

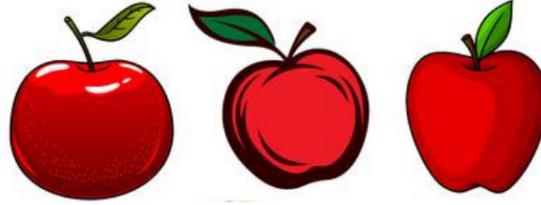
Grateful

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 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!

Welcome back to everyone in the Geisinger Commonwealth Community.
We are so excited to share the 2018-2019 academic year with you!



Issue: August 2018

I am grateful for...

Francine Wolk – She is so awesome. Every time I go up to the IT department, she deals with every one of my computer issues so quickly and efficiently. On top of that, she is so nice all the time. Even when I am just passing her in the hallway, she goes out of her way to say hello and to make me feel good.

- M3

Justin Collins – He is so helpful and understanding and takes care of so many details so that everything is so much easier for us as students. Also, whenever he is our exam proctor-- I do well so I'm convinced his positive vibes bring good luck!! Thank you, Justin!

- M3

Cristian Hague and Ryan Hessenius – For storing my mattress for weeks, moving it across town and carrying it up a million flights of stairs. I literally wouldn't have a bed without you!!! Thank you so much!!!

- M3

Jill Taggart – For listening to every single one of the special requests and personal interests and somehow finding a way to create the perfect schedule for each of us! You are the best!

- Central Campus M3 Students

Evan Porter – When I was stressed about Step, he gave me the advice to stop and take a breath in between questions. I used that in between every question in every block on test day and it seriously worked. Thank you!

- M3

Yoseph, Yasmeen and Zack – You're wonderful and your stories get me through the week! I miss you!!!! Please transfer to my campus!

- M3

Katie Nealon – She helped to make the transition into third year (and surgery) so smooth. Thank you for all your advice and tips!

- M3

Linda Learn – She makes herself constantly available to offer advice, answer questions, listen to students vent or to provide a good laugh. She has become not only my go-to faculty advisor but a friend, whether she likes it or not. (I think she does!)

- Kathryn, M4

Devon Bremer – For being amazing and working so hard to make sure things run as smoothly as possible for North campus students! She truly goes above and beyond.

- M3

Dr. DiMarino - Internal Medicine Residency Program Director – She makes herself available, despite her very busy schedule, to offer guidance and support during the application process for residency. Additionally, she is an excellent teacher and exceptional physician role-model in terms of patient care.

- Kathryn, M4

Dr. Valenta – He's been a great help to students in managing scheduling issues and making up time with OB/GYN preceptors as we settle into our rotations.

- M3

Jill Taggart – For sending out the CED schedules each week. I love knowing exactly what we'll be doing and it's so helpful that you keep us all organized.

- M3

Dr. Kendall Cunningham and Dr. Pallvi Singh – For taking me under their wings and making my ob rotation so exciting and enjoyable.

- M3

Dr. Katelyn Welshans and Dr. Sarah Fischer – During an emergency obstetrics procedure, they demonstrated what it means to put a patient's needs ahead of your own and they really inspired me to emulate them in the future.

- M3

Dr. Bim Strausser – Dr. Strausser has such an incredible rapport with his patients and was so compassionate to each of their individual situations and needs. I was so honored to be able to work with him and learn from him.

- M3

Tommy Kerrigan – For providing comic relief during 6 a.m. rounds, 6 p.m. rounds and all of the times in between!

- M3

Dr. Sarah Wagner – For giving me really helpful med school and residency advice, and, even more importantly, for giving me life advice, too! You are such an awesome doctor and role model. Your patients and your peers are so lucky to have you!

- M3

Iris – During the first two years, especially during dedicated period, her smile and positive attitude always brightened up my day. Even during times when I would be down or upset, she would always find a way to cheer me up. She's truly a gem at GCSOM. Thank you for everything you do for us, Iris!

- M3

Jill Taggart – For being such a comforting and helpful presence during all of the crazy transitions of our rotations. We are so lucky to have you working with us and helping us and watching over us. Thank you for everything, Jill. We are going to miss you so much!

- M3

Jackie Ghormoz, MSW, CSW, Assistant Dean of Students – Last year, Jackie listened to my problems. She recognized my lack of sleep and my disorganization. The whole time I spoke to Jackie, she was very respectful and very courteous. She saw that I could benefit from talking to a mental health professional, and she was so right. Initially, I was not an easy sell and I gave her more push-back and negativity than she deserved to receive, but presently, I'm completely grateful for Jackie's efforts. Thank you.

- M2

Dr. Janet Townsend – She gives off the best vibes! I immediately feel happier whenever I'm around her. When we do our weekly check-ins, she really listens to each person and makes us each feel appreciated and understood.

- M3

Dr. Olaf – Dr. Olaf is one of the most involved and caring faculty members and physicians I have had the pleasure of getting to know. He takes time out of his busy schedule to help students with just about anything, whether it's extra EKG help, the Match process or general advice. Additionally, he is a very interesting and fun person to speak to about any topics. Lastly, he advocates for students and has students' best interests at heart. He is a rare find and I would highly recommend getting to know him.

- Kathryn, M4

Nikki Marianelli – For waking me up every time I sleep through my alarm and for being an all-around great roomie!

- M3

Jennie Hall, Amanda Krenitsky and Avisha Shah – For making me laugh out loud no matter what's going on!

- M3

Chris Edwards – For the 'Lemon Disease' story which makes me laugh again every time I think of it.

- M3

Jake Parrick and Mike Makar – For putting together all of the broken pieces of furniture I keep collecting and for sampling all of the restaurants and ice creams in Danville with me and for the best pasta night ever!

- M3

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