

Residents' Roll Call

Quarterly Program Newsletter



Spring 2026

Balancing Excellence and Sustainability...

We recently observed the season of Lent and Resurrection/Easter Week, and we are experiencing the beautiful flowering and renewal of Spring. It feels especially fitting as our Residents continue to build skills, deepen relationships, and contribute meaningfully to the work we do together. May each of us be renewed in our commitment to the work that we share.

This time of year often brings both momentum and reflection. Many of you are taking on increased responsibility, refining your professional goals, and learning how to balance excellence with sustainability. Your commitment to learning and service does not go unnoticed, and I am continually inspired by your resilience, curiosity, and teamwork.

I am excited that we have matched our next class of four new interns! It was not an easy process. We completed the interview season from October 2025 through January of this year. Then we waited for the National Residency Match Program results in mid-March. Because we did not match in this process, we then participated in the Supplemental Offer and Acceptance Program process. After lots of interviewing, we now have four physicians who will join us when the new academic year begins this July. Kudos to Helen Paniagua, Justine Almanza, Dr. Madrid, and Dr. Asher who put in so much effort.

As Central Clinic adapts to better accommodate the Family Medicine Residency Program, I again want to ask for your patience. I recognize the energy, dedication, and growth every day in the ways you approach challenges, support one another, and remain open to feedback and change. I also notice that scheduling and clinic visits are getting more efficient. Our new office manager Miriam Esparza has been instrumental during this process.



Isaac Kim, MD
Program Director

Spring also offers an opportunity to pause and celebrate achievements — both big and small. Whether it's mastering a new competency, supporting a colleague, or finding innovative ways to improve systems and outcomes, you are making a real and lasting impact.

I encourage you to take advantage of the weeks ahead: lean into learning opportunities, seek feedback, support your peers, and make time for rest and reflection where you can. Growth happens not only through hard work, but also through balance and perspective.

Thank you for your continued engagement, professionalism, and passion. I am confident that Residency work will make us even better as a primary care clinic for the diverse communities that we serve. Additionally, I am proud of the work we're doing and excited for the future.

Wishing you a successful and refreshing Spring...

Welcome

CNCH Family Medicine Faculty



*Bhagya Arise, MD
Internal Medicine*

Dr. Arise received her medical degree from Osmania Medical College in Hyderabad, India where she also completed her Post Graduate Studies with a focus on Obstetrics/Gynecology. Her Residency was completed in General Medicine at Ganga Hospital India. She served as a consulting physician in OB/GYN at Kamineni and Ganga Hospitals

Later Dr. Arise came to the United States and began a Master's Degree in Public Health at Tulane University in New Orleans, which she completed at Columbia State College in Tennessee. Dr. Arise did observances in Internal Medicine at Memorial Medical Center, Baptist Hickman Community Hospital and Centennial Medical Center in Nashville, TN. She then served as a Resident Physician in Internal Medicine in Johnstown, PA. Dr. Arise gained extensive Hospitalist experience throughout Texas at local medical centers. She also served on Credentials, MEC, Pharmacology and Therapeutic Committees.



*Kevin Daneshager MD
Obstetrics and Gynecology*

Dr. Daneshager hails from New York where he did his Post Graduate training at Brooklyn Hospital Center. He completed his undergraduate education at UCLA and attended St. George's University School of Medicine in Granada, West Indies. He is a Junior fellow of the American College of Obstetrics & Gynecology. Dr. Daneshager has served in numerous leadership positions and maintains active privileges in hospitals throughout Southern California. He is currently in private practice in Monterey Park.



*Ronald Harmon, MD
Family Medicine*

Dr. Harmon received his undergraduate degree at Andrews University in Michigan, followed by completion of his Medical Degree at Loma Linda University in California. He also obtained a Master of Public Health degree and did a Family Medicine Residency at Loma Linda University Medical Center. Dr. Harmon later completed a Preventive Medicine Fellowship in Global Health. He is Board Certified in Family Medicine and in July 2025 joined CNCHC as an Attending Physician.

Review Board



The Residents recently attended the monthly Family Medicine Board Review. Clinical questions are discussed in this forum and incorporated into the Residency Program seminars along with other evidence-based management and treatment protocols and topics.

Welcome

CNCH Incoming Residents



Joshua Dang, MD



Bereket Gebreslasie, MD



Fadi Soliman, MD



Samuel Yoo, MD

Monthly Health Observances



April

- Minority Health Month
- Sexual Assault Awareness Month
- Public Health Week
- Black Maternal Health Week (11-17)
- Youth HIV/AIDS Testing Day (10)
- Transgender HIV Testing Day (18)
- Earth Day (22)
- Infant Immunization Week (20-27)



May



- Asian American and Pacific Islander Heritage Month
- Healthy Vision Month
- Mental Health Awareness Month
- National Asthma/Allergy Awareness Month
- National Nurses Month
- National Stroke Awareness Month
- National Women's Health Month
- Older Americans Month
- National Nurses Week (6-12)
- National Women's Health Week (10-16)

June

- Men's Health Month
- National Employee Wellness Month
- Family Health & Fitness Day (13)
- National HIV Day Testing Day (27)



Beyond the White Coat...

Lucien Iragi, MD

I am a Post Graduate Year 1 Family Medicine Resident at CNCHC. I was born in the eastern region of The Democratic Republic of Congo. Growing up I had recurrent nosebleeds which scared my mom every time. She took me to see my uncle who is a primary care physician. He would hug me and reassure us after each episode, which comforted me and my mom. This experience made me think "Someday I want to reassure and give comfort to others just like my uncle."

While in high school a fellow classmate died of liver failure while awaiting a transplant. His family could not raise enough money for him to travel to India where he was to get a new liver. This deeply saddened me, solidifying my decision to pursue my childhood dream of becoming a physician and helping those who are underserved with poor access to care.

My time at CNCHC has been wonderful! When I came across this position and found out it was a Christian organization, I remember asking myself, "Is this a sign from God or what?" Getting accepted into this program was a dream come true. I have always wanted to work in an environment where there is no pushback



for openly expressing my faith. I am grateful that the organization offers our patients prayer and the staff can also participate in Bible studies.

Another thing that I love about our program is the close family feeling it has. I have got to know my Co-Residents very well over the last several months. We support one another and treat each other like family. In our free time we often spend time together, hiking trails or exploring new places. This feeling of mutual respect and camaraderie also extends to the faculty, administrative personnel, and the medical/non-medical personnel. Additionally, I am blessed to learn about different cultures as I interact with patients and the CNCHC team. I am grateful for the Residency experience and for the opportunity to expand my skills, learn and treat patients.

Thank a Resident Day



On Friday, February 27th, hospitals, clinics and medical facilities celebrated "Thank a Resident Day." It is a day of recognition to show appreciation for Resident physicians who play a vital role in healthcare across the United States. The day highlighted the dedication, long working hours, and essential contributions of Residents.

It was a special day for CNCHC Residents — they were recognized for their commitment, hard work, and the quality care they provide every day. Plus, they are a pleasure to work with as they proceed in the Family Medicine Residency Program. Each Resident was presented with tokens of appreciation and, most importantly, we made sure they felt how valued they are by not only the organization, but our patients, too! Kudos!