

First Year

Caleb Josephs, DO, Alabama College of Osteopathic Medicine



I'm a man with two homes. I was born and raised in Boulder, Colorado I then moved to LA (Lower Alabama) when I was 14-years-old to start high school and stayed in the south through medical school. I have always worn my Colorado native badge with pride and am so happy to be moving home! I have always been an extreme sport enthusiast. As soon as I learned how to walk, I was on skis (and against my parents' wishes, eventually a snowboard). I've always looked at the mountains as a jungle gym that is constantly changing with the seasons. I graduated Magna Cum Laude from the University of South Alabama as a Chemistry major, Psychology minor and later attended medical school at the Alabama College of Osteopathic Medicine. Growing up, I was close with my aunt and uncle who are both osteopathic physicians and my grandfather who was an allopathic cardio pulmonologist. My dad is a neuropsychologist and my mom is a social worker. All of these role models helped foster my desire to want to help people in some capacity. As a high school athlete, I was part of organizing and coaching basketball and during college I coached a few different high school travel basketball teams. I was surprised when I felt the same sense of excitement tutoring chemistry that I got from coaching. It was right around this time that I took an anatomy and physiology course and fell in love with the inter-workings of the human body. The Latin origin of the word 'doctor' is 'teacher' and I will strive to educate my patients to empower them to make conscious choices about their health and wellness. Before learning about the Fort Collins Family Medicine Residency program, my wife and I knew that we loved Fort Collins. My first exposure to the program was at the Family Medicine Conference in Kansas City where I met some faculty and residents. I knew after my first conversation that destiny was pulling me to Northern Colorado, and every interaction that followed only affirmed this allure.

Todd McLaughlin, MD, University of Pittsburgh College of Medicine



I grew up in Longmont, Colorado where I developed a love for soccer. I attended undergraduate school at Trinity International University where I graduated Magna Cum Laude. While living abroad in Ecuador I had the opportunity to see local doctors making such a difference in rural farmer's lives. Seeing the difference these physicians made inspired my decision to become a Family Medicine doctor. I attended medical school at the University of Pittsburgh College of Medicine. I chose the Fort Collins Family Medicine Residency because of their leadership along with how passionate their faculty were about serving marginalized communities. I also love their full-spectrum family medicine with high OB volume. Also, who can pass up the beauty of Colorado's front range! My medical interests include underserved medicine, women's health and international medical work. In my spare time I enjoy watching the Denver Broncos, spending time with family and running.

**Molly McLellan, DO, Rocky Vista College
of Osteopathic Medicine**



I grew up in the beautiful Black Hills of Rapid City, South Dakota where I enjoyed caving, cliff jumping, camping and hiking. I also loved playing the viola, theatre and the dance team. I attended Colorado State University where I obtained my degree in Nutrition and Food Science and won the Kistler Award for Ethical and Mindful Leadership. I had talked about becoming a doctor since I was a little girl. However, I truly decided to start down this path early in my studies at CSU. I was inspired by the opportunity to directly serve the folks around me, become an ally and advocate for my community, and challenge myself, all while putting my passion for science and health to work. I chose the Fort Collins Family Medicine Residency Program because of the well-rounded, full-scope, family practice training. I was drawn by the variety of specialty clinics and resources available for my future patients as well as my education. However, most importantly, I was inspired by the residents I had the privilege of working with during a medical school rotation. I am passionate about medicine for underserved populations and improving health care inequality. I am also interested in preventative medicine, OMT, and women's health. I still love hiking and camping. I enjoy live music, especially at our beautiful outdoor venues in Colorado. I also travel whenever possible; most recently we explored the Atacama Desert in Chile.

**Melissa Reed, MD, University of Arizona College
of Medicine - Phoenix**



I was born at Poudre Valley Hospital in Fort Collins and grew up in Cheyenne, Wyoming. I consider Colorado home as I spent most of my childhood at my family's Colorado ranch. I went to undergrad at the University of Northern Colorado in Greeley. While at UNC I initially studied music; my experience as a strings performance major encouraged me to transition to seeing music as a fun hobby, and I graduated with a degree in psychology and a plan to attend school for social work school. I went to graduate school for social work at Columbia University in New York. I then worked in Denver for seven years as an LCSW before moving to Phoenix for medical school. I decided to pursue medicine because I loved my patient interactions as a social worker and wanted to deepen my connections with my patients and expand my role in patient care by becoming a physician. I chose the Fort Collins Family Medicine Residency because I was looking for a program housed at a community hospital with plenty of exposure to procedures, pediatrics care, and obstetrical care. This residency checks all the curricular boxes for me with the added bonus is that I get to return home to learn from and care for my community. I am passionate about service and humanism in medicine. I am a passionate patient advocate and believe every individual should be treated with dignity and respect. I'm also particularly interested in medical ethics and teaching in medicine.

**Emily Tallent, DO, Rocky Vista College
of Osteopathic Medicine**



I was born Dearborn, Michigan, just outside Detroit. I've played soccer since I was 4 years old - it was my passion growing up and I still enjoy some pick-up or co-ed games. I also grew up skiing, and our yearly trips to Steamboat gave me a taste of what Colorado has to offer. I attended freshman year of college at Concordia University in Ann Arbor, Michigan, where I received an athletic scholarship and played women's soccer. After realizing that school was not for me, I had an opportunity to move to Denver and found my new home. I graduated Magna Cum Laude from University of Colorado Denver with a bachelor's degree in biology and minor in psychology. I then graduated with my medical degree from Rocky Vista University in Parker, Colorado. Growing up I always knew I wanted to be in the medical field, and after working as a CNA for five years, I knew I could help the most people and also satisfy my love of learning by becoming a physician. I chose the Fort Collins Family Medicine Residency because we wanted to stay in Colorado and we love Fort Collins, so this program was the ideal geographical choice. After meeting the amazing faculty and residents, and learning about the full spectrum primary care provided to the community, I knew I would be a perfect fit for this program. I am interested in full-spectrum family medicine, including prenatal and OB care. I am passionate about Women's health and preventative medicine.

**Victoria Tschantz, DO, Edward Via College of
Osteopathic Medicine - Virginia**



I was born and raised in Richmond, Virginia. My childhood was defined by church, sports, music, and traveling which are all still a big part of my life. I went to undergrad at Wake Forest University in Winston-Salem, North Carolina (Go Deacs!) where I majored in Religious Studies and Health and Exercise Science and worked on a bunch of grassroots projects at the intersection of religion, social justice, and health. I was also a member of Alpha Delta Pi sorority. I then attended medical school at Edward Via College of Osteopathic Medicine in Virginia. I first knew I wanted to become a doctor when I was a sophomore in high school attending a specialty high school for health sciences. As part of the program, we were introduced to the wide variety of careers available in the healthcare field. One of our lecturers was an osteopathic physician who taught us all about the osteopathic tenets. This introduction to the holistic nature of the osteopathic philosophy really resonated with me and inspired me to want to become an osteopathic physician. When I interviewed at the Fort Collins Family Medicine Residency, I was drawn in by the passion of everyone I met, the dedication to teaching and offering full-spectrum family medicine, I was blown away by all of the psych and social services offered at the clinic. Outside of medicine I enjoy distance running, tennis, meditation, exploring craft breweries, watching U.S. Women's National Soccer, and playing the ukulele.

**Brett Weum, MD, Creighton University
School of Medicine**



I hail from Colorado Springs, Colorado. Growing up I was an avid soccer player (although my interest never necessary translated to the best skills!) and had interests in watching most sports (the Broncos and Manchester United are my two biggies), loved watching the Discovery Channel / History channel and camping, hiking, and video games were all my jam. When I was in middle school I watched a grandparent go through the end stages of Parkinson's disease. Watching her story unfold and seeing her face the healthcare system pushed me toward volunteering at Penrose Hospital in Colorado Springs where I worked with oncology patients as a patient ambassador. While there I remember watching a 30-something year old mom of 3 face and eventually succumb to breast cancer. As I watched her, her family, and her care team grapple with her disease I decided I wanted to be a physician so I could enter into others' stories in those hard moments and hopefully grapple with the hard edges of my patients' lives like her care team did so effectively. I attended undergraduate school at the University of Colorado, Boulder where I graduated Summa Cum Laude with a degree in Molecular, Cellular, and Developmental Biology. I then went to Creighton University School of Medicine where I solidified my love for family medicine and learned what it looks like to serve the whole of my patient's needs and what it means to advocate for my patients. After graduating, I wanted a program that would train me into a well-rounded, full-spectrum family physician. I choose the Fort Collins Family Medicine Residency program because of the expansive, well-rounded training that the program provides, with everything from impressive obstetric opportunities, awesome procedural experience, to an unmatched ICU experience. On my interview I loved the family culture that the program not only touts but lives out impressively, and I'm excited to be a part of that family and culture!