

# Grateful at

## Geisinger Commonwealth School of Medicine

Issue: December 2019

### I am grateful for...

**Sarah Wilson, Jon Livezey, Jess Stewart, Alayna Craig-Lucas, Rachel Kennett, Ryan Kozloski and Jen Jordan**

– For being faithful attendees to our Friday post-CED debriefing sessions! I am beyond grateful for each and every one of you!  
- M3

**Dr. Zangardi** – For making cookies for the entire M2 class!  
- M2

**MBS-D students, staff and faculty** – For all of the wonderful things they do for the community and each other.  
- Staff

**This Community's Medical School- staff, faculty and students** – Thank you for everything, especially your kindness over the years.  
- Gina, staff

**Brandon Bombar** – Being a great friend and supportive classmate.  
- M3

**Mark Dunleavy** – He let me stay at his place during an interview arranged at the last minute. His hospitality is exceeded only by his natural likeability.  
- Yoseph Aldras, M4

**Justin Collins, staff** – For being an amazing advisor I can always count on!  
- Genna Conway, M2

**Jonique Depina and Steven Reehl, president and vice president of the MBS class** – Their kindness, resilience, good judgment and ability to build positive relationships has helped foster a positive learning environment for MBS students. Thank you, we appreciate you!  
- MBS

**Makayla Dearborn, M1** – For all the things you do to brighten up everyone's day, particularly during exam weeks, which is when we need it the most.  
- M1

**The entire MD2 class** – For working hard this semester and keeping it real! It's a great pleasure to work with such talented individuals. Let's show USMLE 1 who is the boss around these parts!  
- M2

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!



**Salomey Mensah and Maureen Murtha** – These two do a lot of work to pull off amazing events and programming for REACH-HEI students.  
- Ashanti L., M2

**Cynthia Okpala** – Cynthia is a great friend and such an awesome soul.  
- M2

**Iris Johnston** – A nice light in times of stress and studying.  
- M2

**Dr. Shoemaker, Lindsey Falgoust, Matt Weirich, Andy Laychur, Tyler Crissinger and Brian Velasco** – For the wonderful discussions on IM Sub-I Chief Rounds! It's great to be able to catch up and chat with classmates from other campuses and it's also really helpful to learn about the different cases they're seeing.  
- M4

**Yoseph Aldras** – For putting up with me! And for either sending me or directing me to the M4 evaluation rubric at least 453 times this year!  
- M4

**Chef Helen and the Metz Team** – For putting together a delicious holiday meal at GCSOM. You rock!  
- Student Health Services

**Gladys Dionisio** – I am grateful that Gladys Dionisio and I can share our love of jiggly gelatin treats.  
- Staff

**Linda Learn, Julia Kolcharno, Devon Bremer, Dr. Tanja Adonizio, Dr. Mark Olaf and Dr. Ashley Shamansky** – Fourth year is very chaotic and confusing, but I feel so fortunate to have so many people who care so much about me and are constantly checking in to offer help and guidance. Thank you!  
- M4

**(Drs.!!!!) Sabrina Brunozzi, Nikki Marianelli, Ellie Boyle, Kelley German, Antonio Adiletta, Diane St. Victor, Callie Medin, Kathryn Schmidt, Kasi Hartman and Mark Dunleavy** – They've all been so welcoming to me throughout my away rotations and my interviews- I never had to worry about an apartment or a hotel room because of all of these generous docs! More importantly, they are always there to chat and offer advice and support. I'm very proud to have such wonderful alumni in our GCSOM community.  
- M4

**Anna Dabroski and Cathy Yurish** – For welcoming me to GWV! I loved my rotation there!  
- M4

**Makayla Dearborn** – I am grateful for Mak because of all of the amazing things that she does for our class and others even with our incredibly busy schedules. She is an angel of a person!  
- Erin Smith, M1

**Linda Learn** – For always being a calming presence and providing us all with the emotional support we need to get through this year.  
- M3

**Jessica Romanowski** – Thank you for being the best! We will miss you so much at AtlantiCare!  
- M3

**Brandon Bombar** – For being a great classmate and always being there for others!  
- M3

**Terry Waibel** – I am grateful for Terry Waibel's good advice and positivity.  
- Staff



**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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