

HALL OF ACHIEVEMENT

2015/2016
Journal

Ofrona A. Reid, Jr., M.D.

Class of 1989

Ofrona was born and raised in Amityville. He was part of the wrestling team in junior high school coached by Mr. Rauch and Mr. Magnani who were vital to his life. He was also a helper for the girls gymnastic team under the supervision of whom he calls his “school mothers”, Mrs. Bonaventura and Mrs. Atlas. His “school mothers” provided support; discipline and nurturing that guided him in the right direction, in and out of school.

Ofrona continued to be a helper for the gymnastic team while in high school, which kept him out of trouble. He was voted by his classmates as Best Dressed, Best Looking Eyes and Did The Most for His Class. He was a member of the Yearbook Committee and participated in Varsity Soccer and Wrestling for all four years of high school. Ofrona was coached by Mr. Tierney his “school father” who helped him become an outstanding wrestler and he attained All League three times, All County three times and All New York State his senior year.

Ofrona attended Morrisville University and earned All American Wrestling honors and was awarded a Division 1 wrestling/athletic scholarship to Manhattan College. He graduated Beta Beta Beta Biological National Honor Society with a BS in Biology. He was then awarded a Doctoral fellowship to the University of Albany majoring in molecular biology. After one year he left to attend Ross University School of Medicine where he graduated with his Medical Degree. He did his internship and residency in Internal Medicine at Seton Hall University School of Health and Medical Sciences.

He met the love of his life, Paula, at Manhattan College and has three children Ofrona, Jeremiah and Alicia. They reside in Oneida, NY where Ofrona is a partner and president of Oneida Medical Associates. He is also the Hospitalist Director at Oneida Healthcare Center, the Medical Director at the Oneida Extended Care Facility and Central Park Nursing Homes, a Board member at the Madison County Department of Health, an American College of Sports Medicine certified Ringside Physician and the former Chief of the Internal Medicine Department.

Ofrona is grateful for the support his family provided him throughout his career.

“I Can Do All Things Through Christ Who Strengthens Me.” Philipians 4:13