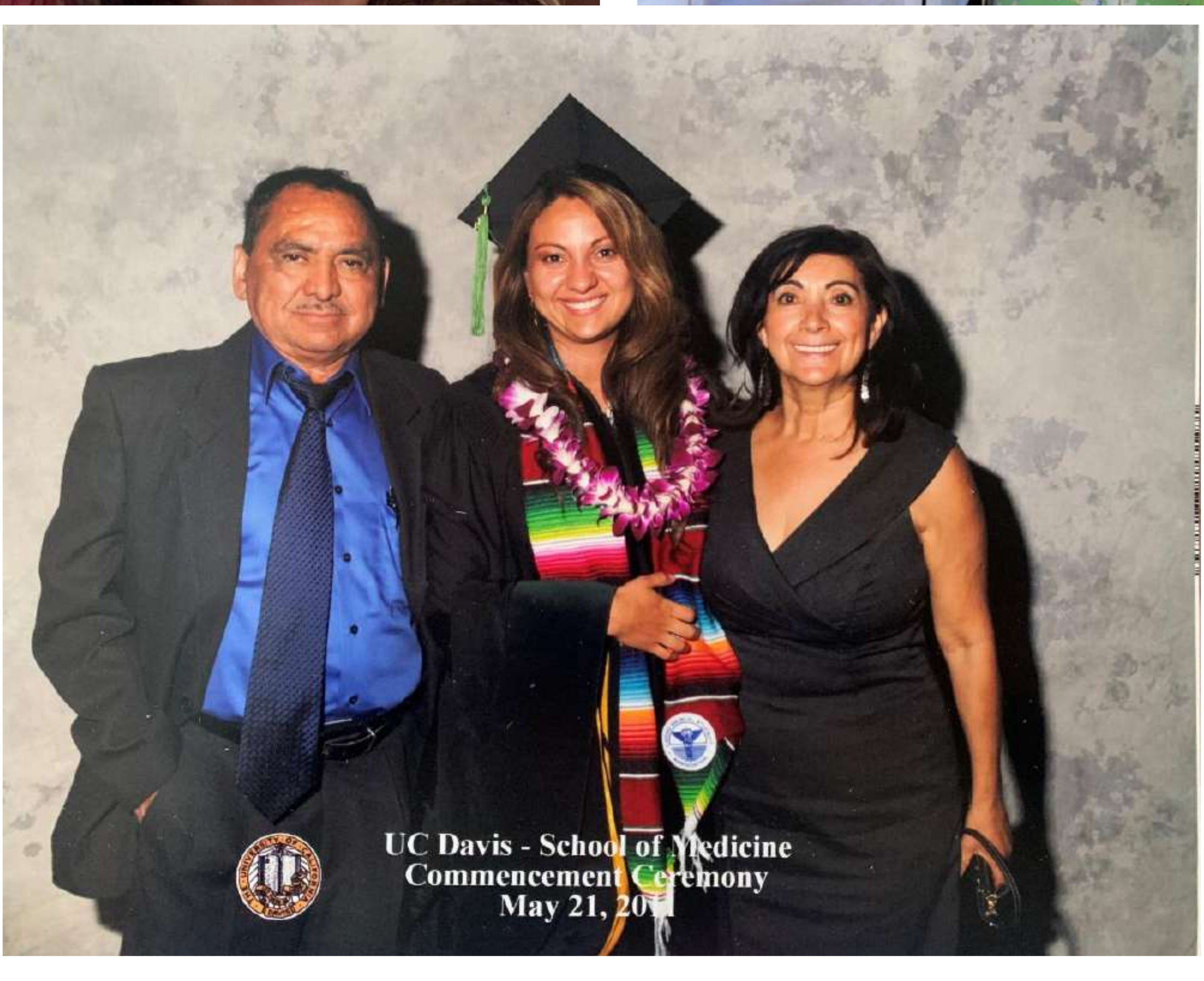
April 2023

A monthly newsletter to keep you connected to the AltaMed Family Medicine Residency Program

Meet the Team

Meet our New Program Director, Dr. Karina Melgar!
Dr. Karina Melgar was born in El Salvador and immigrated to the United States when she was a year old. She graduated with a degree in Physiological Science from UCLA. Dr. Melgar started her career as an Elementary school teacher before entering Medicine. She graduated from the UC Davis School of Medicine and completed her specialty training in Family Medicine at the Long Beach Memorial Family Medicine Residency Program. She went on to do a Fellowship in Community Medicine at Kaiser Permanente in Orange County.

Before being recruited to AltaMed as the Associate Program Director, she was faculty at the Long Beach Memorial Family Medicine program. Dr. Melgars' clinical interests are women's health, behavioral health, public health/policy, global health, addressing social determinants of health, and community empowerment. Family is essential to Dr. Melgar. In her free time, she likes to spend time with her newlywed husband and their two dogs, Daphne and Canela, staying cozy by the fireplace watching the latest series, taking walks by the beach, and finding new places to travel.



Program Announcements

Congratulations to the newest resident class of 2026!

We want to congratulate and welcome our new physician residents to the AltaMed Family Medicine Residency Program at South Gate Clinic. We are all very excited for all of them to join our team! Their dedication and passions will contribute significantly to achieving our clinic and residency goals. I am confident that with the support of our faculty and staff they will flourish in this new role. We are looking forward to meeting them in person and starting their family medicine training.

Isaac Ngo

- Medical School: University of California, Riverside School of Medicine
- Hometown: La Palma, California
- Hobbies: Boxing, playing violin, and cooking

- Medical School: Medical College of Wisconsin
- Hometown: Long beach, California
- Hobbies: Dancing Salsa, Running, and Listening to True Crime Podcasts

Alejandra Rodriguez

Tiffany Chan

- Medical School: Western University of Health Sciences College of Osteopathic Medicine of the Pacific
- Hometown: San Gabriel, California
- Hobbies: Making art, eating good food, and Spending time with family, friends, and animals

- Medical School: Ross University School of Medicine
- Hometown: San Gabriel, California
- Hobbies: Discovering new museums and libraries, Cooking traditional Mexican Foods, and aspiring aquarist and breeder

Gabriela Garcia Hernandez

Sara Kendall

- Medical School: Universidad de Ciencias Médicas de la Habana
- Hometown: Vancouver, Musqueam Territory, BC
- Hobbies: Spending time outdoors in wild places, building creative community, and cooking great food

- Medical School: Western University of Health Sciences College of Osteopathic Medicine of the Pacific
- Hometown: Fullerton, California
- Hobbies: golfing, cooking, and sci-fi and fantasy movies and novels

Irene Kim

Leaders in Action

Happy Doctor's Day! Our program has the best physicians and humans in the world!

AltaMed FMRP at Sacramento representing at the capitol to advocate for FQHC's.

Faculty, staff and residents do team and trust building activities at annual retreat.

Stay Connected

Health Equity from the Frontlines

The AltaMed Institute for Health Equity hosts leaders who are working on the frontlines to advance health equity in the US. Find all episodes on Spotify or your favorite podcast app.

Check out our newest episode!
Investing in Community & Self with Zoila D. Escobar, MBA, Ed.D. – Part 2

Dr. Zoila D. Escobar grew from a young woman who struggled to read to serving as the Executive Vice President and Chief Administrative Officer of the country's largest federally qualified health center. Listen to part two of our interview with Dr. Escobar as she discusses her values, inspiration, challenges as a woman leader, and how she leads.

AltaMed Newsroom

Health system CIOs focus on automation as other capital tech investments slump

Opinion: A Solution For Keeping Kids Out of the ER: Making Sure They Have Enough to Eat

Thousands in Southern California are expected to lose out on Medi-Cal after April

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WORK BOLDLY. LIVE BRILLIANTLY.

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