

# Grateful at Geisinger Commonwealth School of Medicine

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 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!



Issue: August 2019

## I am grateful for...

**Dr. Leighton Huey** – Dr. Huey is an awesome role model who really cares about providing exciting and interesting learning and research opportunities to students and to our NEPA community.

- M4

**Jackie Ghormoz** – For being so caring and supportive and for putting the needs of students first. She is so passionate about helping us succeed. It makes me feel so comforted knowing that I have someone like her on my side. Thank you Jackie!

- M1

**Finance / Budgeting Staff** – For all of their hard work and dedication during the "busy" season of 2019 fiscal year-end close and 2020 budget preparation.... great team work!!

- Staff

### **The Facilities/Public Safety /Housekeeping staff**

– For your tireless work and effort to keep things looking good, safe, up-to-date and always working, even during appreciation events!

- Staff

**The Information Technology staff** – For keeping us connected, making processes more efficient and helping us through the new processes for improved technologies and software!

- Staff

**Human Resources staff** – For assisting us through all of the many changes over the past two+ years, keeping us on track with process updates and always assisting in getting answers to questions.

- Staff

**Dr. Shamansky** – She really cares about her students and really wants to see us succeed. I feel really good to have someone like her in my corner.

- M3

**Facility Dept. & Metz Staff** – Thanks for always going above and beyond! Your dedication and work make every event look great and run smoothly for all faculty, students and staff.

- Staff

**Mary Ann Babinski** – Always knowing the weather!

- Staff

**Alex Haber, M2** – I was so anxious and nervous to come back to school, but you talked to me as soon as I walked in on the day of orientation and I instantly relaxed and felt much better! Thank you, Alex!

- M2

**Ray & Perry** – Ray and Perry at the front desk are my favorites! They both are always so interesting to talk to when I need a lift home. Perry had a wild life before joining us and Ray is always down to recommend local restaurants. I'm also pretty sure Ray low-key knows every single one of our faces because he truly says hi to all of us every morning. Thank you both for being a positive presence on campus!

- M2

### **Ashanti Littlejohn and Danielle LaPointe**

– Thank you both for doing such an amazing job carrying the student researcher side of the FirstGen team this summer! Y'all did an outstanding job and I can't wait to work with you both more this fall.

- M2

**Ed Lahart** – Provides much needed comic relief.

- Faculty

**The leadership, faculty, staff and students of GCSOM** – Everyone was so kind and helpful as I transitioned into my new role at the School of Medicine. Thank you!

- David Feather, Staff

**Staff and faculty members** – Student Health Services would like to thank staff and faculty members who have graciously donated items to the First Generation Student Food Pantry. It is greatly appreciated by students.

- Student Health Services

**Dr. Shetty** – For her genuine efforts to make third-year CED sessions as valuable as possible for students.

- M3

**Gina Osif and Jill Schroth** – Thank you Gina Osif and Jill Schroth for your commitment to Staff Council over the past three years. We appreciate all that you have done to represent the staff at GCSOM!

- Staff Council

**Bilal Ali** – For carpooling with me and making summer research enjoyable and a memorable experience.

- Nicholas Borden, M2

**Steven Picozzo** – For being one of the most diligent, hard-working, kind, passionate, straightforward and joyful people I have ever had the pleasure to know.

- M2

**Chuck Brightbill** – For guiding me through the IRB process! You are so patient and helpful! Thank you!

- M3

**The time and effort of everyone involved in making the transition easier** – Medical school is a big change, as is moving to a new city.

- 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

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

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