

Residents' Roll Call

Quarterly Program Newsletter



Summer 2026

The Residency Program Continues to Develop and Grow...

The Eleanor Cochran Family Medicine Residency Program Inaugural Resident class wrapped up its academic year this past June and we reached an important milestone as the interns advanced to PGY-2 status. On behalf of CNCHC, I congratulate our Resident Physicians: Obiageli Chidi, Lucien Iragi, and Karen Rodrigues. I also welcome our new PGY-2 transfer Resident Dr. Jared Peralta.

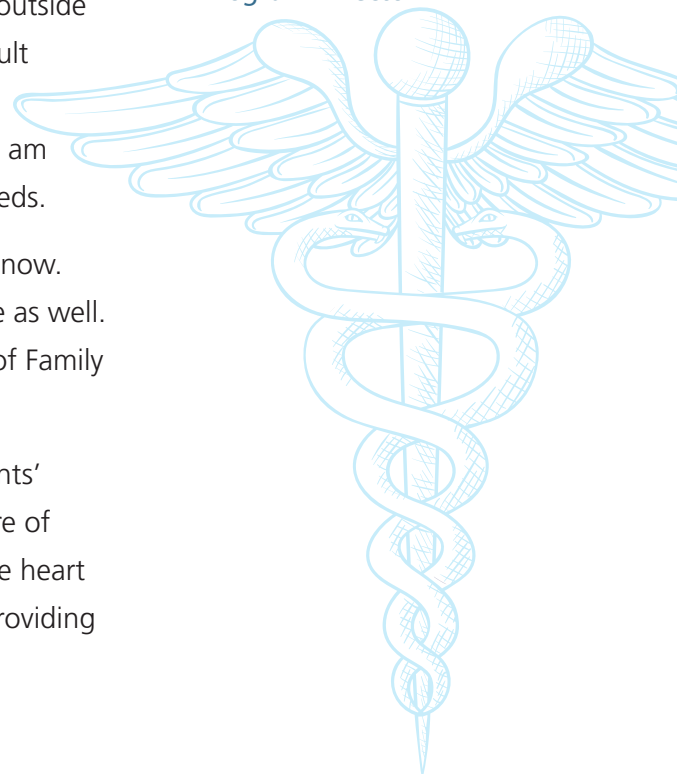
Of course, a big welcome to our four new incoming Residents — Drs. Joshua Dang, Bereket Gebreslasie, Fadi Soliman, and Samuel Yoo. I am excited about starting the second year of the Residency Program with our new family here at the Central Clinic. The orientation day was very special. I also welcome Dr. Gudars Rahnema who has begun to precept our Residents as an outside Family Medicine Attending. He currently works as a hospitalist on adult inpatient medicine service at PIH Good Samaritan Hospital. Finally, our new Program Coordinator Ashley Cano hit the ground running. I am excited about all the organization she is bringing to our residency needs.

We are just beginning to see OB patients on the Residents' schedule now. We have also been increasing the pediatric patients on their schedule as well. These are requirements they must meet to receive the full spectrum of Family Medicine training.

As we start a new academic year, I am encouraged to see the Residents' eagerness in embracing the new challenges that lie ahead. The nature of this work requires all of us to step up to the challenge. Let us not lose heart and stay focused on the value of the work and the good we do by providing excellent healthcare to the patients that come through our doors.



Isaac Kim, MD
Program Director



Residency Program Renamed The Eleanor Cochran Family Medicine Residency Program

On Friday, June 26, a surprise and heartfelt ceremony and ribbon cutting was held at CNCHC's Central Avenue Clinic where Dr. Orduna announced the official renaming of the Family Medicine Residency Program as The Eleanor Cochran Family Medicine Residency Program. Staff, colleagues, Residents and leadership gathered to recognize the contributions and dedication of Eleanor Cochran, Chief Administrative Officer. In recognition of her faithful service, tireless labor, and instrumental leadership in establishing the Residency Program, the CNCHC Board of Directors unanimously approved renaming the program in her honor.

"This recognition reflects more than professional excellence — It honors a servant leader whose dedication will impact generations of physicians and the countless patients they will serve," said Dr. Orduna. The Eleanor Cochran Family Medicine Residency Program stands as a lasting testament to the power of vision, perseverance, and faith-driven service.



Ribbon Cutting Ceremony



The Residency Program Leadership Team



Year 1 and Year 2 Residents



Monthly Health Observances



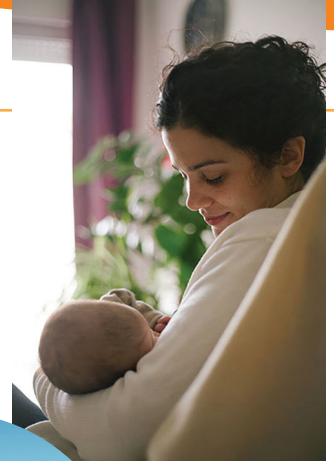
July - Happy 250th Birthday, America!

- Disability Pride Month
- National Minority Mental Health Month
- Healthy Vision Month



August

- National Breastfeeding Month
- Immunization Month
- National Health Center Week (2-8)



September

- Healthy Aging Month
- National Suicide Prevention Month
- Hispanic Heritage Month



Welcome New Staff



*Gudars Rahnema, DO
Family Medicine Attending,
Preceptor*



*Jared Peralta, MD
Year 2, Transferring Physician*



*Ashley Cano
Program Coordinator*

Beyond the White Coat...

Karen S. Rodrigues, MD

Two Suitcases and a Dream

Some journeys change where we live. Others change who we become. At 18 years old, I left Goa, India, with two suitcases and a dream of becoming a doctor. I remember looking back at my parents in the airport and wondering when I would see them again. At the time I thought I was simply leaving home to study medicine. Looking back now, I realize I was beginning a journey that would shape not only my career, but also the person I would become. What I did not know then was that the next six years would change my life in ways I could never have imagined.

People often ask why I chose medicine. The answer has always been simple: I want to make a meaningful difference in people's lives. Medicine offered the opportunity to combine science with compassion and to serve others during some of the most vulnerable moments of their lives. That sense of purpose has remained constant, even as the journey has taken me across continents.

Although no one in my immediate family is a physician, my parents never hesitated to support my dream. Their confidence in me gave me the courage to leave home, pursue medical education abroad, and continue moving forward through every challenge.

Tbilisi, Georgia located at the crossroads of Eastern Europe and Western Asia, was supposed to be where I earned my medical degree. Instead, it became the place where I blossomed. I learned a new language, built lifelong friendships, and discovered resilience in ways I never expected. During the COVID-19 pandemic, while much of the world stood still, I was thousands of miles away from my family. In those moments, a phone call home, a conversation with a friend, or singing a familiar church hymn reminded me that hope often comes through the people who stand beside us. It was such a beautiful and comforting realization.

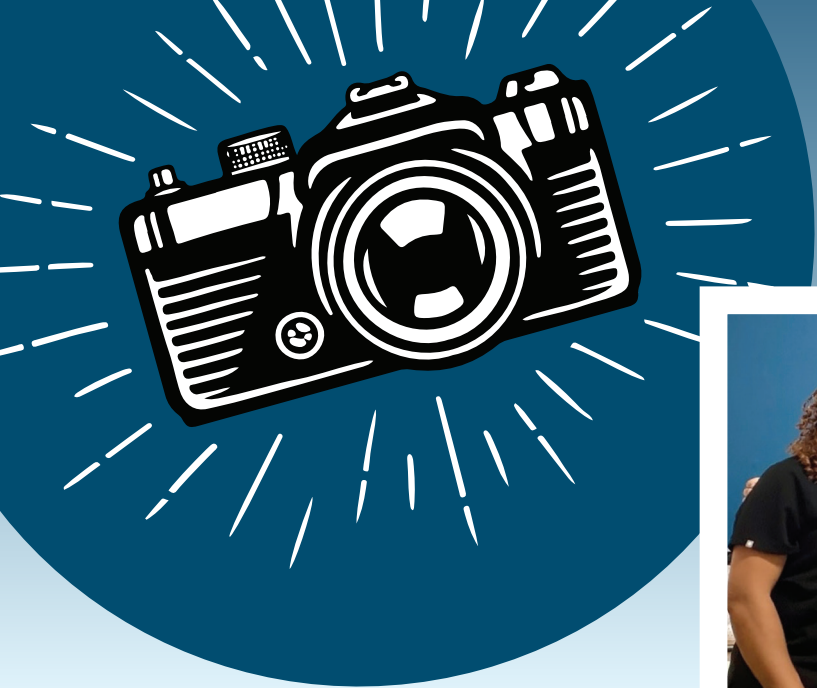


Today, as a Family Medicine Resident at CNCHC, I have the privilege of caring for patients whose stories continually remind me of why I entered this profession. In our clinic many patients face challenges that extend far beyond a diagnosis, far greater than anything written in a textbook or guideline, such as housing insecurity, financial hardship, limited access to healthy food, and balancing their own health while caring for their families. Yet they continue to show remarkable resilience, hope and strength. This experience has taught me that excellent medical care begins with listening. Before we can treat disease, we must first understand the person living with it.

Outside of medicine, I enjoy singing, traveling, baking cookies for friends, and finding reasons to celebrate life's small moments. It keeps me grounded and reminds me that compassion is not reserved for the exam room; it is something we carry into every interaction.

Looking back, I realize I left Goa hoping to become a doctor. What I found along the way was something even more valuable: a broader perspective, lifelong friendships, a deeper appreciation for human connection, and a second home that extends across continents.

The greatest lessons I have learned are that medicine is not only defined by the knowledge we acquire, but by the trust our patients place in us and the responsibility that comes with it. For me, two suitcases carried more than belongings. They carried a purpose that continues to guide my life and steps every day.



Residents with Dr. Kim and Dr. Asher following the Continuity Clinic.



Teamwork in action!

Our residents and preceptors collaborate daily to enhance clinical skills, share knowledge, and provide exceptional patient care.

Residents and faculty gathered to celebrate Dr. Karen Rodrigues' birthday and recognize her valued contributions to the CNCH Residency Program. We are grateful for her dedication and look forward to many more milestones and celebrations together.

