

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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I am grateful for...

Sean Farrell – Offered me his extra water bottle at our IPE when he saw I didn't have one.
- M3

Roshan Patel – For making a delicious cake and sharing it.
- M3

Kelly Ca – Kelly is genuinely open to learning about new ideas and perspectives and I am grateful for the conversations we have. She is passionate and caring and is going to be a wonderful physician.
- M1

Paul Burke – He helped me call different centers to look for a doctor able to see me that day when I was very sick and also has been most responsive and nice when it comes to the many forms we have to have filled out for away rotations. He's also going out of his way just to come to Guthrie for our mask fitting.
- Carol Tang, M3

Student Health Services – They are very accommodating and helpful with our requirements for fourth year and are very proactive about setting us up with paperwork and appointments to fulfill them.
- M3

Stephanie Rothrock – Stephanie is an amazing addition to North campus. She's so helpful and always sticking up/looking out for us. Thanks for everything you do!
- M3

Sarah Ellis and Roxanne Seymour – For being so helpful and so patient with me!
- M3

Andrew Laychur – He provided encouragement to fellow students about to take the surgery shelf exam.
- M3

Dr. Janet Townsend – For reading us a special passage from a book that inspired her. I really enjoyed the passage. Even more than that, I appreciated that when she was reading, she thought about her students and how that message could help us too. We are lucky to have her.
- M3

Dr. Scheinman – Even though he is so busy, he always finds the time to make each student feel special. He notices each of our accomplishments and always goes out of his way to congratulate us and encourage us. Thank you for being the best Dean!
- M3

Yoseph – For unironically providing excellent mentorship--supporting and advising me literally every single day this year, especially as this Step season begins. Couldn't do it with you, bud.
- M2

Dr. Vicki T Sapp – I am grateful for Dr. Sapp because she has initiated many programs that serve students, such as the First-Generation Student Support Committee and the First-Generation Celebration of Achievement Award Ceremony. As an institution that enrolls almost 25 percent first-generation-to-college students, this work is vital for our shared success. THANK YOU!
- Dr. Michelle Schmude

Paul Burke – He is always so quick to respond to emails and is a wizard at completing forms for away rotations.
- M3

Jon Long – For always coming through with the lucky socks on exam days, even when they clash with his outfit.
- M2

Rebecca Slangan – She just gets the job done, is great to work with, super personable, she has a strong work ethic and is always... ALWAYS dependable!
- Staff

Tony Pellegrino – He let me join him in his IT adventure :)
- Gina, Staff

Megan Coleman – For having a great sneeze!
- Gina and Justin, Staff

Paul Burke and Terry Waibel – Being so welcoming with the snacks in the student health office. The Student Food Pantry is an awesome program to have at our school and Paul and Terry always make us feel comfortable to use it.
- M3

Dr. Shetty – For her genuine efforts to make third year CED sessions as valuable as possible for students.
- M3

Tori O'Brien (!!!), Mary Fei, Mahrukh Chaudray, Cecelia Allison, Heather Davis, Dr. Vicki T. Sapp, and Liz Zygmunt – For another wonderful year of collaborating on this newsletter with each of you. You're all such strong, smart, compassionate women and it is such an honor to work with you and to learn from you as both role models and friends. Thank you!!
- Amelia Mackarey, M3

Yoseph Aldras – Incredibly lucky to have a friend like you. Thank you for always being there for me.
- M3

Liz Zygmunt – For always making me smile and for always reminding each of us to be proud of ourselves.
- M3

Amanda Krenitsky – For always being an amazing friend, workout buddy, therapist, tutor and stylist ... please never give up med school for modeling (even though you could) because I would shrivel up and die without you! Love you <3
- M3

Dr. Brian Wilcox – For taking the time to go over OSCE skills and strategies with me. You always put students first and you truly care about our education and success. You remind me why I love medicine and the people in it.
- M3

Alayna Craig-Lucas – For being the best peer tutor ever and dedicating her own time to helping our group through CMBL, HSF, Foundations and Neuro. A selfless, caring individual with a powerfully positive presence!
- M1

Justin Kosman, M1 – He is always willing to teach other students class material and does so in an extremely masterful way.
- Sujith Nalabolu

Jess Stewart – For being the greatest friend and making Step studying so much easier.
- M2

Karen Stine and Andrea Mulrine – No matter the season or holiday, they always have special snacks and treats in their office for the students. Thank you!! You're the best! I make extra trips to the west wing of the school just to stop by your office!
- M3

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