

Grateful at

Geisinger Commonwealth School of Medicine

Issue: June 2019

I am grateful for...

Dr. Joyce – Dr. Joyce has been the best club advisor and mentor we could ask for! She is dedicated, passionate and fearless. Primary Care Progress is so lucky to have her guidance. Thank you for the beautiful e-cards!
- Alice, M2

Martin Lacayo – For being very patient with me throughout this semester and for always checking in to ask how I am doing and what he can do to help. You're a great regional coordinator and we are lucky to have you in Danville!
- M3

Jasmine Santos, Mike Belko, Liz Stackhouse, Lauren Schumacher, Danielle LaPointe, Laina Gagliardi, Terrence Habiyaemye, Nina Smigoc, Sneha Vaddadi, Molly Kropp – A fantastic year of community health work with Primary Care Progress! You are all such wonderful advocates and I can't wait for you all to become compassionate and community-minded physicians.
- Alice, M2

Vaibhav Sharma – For being my neuroanatomy buddy.
- M1

Laura Lockard – She always makes laugh in PCM.
- Haadi Ali, M1

Amelia Mackarey – She's always willing to lend a helping hand and commiserate in our mutual successes and failures. One of my best acquaintances.
- Yoseph Aldras, M3

Karl and Erin – For getting North campus some great treats for our CED sessions.
- M3

Jackie Ghormoz – She funded a cupcake extravaganza for one of our CEDs.
- M3

Haadi Ali – Thanks for helping me get through the year, listening to me, trolling around and just being an all-around good example of positivity :).
- M1

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!



Avisha Shah – She is so kind and always willing to help out no matter what needs to be done. She is there when you need her, has the drive to go above and beyond for others, and basically embodies what it means to be a humanistic individual. She's incredible. Thanks for being a rock star!
- M3

Stephanie Rothrock – She is very helpful and understanding to us third-years of the North campus!
- M3

Emily Herman – She is motivated to pursue her interests, which go above and beyond medicine. Her curiosity alone puts her in a position to excel in all that she does, but her work ethic and easy-going personality are truly what I am most grateful for. She's incredibly kind and funny and that makes any conversation with her fun! She is awesome!
- M3

Kaiya Flemmons – Kaiya has been so supportive of my journey here at GCSOM. She is always quick to show support by encouraging, explaining concepts and just being such a positive person to be around. Thank you so much Kaiya and I wish you all the best through your journey in med school!
- Oluwaseyi Ogundana, MBS

Ashanti Littlejohn and Kaiya Flemmons – They both took their time throughout the year to be supportive through their leadership in AMSM and their consistent encouragement of the MBS students.
- Oluwaseyi Ogundana, MBS

Dr. Lazarova – She is the most supportive advisor. She always takes time to inquire about my wellbeing. And she is just overall supportive of the MBS class. You can tell she truly wants us to do well. Thank you so much, Dr. Lazarova!
- MBS

Dr. Sapp – Dr. Sapp is kind, understanding and real. She most recently sat with me and just gave tips on how to prepare for test day and week. Dr. Sapp really does care about the interests of students. She definitely made my time here at GCSOM enjoyable.
- MBS

Roshan Patel – His skill at baking cakes is matched only by his willingness to share them.
- M3

Shradha Chhabria – She very generously gifted me some fruit snacks. Although they weren't the Welch's variety, I still thought they were OK and I appreciated the thought behind the gesture.
- Yoseph Aldras, M3

Bilal Ali – His smile makes me feel like Superman.
- Haadi Ali, M1

Jennifer Washicosky – She is so helpful and has a really soothing voice.
- M3

Matt Marriggi and Alysha Nicholls – We appreciate both of you taking time out of your busy schedules to volunteer to assist with our first virtual webinar. The success of the event was a direct reflection of your hard work and dedication. Thank you for teamwork!
- Sue and Roxanne

Tori Allen – For keeping me sane! Love you <3.
- M3

Mike Kroll – For always being helpful and cheerful when we ask him for assistance.
- Terry Waibel

Brandi Woo – For helping me survive our reflection sessions.
- M3

Kathryn Schmidt – For always making me feel better whenever I'm overwhelmed or stressed.
- M3

Shradha Chhabria – She makes me so proud of myself for how well I've mentored her.
- M3

Dr. Ashley Shamansky – For making our Core Week pediatrics sessions so valuable. You are a great teacher and mentor!
- M3

River Jordan and Jacob Arnold – For making summer research wet, wacky and wild!
- Cecelia Allison, M1

Dr. Sung – For buying us a banana split!
- Sung Lab (best lab 2019)

Stephanie Tilberry – For helping me survive our first year of med school and always being such a supportive friend.
- M1

Shagufta Khan – Shagufta always supports us and brings a positive presence to the lab!
- Sung Lab

Zoë Landau – For always being such a good listener and supportive friend!
- 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