

# Grateful at

## Geisinger Commonwealth School of Medicine

### I am grateful for...

Issue: April 2020

**Alysha Nicholls in the School of Graduate Education** – Alysha is always so helpful and positive, even under tough circumstances. She's the best!!

- Heather Davis

**IT Staff** – Thank you for getting all the M4 laptops repaired and reimaged even during the school closing. You really went above and beyond for us :)

- M4

**Perry Price/Security** – Thank you for your friendship! Chats with you were often the highlight of my day, especially during stressful times over the past 4 years. I cannot thank you enough for your kindness.

- Danielle, M4

**Student Leadership** – Student Leadership over all classes has continually stepped up to support and advocate on behalf of their peers. I am proud to work with them and know we can all count on them during these difficult times.

- Justin

**Sarah Sutton in IT** – Sarah Sutton in IT responds so quickly and has such a great intuitive understanding of problems. I can always count on you to save my bacon. I'm so grateful for your help getting my remote access up and running!

- Staff

**Dr. Adonizio** – She is the glue that binds the school together. She is tireless in making sure that her staff, as well as all students, are doing well during this particularly trying time. Thank you, Dr. Adonizio for your leadership!

- Staff

**Julia Kolcharno** – who always champions students. She has worked tirelessly for long hours to ensure that Match Day was a celebration for students despite being virtual. She is a true superstar!

- Staff

**Jim Morgan, Staff** – For working around-the-clock to help make this transition to all online learning a success! We appreciate you infinitely!!

- 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 really 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!



<http://www.prawny.me.uk/media.details.php?mediaID=NDU3NGM3ZDM1ZGJiZWl=>

**Nancy Pease and Kyle Williams (faculty/staff)** – Thank you for always being there for the Guthrie campus. You helped us get through every rotation, shelf and CED along with third year. You have joked with us and listened to us when we had issues. We don't know what we would do without you two!

- Shital Patel, M4

**Alayna Craig-Lucas** – For bringing me Tylenol in my time of need! Also, for being the best running partner!

- Nicole Gillman, M3

**The leaders of both the MBS program and the school as a whole.** – I am grateful for the level of transparency and constant updates the school has given to us students as the situation with COVID-19 rapidly evolves. In the face of shutdowns and transitions to online learning, we have been both involved and constantly updated. This is a difficult situation for everyone involved, and the actions of this administration have clearly demonstrated that the concern and wellbeing of the student body is a high priority. I know this has not been the universal norm across the country. So, seeing GCSOM adapt to the situation so fluidly while showing such high regard for the students really shows that GCSOM not only "talks the talk," but "walks the walk."

- Kyle Kidd, MBS

**The amazing GCSOM community** – We are a strong community on any given day, but I am grateful to be part of a community that rallies together in challenging times. I am grateful for the GCSOM's community's perseverance and resilience.

- Dr. Boardman

**Cece** – For introducing me to new workout apps and reminding me that there's always something to be grateful for

- M2

**Sarah Triano, Staff** – Sarah was so wonderful and helpful during Match week and Match Day.

- Heather Davis

**Liz Zygmunt, Media & PR** – You're a writing machine!

- Heather Davis

**Jen Liberato** – For workout videos that kick my butt but keep me sane! Keep them coming!!

- Cecelia Allison

**Jim Morgan** – He has helped make our transition to online learning seamless and is so very much on top of things from the student perspective! Thank you so much for your hard work, endless patience, constant professionalism and amazing attitude.

- M2

**Terry Waibel** – Terry is always so sweet and seems to remember everyone's name -- which is impressive considering how many students she sees! I appreciate all the work she does to keep Student Health running smoothly. I will miss chatting with her now that the building is closed!

- Caitlin Tillson, M2

**Jim Morgan** – He is the glue holding all of this together!

- M2

**John Wroblewski** – He is a phenomenal social isolation roommate. I wouldn't be able to survive this without him.

- Terrence Habiaryemye, M2

**Facilities and Security staff** – Thank you for keeping the building safe and clean!

- Heather Davis

**Erin Connolly** – For all her hard work organizing and handing out the Match Day T-shirts.

- M4

**Dr. Sung and the Neuro Faculty** – We really appreciate all of your effort and support during this chaotic time! We understand this is a difficult time for everyone, and we are very grateful for you always doing your best to answer our questions and having our best interests in mind. Thank you!!

- M1

**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](mailto:grateful.gcsom@gmail.com)

**Are you interested in working on Grateful at Geisinger Commonwealth?**

Please email Amelia Mackarey at [amackarey@som.geisinger.edu](mailto:amackarey@som.geisinger.edu)