

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!



Issue: November 2019

I am grateful for...

Julia – Being the voice of reason and helping me feel more at peace this interview season, despite the reddit spreadsheets.
- M4

Anton, John and Dan (M2s) – For being amazing team members with whom to plan the October FYS! Couldn't have done it without you guys.
- Hannah, M2

Women In Surgery E-Board – For working so hard to put together a fantastic last-minute suture clinic! It was awesome and I love you all.
- M2

Dr. Zangardi – For being an amazing teacher and an incredibly supportive advisor. Also, her pumpkin cookies are wonderful!
- M2

Cici – For making the Grateful at Geisinger Instagram so fun! Great job!
- M2

Janis & Sharon – Being a great support and making me laugh daily!
- Justin, Staff

I'm grateful for the MBS staff in general but for Jasmine Richards in particular – MBS staff has been so helpful, kind and always ready to help with personal and academic issues. I'm thankful for Jasmine Richards in particular for her kindness, mentoring, her willingness to help and especially for getting me through Fall A. Thanks girl. You rock
- Thammy Etienne, MBS

Dr. Yadav, Faculty – Dr. Yadav is saving my life in HSF! I am so grateful that he takes the time out of his schedule to host review sessions for anatomy. He is an amazing teacher, very clear, and really helps me conceptualize everything!
- M1

Dr. Scheinman – For always making the GCSOM community feel like family.
- M4

Hannah Sofield, Stephanie Tilberry, Jess Baylor, Jessie DeAngelis, Pat Roman (MD2s) – Thank you all so much for being my standardized patients! I know how busy you are as second-year medical students and I can't tell you how much I appreciate you sharing your free time with me. I enjoyed going through cases with you to prep for my exams!
- Rosa, M3

Jim Morgan – Thank you for keeping track of our lives and making everything just a little more pleasant and easier to deal with during stressful times!
- Molly Kropp Lopez, M1

Becca Welsh, Jessie DeAngelis, Meredith Hanrahan, and Tyler Hoppman (all M2s) – For helping make all my garden dreams come true
- Angelica De Freitas, M2

Gina Osif, Staff – Gina is super quick to answer emails, and always reserves rooms right away for club events. It makes the whole process smooth. I appreciate her patience and kindness in dealing with our club matters!
- Caitlin Tillson, M2

Iris – You're the best human <3
- M4

Kelly Ca – Kelly is always willing to help out clubs and attend events (despite being responsible for tons of leadership things herself), and somehow manages to always have time for her friends--she amazes me! She is such a supportive and caring person, and I'm grateful to know her.
- M2

Anatomy lab – The class has given me the opportunity to appreciate the humanity of the medical knowledge and also the opportunity to care for and learn from my first patient.
- Matthew Parry, M1

Jason Park M2 – For being the Pharmacology Don of our class
- Vaibhav Sharma, M2

Dr. Zampino, Kelly, Jess and all of the Medical Education Dept at AtlantiCare – Thank you all for caring so much about us. Y'all can turn any bad day around!
- M3

Karen Cimino – For being so patient and helpful.
- M4

Irene Lin, Luis Devia, John Coulter / MD1 Class Council Members – Our class president, vice president and secretary have been putting in so much work! They've been organizing our class concerns to bring to course faculty and meeting with faculty to clarify changes to the course structure, all WHILE being students themselves. I truly appreciate all the work they are doing and want them to know that our class understands that they're doing their absolute best to facilitate positive change in all of our courses.
- M1

Shelly Lemoncelli – Always super helpful, kind and efficient.
- Staff

Dr. Onopchenko – Thank you for being an advocate for students and striving for exceptional educational experiences in the clinical setting!
- M3

Caitlin Tillson (M2) – Time and time again she shows thoughtfulness and selflessness. Her generosity and fierce loyalty to her friends is inspirational.
- M2

Jackie Ghormoz – For all the support you've given me.
- M4

Theresa Waible and Paul Burke – The Student Health Center is such an awesome part of GCSOM and you both make it that way!
- M4

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