

Meet our first year residents.

Jamie Bish, M.D.

Dr. Jamie Bish grew up in Grand Island, Nebraska. She received her undergraduate degree from the University of Nebraska at Omaha before going on to pursue medical training at the University of Nebraska Medical Center. In medicine, Jamie saw the potential to explore her passion for learning while working with people every day. She loves the opportunity to use her knowledge to help people.

Dr. Bish joined the Fort Collins Family Medicine residency because it was an excellent program where she and her partner could thrive. At our program, she saw a clinic that was intertwined with the community and responsive to its needs, as well as the opportunity for full spectrum training. Professionally, Dr. Bish is interested in the care of diverse populations, and sexual and reproductive health. Outside of work, she loves spending time with friends and family outside! In the summer you can find her in a hammock or on her stand-up paddleboard. She loves hiking and camping and exploring new areas and listening to music and especially going to concerts!



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Matthew Foman, M.D.

Dr. Matt Foman was born and raised in St. Paul, Minnesota. He moved to Philadelphia to attend college at the University of Pennsylvania, majoring in Health and Societies with a focus in global and public health. After college, he moved back home to attend medical school at the University of Minnesota-Twin Cities. From an early age, Matt was captivated by his father's work as a physician, his understanding of the natural world, and how deeply his work connected him to the community. Matt decided to pursue medicine after working with gunshot wound survivors in college and feeling the joy that comes with forming a relationship with someone and partnering with them to overcome challenges. Medical school highlights included co-founding the addiction medicine interest group and spending his third year living in a small town in Minnesota's Northwoods to train at a small rural hospital as part of his school's rural training track.

Matt chose Fort Collins for its supportive and close-knit culture, strong full spectrum training with significant OB exposure, and opportunities for addiction medicine training. He was also really impressed by the clinic's behavioral health and social services, especially the on-site food pantry (with fresh produce!). Dr. Foman's professional interests include addiction medicine, OB, reproductive justice, public health advocacy, integrated behavioral health, wilderness medicine, and point-of-care ultrasound. When not at work, Dr. Foman enjoys rock climbing, hiking and backpacking, building and riding bikes, skiing, gardening, homebrewing kombucha and beer, and trying to perfect his morning cup of coffee!



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Hannah Graham, D.O.

Dr. Hannah Graham grew up in Enterprise, Oregon, which is an extremely rural, ranching town in the Wallowa Mountains. She attended college at The University of Oregon in Eugene, Oregon (Sko ducks!). After 4 years of traveling, studying, and working, she attended medical school at Western University of Health Sciences of the Pacific in Lebanon, Oregon. Hannah's father was a primary care internist which initially sparked her interest in medicine. Throughout her years working in medicine (a medical assistant at a FM clinic, a scribe in the ER, and a medical assistant at a IVF clinic), she realized she wanted to create long-lasting connections with patients and have the competence to support them in their health journeys. Dr. Graham was really impressed with the overall vibe of FCFMR and everyone from the program. She loves the full-spectrum, unopposed training, and the focus on women's health and underserved populations. Her dream is to become a competent physician capable of working in any setting, which FCFM will help her achieve.

She is also really excited about the area and living near her sibling, as well as an amazing mountain range. Dr. Graham is incredibly interested in underserved populations and supporting those who are targeted by political crusades. She is passionate about fighting for reproductive rights and caring for patients who are frequently overlooked and undertreated in our medical system. When she isn't at work, Hannah loves spending time in nature while being active. She is also a self-described social butterfly who loves spending time with friends and family tasting new foods, experiencing new places, and planning trips to either visit her people or a new international or local destination. If she is looking for some downtime at home, Dr. Graham can be found reading a new book, trying to remind herself how to play the piano, cooking something tasty, or playing with other people's pets.



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Kathryn Hamory, M.D.

Dr. Kathryn Hamory grew up in Cary, North Carolina. Before joining us in Fort Collins she attended college at LeTourneau University and then went on to complete her medical training at the Anne Burnett Marion School of Medicine at Texas Christian University. Kathryn was driven to pursue medicine after studying biomedical engineering during her first year of college. She went overseas to do research with a team of engineers and ended up shadowing in a Kenyan hospital. She loved watching the physicians offer hope and compassion to patients in the midst of suffering, and was inspired to do the same!



Dr. Hamory chose Fort Collins FMR for its unopposed, full-spectrum program with a focus on women's health, rural healthcare opportunities, and, of course, access to beautiful mountains! Her professional interests include global health, dermatology, women's health, nutrition, and pediatrics. When she isn't at work, her hobbies include hiking, reading, baking, rock climbing, serving her local church, and spending time with her husband (and best friend) James.

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Alyssa Krueger, D.O.

Dr. Alyssa Krueger was raised in Appleton, Wisconsin. Before joining the team in Fort Collins, she attended college at the University of Wisconsin-Madison (go Badgers!), where she studied Neurobiology and Spanish. She then attended medical school at Des Moines University College of Osteopathic Medicine. Alyssa always knew she wanted a career in healthcare, but it wasn't until she got involved with science outreach and volunteer work in college that she decided on becoming a physician. This also sparked her interest in primary care in particular, as much of this volunteer work was focused on education and building healthy habits.



Dr. Krueger was drawn to the strong inpatient and outpatient training offered at the Fort Collins program, as well as the program's emphasis on serving the Fort Collins community. Professionally, she is interested in preventative medicine, women's health, and behavioral health. She also enjoys reading, baking, and pretty much any activity that gets her outside!

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Kayla McConnaha, M.D.

Dr. Kayla McConnaha grew up in Plymouth, Wisconsin, a small town of around 8,000 residents known for its dairy and cheese production. From an early age, Kayla loved the hands-on nature of science experiments and also saw her own Family Medicine physician as a leader, role model, and someone she could trust. In high school, an Anatomy and Physiology course captivated her and sparked an interest in the study of the human body, which only continued and expanded throughout college. Kayla is a first-generation college and medical student. Her undergraduate degree, from Harvard University, is in Molecular & Cellular Biology with a minor in Global Health & Health Policy. After college, she attended medical school at the Medical College of Wisconsin-Green Bay. Kayla was initially drawn to the full-scope, unopposed curriculum offered by Fort Collins Family Medicine Residency program.



Kayla was initially drawn to the full-scope, unopposed curriculum offered by Fort Collins Family Medicine Residency program. Through the interview process, she discovered just how enthusiastic and caring the faculty, staff, and residents are and was impressed by the diverse backgrounds of those who would be guiding her residency training. Dr. McConnaha's medical and professional interests include full-spectrum care, global and rural health, women's health and maternity care, and mental wellbeing. In her free time, she enjoys cooking and baking; exploring new coffee shops and farmers markets; spending time outdoors with her husband, hiking and camping; cheering on her favorite sports teams, especially the Packers and St. Louis Blues; attempting to get better at golf and gardening; and doing yoga.

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Stephen O'Neill, M.D.

Dr. Stephen O'Neill grew up in El Paso, Texas. He attended undergrad at the University of Nebraska-Lincoln majoring in electrical engineering. Stephen worked in the engineering field for four years prior to attending medical school at the Mayo Clinic Alix School of Medicine in Arizona. Ultimately, it was the desire for a career with a more clear focus on humanness that led Dr. O'Neill to medicine. He chose the Fort Collins Family Medicine Residency because it is a broad-spectrum, community-focused program.



Fort Collins is also a beautiful city where Stephen looks forward to caring for families in the community and raising his own! His professional interests include community medicine, underserved care, humanities in medicine, and medical education. Dr. O'Neill's hobbies change often, but those that seem to persist are writing; reading fiction, poetry, and philosophy; and staying active outdoors. Although, most of his time is spent at home with his wife, doing whatever it takes to make their two daughters laugh.

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Z Zeigerson, D.O.

Dr. Chen "Z" Zeigerson grew up locally, here in Fort Collins. She received her undergrad degree from University of Puget Sound, graduating with a BS in biochemistry and a minor in mathematics. She then went on to medical school at Rocky Vista University College of Osteopathic Medicine, Colorado campus. Z decided to be a doctor partway through her undergraduate education. She was inspired after attending a lecture by a doctor who spoke about experiences advocating for human rights in international settings. At the time, Dr. Zeigerson was trying to find her role in local and global communities and this career path just clicked into place.



Z decided on Fort Collins because she loved the atmosphere the Residency fosters. The clinicians here are so passionate about serving the community, practicing medicine using trauma informed care and being equitable towards all their patients! Professionally, Z is interested in working in community medicine, rural, and global settings. When she's not at work, she loves reading, sourdough baking, Dungeons & Dragons, and spending time outdoors.