

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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Geisinger Commonwealth School of Medicine is committed to non-discrimination in all employment and educational opportunities.

I am grateful for...

Becky Slangan – For coordinating the WVIA Ski Day at Elk Mountain. I look forward to this day every year. Thank you for making it happen for us!
-M4

Iris – For being a wonderful friend <3
-M4

Stephanie Rothrock & Megan Coleman – For basically just being the best and making sure the North Campus M3s are always well-cared for! We'd never survive the transition to fourth year without you!
-M3

Sue McNamara & Roxanne Seymour – For helping me with my financial aid this semester.
-M4

Steph Delma – She shows me it's possible to have fun, even when you're a med student.
-M1

Janis Williams – For helping out with Grateful at Geisinger every month! We appreciate you!
-M4

Justin Collins – For being so helpful and patient! Thank you!
-M4

Mr. Pallas – Thank you for sacrificing your off days and weekends to help students. Couldn't have made it through M2 without your knowledge, input or dad jokes!
-M3

Gabriella Santa Lucia – She brightens everyone's day by being upbeat and positive in the hospital
- M4

River Jordan, Jacob Arnold, and Alben Gesheva – For an amazing road trip to Rhode Island and Providence Plantations!
- Cecelia Allison

Hannah Sofield – For being available to answer all of my questions and concerns at the drop of a hat. You are so amazing and inspiring!
- M2

Anton Androsov – For constructing the most beautiful snow-woman this world has ever seen!
- M2

Becky Petlansky – For not cutting both my recurrent laryngeal nerves.
- M2

David and Cece – For being really amazing lab TAs and for their helpful review sessions.
- M1

IT Team – For being so great at setting up our new classroom on the third floor.
- M2

Jess Stewart – You are a wonderful teacher and mentor! I love working with you during IGL!
- M2

Dr. Fear – For simply proving me wrong in thinking Dr. Mario was the best name a doctor could have
- M2

Johnathan Hludzik – For helping figure out my computer issues remotely. Thank you!
- M4

Mary Ann Babinski – She always makes me happy when I walk in the front door.
- M4

Mia Woloszyn – For joining the Grateful at Geisinger team!
- M4

David Fear – For being such a positive person in my life!
- M2

John Piserchio – He spent so many hours tutoring me (and my classmates) at the beginning of HSF, when I really needed it. When I felt like anatomy was too overwhelming or I wasn't getting it, he always offered confidence boosting encouragement and great advice.
- M1

Megan Coleman – For answering all of my canvas questions!
- M4

Dr. Caggiano – For being so patient and understanding.
- M4

Heather Davis – For keeping our Grateful at Geisinger landing page and archives so organized and up to date. Check it out if you are interested in looking at past newsletters! Thank you, Heather!
- M4

Amanda Carr – She is the meme queen! (Also she is a super smart and exceptionally kind person!)
- 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