

Grateful

at

Geisinger Commonwealth School of Medicine

Issue: March 2020

I am grateful for...

Angelica DeFreitas – Angelica is an amazing and knowledgeable lab TA and all around supportive human! Very thankful for all of your help during HSF. You're spectacular!
- M1

Alex Mettler – Being the best at reserving rooms.
- M1

Youngeun Arbuster – Thank you for being our fearless leader and for brightening CBL class every week with your beautiful smile!
- CBL Group 7

Jackie Ghormoz – For always checking in with me and for being so supportive!
- Kelly Ca, M1

Jim Morgan, Staff – While Jim has always been widely beloved by our class, I would like to especially acknowledge all he has done to help us go digital. He has been so on top of everything and made the process much smoother. We would be a wreck without him. Thank you Jim!!
- Caitlin Tillson, M2

Mike Kroll, Staff – Mike is a ray of sunshine around school and is always willing to shoot the breeze and crack a few jokes!
- David Fear, M2

Eunice Yang (M4) & Tori O'Brien (M4) – For being so incredibly supportive, encouraging and generous with their time and for providing invaluable insight into away rotations, ERAS, interviews and all things M4!
- M3

Ed Lahart – For being on the ball with VSAS applications and helping students navigate this tough process. I really appreciate all the help you have provided and the prompt responses to annoying e-mails and requests. Thank you so much Ed!
- M3

The boys – For four years of fun.
- M4

Liz Zygmunt – For being so helpful, positive and upbeat during this chaotic time!
- M4

Francine Wolk – For updating my laptop so quickly so that I could have it back before the school closed! Thank you!
- M4

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!



Dr. Scheinman – He is such a compassionate leader and role model who always does what is best for our school and our community.
- M4

Matt Busch, M3 – Matt is literally the best. He has been so helpful throughout my M1 and M2 years, I don't know what I would have done without all of his help and guidance. He manages to be a leader in so many ways, and still always has time to help others. I admire him greatly, and am always thankful for his continued help navigating med school.
- Caitlin Tillson, M2

Stephanie Harleston, Mr. Paul (health center) Ms. Mary (front desk), security team (Mr. Ray, Mr. Tom Sr, Mr. Tom Jr, Mr. Price, Mr. Fred), and Gurpreet Kaur – For their daily acts of kindness towards me during and after my injuries
- Tamar Etienne, MBS

Justin Kosman, M2 – I looked for ice in my freezer, but it was all in his veins. I tried to shift gears, but Justin had all the clutch. In all my years of sports, Justin's game winner to keep us in the playoff hunt tops the charts! Love being this guy's teammate!
- David Fear, M2

Maryann Babinski, Heath Warring, Leif Cortright, Trent Colan, Chris Davis, Bill Reuther, Steven Jarbola, Earl Krisovitch, Denise Barnes, Michael Kroll, Alan Crown and Todd Johnson – For keeping our school safe and clean all year round but especially during this outbreak. We are so grateful to you!
- M4

Alayna CraigLucas – Amazing is an understatement for you.
- M2

Jim Morgan – The school would not be functioning without you right now. Thank you for everything you've been doing for us lately. Your efforts are very much appreciated.
- M1

Kathy Snyder - M3 Class President – Kathy has handled class crises (and now international crises) with incredible grace, strength and fortitude. I am lucky to have her leading us all through thick and thin.
- M3

Dr. Ashley Shamansky – For hosting an awesome Pediatrics bootcamp session on Zoom!
- M4

Chris Boland and the Office of Alumni Relations – For sharing lovely gifts with us soon-to-be graduates, especially hand sanitizer!
- M4

Jim Morgan, staff – For helping us coordinate every IT issue we've had thus far this year. It's not easy, but thanks for never getting frustrated with us.
- M1

Brad Very – For being my bromate and always supporting me in all I do. Also, he is super generous, hilarious and a really great dude.
- M4

Jim Morgan, Curriculum – Jim has been absolutely vital not only handling our classes under normal circumstances but also running around helping us move to Zoom. Sorry you have to work on Sundays and thank you so much for keeping us together!
- M1

Pat Roman – He is a natural leader on the basketball court who always steps up to the challenge! He is NOT AFRAID to take control in pivotal moments in the game and at the same time is always willing to share the basketball. Great teammate!
- M2

Doctor (David) Fear – He sank two CLUTCH free throws to help lead Brucelli's Advertising to a thrilling victory in the JCC men's league. Also keeps team spirit and intensity SO HIGH.
- M2



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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

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