A Family Medicine Residency in New York’s Hudson Valley
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Welcome to the Mid-Hudson Family Medicine Residency Program, and a broad range of family medicine opportunities in the beautiful Hudson Valley. We are pleased to offer 10 positions through the match each year to train residents in comprehensive family medicine with an emphasis on the particular needs of our diverse and multicultural patient population. We pride ourselves on involvement within the community where we work and live.

Our graduates receive exceptional training across the family medicine spectrum, including outpatient, inpatient and emergency department settings. We provide the tools, structure, and supervised patient care opportunities to maximize your learning and skill acquisition. Didactic opportunities abound, with a robust conference schedule and many local, regional and national opportunities to both learn and present current medical knowledge. Our program has a strong emphasis on Behavioral Health, and on high need competencies such as Medication Assisted Treatment for opioid addiction, Hepatitis C treatment, and LGBTQ affirming care. We are currently developing formalized residency tracks in these areas.

You will have the chance to enter a changing and thriving community hospital environment. Our residents and medical students are the focus of teaching—we are the only medical residency program in Kingston.

This year has been unlike any other due to the COVID-19 Pandemic. Our residents rose to every challenge during this first wave of the virus, and are poised to continue to move our health care system to the next level during any further challenges that may come our way. Our hospital partners have been responsive in promoting resident safety and well-being through this continued challenge.

As a faculty member of the program since 2005, I am committed to the service and teaching mission of the Mid-Hudson Program and its parent organization, the Institute for Family Health. We seek to ensure that all patients receive high quality care regardless of their ability to pay or their marginalized status, and that our residents fully develop the skills expected of family physicians in the 21st century. We love what we do and invite you to join us.

Sincerely,

Megan McMullan, MD
About Our Organization

The Mid-Hudson Family Medicine Residency Program was established in 1979 to address the shortage of primary care physicians in the Mid-Hudson region. The Program has trained and graduated more than 200 family physicians, many of whom remain in our community serving as teachers and role models. Our program’s training is clinically oriented with a strong emphasis on continuity care, hands-on learning and serving at-risk, underserved populations.

The Institute for Family Health is a non-profit organization founded in 1983 to increase access to high-quality primary care services for medically underserved populations. The Institute, a Federally Qualified Health Center (FQHC) network, serves as the primary care training site for residents, medical students and other health professionals. It meets national standards for affordable, accessible, and comprehensive health care services, with accreditation from the Joint Commission and designation as a Level 3 patient-centered medical home by the National Committee for Quality Assurance. It has also won numerous national awards for the innovative use of health information technology in the service of the underserved.

The Mid-Hudson Family Medicine Residency Program provides unopposed training opportunities in a community based hospital as well as three diverse primary care sites. Our current academic affiliations are with the Icahn School of Medicine at Mount Sinai and New York Institute of Technology College of Osteopathic Medicine.

Our Mission

The mission of the Mid-Hudson Family Medicine Residency Program is to train self-reliant, caring and competent family physicians. The family practice model of care is based on a holistic approach to health that integrates psychological, social, economic, and environmental determinants of health with biomedical factors.

Our residency program builds upon the comprehensive approach of family medicine with an emphasis on the particular needs of medically underserved communities.

In addition to learning how to effectively care for a diverse patient population, our residents are prepared to assume leadership positions within health care or to work in academic settings that address the needs of the underserved.
Leadership and Faculty

Neil Calman, MD, President & CEO, The Institute for Family Health
Chair, Department of Family Medicine and Community Health, Icahn School of Medicine at Mount Sinai
Rush Medical College
Montefiore Medical Center - Family Practice Residency in Social Medicine

Robert Schiller, MD, Designated Institutional Official & Chief Medical Officer, The Institute for Family Health
Vice Chair, Department of Family Medicine and Community Health, Icahn School of Medicine at Mount Sinai
New York University School of Medicine
Montefiore Medical Center - Family Practice Residency in Social Medicine
Fellowship in Faculty Development in Family Medicine, Montefiore Medical Center

Walter Woodley, MD
Regional Medical Director, Mid-Hudson Valley and Vice President for Medical Services, The Institute for Family Health
University of the West Indies
Mid-Hudson Family Medicine Residency Program

Megan McMullan, MD
Residency Program Director
Albany Medical College
University of Pittsburgh (St. Margaret) Family Medicine Residency Program
Fellowship in Obstetrics at University of Rochester

Jincy Cherian, DO
Associate Residency Program Director, Director of Osteopathic Education
New York Institute of Technology College of Osteopathic Medicine
Mid-Hudson Family Medicine Residency Program

Cynthia Kim, LCSW-R
Associate Residency Program Director, Chair of Clinical Competency Committee, Director of Behavioral Science
MS, Columbia University
Fellowship in Behavioral Science Education and New Faculty Scholars Program, STFM

Bridget Foy, DO
Osteopathic Faculty
New York Institute of Technology College of Osteopathic Medicine
Mid-Hudson Family Medicine Residency Program

Mark Josefski, MD
Chair, Family Medicine Department, HealthAlliance of the Hudson Valley
SUNY Stony Brook School of Medicine
St. Mary’s/University of Wisconsin Program Family Medicine Residency Program
Wesley Ho, MD  
**Medical Director, Kingston Family Health Center**  
*St George’s University School of Medicine*  
*Mid-Hudson Family Medicine Residency Program*

Janice Cyr, LCSW  
**Behavioral Health Faculty**  
*MSW, SUNY Albany*

Ben McLaughlin, DO  
**Director of Inpatient Medicine**  
*New York College of Osteopathic Medicine*  
*Mid-Hudson Family Medicine Residency Program*

Aimee Smith, DO  
**Clinical Director for Maternal Health, Clinically Certified EPIC Ambulatory Analyst**  
*New York Institute of Technology College of Osteopathic Medicine*  
*Mid-Hudson Family Medicine Residency Program*

Marta Sanchez, MD  
**Assistant Medical Director, Kingston Family Health Center**  
*Universidad Autonoma de Guadalajara*  
*Mid-Hudson Family Medicine Residency Program*

Kristina Ursitti, DO  
**Medical Director, Ellenville Family Health Center**  
*New York Institute of Technology College of Osteopathic Medicine*  
*Mid-Hudson Family Medicine Residency Program*

Marek Balutowski, MD  
**Medical Director, New Paltz Family Health Center**  
*Jagiellonian University School of Medicine - Crakow, Poland*  
*Montgomery Family Practice Residency Program*

Eve Walter, PhD  
**Research Advisor**  
*PhD, State University of New York at Albany*
Clinical Training Sites

Residents receive their family medicine ambulatory training in one of three federally qualified health centers operated by the Institute for Family Health. These sites provide comprehensive primary and behavioral health to patients of all ages.

Kingston Family Health Center
The Kingston Family Health Center is located in a culturally diverse hub in the Mid-Hudson Valley. As New York’s first capital, Kingston mixes modern living with beautiful historical districts. Serves the urban areas of Kingston and is a hub site for surrounding area.

New Paltz Family Health Center
The New Paltz Family Health Center is located in the town center. There are numerous educational, recreational and social opportunities with the State University of New York at New Paltz in close proximity.

Ellenville Family Health Center
The Ellenville Family Health Center is located in a scenic rural community, sitting adjacent to a critical access rural hospital.

HealthAlliance of the Hudson Valley: Broadway Campus
The inpatient training site for the Mid-Hudson Family Medicine Residency Program is HealthAlliance of the Hudson Valley’s Broadway Campus, formerly known as The Kingston Hospital.

The Broadway Campus is a secular, not-for-profit hospital serving the health care needs of the community. Founded in 1894, the Broadway Campus’ 150-bed acute-care hospital provides medical/surgical care, ambulatory surgery care, diagnostic imaging, emergency services, obstetrics, rehabilitation and acute and chronic renal dialysis services.
Community Collaboration

- Developmental pediatrics
- Diabetes education and management
- O+ festival to serve the underserved artist community
- Migrant health clinic
- Ulster County Department of Health
- Sideline medicine
- Transgender medicine
- Healthy Families program (home visiting program for families of young children)
- Golden Hill Health Care Center (nursing home and rehabilitation center)
- School collaborations (school physicals, shadowing opportunities)

Innovation

- Advanced use of electronic medical records
- Osteopathic manipulation treatment clinic
- Osteopathic manipulative medicine curriculum
- Cultural competency training
- Motivational interviewing training
- Health disparities teaching
- Health education
- Interactive conference schedule
- Behavioral health fellowship
- Hepatitis C treatment in primary care
- LGBTQ+ affirming care
- Medication-assisted treatment training for opioid addiction
- Trauma-informed care
- HIV treatment in primary care
### Sample Residency Rotation Schedule

<table>
<thead>
<tr>
<th>First Year</th>
<th>4-Week Blocks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambulatory Orientation/Behavioral Health</td>
<td>1</td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>1</td>
</tr>
<tr>
<td>General Surgery</td>
<td>1</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>4</td>
</tr>
<tr>
<td>Night Float</td>
<td>1</td>
</tr>
<tr>
<td>Obstetrics/Gynecology</td>
<td>2</td>
</tr>
<tr>
<td>Pediatric Ambulatory</td>
<td>1</td>
</tr>
<tr>
<td>Pediatrics Inpatient (WMC)</td>
<td>1</td>
</tr>
<tr>
<td>Vacation</td>
<td>1</td>
</tr>
<tr>
<td>Office (Longitudinal) – 1-2 half days per week at family health center</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Year</th>
<th>4-Week Blocks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambulatory Medicine</td>
<td>1</td>
</tr>
<tr>
<td>Behavioral Health/Community Medicine</td>
<td>1</td>
</tr>
<tr>
<td>Cardiology / Neurology / Radiology</td>
<td>1.5</td>
</tr>
<tr>
<td>Developmental Pediatrics</td>
<td>0.5</td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>1</td>
</tr>
<tr>
<td>Geriatrics / Elective</td>
<td>1</td>
</tr>
<tr>
<td>Intensive Care Unit</td>
<td>2</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>0.5</td>
</tr>
<tr>
<td>NICU / Pediatric ER (WMC)</td>
<td>1</td>
</tr>
<tr>
<td>Night Float</td>
<td>0.5</td>
</tr>
<tr>
<td>Obstetrics/Gynecology</td>
<td>2</td>
</tr>
<tr>
<td>Vacation</td>
<td>1</td>
</tr>
<tr>
<td>Office (Longitudinal) – 2-3 half days per week at family health center</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Third Year</th>
<th>4-Week Blocks</th>
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</thead>
<tbody>
<tr>
<td>Ambulatory</td>
<td>1</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>0.5</td>
</tr>
<tr>
<td>Dermatology</td>
<td>1</td>
</tr>
<tr>
<td>Electives</td>
<td>2</td>
</tr>
<tr>
<td>Gynecology</td>
<td>2</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>2</td>
</tr>
<tr>
<td>Night Float</td>
<td>1</td>
</tr>
<tr>
<td>Ophthalmology/Otolaryngology/Urology</td>
<td>2</td>
</tr>
<tr>
<td>Orthopedics</td>
<td>2</td>
</tr>
<tr>
<td>Vacation</td>
<td>1</td>
</tr>
<tr>
<td>Office (Longitudinal) – 3-4 half days per week at family health center</td>
<td></td>
</tr>
</tbody>
</table>
Resident Community Outreach

O+ Festival, where underinsured artists and musicians create and perform in exchange for a variety of services donated by multiple providers, including primary care.

Providing “sideline medicine” care at high school athletic games for acute injuries.

“Red Alert” national day of advocacy for health care funding.

College physicals done at Bard College for student athletes.

The American Heart Association’s “Go Red For Women” event.
Alumni

Outpatient Care Settings (Local):
Stanislav Grinberg, MD, 2019 – The Institute for Family Health (Ellenville, NY)
Matthew Seiffert, MD, 2019 – The Institute for Family Health (Ellenville, NY)
Megumi Tamaki-Seiffert, MD, 2019 – The Institute for Family Health (Kingston, NY)
Rachel Drummond, MD, 2019 - Group Practice (Kingston, NY)
Umara Saleem, MD, 2018 – Group Practice (Kingston, NY)
Joel Panthappattu, MD, 2018 - The Institute for Family Health (New Paltz, NY)
Daniel Fitzgerald, MD, 2016 - Group Practice (Catskill, NY)

Outpatient Care Settings (Regional):
Shahrukh Mustafa, MD, 2019 - Group Practice (Binghamton, NY)
Maliha Suleman, MD, 2019 - Group Practice (Binghamton, NY)
Yuliana De los Santos, DO, 2019 - Group Practice (NY)
Tiffany Pica, MD, 2018 - Group Practice (Merrick, NY)
Melissa Ferdinand, MD, 2017 - Group Practice (Brooklyn, NY)
Nafila Kouba, MD, 2017 - Group Practice (Brooklyn, NY)
Aadya Sharma, MD, 2017 - Group Practice (NJ)
Jody Skariah, MD, 2017 - Group Practice (NJ)
Jenny Chien, MD, 2016 - Group Practice (Somerset, NJ)
Jessica King, MD, 2016 - Group Practice (Champlain, NY)

Outpatient Care Settings (National):
Krishna Patel, MD, 2019 - Locums Outpatient (FL & GA)
Nosheen Nazakat, MD, 2019 - Veterans Affairs Outpatient (Dallas, TX)
Amanda Chen, DO, 2018 - Group Practice (Brady, TX)
Hilary Schroeder, MD, 2018 - Group Practice (NV)
William House, MD, 2018 - Group Practice (Camden, ME)
Gurvinder Kaur, MD, 2017 - Group Practice (PA)
Harendra Fernando, MD, 2016 - Group Practice (Marietta, GA)
Kruti Parikh, MD, 2016 – Group Practice (TX)
Brandon Stilson, MD, 2016 - Group Practice (Windsor, CO)

Hospital Settings:
Sharon Avgush, MD, 2019 – Hospitalist Medicine (Kingston, NY)
Khurram Farooq, MD, 2018 – Hospitalist Medicine (Margaretville, NY)
Barbara Oppong, MD, 2018 – Hospitalist Medicine (VA)
Andres Gonzalez, MD, 2017 – Hospitalist Medicine (CA)
Syed Asif Hassan, MD, 2016 - Emergency Medicine Observation Unit (Hudson, NY)
Navaid Khan, MD, 2016 - Hospitalist Medicine (San Antonio, Texas)
**Urgent Care/Emergency Settings:**
Ajiru Nyambwa, MD, 2016 - Emergency Medicine (Auburn, IN)
Alexander Kim, DO, 2016 - Urgent Care Medicine (Staten Island, NY)

**Fellowships:**
Jennifer Eaton, DO, 2018 - Behavioral Science Fellowship, The Institute for Family Health (NY)
Quynh Chu, MD, 2017 - Faculty Development Fellowship, University of Pittsburgh (PA)
Jonas Telson, MD, 2017 - HEAL Global Health Fellowship, Navajo Indian Health Service (NM/Mexico)
Cathy-Anne Charles, MD, 2016 - OB/Gyn Fellowship, East Carolina University (NC)
Find out more about the Mid-Hudson Family Medicine Residency:
institute.org/midhudsonresidency
www.facebook.com/MidHudsonFamilyMedicineResidency
Phone: (845) 802-7600

All applications must be submitted via the Electronic Residency Application Service (ERAS™).
We accept applications for ten PGY1 positions from September 1st through November 30th.
The Residency Program Director and a selection committee review all applications. Invitations for
interviews are extended as applications are reviewed.

Of particular interest to our program are demonstration of an understanding of the principles of family
medicine and commitment to working with underserved communities.
For more information, please contact midhudres@institute.org