hispanic Studies, and was particularly interested in language acquisition and sociolinguistics. I also played soccer in college, and after graduation I moved to Maine to coach both youth and college soccer for a stint.

On a bit of a whim, I moved across the country to Seattle, WA to work in clinical research. I spent time at both a small outpatient clinic and a big pediatric hospital, and quickly discovered the joy of connecting with patients. This was the nudge I needed to finally apply to medical school. While attending WMU Homer Stryker School of Medicine I got involved with many community outreach programs, including Street Medicine Kalamazoo. I learned so much from the awesome physicians there promoting a more inclusive and equitable healthcare system for all. I found a similar energy at St. Joe's, and I could not be more excited to be joining this community.

Bridget Easler, MD



Hello! My name is Bridget. I am thrilled to join the team at St. Joseph Family Medicine. I was born and raised in Des Moines Iowa. I attended the University of Iowa in Iowa City for undergrad where I majored in Public Health and became interested in community health, social determinants of health, advocacy, and reproductive justice. For medical school, I traveled just a short way across campus to the University of Iowa Carver College of Medicine where I discovered my passion for full spectrum Family Medicine. I value the continuity of Family Medicine and the ability to take care of families and patients of all ages, from all backgrounds. It was important to me to train at an institution like Saint Joseph that prioritizes addressing barriers to health and improving the health of communities in the way family doctors are well suited to.

My professional interests are in obstetric care and women's health care, geriatrics, and health advocacy. Outside of medicine I enjoy my daily yoga practice, water skiing, gardening, and cross-country skiing. The Midwest is close to my heart, but I couldn't be more excited for my next chapter in Denver!

James Manor, MD



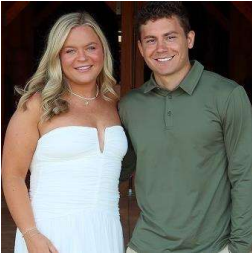
Hi everyone! I am excited to be joining the team at St. Joseph's for my Family Medicine residency. I am especially passionate about working with underserved populations and am drawn to family medicine for the meaningful, long-term relationships it fosters.

Before pursuing medicine, I worked in digital advertising in Boulder, Colorado. In 2017, I returned to school to complete a post-baccalaureate program at the University of Colorado Boulder, followed by a Master's degree at Colorado State University. I then worked as a clinical research coordinator at the University of Colorado Anschutz Medical Campus before attending medical school there. During my training, I was a proud member of the Rural Health Program, where I had the opportunity to care for patients in Garfield County while living in Glenwood Springs during my clerkship year.

Originally from Chapel Hill, North Carolina, I grew up a dedicated Carolina Tar Heel and attended the University of North Carolina at Chapel Hill, where I earned my undergraduate degree in business administration. I was also fortunate to walk on to the varsity basketball team during the 2012–2014 seasons.

Outside of medicine, I enjoy spending time with my wife and our young son, often exploring places like the Denver Zoo and the Denver Museum of Nature & Science. In true Colorado fashion, I love snowboarding, camping, hiking, gardening, and cheering on the Avs and Nuggets. I am grateful to call Denver home and look forward to continuing my training in such a vibrant and supportive community.

Joseph Mayers, DO



Hi everyone! My name is Joe Mayers, and I am excited to join the St. Joseph's Family Medicine Residency Program!

I am originally from Syracuse, NY. I attended Le Moyne College, where I studied biochemistry. After college, I worked as an ophthalmic technician at a LASIK eye center, where I first experienced the impact medicine can have on patients' lives. I also volunteered as a firefighter and EMT in my hometown.

I attended medical school at Rocky Vista University in Parker, CO. During medical school, I discovered my passion for family medicine through experiences in urgent care, where I treated acute and chronic illnesses in patients of all ages, including pediatric and geriatric populations. I also enjoyed managing medical emergencies requiring escalation of care and assisting with sports-related injuries through injections and manipulations.

I am excited to continue my journey in family medicine and look forward to joining the St. Joseph's community. I especially value the opportunity to focus on preventive care and build long-term relationships with patients across all stages of life. I also have a strong interest in sports medicine and hope to one day serve as a team physician.

In my free time, you can usually find me hiking in the Rockies with my wife, Maddy. Occasionally, I can convince her to do a 14er with me! I also enjoy weightlifting, cooking Italian and Polish food, and occasionally falling down ski slopes.

Kyler Paschall, MD



My name is Kyler Paschall. I am glad to be here at St. Joe's in Denver. I am a Texas native and grew up in the South Plains in a small town near Lubbock. Before embarking on my medical journey at Texas Tech, I dedicated my time to volunteering as a firefighter and working in a family medicine clinic. This close connection made my work more meaningful and solidified my passion for serving and contributing to the growth and prosperity of my community.

During medical school, I continued to serve my community by providing diabetes education to families at the city's free clinic. I helped people navigate the stress of trying to maintain their values, culture, and goals in the face of chronic disease. It was an incredible experience that reminded me of the importance of addressing the social aspects of health.

Having grown up in a small town, I really value the do-it-all attitude for family medicine that this program embodies. I chose Saint Joseph because the training here will prepare me to be comfortable with whatever comes in the door. While I love the variety of family medicine, I also have specific interests in hospital medicine and diabetes and obesity.

When I'm not working, I enjoy reading, video games, woodworking and furniture repair, as well as trying new recipes and experimenting with different cooking techniques.

Jenny Romero, MD



Hi everyone! My name is Jenny Romero and I am thrilled to be starting the next step in my training to be a Family Medicine Physician here at St. Joseph Hospital!

I grew up primarily in Littleton, CO and attended CU Denver where I studied Biology. While there, I learned more about social determinants of health and careers in medicine. It was then I had a hunch that Family Medicine would be the perfect fit for me. After college, I took a few years to work in clinical research under Dr. Andy Liu studying environmental and genetic impacts on pediatric asthma. Then, I served as a Community Navigator at RISE Colorado. Both of these experiences solidified my choice to study medicine and to maintain close connections with my community to understand how larger factors in society impact their health. I continued my studies at the University of Colorado School of Medicine where I met some amazing leaders and role models in Family Medicine, further reinforcing my purpose and vision for my career,

Outside of the clinic and the hospital, you can find me gardening, planning the menu of my next dinner party, thrifting, hanging out with family and friends, or completing Coach Bennett's latest guided run on the Nike Running app!

Karen Vargas Parra, DO



Hi! I'm Karen! I grew up in Oklahoma City and attended the University of Oklahoma, where I majored in Biology and minored in Spanish and Medical Humanities. During my undergraduate years, I worked in a research laboratory studying neurodevelopmental disorders, which deepened my interest in medicine and the ways science can improve patients' lives.

I earned my medical degree from Oklahoma State University College of Osteopathic Medicine, where I discovered a passion for patient education and preventive care through volunteer work at community health fairs and events. I am particularly committed to serving Spanish-speaking patients and underserved communities, and I value building meaningful relationships with the communities I care for.

I am so excited to be part of the amazing team at St. Joe's and looks forward to caring for and advocating for the diverse patient population it serves.

Outside of medicine, I enjoy scrapbooking, reading, going on walks, trying new restaurants, and or planning my next travel adventure. I love connecting with people, learning new things, and finding creative outlets whenever I can.