

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!



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I am grateful for...

Amy Kline – I feel like I could simply say "nuff said," and everyone would get it, but I'm so incredibly grateful for Amy. She is so supportive, resourceful and never fails to make me laugh. I am so fortunate to have her guidance and don't know where I'd be without her!

- M1

David Fear M1 – For being clutch in free throws and embracing his inner mamba mentality.

- M2

Brian Banas M2 – For sacrificing his body for the game of basketball and helping carry our team to victory.

- M2

Ed Lahart – You will never know the positive impact you had on my life and medical school career. Thank you so much.

- M4

Cecelia Allison – She is a wonderful teacher, classmate and friend who pushes people to reach the potential that she can see in them.

- M2

Janis Williams – Student groups would be lost without Janis. She handles so many things for us and does so reliably. Do you need to apply for service hours? Deposit money for your club? Print flyers last minute? Order food? Did you subsequently forget to buy napkins and plates for your event and now need to borrow some from Janis? She does it all with kindness and the students appreciate her so much!

- Caitlin, M2

Dan Petrosky (M2) – Dan, our fearless IT rep, took on the role without knowing it would be a trying year with the new third floor room and technology. Whether it's novel problems in the new room or the usual struggles in the old lecture room, he handles them with grace and a glorious beard. Thanks for keeping things running smoothly!

- M2

OSEDI (Dr. Sapp and Justin Collins), Diversity Task Force (Dr. Castro and Gladys Dionisio), Janis Williams, Lunar New Year Celebration committee –

Thank you for your help and support in planning and running the Lunar New Year event! It was the first time I've been able to celebrate Lunar New Year at school and it was all due to your efforts!

- Kelly Ca, M2

Our Facilities Team – They keep our school tidy, and they fix our broken stuff, so the rest of us can get on with our work. Thank you! <3

- Staff

Devon Bremer – For all of her help all of the time! I don't know what I would do without Devon!

- M4

Dr. Callender – I found out that I passed Step 2 CS today and I can literally say it is because of her! Thank you for all of your help going over my physical exam skills and my patient notes. I am so grateful for you!

- M4

Dr. Wilcox – For helping me with OSCE and Step 2 CS preparation. You are the best!

- M4

Laura Congelio – For staying on top of the administrative tasks for our class throughout this M4 year, even with everything else that she has going on! Thanks, Laura!

- M4

Devon Bremer and Dr. Ashley

Shamansky – For working out my schedule so that I could participate in the Epidemiology Elective Program at the CDC. This rotation is amazing and I'm so grateful that you figured out a way for me to participate in it!

- M4

Kelly Ca – For putting together an amazing Lunar New Year celebration. She had a vision and she made it happen!

- M2

Andrea, Eddie and Randy (all M2s) – For being the best co-board members I could have asked for and helping me make this past year of PMAP such a success. Thank you all so much!

- Zoe Landau, M2

Chef Helen, Staff – For making the most wonderful cookies!

- M2

Cooper and Kyle – Getting to visit Cooper and Kyle is always the highlight of my week! Cooper is the most handsome pup and gives the best kisses. I am so grateful for Kyle because he is so supportive of students and he buys Cooper the coziest sweaters.

- M2

Dr. Mark White – His passion for public health and epidemiology was evidenced throughout PAS and his adept teaching style has facilitated the process of reviewing that material for STEP

- M2

Nhuna Ha – For being such an incredible person. You are such an inspiration, and I am so glad I was finally able to meet you! I truly admire your independence and kindness. You are going to do such amazing things as a physician - if you ever need a pep talk, I've got you! ♡

- Sarah Eidbo, M2

Morgan Caselli (M2) – For bringing me an exam day bagel. So scrumptious!!

- M2

Caitlin Tillson (M2) – For making awesome pharm PowerPoints that always help me get more questions right!

- M2

Linda Learn – For checking in with nice emails. Miss you!

- M4

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