

Grateful at

Geisinger Commonwealth School of Medicine

Issue: April 2019

I am grateful for...

Earl, Staff – I see Earl almost every day and he's always friendly and working hard to keep our building spotless. He also generously agreed to change his schedule for a couple weeks to accommodate students studying in the anatomy lab, which we really appreciated. Thank you for being so kind and considerate Earl!

- Caitlin Tillson, M1

Michelle Mikhno, Sarah Schreiber and Sayani Patra – For their hospitality and skill at hosting people in their home.

- M3

Angelica DeFreitas – For using her bilingual abilities to constantly save us on spring break without ever complaining. You're the real MVP.

- Your Grateful DR Travel Buddies

Ed Lahart and Gina Osif – I can't even put into words how amazing and helpful Gina and Ed are! We are beyond lucky to have them helping us through the application process. They are so patient, conscientiousness and efficient.

- M3

Michelle and Katya – Happy to call these two Russians my comrades! Happy Birthday!

- Yoseph, M3

Alice Thompson, Nicole Gillman and Jordan Alter – For doing such an incredible job speaking at the JCC vigil last month--your words brought hundreds of people together in the face of a tragedy and were powerful, brave and relatable. All of us there were proud to know you and be your peers.

- M2

Dr. Lazarova – For her ability to transform a CBL Facilitator meeting into invaluable life lessons. Thank you.

- Mark, M1

Karen Updike, South Regional Manager – Karen is a team player, always taking initiative and willing to learn and looking for ways to assist others. She's one of those incredible people who looks to solve problems and make the day better. I'm so grateful for your help and your cheerfulness!!

- Staff

Bilal Ali and Meredith Burger – For doing a great job at running elections last month!

- Jordan Alter, M1

According to various studies on medical education, nearly all medical students will experience some form of distress, burnout or depression throughout their training. Although some days can be really difficult, there are so many wonderful people at our school who are doing exciting, positive things for our Geisinger Commonwealth community. *Grateful at Geisinger Commonwealth* was founded in order to highlight these rays of sunshine in our medical school lives and to brighten each of our days by focusing on the good things happening here at Geisinger Commonwealth School of Medicine!



Alyssa Muchisky – For setting up the peer mentoring program with local universities and Temple University. As someone who didn't have much help from my pre-med advisor, having this program gives pre-med students an extra resource to help navigate applications and coursework in undergrad. I think it's amazing that she (and the entire E-board) helped start this program at our school :)

- M2

JB Mulholland – For being the most brutal tutor this side of the Mississippi. You aggressively force-feed us high-yield information, intimidate us by wearing your crocs in attack mode and somehow convince us to come back for more every week.

- M2

Janelle Hawley – Your enthusiasm for your work and your endless cheer is so appreciated, Janelle! You make a positive impact here.

- Staff

Matt Moran – He has been amazing in helping me prepare for Step 1. He says that it is never too early to start studying and has been instrumental in increasing my understanding. My UWORLD scores have been increasing every day.

- M2

Kara Badyrka – Aside from being the "best" event planner, she is the one person at GCSOM who always seems to point me in the right direction, to help me find the person I need and to provide me with creative suggestions and advice. She is truly dedicated to the success of every activity/event that she helps to plan. Thank you for all of your support, Kara!

- Sonia Lobo, Faculty

Gina Osif – For being you!

- Staff

Jonathan Long – For caring and checking in on a fellow classmate during a rough week. Your thoughtfulness is appreciated.

- Jasmine Santos, M2

Nav Tajeshwar – For keeping life exciting and always making a bad day a rad one instead.

- M3

Chris Edwards, Emili Delp, Brett Ricci – For always being so helpful!

- Nate Hoff, M4

Dr. William Iobst, Andrea DiMattia, Laura Mayeski, Janelle Hawley, Shannon Bickauskas, Karen Verespy, Fran Wolk, Jay Fortin, John Gorczyk and staff, Metz cafeteria staff and the "too numerous to mention by name" leadership, faculty, staff and students who contributed to the document submissions and participated in the LCME visit –

What a great team effort!

- Karen Cimino, Staff

The 2020 Campus Reps + VP - Lindsay, Zack, Erin, Karl, Janara, Steph, Ryan, Laura, Nishant, Jenna and Andrea – Third year is extremely busy, but you all remained fully dedicated to your class leadership roles throughout the year. Thank you for working hard on behalf of your classmates. I am thankful to have had such an incredible group of people to work with!

- Cindy, M3

Jess Knapp and Johnny Chen – Dancing with me these past two years! It's been so fun and something to look forward to every week. Special thanks to Jess for all the time you put into choreographing. I'm so glad you started dance club!

- Christine, M2

Kathy Snyder – I'm grateful to have Kathy Snyder in the M2 class. She works tirelessly, communicates between us and the faculty everything that we need, and still excels at her studies. We are lucky to have her as a friend, as a classmate and in student governance.

- M2

Kelly Ca – Kelly is genuinely open to learning about new ideas and perspectives and I am grateful for the conversations we have. She is passionate, caring, and is going to be a wonderful physician.

- M1

Richard Potter – For his wonderful sense of humor and the reason I wake up feeling wholesome and like a ray of sunshine

- Haadi Ali, M1

Kelly Ca and Meredith Burger, M1s – For being wonderful friends ♥

- Gen Conway, M1

Dan Sylvestre – For being the light of my life.

- Alex Anzelmi, M2

Are you grateful? We would love to hear from you!

Your submissions will be featured in our monthly newsletter.

Please send to: grateful.gcsom@gmail.com

Are you interested in working on Grateful at Geisinger Commonwealth?

Please email Amelia Mackarey at amackarey@som.geisinger.edu

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