

Meet

Gary Ballard



His Story: I graduated from Southern Nazarene University this May 2022 with a degree in Biochemistry.

I was born in Nashville, TN but spent most of my life in Houston, TX so in a way I've returned home to continue my journey to medical school.

As a highschool and college athlete I've taken a particular interest in sports medicine and orthopedics. I'd like to work for a professional sports team like the Houston Astros or the Tennessee Titans in order to see that those athletes are given the best treatment in order to succeed.

In my free time I love to play my guitar and my trumpet for church, my family, or at the occasional spot downtown. Memphis is such a great city to be in already and I love the endless opportunities for excitement it provides. I'm looking forward to working with CCHS this year and completely submerging myself in the healthcare world.

My prayer this year is for my ambition to grow and thrive in a new environment so that I become the greatest I can be using my skills for Go.

Key Verse: Colossians 3:23 "Whatever you do, do it enthusiastically, as something done for the Lord and not for men."

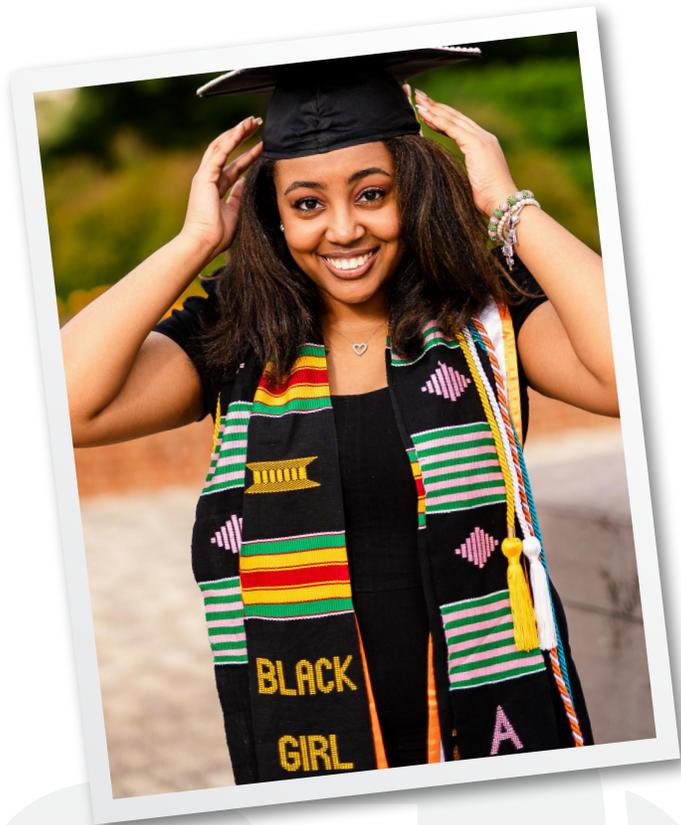
2022-2023 Urban Medical Year Intern

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Meet

Haleigh Thomas



Her Story: Haleigh Thomas was born and raised in Memphis, Tennessee. She studied kinesiology at the University of Tennessee in Knoxville and received a Bachelor of Science in Education, Health, and Human Sciences in July 2021.

Haleigh completed her first year of the Urban Year Medical Internship at CCHS Women's Health. This year, she returned as the Lead Scribe of the 2022-2023 cohort. While living in Memphis, she became increasingly interested in mental health in pediatric populations. She has seen and experienced how the stigma behind mental health negatively impacts patients specifically in underserved and marginalized communities. She looks forward to immersing herself into the community to learn more about health disparities in pediatric populations and ways she can advocate for mental health awareness.

During her free time, she enjoys running, playing with her dog, and spending time with her friends and family. This year, she desires to improve on her Spanish speaking skills.

Her prayer is that she continues to trust in the plans that God has for her life. She is asking for confidence rather than fear because God knows the future.

Key Verse: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

2022-2023 Urban Medical Year Intern

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Meet

Samuel Harris



My Story: Samuel is an Urban Medical Year Intern at the CCHS Orange Mound Clinic. He comes to Memphis from Auburn University where he graduated with a degree in Microbiology. During his time there he was involved in Reformed University Fellowship, Church, and pursued research.

He was a military brat growing up and he lived all over the country but has always called the southeast his home. He grew up in the Presbyterian Church but his faith really became his own during a particularly difficult move in high school. In his free time, he enjoys really anything active outside whether that be surfing, sailing, hunting, or rock climbing.

His short-term goals while here in Memphis are to expand his medical knowledge and resume as he reapplies to medical school and to serve the city of Memphis as best he can during his short time here. Longer term, he would like to work as a rural medicine doctor somewhere in the Southeast.

Prayer request for year

His prayer for this year is to better understand his own standing in God's eyes. That he would rest in the unconditional love that God has even as he was called out of the midst of his own sin and depravity and let that love be the fuel that leads him to serve and love those around him in Memphis in a Christ like manner.

Key verse (for above request)

Romans 5:7-11: For one will scarcely die for a righteous person—though perhaps for a good person one would dare even die— but God shows his love for us in that while we were still sinners, Christ died for us. Since therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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Meet

Valencia Swims



Her Story: Valencia is an Urban Medical Year Intern at the CCHS Women's Health Center. She graduated from Middle Tennessee State University in Murfreesboro, TN where she graduated with a Bachelor of Science in Biology with a concentration in microbiology and a minor in chemistry. She continued her education with a post bachelors' program at North Carolina State University with an emphasis in human physiology. Later, she attended Ross University School of Medicine where she is currently finishing her fourth year of medical school. She is currently applying for residency. She was born and raised in Memphis, Tennessee.

During her free time, she enjoys traveling, exercising, reading, and serving the community. Her goal is to be a Family Medicine physician in a medically underserved community and by doing so, out of a conviction to follow Christ.

Her prayer is that she allows God to use her for His glory in all that he does, and to surrender all her plans to God, trusting He will order her steps.

Key verse:

One bible verse guiding her through her journey from the book of Joshua 1:9: "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord will be with you wherever you go." Meaning, no matter what you do or where you are, the Lord will be with you on your journey, so you don't need to let fear control or discourage you."

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