

# RESIDENTS

## PGY 3 RESIDENTS

### **DAVID AFZAL, D.O.**

Dave was raised in Ellicott City, MD. He graduated from St Mary's College of MD with a BA in biology in 2001. He attended a year of graduate school at PCOM (in Philadelphia) in 2002 before starting medical school at the Virginia College of Osteopathic Medicine on the Virginia Tech campus. After medical school, he received his Masters of Science in Education (health promotion) through Virginia Tech. Before starting residency Dave got married, his wife is also a resident in the Lehigh Valley area. Dave's current professional interest is college health, he hopes to one day to work for a college both clinically and as a health educator. On a personal level, Dave loves the beach, surfing, martial arts, working out, biking, TV, relaxing, and spending time with his friends and family.



### **DANIEL CSASZAR, D.O.**

DJ was born and raised in Bethlehem, PA. He attended undergrad at Central Connecticut State University and medical school at the Philadelphia College of Osteopathic Medicine. His professional interests include sports medicine, hyperbaric oxygen, diving medicine, and preventive medicine. Out of work, his hobbies include mixed martial arts, scuba diving, and spending time with his family.



### **CARA DELLEGROTTI, D.O.**

Cara was born and raised in Berwick, a small town in Northeast Pennsylvania. She grew up in a noisy Italian household among three sisters and one brother. After graduating from Berwick High School in 2000, she attended the University of Pittsburgh where she received her B.A. in Sociology. Cara then spent four years at the Philadelphia College of Osteopathic Medicine earning her D.O. degree in 2008. Cara's professional interests include overall health and wellness for the entire family, adolescent development and sports medicine. In her spare time, she enjoys jogging, playing with her dog, and spending time with her family and friends.



**KRISTANN HEINZ, M.D.**

Kristann graduated from Simmons College in Boston with a Bachelor of Science degree in Nutrition. She then completed a dietetic internship with a focus in community nutrition and practiced maternal and child health in the Boston area for seven years. Seeing how integrated nutritional health was in primary care, she pursued a medical degree at the University of Pennsylvania. She has also completed acupuncture training through the Helm's Acupuncture program for Physicians. Kristann lives on a farm with her husband John, a blacksmith, and their 9-year-old daughter Astrid.



**GERARD MARTÍN, M.D.**

Dr. Martín received his M.D. degree with Honors from Ross University School of Medicine. He is a native New Yorker who transplanted to the Sunshine State three years ago, prior to moving to the Keystone State to join the Lehigh Valley Family Residency Program. Global travel and adventure seeking has led him to explore Europe, South America and Australia. Proficient in Spanish and a love for international medicine has enriched his medical experiences volunteering at various hospitals and clinics in Mexico. In his free time, he enjoys lifting weights, racquetball, cycling, hiking, horseback riding and scuba diving as well as anything to do with the great outdoors. He also plays the piano and acoustic guitar and enjoys dancing salsa and tango. His medical interests include sports medicine, international medicine, minor surgical procedures, mental health, and geriatrics.



**FRANCES ROMERO, M.D.**

Dr. Frances Romero was born, raised, and educated in the beautiful island of Puerto Rico. Although she was born in Bayamón, she considers herself as an adoptive child of Trujillo Alto, Mayaguez, Isabela, and Manatí. However, she decided to move or “brincar el charco” to Allentown after learning about the need for Latino physicians in this community. Her interests include public health, HIV and reproductive medicine, sexual health, and lifestyle modifications medicine. Dr. Romero is a proud graduate of the Universidad Central del Caribe Medical School and the University of Puerto Rico, Mayaguez Campus. In her free time, she enjoys exercising, dancing, playing with her dog Bono, and teaching Puerto Rican Spanish to her colleagues.



## PGY 2 RESIDENTS

### **ANA SUSANA BARRERO ARROYO, M.D.**

Susana is from a village in the foothills of Sierra de Gredos, Spain. As a child, Susana had the opportunity to live in various Latin American and Caribbean countries, adding an invaluable cultural experience to her life. As a teenager, her family relocated to Ithaca, New York, where she attended Ithaca High School. Her adventurous spirit led her to Angola, Africa as a solidarity worker at an orphanage where she met her husband, Christopher Sander, also a resident at LVHN Family Medicine residency. Susana received her BS in Biology from Appalachian State University. She then moved to Dominican Republic where she earned her MD. She then received her Fifth Pathway Certificate from Ponce School of Medicine, Puerto Rico. Her professional interests are in international medicine, geriatrics and community health. In her free time, she enjoys hiking, biking and spending time with friends and family.



### **BREANNA HENRY, D.O.**

Breanna grew up in Orwigsburg, Pennsylvania with her two younger brothers and two younger sisters. After graduation from Blue Mountain High School in 2001, Breanna studied Biochemistry and Molecular Biology at Juniata College in Huntingdon, Pennsylvania. Service learning and medical mission's trips to Costa Rica and Nicaragua during her undergraduate training helped cultivate Breanna's professional interests in primary care, community medicine and health policy. Breanna then trained at Philadelphia College of Osteopathic Medicine, earning her DO in 2009. Breanna and her husband, Matthew, now live in Allentown, Pennsylvania. In her spare time, Breanna enjoys running, quality time with friends and family, cooking healthy meals and spending time outdoors.



### **ANN T. HOLMES, D.O.**

Ann was born and raised in Fresno, CA located in the San Joaquin Valley. In 2003, she graduated from Santa Clara University with a BA in Biology. After college, she worked as an ER Registrar at St. Agnes Medical Center and was a substitute teacher at an elementary school in Fresno. Ann graduated from Touro University College of Medicine in 2009. Prior to starting residency, Ann married her husband who is also a resident at LVHN in EM. Ann enjoys painting, kayaking, and travel. Her medical interests include pediatrics, mental health, disease prevention, and minor procedures. In addition, Ann enjoys teaching and looks forward to mentoring medical students.



**JENNIFER LYONS, D.O.**

Jennifer was born and raised in Buffalo, New York with one younger brother. She graduated with a BS in Human Biology Health and Society in 2002 from Cornell University. Jennifer then moved to Philadelphia and earned her Masters of Medical Science from Drexel University College of Medicine in 2004. Upon completion, she then spent four years at Philadelphia College of Osteopathic Medicine earning her D.O. in 2009. Jennifer's medical interests include preventive medicine involving patient education. In her spare time, she enjoys knitting and painting pottery along with spending time outdoors.

**ERIN McCALL, D.O.**

Erin grew up in Glenside, Pennsylvania. She graduated from Penn State with a degree in Biology. Following graduation, she served for two years in Philly public schools through the AmeriCorps organization. She then taught middle school math and science for two years at an alternative school outside Philadelphia. While attending Philadelphia College of Osteopathic Medicine, she particularly enjoyed service-learning experiences in Ecuador and El Paso/Juarez. Some of her professional interests are adolescent medicine, reproductive health, geriatrics, mental health, and international medicine. Erin is a member of the National Health Service Corps. She loves spending time with friends and family, traveling, hiking and reading.

**VISILIKI PAPATHANASIOU, M.D.**

Viki was born and raised in Jersey City, NJ. She attended NJCU where she received her BS in Biology. Following college, she received her MD from Ross University. Viki's professional interests include community health and awareness, cultural awareness, pediatrics and geriatrics. In her free time, she enjoys spending time with her friends and family, dancing and attending community events. She hopes to provide primary care in underserved communities in the future.

**CHRISTOPHER SANDER, M.D.**

Christopher is from Raleigh, NC and received his undergraduate training in nutrition/health promotion from Appalachian State University in the beautiful mountains of North Carolina. He graduated magna cum laude from medical school in the Dominican Republic and completed Fifth Pathway Certification in Puerto Rico in 2009. Travel and community experience extend further into West Africa and Spain as well as here at home through various volunteer organizations. Spanish fluency accounts his inclination toward working with Latino/Hispanic community health care and strong interest in international medicine. Other medical interests include geriatrics, public health, palliative care and diabetes education. Chris enjoys tennis, soccer and capoeira in his spare time as well as playing classical Spanish guitar, working with leather and wood, dancing and thrift store shopping.





## **PGY 1 RESIDENTS**

### **CASEY BONAQUIST, D.O.**

Casey grew up in Northwestern Pennsylvania with one younger brother in a household of teachers. She attended the Pennsylvania State University at University Park then completed her D.O. degree at Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, FL. During medical school, she learned Medical Spanish, went on a medical mission trip to Ecuador and traveled throughout Asia on a month long excursion. Casey spent an internship year at the Medical University of South Carolina in Charleston. Her professional interests include Behavioral Health, Preventive Medicine and Public Health. In her spare time, she enjoys the outdoors, traveling and spending time with family and friends.

### **JOANNE CASTILLO, M.D.**

Joanne was born and raised in the lovely island of Puerto Rico, in the city of Ponce, also known as "La Perla del Sur". She grew up with her two sisters and outstanding parents in a home full of love, compassion and care. From a young age, Joanne began dancing ballet, jazz, and Spanish dance. Later, she focused her study of dance on Salsa style. After graduating from Academia Santa María, she moved to San Juan, Puerto Rico to attend the University of Puerto Rico. Upon graduation in 2006, she went back to her hometown of Ponce and graduated from Ponce School of Medicine. Her professional interests include preventive medicine, alternative medicine and community health. When she is not at work, she enjoys spending time with her family and friends, dancing, reading, and getting involved in community service activities. She loves to read books that help her enhance and nourish her Christian faith. The support of her family has always been most important to her, and she is honored to have the opportunity to take care of other families.

### **BRIAN CASWELL-MONACK, D.O.**

Brian was born and raised in northern Delaware. He attended the University of Delaware where he met his wife, Angela, and graduated with a B.S. in Exercise Physiology. After working for a couple of years as an exercise physiologist in a busy family medicine practice and as an independent personal trainer, Brian decided to apply to medical school along with his wife. In June of 2010, Brian and Angela graduated from Lake Erie College of Osteopathic Medicine in Bradenton, Florida with D.O. degrees. In addition to Family Medicine, Brian's professional interests include Sports Medicine, Osteopathic Manipulative Medicine, and Medical Acupuncture. His personal interests include cooking, golf, disc golf, fishing, and spending time with friends and family in lower Delaware.

**TOMMIE EASLEY, M.D.**

Tommie was born and raised in Richmond, Indiana. She considers herself as a lifelong learner by initially beginning her medical career with a bachelor and master's degree in nursing from Ball State University and Indiana University, Indianapolis, IN, in critical care nursing and as a Family Nurse Practitioner. Spiritually, she knew she was destined for more. Obtaining her medical degree from Ross University enabled her to study with the most diverse group of students from over 30 countries. This gave her an enriched understanding of several cultures. It continued to shape her medical interest in the underserved and rural communities. Tommie's lifelong goal is to set up a practice, which addresses the whole individual, not only physical health, but mental and spiritual health, a practice that includes free mental counseling once a week after clinic hours. This same philosophy of addressing the entire individual is shared at the Lehigh Valley Family Medicine Residency, which attracted her to the program. Married to Brian, her best friend and running partner through seven mini-marathons and one marathon. She also enjoys reading, southern cooking, medical missions, and biblical counseling through her church.

**RAPHAEL KULAWIK, D.O.**

Dr. Raphael Kulawik was born in Newark, NJ and grew up in upstate New York. In 2003, he graduated from University of Florida with a bachelor's degree in Microbiology & Cell Sciences. After graduation, he worked as a technician at Syracuse University where he performed plant research on *Arabidopsis thaliana*. The goal of the project was to genetically modify *A. thaliana* to sense specific chemicals in the environment, whether it be anthrax or TNT and to produce a visible reaction, i.e. wilt. After he married, he entered Lake Erie College of Osteopathic Medicine in Bradenton, FL. In 2010, he proudly joined the Family Medicine residency program at Lehigh Valley Health Network. In his spare time, he enjoys barbequing, brewing beer, road trips, playing tennis, and scuba diving.

**KIM-HUONG NGUYEN, D.O.**

Kim was born and raised in Allentown, PA. After graduating from Louis E. Dieruff High School, Kim attended Muhlenberg College, where she earned a degree in Biology. Her interest in preventative and international medicine carried her through four amazing years at the Philadelphia College of Osteopathic Medicine. In her spare time, she enjoys the beach, relaxing, and spending time with her family, friends, and dog, Bubbles.