

## Meet our third year residents.

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### **Kristina Cordes, M.D.**

**Dr. Kristi Cordes** grew up in Moapa Valley, a small community an hour outside of Las Vegas. Growing up she spent a lot of time hiking, camping and looking for petroglyphs in the Nevada wilderness. She completed her Bachelor and Master degrees at the University of Connecticut. During college she played on the club volleyball team, both at UConn and in England where she studied abroad for a year. After Connecticut, she moved to Atlanta to complete her Master of Public Health degree at Emory and worked at the CDC for several years.

She wanted to be a doctor since high school and had been interested in epidemiology and public health since she was little. For her, family medicine represents the best of both worlds and allows physicians to have a positive, lasting impact on individuals and the community.

She still enjoys spending time wandering around in the wilderness and has taken up trail running and rock climbing in addition to hiking and camping. She has recently taken up gardening since she no longer lives in the desert and has become slightly obsessed with it.

Dr. Cordes is interested in maternal and child health, reproductive health and gender-affirming care. She is excited about the collaborative environment within the program and looks forward to learning from our pediatric and OB/GYN colleagues. She also hopes to learn more about point of care ultrasound and other skills useful for providing care in remote areas. In the future she hopes to practice in rural and under-resourced areas.



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### **Max Harris, M.D.**

**Dr. Max Harris** attended the University of Puget Sound where he studied political science and mathematics and later attended medical school at Rush Medical College. He was first inspired to pursue a career in healthcare while trekking in a remote area of Himalayas and was faced with several medical situations. His passion for medicine further developed after completing wilderness first responder and EMT certifications and working as an emergency room technician in Vail, Colorado.

Dr. Harris was drawn to the Fort Collins Family Medicine Residency program by the strong full spectrum training it provided, the personalities of the faculty and residents along with the opportunity to return home to Colorado to complete residency.

His medical interests include full spectrum family medicine, procedures, preventive medicine, medical Spanish, nutrition, sports medicine, underserved medicine, and endocrinology. He is excited to become immersed in the Fort Collins medical community and develop strong relationships with the patients he serves.



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### **Megan Huynh, D.O., Chief Resident**

**Dr. Megan Huynh** is passionate about family planning and integrative medicine with additional interests in wilderness medicine, LGBTQ+ care and preventative medicine. While at the Fort Collins Family Medicine Residency, she hopes to learn the knowledge and skills to become a broad-spectrum family physician that can best honor and serve patients to the best of her abilities.

As a Phoenician born and raised, she spent much of her time in the desert. She attended college at the University of Arizona in Tucson and medical school at Midwestern University in Glendale. Growing up, she enjoyed baking, crafting and playing several different instruments. She still loves arts and crafts, baking and reading. She enjoys spending time with her family and dogs, especially when camping or traveling and they go fishing, paddle-boarding and skiing as often as possible. Dr. Huynh chose the Fort Collins Family Medicine Residency program because of the broad-spectrum training with a diverse population in addition to its unique set up to work with both urban and rural populations.



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### **Rachel Palmer, D.O., Osteopathic Academic Chief Resident**



**Dr. Rachel Palmer** is originally from Molalla, Oregon. Growing up she enjoyed outdoor activities, sports, trying new things, Spanish, reading, biology, and traveling. She attended medical school at Pacific University, Forest Grove, Oregon. There are countless experiences that inspired her decision to become a doctor. Her small-town family practitioner sparked her interest in medicine and her passion grew through volunteer activities locally and abroad. Most notably while studying abroad in Ecuador, she saw the importance of preventative and general medicine which ignited her passion for family medicine specifically. She loves being active, being outdoors, long-distance backpacking, trying new activities like line dancing, and traveling.

She is interested in women's health, preventative health, global health, rural health, and serving underserved populations. While at Fort Collins Family Medicine Residency, she hopes to learn to be a compassionate, competent, full-scope family medicine physician who can serve the health care needs of her community.

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### **Jason Spicher, M.D., Chief Resident**

**Dr. Jason Spicher** is from Lancaster, Pennsylvania and grew up spending a lot of time outdoors hiking and camping. During college, he helped organize a bicycle co-op and still loves riding, building and repairing bikes of all kinds. He also enjoys baking, home-brewing and roasting his own coffee. He studied biology, chemistry and Spanish at Eastern Mennonite University in Harrisonburg, Virginia. After college, he moved to Alamosa, Colorado to volunteer in the county public health department and became interested in community health and primary care. He and his wife were excited to return to Colorado from Pennsylvania to enjoy the mountains and sunshine. His medical interests include public health, point-of-care ultrasound, medical education curriculum development, and the wide variety of procedures family doctors can do.



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### **Allee Torres, M.D.**

**Dr. Allee Torres** grew up in Albuquerque, NM and in Colorado Springs, CO, spending most of her time in the mountains. She received a bachelor's degree from Stanford University and a master's degree from Georgetown University. She was so happy to get to come back to Colorado for medical school. She decided she wanted to become a doctor after seeing how much family and community health was positively impacted by family physicians. She joined the Colorado Air National Guard in medical school to serve her country and Colorado as a physician and is still serving. Since moving to Fort Collins for residency, she is enjoying getting to know the local hiking, fishing, camping and breweries.



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### **Anna Venardi, D.O.**

**Dr. Anna Venardi** was born and raised in Walnut Creek, California. She was a voracious reader growing up, often getting in trouble with her mother for reading when she was supposed to be going to sleep. She attended University of California, Santa Barbara where she received a degree in Microbiology. She doesn't recall when she decided to become a doctor, but for as long as she can remember, becoming and practicing as a doctor was what she envisioned for her life. Listening to people and making them feel heard has always been important and being a doctor allows her to do that and more. She enjoys hiking, swimming, yoga, cooking, reading, and traveling as much as possible whether that be far or near.

Dr. Venardi chose Fort Collins Family Medicine Residency program for the full scope medical training it provides its residents and the friendly and inviting nature of the faculty, staff, and residents. Her medical interests include women's health, prenatal care and obstetrics, and working with underserved populations. She hopes to truly become a full scope family medicine physician that can practice confidently in a variety of settings with extensive procedural training.

