

Grateful at

Geisinger Commonwealth School of Medicine

Issue: October 2019

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!



I am grateful for...

Hannah Sofield – Fall has begun, and thus the resurfacing of the Patagonias. I am so thankful for all the hard work you put in last year! I'm not sure I could have survived without it!

-M2

Jennifer Liberato – I'm so grateful to have Jen on the Youth Homeless Outreach e-board! She is always willing to help out for any event and I can always count on her to be there in a crisis. Thank you for all you do-- your dedication makes a difference!!

-Caitlin, M2

Amy Hoang – Her work ethic is inspiring, her words are always encouraging and her friendship keeps me sane.

-MBS

Christine Marie Murphy – For being the best around!

-M3

Angelica DeFreitas – For being the best morning library hype person/desk neighbor. Makes my morning more positive every day!

-Roshan Patel, M2

Erik Gamarra, Tiffany Garcia, John Piserchio, Rick Hiciano – As usual, GCSOM LMSA turned up for our National LMSA Policy Summit and did an amazing job representing our school. ¡Muchos abrazos!

-Yoseph Aldras, M4

Autumn – Thank you for flannel season!

-M2

Hannah Sofield – I'm so grateful you are in my life!

-M2

Student Health Services – Always there to give snacks and a supportive smile! You are all such a great resource for students and you make being a medical student that much easier. I really, really, really, appreciate you guys!

- Sneha, M2

Lain Gagliardi M2, Tiffany Garcia M2, Molly Kropp-Lopez M1, Jackie Jordan M2, Sarah Heisey M3, Kaiya Flemons M2, Ashanti Littlejohn M2, Maria Marcos M1, Sara Graham M2, Sarah Eidbo M2, Kathryn Volarich M1, Monica Joglekar M2 – You amazing women are so much more than colleagues and friends to me! You have no idea how much your love and support during my week of illness and through all the times of wellness mean to me. You are my family, my rocks, my hope for the future of healthcare! I love you all so much and don't know where I'd be without your shining lights in my life!

-Danielle LaPointe, M2

Jordan Alter (fellow M3) – For getting dinner with me and cheering me up after a rough week on block.

-M4

Stephanie Rothrock – For being super responsive, accommodating and incredibly patient with helping us M4s figure out our schedules last minute!

-M4

Hannah Sofield – I'm so thankful that each week Hannah is willing to share her amazing organizational skills with the class. I am more productive thanks to her gift!

-David Fear, M2

Cecelia Allison – I'm thankful for your drive, competitiveness and ambition.

-David Fear, M2

Rosa Roman – For calling the other day to see how things are going on "aways"...hearing from you made my whole week better! Thanks for being such a good friend!

-Tori O'Brien, M3

Dr. Cerra – Thank you so much for answering my pathology questions! Also the fun Italian pictures you put at the end of your slides make learning more fun and transport me to the peaceful Italian countryside!

-M2

Sarah Dwyer, Janki Patel, Angelica DeFreitas, Erik Gamarra, Anita Shah, Sneha Vadaddi – For planning and presenting a timely and insightful discussion on family separation, asylum and psychological trauma and effects on immigrants at the border and the physician's role and responsibilities in these issues. It is very encouraging to see the care and concern of this next generation of physicians.

-Dr. Dawgert, MD

Dr. Lobo's relaxing and energizing yoga sessions – Such a great mid-week de-stresser! Thanks Dr. Lobo and Cece for providing this awesome activity :)

-Stephanie Miller, M1

Dr. Cho – Patiently explaining immunology to me and our class when I understood so little!

-M2

Paul Burke – Thank you so much for teaching us how to give flu shots! What an amazing opportunity!

-M2

Iris and Francesca – Thank you for always being so friendly and helpful!

-M2

David Fear – Thank you for always being a jerk! JK 😊

-Morgan, M2

Stephanie Amendola and Briana O'Donnell – Words cannot express how much I appreciate our constant communication via group text. It is truly a gift, and continues to help me survive and thrive every day!

-Tori O'Brien, M3

Unis and Paul Burke – Thank you so much for the opportunity to administer flu shots! Special shout out to **Dan Petrosky** for helping me with my first one!

-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