

Grateful at

Geisinger Commonwealth School of Medicine

Issue: October 2018

I am grateful for...

Dr. Lucchesi – She is always willing to discuss the current science and the "big picture" concepts that go beyond the scope of the textbook material.
- Mark Mandel, M1

Alice Thompson – Being an amazing mentor/tutor/person in general <3
- Anita Shah, M1

Amelia and Avisha – For letting me stay with them for my Danville rotation! You guys are the best!
- Nikki, M4

Shradha Chhabria – For not getting annoyed and bearing with me for asking the most basic questions about Anki :). Also thanks for putting the chocolate on my desk!
- M2

Janki Patel – She makes coffee in the morning for me!
- Cece, M1

Yoseph Aldras – For always reminding me when the Grateful at Geisinger submission deadlines are and for continuing to be a high-payoff mentor who brings desserts into my life at opportune times.
- M2

Julia Kolcharno – Her career coaching sessions have given me the confidence to really try and show off my biggest assets!
- M3

Iris – Iris has been more than helpful in quickly responding to my seemingly endless requests for journal articles! Thank you for all of your help, Iris!
- M2

Navindra Tajeshwar – He's always positive and helps to keep people motivated!
- M2

Heather Davis, Liz Zygmunt, Sharon Bednarz, Julia Shamis, John Gorczyk, Bill Reuther and other staff, Dr. Vicki Sapp, Carole Wilson, student club leaders, student volunteers and my fellow Committee team members – The Steamtown Health Fair held on Sept. 22 was a huge success, and it couldn't have happened without all of their help and participation. Thank you all so much!
- Cecilia, M2

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. David Schaeffer (Danville general surgery resident) – David is an incredibly talented, thoughtful and empathetic physician. He made sure I had a deep understanding of our lengthy thoracic surgery procedure for the day, explained each step of the surgery, and even had me switch places with him multiple times throughout the procedure so that I could get a better look at the anatomy. He will be an incredible teacher and attending in the future. I am grateful that he took the time out of his busy schedule to be a true mentor. Thank you!!
- M3

Linda Learn – She has been great during this ERAS time, rereading my personal statement and CV a thousand times! I'm thankful for her pushing me to relax and to just hit the submit button.
- Darla, M4

Dr. Bellino, Geisinger Pediatrics Residency Program director – So thankful for him taking two hours out of his day to talk with me about pediatrics and my nerves about applying to residency.
- Darla, M4

Catie Faulkner and Shane Zeshonski – Grateful for your humor, emotional support, and friendship as we powered through the long days of surgery block together!
- Cindy, M3

Ussama, Tad and Mahrukh – Happy Birthday, crew!!!
- M2

Shradha Chhabria – She's always a great shoulder to lean on, a good source for inspiration (and great textbooks!) and a great friend.
- Cynthia O., M1

Shijo Benjamin – For booking rooms so we can study together.
- M2

Gabi Waite, faculty – Her dedication to student learning and her collegiality.
- Pam Lucchesi, faculty

Alexa Bolock – I'm a better person for knowing you, friend.
- M2

Devon Bremer, Dr. Shetty, Megan Coleman and Melissa Ide – For always being there for us and making our third year LIC/Block experience fulfilling and wonderful.
- Mike, M3

Kathy Snyder – For handling her class president position with grace and strength and for being a positive role model for all aspiring leaders among us.
- M2

Dr. Szarek – He has been so accommodating in teaching us Systems. Dr. Szarek listens to the concerns of the students and he delivers. I admire how he requests our feedback and augments his course to better suit our needs. He's also a nice guy to talk to.
- Artemis P. McIntyre, M2

Mary Fei – She helps me be the best person I can be! She looks past my flaws when others won't. She's truly and quite simply, an amazing person.
- Joseph Brutico, M2

Dr. Karen Arscott – Dr. Arscott brings positive energy to every interaction she has with students. She's very honest and open, which I really appreciate. I'm grateful to have her as my PCM core faculty!
- M1

Johnny Chen – For being incredibly kind and supportive of his peers -- always making it a point to check in with everyone who walks by his desk in the library, to ask how they are doing and to provide a listening ear and some comfort.
- M2

Jennifer Washicosky – For being so patient and understanding with switching our schedules. I am so grateful to have her and I am sure the rest of the fourth years agree when I say that she is an amazing woman!!!!
- M4

Jena Patel – You're the best tutor ever -- you take the time to check in with us every week, teach us SO much, answer our endless and sometimes silly questions patiently (#granulomatously) and always boost our confidence. Thank you for always staying late -- we don't know what we would do without you!
- Sarah and Shradha, M2

Erin Connolly and Karl Andersen – They hook North campus up with free food!
- M3

Katya Malykhina & Shane Zeshonski – Katya and Shane are undoubtedly the BEST couple in our class and they are amazing friends. They also have cute pets!
- M3

Dr. Planey – For coordinating student research efforts at our school and for being such a calm and helpful presence throughout the entire process.
- M3

Emili, Shailly and Diane – Being my go-to-friends whenever I'm stressed and for listening to me complain about how hard things get sometimes. Thank you for being supportive, lovely people.
- 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