

Grateful at

Geisinger Commonwealth School of Medicine

Issue: March 2019

I am grateful for...

Tanya Morgan – For her consistent support and friendship in navigating life's twists.
- M1

Brandon Eilberg – For dropping everything the night before an exam to bring me to the ER and then letting me dump my apartment keys and all of my regular life responsibilities on him on the car ride over.
- M1

Lauren Schumacher and Anis Adnani – For waiting around with me the first night and finding the HEATED BLANKETS!
- M1

Mark Mandel – For his good company, his excellent movie recommendations and for offering to run to the store to get me tampons when I complained about the hospital-issue feminine hygiene products.
- M1

Danielle LaPointe – For her regular visits, *Botched* and *Haunting of Hill House* binges and for being a major voice of reason that led me to seek medical attention.
- M1

Youngeun Choi – For bringing me donuts that were seriously the most welcome sight to come back to just in time for the NPO order to be lifted (Sorry I missed your visit, Young!)
- M1

Sean Watson, M1 (and his wife, Krystin Watson) – For taking care of my bunnies and letting me play doctor with him to catch up on the physical exam classes I missed.
- M1

Angelica De Freitas – For repeatedly, over several weeks, looking at me with a concerned face and asking if I was OK (another major contributing factor that led me to seek medical attention).
- M1

Ellie Boyle – For being my best friend and my role model... and fashion inspo!!! ♥
- M3

Dr. Jen – For her understanding, empathy and pictures of puppies
- 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!



Caitlin Tillson – For always offering to help and for putting together the card full of well-wishes (Seriously Caitlin, thanks for organizing this kind of stuff—not just for me, but for other people who have earned appreciation from our class)
- M1

Terrence Habiyaremye, Lexy Long, David McPherson, Roshan Patel, David Fear, Alfred Hamilton, Nicholas Borkowski, Steven Picozzo, Kelly Ca – Thank you to everyone who stopped by to visit me!
- M1

The denizens of cubeland and all the third floor people – For the warm welcome and for making me feel at home.
- Ian J. McCoog, Ed.D., Staff

Ed Lahart – For helping me submit my forms for my UPMC rotations.
- M3

Tim Corcoran – For giving me earplugs before our peds Shelf at the Prometric center. I would never have been able to drown out all of the noise otherwise! Thank you!
- M3

Liz Zygmunt – For always being so supportive and helpful to me and for going out of her way to make so many students proud of their accomplishments.
- M3

Dr. Olapeju Simoyan – For writing me so many recommendation letters, often on short notice, and for encouraging me to keep applying for other things, even when it involved more work for her. Thank you!
- M3

John Gorczyk and Steve Jarbola – For making me feel very safe and comfortable at school.
- M3

Yasmeen Daraz – For immediately calling to offer help when she heard that my car broke down. You're a wonderful and I'm so lucky to have you!
- M3

JMSA and AMSM Executive Board – Thank you so much for all the hard work y'all put into making Freedom Seder a success! I LITERALLY could not have done it without you!
- Nicole Gillman, M2

Julia Kolcharno – For taking so much time to go over my CV, away-rotation plans and residency goals in a really thoughtful way. You are so helpful and kind.
- M3

Everyone who made the LCME visit go smoothly – From sitting in the hall to working the war room to sending out update emails... Your hard work and efforts didn't go unnoticed or appreciated.
- Staff

Tori Allen – For suggesting that we get Wegmans for North campus.
- M3

Dr. Shetty – On behalf of North campus, I'd like to say that she is an unwavering advocate for students and our needs at clinical sites!
- M3

Paul Burke, RN – He responds to emails so quickly and is so helpful about completing application documents and clearances. Thank you!
- M3

Ed Lahart – For filling out the 1000th scholarship application that I've asked him about and for always being so awesome.
- M3

Laura Mayeski – For being so friendly while helping me work through the IRB/ IRiS forms!
- M3

Stephen Christensen – Thank you for assisting us in the automation of a few processes in Empower. We appreciate everything you do for us.
- Sue and Roxanne, Staff

Stephanie Rothrock and Megan Coleman – For always being so incredibly helpful!
- M3

Navindra Tajeshwar, Dipam Shah, Sashank Dusi – For making the room at the back of the library a fun place to study!
- Jordan Alter, M2

Roshan Patel – His extremely uplifting personality and the fact that he washes his hands when he leaves the bathroom.
- Haadi Ali, M1

Dr. Cerra – For always making us a priority and working hard for the sake of our education!
- M2

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