



# Primary Care Providers – Coastline

Chioma Nwabude, NP

**Role:** Nurse Practitioner

**Location:** Long Beach

**Education:** Laurea University of Applied Sciences, California State University, Long Beach

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Russian

*“I respect all my patients and make sure they’re part of the decision-making process. It’s one way to encourage them to participate in their own care.”*

Chioma is a passionate and dedicated Geriatric Nurse Practitioner with five years of nursing experience in critical and transitional care. She is known for taking new hires and students under her wing, teaching them what she’s learned.

Chioma treasures time with her two daughters and is a bookworm, enjoying literature, history books and biographies.

Megan Whalen, NP, MS

**Role:** Nurse Practitioner

**Location:** Long Beach

**Education:** California State University Bakersfield, California State University Long Beach, UC Irvine

**Board Certification:** American Nurses Credentialing Center

**Languages Spoken:** English

*“I have a passion for seniors. I feel like I can make a difference by spending a little more time with them and seeing them from a whole person perspective.”*

Megan has provided care in various settings over the last 15 years, working in clinics, telehealth, home health and skilled nursing facilities. Her experience and dedication shine at WelbeHealth. She is compassionate about patients of all ages, but seniors hold a special place in her heart. She provides the education, resources and support that her patients need to stay active and healthy.

Megan loves being in nature and sharing a meal with her family and friends.

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Kathy Lishman, RN, MSN, FNP-BC

**Role:** Nurse Practitioner

**Location:** Long Beach

**Education:** Kennesaw State University

**Board Certification:** American Nurses Credentialing Center

**Languages Spoken:** English

*“My philosophy is to grow with my patients through whatever they’re going through and be there to help a person live their best life.”*

Kathy has been caring for patients for 25 years. She also brings her experience to the classroom, having been a nursing instructor for several colleges. Kathy is enthusiastic about providing comprehensive care to the elderly, especially those with chronic and complex conditions. Her priority is to ensure that her patients and their families get the care and support they need.

When she isn’t at WelbeHealth, you can probably find her walking along the beach or trying out some really good food with her husband.

Sabrina Villalba, MD

**Role:** Medical Director

**Location:** Long Beach

**Medical Degree:** The David Geffen School of Medicine at UCLA

**Residency:** Kaiser Permanente Los Angeles Medical Center Department of Family Medicine

**Board Certification:** Family Medicine

**Languages Spoken:** English, Spanish

*“I treat the entire person. I see how everything works together to make someone feel better and healthy. Part of my philosophy is to address the spiritual and emotional, as well as physical.”*

With 15 years of experience as a family medicine specialist, Dr. Villalba listens to her patients and provides compassionate, personalized care. The fulfillment she gets from talking to her patients reinforces her belief that she chose the right career. Dr. Villalba regularly volunteers at the Huntington Beach Senior Center, where she enjoys gaining wisdom from the elderly and serving her community.



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When she isn't seeing participants at WelbeHealth, Dr. Villalba loves surfing and practicing mixed martial arts.



## Primary Care Providers – Pacific

Becky Kuhn, RN, FNP

**Role:** Primary Care Provider

**Location:** Pasadena

**Education:** California State University, Long Beach

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Spanish

*“It’s important for patients to understand their health conditions and the reasons for particular treatments. When patients know the ‘why,’ they’re more motivated to stick to their plan.”*

Becky Kuhn has been working with seniors since 2011 and is dedicated to providing quality medical care and improving the health of her patients. She takes a collaborative approach ensuring they have the best quality of life. WelbeHealth participants appreciate her attention to detail, focus on educating and encouraging words.

Becky loves nature and would camp out in the woods for months if she could.

Tam Dinh, NP, MSN, APRN, FNP-C

**Role:** Primary Care Provider

**Location:** Pasadena

**Education:** University of California, Los Angeles, California State University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Vietnamese

*“Treat people how you would want them to treat you. It comes down to respecting human values—just giving or getting that respect from each other.”*

With 15 years of experience, Tam has a wealth of knowledge and skills. She has served as a nurse in a variety of clinical settings, including hospitals and clinics. Prior to joining WelbeHealth, she served as a Nurse Practitioner in psychiatry. She is passionate about helping participants and their families within the community. She delivers high-quality, patient-centered care that makes a difference in her patients’ lives.

When she isn’t seeing participants at WelbeHealth, she enjoys spending time with her family.



## Primary Care Providers – Pacific

Lauren Kennerly, NP

**Role:** Primary Care Provider

**Location:** Pasadena

**Education:** Kent State University, Rush University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English

*“I am grateful when I take stress off the family and the patient. It makes everyone’s life easier and healthier, because we take care of them.”*

As a Doctor of Nursing Practice, Lauren brings dynamic skills and experience that help her care for a diverse population of seniors. She’s also an Adult-Gerontology Nurse Practitioner, which means she treats people from adolescents through adulthood and into advanced age. Lauren has worked in many clinical settings including the cardiovascular ICU, cardiac transplant ICU, PACU, orthopedics and internal medicine. She is excited to provide compassionate, personalized care to WelbeHealth participants with a goal to “do what makes *you* happy.”

In her free time, Lauren loves taking her dog to farmer’s markets because he has a “smiling” face that helps her make friends.

Danny Lam, NP

**Role:** Primary Care Provider

**Location:** Pasadena

**Education:** Azusa Pacific University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Cantonese, Mandarin

*“I love working with seniors because they deserve the best quality of life they can get. In a way, while caring for them we can see our future.”*

When not working, I enjoy... wanderlusting, skiing (not very good at it though)



## Primary Care Providers – Pacific

Haide Landeros, NP

**Role:** Primary Care Provider

**Location:** Pasadena

**Education:** University of California, Los Angeles

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Spanish

Germin Soliman, DO

**Role:** Primary Care Provider

**Location:** Pasadena

**Medical Degree:** Western University of Health Sciences

**Residency:** College Medical Center Pacific Hospital of Long Beach

**Board Certification:** American Osteopathic Board of Internal Medicine

**Languages Spoken:** English, Spanish, Arabic

Danielle Basurco, MD

**Role:** Associate Medical Director

**Location:** Pasadena

**Medical Degree:** Ross University School of Medicine

**Residency:** UCSF Fresno – Family & Community Medicine

**Board Certification:** American Board of Family Medicine

**Languages Spoken:** English, Spanish

*“My love for seniors started with loving and caring for my grandmother and trying to find ways for her to live her best life. Our seniors are living books full of experiences from which we can all benefit. They need love and support to thrive. Each senior has a unique set of vulnerabilities and goals that need to be identified and supported. It is a privilege now to help form part of that loving support team.”*

When not working I enjoy... working on my chili pepper and tomato garden with my family and creating delicious meals with them and for them. I enjoy family time, hiking and collecting gnomes.



## Primary Care Providers – Pacific

Colin Robinson, MD, MPH

**Role:** Medical Director

**Location:** Pasadena

**Medical Degree:** Tufts University School of Medicine

**Residency:** UCLA Combined Internal Medicine and Pediatrics

**Board Certification:** Internal Medicine, Pediatrics

**Languages Spoken:** English, Spanish

*"I pride myself on carefully listening to my patients. It's important to understand their medical history, as well as their social, family and cultural lives."*

Dr. Robinson is passionate about providing personalized care to patients of all ages, including seniors. He practices patient-centered care to help WelbeHealth participants live their healthiest lives. In addition to his Doctor of Medicine (MD), Dr. Robinson holds a Master of Public Health (MPH) and previously served as a Clinical Assistant Professor and Assistant Program Director at UCLA.

When not working at WelbeHealth, Dr Robinson enjoys time with his family and hitting the occasional ace on the tennis court.



## Primary Care Providers – Sequoia

Julio Garibay, FNP

**Role:** Primary Care Provider

**Location:** Fresno

**Education:** California State University, Fresno, Fresno Pacific University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Spanish

*“I enjoy hearing about my participants’ backgrounds and their experiences. It helps me understand their perspectives and develop lasting patient-provider relationships.”*

Julio served as a Medic in the United States Airforce before transitioning to registered nursing and now serves as a Family Nurse Practitioner. With nearly 20 years of clinical experience, he has provided care to patients of all ages with acute and chronic health conditions. He understands the complexity of disease and creates customized treatment plans for each participant.

Julio enjoys spending time with his family and taking his children to karate. He may be able to show you a few self-defense moves!

Laura Gonzalez, MSN, FNP

**Role:** Primary Care Provider

**Location:** Fresno

**Education:** Grand Canyon University, United States University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Spanish

*“I try to incorporate my patients’ values and goals. It’s not just all about Western medicine. I also want to incorporate what they do in their own cultures and just set limits to what we can and cannot do with their thoughts in mind.”*

Laura has been serving seniors since 2015. She began her nursing career as a Registered Nurse at a California nursing home. Continuing her education, she became a Licensed Nurse Practitioner in 2019 and proudly stepped into her new role at WelbeHealth. Her experience in the PACE model has reassured Laura of how coordinated, quality care can make a huge difference in the lives of the elderly. She is honored to serve a diverse population of participants.

Laura loves bringing her children to her parent’s farm to see the chickens and goats, “teach them to care for creatures other than themselves.”





## Primary Care Providers – Sequoia

Linda Yang, MBA, BSN, MSN, FNP-C

**Role:** Primary Care Provider

**Location:** Fresno

**Education:** Charles R. Drew University of Medicine and Science

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Hmong

*“Giving time back to seniors who have shaped the community is a privilege. I learn so much from them.”*

Linda has years of invaluable experience as a volunteer and as a nurse. She has put her skills to use in a variety of healthcare settings. She is enthusiastic about providing compassionate education, safety and healthcare. She creates lasting relationships with participants, while delivering healthcare that empowers them and increases their quality of life.

Family-oriented and passionate about caring for people as if they were her own family, Linda is the proud mom of 6 grown children (all boys!) and grandma to 2 boys.

Dennis Louis Yam, NP

**Role:** Primary Care Provider

**Location:** Fresno

**Education:** Walden University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Tagalog, Chinese

*Welbe Health is the ideal setting to practice medicine. Here, we get rewarded for the quality of care we give and the outcome of the care.*

Danny takes seriously the saying “do no harm” and works with each patient to deliver care suited to their unique circumstances.

When not working, I enjoy...traveling and road trips, spending time with family, watching movies



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Jagdish Nijjar, FNP

**Role:** Primary Care Provider

**Location:** Fresno

**Education:** Fresno Pacific University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Punjabi, Hindi

Oscar Hernandez, MD

**Role:** Medical Director

**Location:** Fresno

**Medical Degree:** Autonomous University of Sinaloa, Mexico, International

**Medical Graduate Program:** The David Geffen School of Medicine at UCLA

**Residency:** University of California San Francisco, Fresno

**Board Certification:** Family Medicine

**Languages Spoken:** English, Spanish

*“I have a lot of patience. I listen to our participants, respond to their concerns, and care for their needs.”*

Dr. Hernandez has been caring for seniors through the PACE model for four years. He has seen the positive impact coordinated care can have on the elderly and is proud to deliver it as a part of the WelbeHealth team.

Dr. Hernandez values quality time with his family and friends and considers himself to be quite the handyman, regularly working on projects around his home.



## Primary Care Providers – Sierra

Nesren Anton, NP

**Role:** Primary Care Provider

**Location:** Stockton

**Education:** Samuel Merritt University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English, Arabic

*“I hope that everyone is able to achieve their health wish. I love helping seniors try to achieve that.”*

Nesren is passionate about educating patients and the community about health issues and preventive care. Having spent several years working at Children’s Cancer Hospital, she took a position with Hospice and Palliative Care, managing Medicare patients and conducting in-home health assessments. Her compassion for seniors and her focus on providing quality care are very appreciated among the participants at WelbeHealth.

When Nesren is not seeing participants, she is busy being a supermom to five beautiful children.

Yordanos Mehanzel, FNP

**Role:** Primary Care Provider

**Location:** Stockton

**Education:** Nevada State College, Touro University Nevada

**Board Certification:** California Board of Registered Nursing

**Languages Spoken:** English

*“I take care of each patient the best that I can and consider how they want to be cared for.”*

Yordanos is a real go-getter! She began working as a Registered Nurse in Pre-Op and PACU with an Associates Degree in Nursing. In 2017, she earned her Bachelor of Science in Nursing, and in 2020, she received her Master of Science in Family Nurse Practitioner. She brings enthusiasm and strives to provide optimal, patient-centered care with compassion.

Outside of work, you can find her serving up tennis balls or relaxing with yoga!

## Primary Care Providers – Sierra

Adetoun Obadofin, FNP, CCM

**Role:** Primary Care Provider

**Location:** Stockton

**Education:** University of Ado-Ekiti, Nigeria, University of Texas at Austin, West Coast University

**Board Certification:** American Academy of Nurse Practitioners, Commission for Case Manager Certification

**Languages Spoken:** English

*“I take care of seniors the way I would like to be taken care of. I want to take that journey with them and help them enjoy what they have.”*

Adetoun provides care to patients with the most complex and advanced medical needs. She is experienced in adult-gerontology, caring for patients from adolescence through adulthood and into advanced age. She brings her experience to our participants and puts smiles on their faces.

A busy mom of 3 kids all under 13, Adetoun still finds time to do what she enjoys, which is giving back to the community.

Dixie Tucker, A-GNP

**Role:** Primary Care Provider

**Location:** Stockton

**Education:** University of Alabama at Birmingham

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English

*“I care for all my patients as if they’re my family. I want them to have the best, highest-quality care.”*

Dixie has provided care to seniors in many settings, including homes, hospitals, trauma units, nursing homes and assisted living facilities. No matter where she cares for patients, she makes sure their unique needs are met. She brings that dedication to WelbeHealth as she cares for a diverse population of seniors. Some of her specialties include acute care, transitional care and chronic disease management.

When not working, Dixie loves couponing and tending to her garden.

## Primary Care Providers – Sierra

Marshe Ivy, FNP

**Role:** Primary Care Provider

**Location:** Stockton

**Education:** Samuel Merritt University

**Board Certification:** American Academy of Nurse Practitioners

**Languages Spoken:** English

*“I am a nurse first and my goal is to treat my patients in a nurturing way, and give them the love and attention they deserve. I hope every one of my patients trust me to partner in their treatment and healing.”*

Marshe prides herself on listening to and understanding where her patients are now, and helping them overcome any barriers to their care goals.

When not working, Marshe enjoys rest and relaxation such as shopping, crafting, or going to the spa, and spending time with family.

Raman Talwar, MD

**Role:** Primary Care Provider

**Location:** Stockton

**Medical Degree:** Maharshi Dayanand University

**Residency:** Baylor College of Medicine

**Languages Spoken:** English, Hindi, Spanish

Marsha Alexander, MD

**Role:** Associate Medical Director

**Location:** Stockton

**Medical Degree:** East Tennessee State University

**Residency:** Florida Hospital, Family Practice

**Languages Spoken:** English

Dr. Alexander knows that medical conditions can be difficult for seniors and their loved ones to manage. She has been caring for seniors through PACE for five years. With nearly four decades of



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experience in family medicine, she partners with seniors to meet their health needs and goals. Dr. Alexander doesn't shy away from tough conversations and her patients know she will help keep them on track. Her mission is to enable older adults to enjoy more independence and a better quality of life for as long as possible.

Outside of work, Dr. Alexander loves to quilt.

Otashe Golden, MD

**Role:** Regional Medical Director

**Location:** Stockton

**Medical Degree:** Albany Medical College

**Residency:** University of California, Davis Sutter Health Family Medicine

**Board Certification:** Family Medicine, Hospice and Palliative Care, Wound Care

**Languages Spoken:** English

*"I motivate you to live your best life and give you tools to empower yourself and your health."*

With over 20 years of clinical experience, Dr. Golden helps people lead a healthy life well into their golden years. She seeks to improve quality of care, collaborate with other providers and make sure participants receive the care they deserve. A published author, Dr. Golden is popularly known as the "Medical Life Coach." She gives participants and their families resources that empower them to make better-informed health decisions.

If you're looking for a lecture, you won't get one! Dr. Golden tells her WelbeHealth participants, "I never lecture on the first date."