

Grateful at Geisinger Commonwealth School of Medicine

Issue: Spring Edition 2021

I am grateful for...

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!



Systems II Faculty – You can tell they really care about the students and want them to succeed!
- M2

Laina Gagliardi – For being a sounding board through all the ups and downs of this year. For encouraging me when I feel like I'm not good enough to be here. For pushing me when 'I just don't wanna anymore.' For making me laugh when all I want to do is cry. Thank you. You continue to inspire me every day.
- Danielle LaPointe, M3

Danielle LaPointe – For making me laugh until my face hurts, giving the best hugs and having the best dance parties! I could not have made it through this year (or any year of med school) without your outpouring of love and support. Your friendship truly means the world to me and I'm incredibly grateful to have you in my life <3
- Laina Gagliardi, M3

Dr. Rajaram, Faculty – Dr. Rajaram is always going above and beyond for her students. You can tell she truly cares about the success and wellbeing of her students!
- Alexis Notarianni, M1

Dr. Yadav, anatomy faculty – He is always there to answer my questions! Through lab review sessions, emails and Thursday morning sessions, Dr. Yadav is always helping me understand even the toughest concepts. I am so grateful for his explanations that I hear in my head as I take exams and practicals.
- Justina Warnick, M1

Mirii Rep – She's done such an amazing and fabulous job coordinating volunteer works for the community. She has brought so much pride and admiration to our med school and our place in the community and so many members are so thankful for what she has done and what she will continue to do.
- M1

All Student Leadership – For serving their peers and community throughout a difficult year. I am beyond impressed with their ability to be innovative and motivated to create fun spaces to interact.
- Justin Collins, Staff

Dr. David Averill, Dr. Gabi Waite, Dr. Andrea DiMattia, Kyle Strobel, Melissa Ide, Justin Collins, Elizabeth Kuchinski, Dr. Vicki T. Sapp, Carly Ellman, John Grabusky and Keith Loughney – I am extremely grateful for the Mental Health First Aid committee and all their hard work and dedication! The committee has worked hard to get trained in the new virtual curriculum and has offered the class during the pandemic. Since December 2020, the committee has completed 7 classes and has trained 97 new First Aiders here at the school and the Geisinger System. Also, all MD 1 students have also completed the course! Thank you for everything!
- Tanya Morgan, Staff

Charles Yu – He is the Anking master and has helped me see the overwhelming and undeniable truth of a great anki deck.
- M2

Cindy Ciccotelli Farrell, M4 – I always enjoy seeing her around AC since she is so positive and kind!
- M3

Michael Yi, M2 – For being wonderful friends during a stressful year!
- M2

Briana Sylvester, M2 – Her rice crispy treats, chocolate chip cookies and pizzas are wonderful (and so is she!)
- M2

Anthony Marchlewski – He has great insight and humor
- M2

Leonard Javick, M2 – Great taste in Anime :)
- M2

Naomi Francois, M2 – She's been a really great friend throughout this year and is one of the most genuine people I've ever met.
- M2

Makayla Dearborn and Krishani Patel, M2's – They have been great research partners and I would not have been able to do it without them!
- Eleanor, M2

The SARS-CoV-2 vaccine – Thank you Geisinger.
- Faculty

David Hopkins, M2 – Thank you for being the type of person to help people you don't even know.
- Amalie Kropp Lopez, M2

Dr Yadav – Anatomy only makes sense when you talk us through it in lab. Thank you for being such an amazing teacher and gentle soul around us!
- M1

Dr. Sulzinski – Words of encouragement preceding his lectures <3
- M1

Dr. Hardisky (physiology professor) – He made learning about the physiology of the gastrointestinal system "digestible!" It was refreshing to be able to actually understand physiology after one in-class session!
- Justina Warnick, M1

Dr Rajaram, Faculty – She goes above and beyond to make sure our class understands difficult concepts in both Anatomy and Pathology! She is always so approachable in lab and I appreciate how much she genuinely cares about our class as a whole :)
- Kate Musto, M1

Dr. Handakas – Dr. Handakas has helped me a lot through a challenging few blocks and is an overall amazing professor. She is compassionate and empathetic with students, and is always willing to listen and help give us great perspective during CBL
- Sean Alventosa, M1

Dr. Sulzinski (immunology professor) – His podcasts make learning effortless and fun. He truly cares about his students and his students truly care about him!! Thank you for a great end to FOS.
- Justina Warnick, M1

Stephanie Rothrock – You are the backbone of North campus! You can solve any problem we bring to you with ease. We couldn't do it without you!
- M3

Dr Yadav – He has the ability to make even the most daunting lab lists manageable. He is always willing to meet in lab and go the extra mile for us and I don't think my Anatomy grade would be half what it is without his teaching!
- Kate Musto, M1

Dr. Doane, M1 FOS Course Director – For continually working with class leadership to develop the Foundations of Systems course to help out our M1s
- Steven Reehl, M1

Kyle Strobel – Kyle has helped me through a challenging and isolating first year of medical school and I appreciate how great a counselor he is. He has provided needed empathy and compassion for so many students during such a challenging time.
- Sean Alventosa, M1

Dr Sung, Faculty – For her great energy in lab that gets my group excited for GAL even on the days where we are dragging the most!
- Kate Musto, M1

Dr. Adonizio – Dr. Adonizio goes above and beyond for students. She listens and cares deeply about what we are going through. I feel that she is instrumental in creating a supportive environment at GCSOM
- Sean, Alventosa, M1

Paul Burke – Thank you for being my daily email buddy :)
- Amalie Kropp Lopez, M2

Mirii Rep, Zhi-Shan Hsu, and Patrick Callahan, M1s – For being the best FOS group and getting me through this year :) Couldn't have asked for a better group!
- Kate Musto, M1

Dr. Yadav, Faculty – I'm grateful for him taking time out of his weekend to hold GAL review sessions for students.
- Abbey Burke, M1

Dr Sulzinski – For his 3 minutes of motivation before class that remind us all why we are here. (Also, because his lectures are amazing, and he made a tough subject manageable with his extra care he put into crafting every lecture and active session)
- Kate Musto, M1

Emily Grimes, M1 – She is always there to listen to me blab! We relate to each other so well and I'm so grateful to have someone who not only listens to me but understands too.
- Justina Warnick, M1

Dr. Rajaram, faculty – I am grateful for Dr. Rajaram because she spends her Saturdays creating tutoring slides and then presenting them to us in her off-time for an additional 2 hours. She is clear and concise in her teaching and makes learning even the most complex concepts a breeze.
- M1

Dr. Yadav, Anatomy Professor – He always goes above and beyond to help students learn the material and explains things clearly.
- M1

Dr. Carbe, Microbiology Professor – He always explains complex concepts in an easy way and tailors the material to what is actually relevant for us to know for both the exam and boards.
- M1

Iris Johnston – Iris is an amazing person. She is empathetic and wonderfully kind and helped me with some deep breathing exercises when I was panicking about our block 5 exam.
- M1

Dr. Sulzinski – Dr. Sulzinski truly cares about student wellbeing and student success. I appreciate his positive and inspirational stories that he shares with us at the beginning of each active learning session. He is a wonderful professor.
- M1

Nicholas Czelatka, M2 – Dedicating many hours to tutoring us for FOS and GAL
- M1

Emily Reider, M2 – She always takes the time to go above and beyond as an anatomy TA and really invests her time into making sure we succeed! Very thankful for all of her hard work and patience!
- M1

Amy Kline, Associate Director, Center for Learning Excellence – Thank you for being a wonderful and supportive supervisor! Thank you for making me laugh every day, even when I do not want to. You inspire and support me and push me outside my comfort zone and I am forever grateful!
- Tanya Morgan, Staff

Dr. Sulzinski, Faculty – I'm grateful for the time Dr. Sulzinski takes in the beginning of class each day to say something positive and uplifting to our class.
- Abbey Burke, M1

Dr. Yadav – Dr. Yadav (faculty) because he will come in on weekends to tutor in GAL. He'll stay until 7-8 p.m. in GAL with us despite being here all day and needing to drive 1 hour home. He is patient and funny and makes learning anything seem like riding a bike.
- M1

Karen Verespy, Assistant to the Department of Medical Education – Karen has been a major contributor to the DME's day-to-day operation. She has a unique talent for taking on new responsibilities and running with them. Thank you Karen for being an integral part of our team -- you are irreplaceable!
- Carmella DeBiasi, M1

Megan Longenberger and Stacey Fenstermacher – Megan and Stacey have been a huge asset to our team for many years and I just want to say how appreciative I am of their patience, understanding, willingness to step up at any given moment and for their support and guidance every year. We are so lucky to have them as part of our team. Couldn't do what we do without them!
- Devon Bremer, Staff

Mary Ann Babinski – What would we do without Mary Ann? She is always there to lend a helping hand with any request, especially during this COVID period. I can't count the number of times she has helped with mailings, packages, deliveries and returned mail. Thank you girl!
- Carmella DeBiasi, Staff

Joseph Hagedorn, M2 – for his efforts in tracking down my 2020 CASUAL Day T-shirt and for surprising me with a 2021 shirt when I missed the deadline. Thanks to you and your kindness, my CASUAL shirt collection remains complete!
- Rebecca Slangan, Staff

Dr. Sulzinski, faculty – I'm grateful for Dr. Sulzinski because he made what felt like a daunting subject, immunology, one of my favorite subjects. He cares deeply about his students and he make it evident. He makes us feel like his children, not in a patronizing way, but in a way that makes you feel cared about. He is prompt in his virtual responses and clear in his verbal ones, never leaving you feeling more confused than when you first posed the question.
- M1

Carly Deter, M1 – I am grateful for Carly Deter (M1) because she is a kind, loyal, and hilarious friend. She will go out of her way to make sure you feel like a welcomed friend. She will do whatever is needed to help you feel like one of her sisters.
- M1

Dr. Rajaram – I am grateful for Dr. Rajaram for all the hard work and effort she puts in to educate me and my colleagues. I really appreciate the time she takes to explain fundamental concepts both in histology and in anatomy. Her way of teaching has truly strengthened my knowledge of medicine as an M1.
- Hamzah Shariff, M1

