

# 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!



Source: clipart1001.com/easy-january-clipart-snowman

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## I am grateful for...

**Gloria Colosimo** – She's a kind person.  
- Staff

**Kim Padden** – For always answering my questions in a friendly manner and always being so helpful!  
- Staff

**Jun Ling, faculty** – I am grateful for having the chance to know and work with Jun Ling over the years. He has been an excellent colleague and a good friend. Best wishes to him in his new position.  
- Faculty

**Karen Verespy** – She's such a good and kind human!  
- Staff

**Megan Coleman** – She's so helpful!!  
- M3

**Geisinger Commonwealth AOA Chapter** – For sharing so many cool opportunities, like poetry contests, essay contests and research grants with the rest of the student body.  
- M3

**Devon Bremer** – For driving from Harrisburg to Danville and still finding time to meet with me (and even stay late, on top of that!) so that she could comfort me about my schedule and help me come up with a good plan for my Shelf exams. Thank you, Devon!  
- M3

**The M2 Students** – For being great mentors, passing along their notes and taking time out to make visual lab lists for us! Thank you!!  
- M1

**Laina Gagliardi** – Her peaceful presence is always a gift to be around. Her dedication to both the scientific and humanitarian aspects of medicine are inspiring. She is just a wonderful example of why I love the GCSOM community I am blessed to be a part of!  
- Danielle LaPointe

**Kim Padden** – For always being helpful and supportive.  
- Staff

**Julia Kolcharno** – The thought of being a grown up after medical school seems less scary with her around.  
- M3

**Mary Ann Babinski** – I am grateful to begin each day with GCSOM receptionist, Marianne Babinski's smile and friendly greeting!  
- Jill Schroth

**Erik Gamarra** – For spurring our LMSA chapter into attending the Northeast Regional Conference! That's the kind of energy we need in 2019.  
- M3

**Friends and family** – They keep me grounded.  
- MBS

**Dr. Shanower** – Best advisor ever.  
- Dan, MBS

**Linda Learn** – Giving me so much help with my CV and being so patient with me.  
- M3

**Sara Graham, Tiffany Garcia, Monica Joglekar, Misha Patel, Kaiya Flemons, Danielle LaPointe, Caitlin Tillson and Sarah Eidbo (all M1 students)** – because all these ladies are smart, ambitious and a great set of friends to have. I'm grateful for being surrounded by so many different minds and I genuinely cannot wait to see the beautiful things these ladies all go on to achieve and the mark they leave. Despite all the struggles we go through in our first year, these ladies are all-around amazing.  
- Ashanti Littlejohn

**Stephanie Tilberry, M1** – For always giving me hugs and being a nice human.  
- Rebecca Welsh

**Jim Morgan** – Jim is truly the glue that holds this program together. His sense of humor and general "realness," on top of being good at his job, make him beloved by all. Also, his baby is adorable and the M1s welcome more appearances from him!!  
- Caitlin, M1

**Dr. Sonia Lobo** – She is an amazing mentor to any student interested in pursuing research.  
- M3

**Adit Singhal** – For being so generous and helpful with sharing his advice and resources.  
- M3

**Hannah Sofield** – Thank you for organizing the school Patagonias! I know you sacrificed a lot of time and effort to complete the order and the entire student body is grateful!  
- M1

**Matt Marrigi, curriculum coordinator** – Matt is an incredible guy. We are lucky to have him for so many reasons. He always greets you with a smile and seems to drop whatever he is doing to give you his full attention. I have never come to him with an issue that he couldn't fix. You can really tell how much he cares about all of us. Thanks for everything you do, Matt!  
- MBS

**Suzanne McNamara** – Sue is always available to help with any financial aid questions I have! She is kind, understanding, always pleasant to talk to and a great resource to all of us!  
- M4

**Shital Patel** – for being an awesome roommate and picking me up from the hospital and saving me from walking in the cold!  
- Carol, M3

**Alayna Craig-Lucas** – For being an absolute lifesaver! Our poster wouldn't have happened without you (and your mom) - you're the best!  
- Jess, M2

**Dr. Yadav** – Dr. Yadav is always willing to share his anatomical insight, whether it be in the classroom, lab or during a passing conversation. He stays late to fully explain difficult concepts and really cares about our development as medical students. On behalf of all the MD1s, thank you!  
- Brandon Eilberg

**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