

Scholarship Feature:

THE IMPORTANCE OF SCHOLARSHIP GIVING

At TCMC, our mission is to educate aspiring physicians and scientists to serve society. We seek students who are compassionate and work to enhance this trait through education, research, and service. Scholarship giving enables these outstanding students to achieve their goal of attending medical school and living a life of service to the community.

A gift to TCMC's Scholarship Fund goes directly to students in need, to ensure that bright, medical minds are not denied an education simply because they can't afford it. Your contribution toward scholarship has a profound impact on students and on the patients they will eventually serve.

Help our students achieve their goals and improve the quality of health care in northeastern and north central Pennsylvania.

Thank you for believing in our mission and supporting our future.



Front, L to R: Laura Anderson, MD2; Andrew Tsitsilianos, MD1; Kyle Gleaves MD1; Mairghread Casey, MD1.
Back, L to R: Angela DiBileo, MD2; Robert Griffith, MD2; Abigail Woll, MD1; Charles Browning, MD2

To make a donation for student scholarship or for more information, please contact the Office of Annual Giving at 570.504.9619, or visit tcmc.edu/donate

The Journal

SUMMER 2015



TCMC®
THE COMMONWEALTH
MEDICAL COLLEGE

FOUNDERS SOCIETY

In the early days of The Commonwealth Medical College (TCMC), a group of individuals, organizations, corporations and foundations stepped forward to ensure the success of the Commonwealth's new medical college through generous contributions for student scholarships and operations. We are sincerely grateful for their support and recognize them as members of our Founders Society.

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A Message from the President and Dean



Welcome to the Summer 2015 issue of *The Journal*. We are pleased to share with you our many achievements over the course of this academic year – and just a few of the hundreds of individuals who make TCMC so special, including our leaders, faculty, staff, students and supporters.

As summer approaches, we celebrate the tremendous accomplishments of our students and faculty. This past year, TCMC students volunteered throughout our 17 county region and participated in service projects such as mentoring disadvantaged youth and providing health care to the uninsured. Several of our students traveled to developing countries and delivered medical care to the poor. The dedication of our students is truly impressive. They seek to improve the lives of others even as they face the rigor of our academic programs at home.

TCMC's third Match Day (March 20) was an unparalleled success. The Class of 2015 will continue their residency training as close as The Wright Center in Wilkes-Barre and as distant as the University of California in Los Angeles. Half of the class will work in primary care. Nineteen will train in Pennsylvania and 24 in bordering states.

Our fifth annual Research Day (May 7) showcased student research projects to benefit our community partner agencies. Our sixth Master of Biomedical Sciences class and third Doctor of Medicine class graduated on May 10, surrounded by their proud families, friends, and the entire TCMC community.

As our student research benefits the needs of our community, so does the research of our talented faculty. Our brilliant professors are discovering treatments and therapies that our current students will one day provide to their patients. TCMC faculty and staff publish research papers, conference presentations, and keynote addresses, and represent TCMC in local, regional, and national arenas. Their many successes will be highlighted in the pages that follow.

I am extremely proud of the entire TCMC community for bringing our founders' dream to reality. I see, every day, how the community-based and patient-centered education at TCMC influences our students and shapes their character. They will become our next generation of physicians, health professionals, scientists, and community leaders.

Sincerely,

Steven J. Scheinman, MD
 President and Dean

PAMSS CONFERENCE

On May 19, 2015, Steven J. Scheinman, MD, President and Dean of The Commonwealth Medical College (TCMC) presented the keynote address at the Pennsylvania Association of Medical Staff Services' (PAMSS) twenty-sixth Annual Conference at Penn State University. The topic of his address was "Horizontal and Vertical Integration in a Medical School Curriculum," in which he compared medical schools' traditional curriculums with TCMC's innovative model. Dr. Scheinman described TCMC's Longitudinal Integrated Clerkship (LIC) and "flipped classroom," in which students spend only 25% of their first two years in lectures and the rest of the time learning actively. The audience was receptive and impressed to learn how TCMC students work to improve the health of people in northeastern and north central Pennsylvania through Community Health Research Projects (CHRP), Quality Improvement Care Collaboratives (QuICC) and a minimum of 100 hours of volunteer service.

THE JOURNAL

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 Heather M. Davis, MFA

Contributors
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 Ingrid Husisian, MS
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ON THE COVER:

Steven J. Scheinman, MD, President and Dean of TCMC, presents Relindis Neh Awah, MD '15, with her diploma at Commencement 2015 on May 10.



TCMC AND THE WRIGHT CENTER FORMALIZE RELATIONSHIP

Steven J. Scheinman, MD, and Linda Thomas-Hemak, MD, signed historic MOU on April 7

Steven J. Scheinman, MD, TCMC's President and Dean, and Linda Thomas-Hemak, MD, President and CEO of The Wright Center, signed a Memorandum of Understanding (MOU) formalizing the relationship between the two institutions on April 7 in a celebration in TCMC's lobby.



Responsive to well-documented regional health needs, the institutions have submitted a proposal to co-create a psychiatry residency program starting in 2016, under the leadership of Sanjay Chandragiri, MD.

"This is the most positive, concrete development between the two institutions thus far," said Dr. Scheinman. "We are particularly excited that we have agreed to do joint strategic planning for expansion of residency training opportunities to benefit this region, and that we will start with psychiatry."

"The signing of our MOU solidifies our mutual commitment to collaborative efforts focused on recruiting and retaining top physician talent in northeastern Pennsylvania," said Dr. Thomas-Hemak. "The educational, patient care delivery and economic impact of this formalized partnership will be very powerful and increasingly tangible to our community as demonstration of our enriched alignment unveils."

The MOU has been endorsed by both Boards. In recognition of their shared community-focused missions to educate physicians using an innovative, evidence-based, patient-centered approach, the MOU provides a meaningful platform for the two institutions to collaborate on a broad array of mutually beneficial endeavors, such as strategic planning, education and training, and clinical initiatives.



TCMC and The Wright Center have been working collaboratively for years to enhance medical education and innovative clinical training throughout the region. TCMC alumnus Kevin Musto '14, is currently training in internal medicine at The Wright Center,

and through the recent residency match, Max Tolan and Dan Shust, both from the MD Class of 2015, will train at The Wright Center in the Wilkes-Barre-based Family Medicine residency program.

THE MATCH

Sixty-six students at TCMC learned their residency placements at noon on March 20. Match Day, occurring simultaneously at medical colleges around the country, is an exciting event in which all fourth-year MD students open their envelopes to learn where they will spend the next three to seven years training in specialties.

Half of TCMC's 2015 graduates will work in primary care. Seventeen matched with residencies in Internal Medicine. In addition, nine matched in Surgery, six in Pediatrics, six in Obstetrics/Gynecology, five in Anesthesiology, and all others in a variety of competitive specialties.

Nineteen students will continue their medical training in Pennsylvania, and 24 will train in bordering states.



Top group photo (L to R): Steven J. Scheinman, MD, President and Dean of TCMC; Linda Thomas-Hemak, MD, President and CEO of The Wright Center. Standing, L to R: John Moses, Esq., TCMC Board of Trustees; Maxwell Tolan, MD '15; Kevin Musto, MD '14; Daniel Shust, MD '15; Mark Perry, Esq., The Wright Center Board of Directors.



Photo right (L to R): Brooks Turkel, The Wright Center Board of Directors; Robert Naismith, PhD, TCMC Board of Trustees; John J. Menapace, TCMC Board of Trustees; Carlton Preate, The Wright Center Board of Directors; Joseph Ferarrio, The Wright Center Board of Directors; Michael Kondash, DO, The Wright Center Board of Directors; Steven J. Scheinman, MD, President and Dean of TCMC; Linda Thomas-Hemak, MD, President and CEO of The Wright Center; John Moses, Esq., TCMC Board of Trustees; PA State Representative Karen Boback; Mark Perry, Esq., The Wright Center Board of Directors.

For a full list of TCMC's Match results, visit www.tcmc.edu/ResidencyMatch.



SAVE THE DATE! 8/7/15: MD Class of 2019 White Coat Ceremony



COMMENCEMENT

2015

THE COMMONWEALTH MEDICAL COLLEGE

On May 10, at The F.M. Kirby Center for the Performing Arts in Wilkes-Barre, TCMC conferred degrees upon our third class to receive the Doctor of Medicine (MD) degree and our sixth class to receive the Master of Biomedical Sciences (MBS) degree.

Sixty nine medical students graduated and will move on to residency programs where they will train in a range of medical specialties or pursue further studies. Sixty three graduates of our one-year rigorous MBS program will go on to pursue careers in medicine, research, education, or biomedical technology.

Darrell G. Kirch, MD, President and CEO of the Association of American Medical Colleges (AAMC), gave the commencement address, sharing his insights and advice with the Class of 2015.

"I hope you will find the courage to make good on our ethical obligation to continue to improve our health system," Kirch told the graduates. "We should make each other a promise today that we will never lose the sense of doing good

"I hope you will find the courage to make good on our ethical obligation to continue to improve our health system," Kirch told the graduates. "We should make each other a promise today that we will never lose the sense of doing good and creating a better, healthier society that made us choose our careers in the first place. Our profession needs you, and our nation needs you."

- DARRELL G. KIRCH, MD

and creating a better, healthier society that made us choose our careers in the first place. Our profession needs you, and our nation needs you."

Offering parting advice, Steven J. Scheinman, MD, President and Dean of TCMC, said, "Certain themes are fundamental not only to medical training but also to medical practice. These are: the centrality of teaching to your identity as a physician; respect for your patients as your best teachers; gratitude for the great privilege of caring for patients; and humility."



Award Ceremony

Many graduates received special recognition at the MD and MBS Classes of 2015 Award Ceremony, Alumni Society Induction, and Military Commissioning on May 8.



Lackawanna County Medical Society Alliance Excellence in Women's Health Field Award

L to R: Mary McDonald, Past President of Lackawanna County Medical Society Alliance; Alexandra Belcher-Obejero-Paz, MD '15



John R. & Maureen J. Pesavento Community Service Award

L to R: Kristina Zimmerman, MD '15; Maureen Pesavento



The Lawrence J. Sarno Memorial Award

L to R: Luana Hossain, MD '15; Nancy Sarno de los Rios, representing the Sarno family



Dr. Lester Saidman Annual Excellence in Emergency Medicine Award

L to R: Steven Kafrissen, MD; Sheila Saidman, Esq.; Cham Santé, MD '15; Jakob Saidman, MD1; Carol Saidman Greenwald, MD; David Greenwald, MD; Melissa Saidman; Bruce Saidman, MD



Ying-Ju Sung, PhD, Associate Professor of Anatomy,
and Donald Mignogna, MD2



SUNG LEADS THE WAY

to Solve the Persistent Problem of Pain



After screening 1.3 million compounds, a dedicated and tenacious research team at TCMC has discovered a compound that has proven effective against the scourge of inflammatory pain.

Ying-Ju Sung, PhD, Associate Professor of Anatomy, has been studying the underlying mechanism of pain transmission for nearly 20 years. With a team from Columbia University, Dr. Sung and her student researchers at TCMC have paved the way for a new era of chronic pain treatment.

Dr. Sung's team has included MD students Joshua Cole, Nelson Sofoluke, Donald Mignogna, Kevin Norman, Kyle Chapman, MBS alumni Christopher Fan and Alyssia Venna, and lab technician Ashlee Dougher.

Aside from the large population suffering from chronic pain across the nation, this research is relevant to medicine in northeastern and north central Pennsylvania.

L to R: Kyle Chapman, MD2;
Kevin Norman, MD2;
Joshua Cole, MD2



“I was looking for the signal that makes sensory neurons so sensitive,” Dr. Sung said. “The theory is if you block that signal, you’re not as sensitive to the stimulus.”

Roughly 48 million Americans suffer from long-term pain without a good pharmacological solution. Medications such as morphine negatively impact normal daily living with side effects such as addiction and drowsiness. Users build up a tolerance to these drugs, which also hinders their effectiveness and adds to the problem of addiction.

Aside from the large population suffering from chronic pain across the nation, this is relevant to medicine in northeastern and north central Pennsylvania. Residents age 60 years and older represent 22% of the local population and chronic pain often targets this age group.

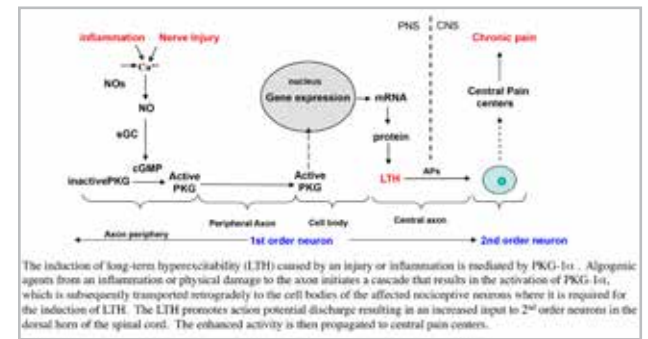
“In normal pain transmission,” Dr. Sung said. “If you cut your finger, it hurts and the pain is perceived by the brain through the peripheral nerve to the spinal cord, and finally to the primary sensory cortex. We call that acute pain.”

When an acute pain persists beyond the normal healing process, it becomes chronic and debilitating. This can be caused by alterations of the normal pain transmission at the periphery or structures within the spinal cord and the brain.

During Dr. Sung’s post-doctoral work, she was interested in the cellular signals that were associated with injury and their transmission to sensory neurons. Injury makes the sensory neurons very sensitive to any kind of stimulus, they become hyperexcitable, and any irritation amplifies the pain signals.

“I was looking for the signal that makes sensory neurons so sensitive,” Dr. Sung said. “The theory is if you block that signal, you’re not as sensitive to the stimulus.”

Dr. Sung identified a protein call Protein Kinas G (PKG) that becomes activated when a nerve is injured. This protein acts as an “on” switch for pain, which sends signals to the brain. With this information, Dr. Sung began to work with collaborators to design a compound that would block PKG from sending signals.



Her research team has tested a compound, called N46, and demonstrated its effectiveness to reduce pain associated with inflammation and osteoarthritis.

With this groundbreaking information, Dr. Sung and researchers at Columbia University have been presenting N46 to many companies in hopes for support of human clinical trials. Furthermore, Dr. Sung says a topical formula of N46 is being developed to test for burn pain.

“Pain induced by burn injury is very intense and it is further exacerbated with dressing changes,” said Dr. Sung. “So we can incorporate the compound into dressings. Maybe we can reduce pain associated with the initial tissue injury and, perhaps prevent the development of chronic pain following the wound recovery.”

TCMC’S MICHELE HOLMAN

APPOINTED NATIONAL MEMBERSHIP COMMITTEE CHAIR OF SNMA

Supporting underrepresented minority medical students

Michele Holman, a third-year student at TCMC, has been appointed National Membership Committee Chair of the Student National Medical Association (SNMA).

The SNMA supports current and future underrepresented minority medical students, addresses the healthcare needs of underserved communities, and strives to increase the number of clinically excellent, culturally competent and socially conscious physicians. It is comprised of 127 chapters in ten regions with more than 5,000 members at colleges and medical schools around the nation.



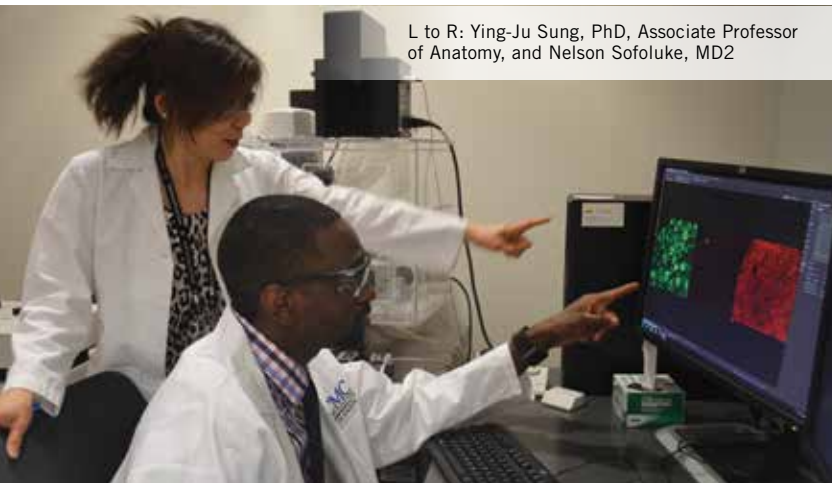
In her new role, Ms. Holman will be responsible for growing membership and publicizing its benefits. She will help oversee the alumni affairs, historian, multicultural, and pride award subcommittees. Ms. Holman will also serve on the SNMA’s board of directors.

“I went to my first conference and fell in love with the organization,” Ms. Holman said. As a national officer, she will travel around the country to board meetings and advocate for the members of SNMA.

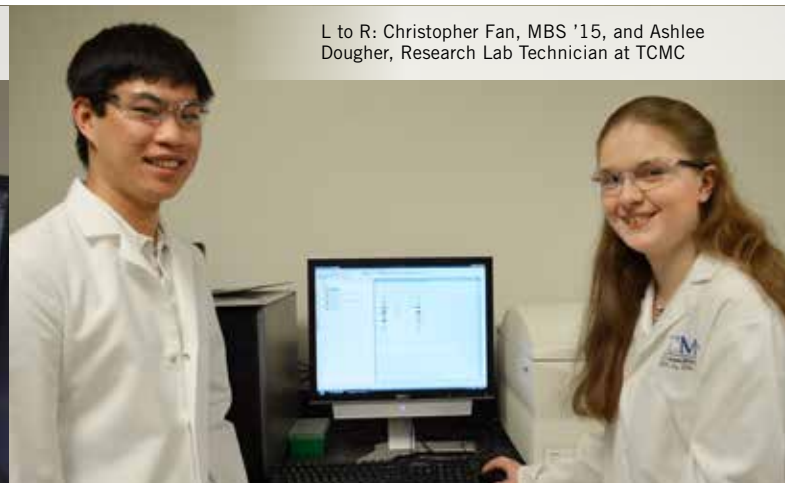


In November 2014, TCMC hosted SNMA’s Region VIII Annual Medical Education Conference: “Transforming the Face of Medicine.” Pictured: Members of TCMC’s SNMA Chapter, L to R: Laurel Macey, MD2; Bianca Collymore, MD2; Kezia Ellison, MD2; Taylor James, MD3; Kelvin Monroe, MD2; Ashley Jeanlus, MD2; Michele Holman, MD3

L to R: Ying-Ju Sung, PhD, Associate Professor of Anatomy, and Nelson Sofoluke, MD2



L to R: Christopher Fan, MBS '15, and Ashlee Dougher, Research Lab Technician at TCMC





The Jennifer A. Sidari, MD '13 Global Health Award was established to honor Jennifer's memory. Above, she is pictured on a medical mission trip to Haiti in 2013.

The Legacy...

A LIFE WELL-LIVED, SERVING OTHERS AT HOME AND ABROAD

Fourth-year students Neal Cooper, Shannon Pickup, Shreya Trivedi, and Emily Anne Vistica were the very first recipients of The Jennifer A. Sidari, MD '13 Global Health Award. This award was established in memory of Dr. Sidari to help defray the expenses of clinical rotations in developing countries.

Dr. Sidari passed away unexpectedly in May 2013 only weeks after graduating from TCMC. As a student, she volunteered at clinics in Scranton and at the Care and Concern Clinic in Pittston. Dr. Sidari volunteered at clinics in Haiti in the spring of 2013 and had also traveled to South Africa and Oakland, CA to study pediatrics and to work with children.

TCMC and the Sidari family announced the creation of The Jennifer A. Sidari, MD '13 Global Health Award in September 2014.

Dr. Sidari's father, Pete Sidari, said, "On behalf of all of Jennifer's family and friends I am proud to say we are thrilled that these students have been selected to receive the first Global Health Awards in Jennifer's name. They have all exhibited excellence in their medical education as well as their desire to further that education by service to others. We are sure they will continue to honor their families, communities and their patients throughout their medical careers by remembering to comfort their patients always."



Shannon Pickup, MD '15, (left) in Honduras



Shreya Trivedi, MD '15, in Guatemala.



Neil Cooper, MD '15, in Haiti.



Emily Anne Vistica, MD '15, in Haiti.



EMILY ANNE VISTICA, MD '15

Haiti with Heart to Heart International, April 2015

"My experience in Haiti was a perfect end to my medical school training and the perfect beginning of my medical career as a physician. Through serving the wonderful people of Léogâne, I was humbled by the reminder that my life in medicine will always challenge me to continue to learn from my patients, my colleagues, and my experiences as I encounter new diseases, new cultures, and most importantly as I enter into a relationship with each human being I serve."



NEIL COOPER, MD '15

Haiti with Heart to Heart International, March 2015

"This was an excellent experience for me and greatly compliments my medical school career. This was an excellent preparation for intern year, where we will all suddenly transition from medical students to young physicians and have greatly increased responsibilities."



SHANNON PICKUP, MD '15

Honduras with Mujeres Amigas, Miles Apart (MAMA Project), March 2015

"This was a wonderful trip that demonstrated how members of a community can come together, volunteer and make a difference even in the most impoverished communities. I learned how culture and lifestyle can affect different perceptions of illness and health, and a little about how to practice medicine without all of the resources I was previously used to having. I also greatly enhanced my medical Spanish!"



SHREYA TRIVEDI, MD '15

Guatemala with The Christ Wesleyan Church Mission Group, March 2015

"Personally, this experience reinforced my decision for going into Internal Medicine/Primary Care. I loved listening to each patient's story and how their unique circumstances impacted their health. I genuinely enjoyed working with each patient on lifestyle changes and education, so much that I wouldn't realize that it was already time for a lunch break or that the clinic was closing soon."

NEW FACULTY MEMBERS



James Caggiano, MD
Assistant Professor of Pediatrics
Department of Family, Community
and Rural Health



Jennifer Episcopo, MD
Assistant Professor of Obstetrics
and Gynecology
Department of Family, Community
and Rural Health



Marika Handakas, PsyD, LCSW
Assistant Professor of
Family Medicine
Department of Family, Community
and Rural Health



Kristine McNulty, MD
Assistant Professor of Obstetrics
and Gynecology
Department of Family,
Community and Rural Health



Spotlight on TIM HEILMANN, MD, FAAFP Academy of Clinical Educators (ACE) Faculty Master

TCMC established the Academy of Clinical Educators (ACE) to recognize the contributions and generosity of our more than 1,000 volunteer clinical faculty. All volunteer clinical faculty are members of ACE: an organization which promotes faculty scholarship, participates in curriculum development, and creates new resources to support teaching. ACE members can advance to the level of Fellow or Master with exemplary service.

Timothy Heilmann, MD, FAAFP, is as passionate about teaching as he is about practicing family medicine. In addition to seeing patients at all stages of their lives at Susquehanna Health in Williamsport, he is also an Associate Director of their residency program and serves as Chief Medical Information Officer for the Susquehanna Health Medical Group.

Dr. Heilmann has taught at TCMC since its founding. He is an Associate Professor of Family Medicine and the Regional Education Coordinator for Family Medicine for our West Regional Campus. He has also served as a Continuity Mentor, which allows him to work with the same students over the entire course of their medical training and offers the students several years of exposure to the same patients.

“I like meeting TCMC students early in their career,” Dr. Heilmann said. “I can see them grow from first-year students who don’t know much clinically to fourth-year students who are ready to start residency.”

He loves being a doctor for the same reason he loves teaching: building valuable, lasting relationships. Dr. Heilmann recalls recently being away at a conference and taking extra time to keep tabs on his patients. “I had coverage,” he said. “But I still called my patients myself with their test results. They were so happy to hear from me personally. It’s rewarding to be involved in their care. I want to pass that feeling along to my students.”

TCMC WELCOMES CARIEN WILLIAMS, JD, MS New Associate Dean for Curriculum

In February, Carien M. Williams, JD, MS, became TCMC’s Associate Dean for Curriculum. Ms. Williams is responsible for the planning, management, and leadership of the curriculum at TCMC. Specifically, she oversees the educational programs leading to the MD and MBS degrees, ensuring that the programs’ objectives are met, that the mission is supported and that coherent and coordinated educational programs



are delivered, with the ultimate goal of equipping students for future careers.

Before her appointment at TCMC, Ms. Williams served as the Assistant Dean for Curriculum Management at the University of Illinois at Urbana-Champaign College of Medicine. She expects to receive a PhD in Curriculum and Instruction from the University of Illinois at Urbana-Champaign in 2015.

TCMC STUDENTS LEARN ASL

Deaf and hard of hearing individuals routinely have difficulty accessing healthcare services because providers either cannot sign or are unable to provide interpreters. Communication is then a formidable barrier.

Mary Ann Stefko, assistant principal at the Scranton School for Deaf and Hard of Hearing Children (SSDHHC), is working to change this. She wants so passionately to improve healthcare delivery to deaf and hard of hearing people that she has been voluntarily teaching American Sign Language (ASL) at TCMC for three years.

That passion runs both ways. Several TCMC students have given up a valuable night of study time to learn ASL from Stefko so they can better serve their future patients and communities.

Jennifer Joyce, MD, Professor of Family Medicine at TCMC, invited Stefko in 2011 to speak at her Patient Centered Medicine course required of all first-year students at TCMC. As part of TCMC’s commitment to diversity and inclusion, Ms. Stefko presents on the specific challenges that face the deaf and hard of hearing community when seeking healthcare services. This conversation included a discussion about cochlear implants, an issue she is



Andrew Gilmore and Stephen Gan, both in the MD Class of 2018, converse during a weekly ASL course at TCMC.

particularly knowledgeable about, having participated in doctor’s appointments for hundreds of families across Pennsylvania.

The students found Stefko’s commitment and advocacy to those in the deaf and hard of hearing community so compelling that when Stefko offered to teach ASL for free, several interested students jumped at the opportunity.

Stefko, a nationally certified interpreter, early intervention specialist, and longtime deaf educator, teaches a combination of conversational ASL and medical signs at TCMC. She routinely brings deaf people to ASL classes so TCMC students can practice communicating. She also brings TCMC students to SSDHHC to see ASL used in an educational setting.

Andrew Gilmore, a member of the MD Class of 2018, jumped at the offer to learn ASL. He said, “If a doctor can sign, there’s a chance to form a more genuine and complete relationship with patients in the deaf community.”

Stefko returned the compliment. “The kids [at SSDHHC] love TCMC students. Their parents are touched they’re learning ASL so they can improve their patients’ health and lives.”



Dr. Eric and Mrs. Taryn Blomain at TCMC's Annual Scholarship Gala in 2014.

Donor Spotlight: DR. ERIC & MRS. TARYN BLOMAIN

Intricately involved in the community, the Blomains have always supported TCMC students, in all ways. Eric Blomain, MD, is a surgeon and medical director of NEPA Plastic Surgery Associates. He serves TCMC as a Clinical Associate Professor of Surgery and chairs the Curriculum Action Committee. Mrs. Blomain is a volunteer for TCMC's annual Gala to support student scholarships. Like many, Dr. Blomain believes that TCMC is the catalyst for the evolution of excellence in health care in northeastern and north central Pennsylvania. He stated, "Medicine is important to me and there has always been good medicine practiced in Pennsylvania, but TCMC is now a focus of excellence to raise the bar. The College will increase the quality of health care in the region, including the types of services offered across the board. This will enable more patients to stay in the area." The Blomains echo thoughts on TCMC's financial impact on the region: "Our businesses are helped by students, faculty and staff. TCMC will get bigger and better, in part by the support of the community," Mrs. Blomain said. Communities

that have successful medical schools attract entrepreneurs, and others. Dr. Blomain added, "This creates a tremendous economic impact and becomes the driving force in helping the community. It brings federal and state funding, fosters entrepreneurship, and motivates philanthropists. This causes an increase in the flow of money to the medical community, both doctors and institutions, by the increase in services and quality." Students remain their highest priority. "The Hippocratic Oath binds us to pass on our trade. When you're teaching a novice, you have to be better, so it keeps you on the cutting edge," said Dr. Blomain. "I want to support students who may not be able to afford medical school and give them this opportunity to go on and do wonderful things," added Mrs. Blomain. According to Dr. Blomain, "TCMC's goal is to educate Pennsylvania students to increase the number of physicians in the state. Given that, it is imperative that TCMC succeeds. And that is why I'm willing to donate time and money to ensure TCMC's survival."



HEALTH & WELLNESS

The Community Garden at TCMC



Submitted by
Cassandra Graeff
MD Class of 2017

The Community Garden Club at TCMC has truly flourished in 2014 and 2015. The club began as a seedling of an idea, but it has transformed into an active and enthusiastic group whose goals continue to grow.

The group built their own garden, housing three cedar wood beds that grow organic vegetables, fruits, and herbs. Initially, the club aimed to allow TCMC students, faculty, and staff to find their own green thumb and grow fresh food they could take home and enjoy. It then expanded beyond giving back to the College and has reached out to the local community. For example, the Garden



Robert Terry, MD2, checks on the Community Garden at TCMC.

Club donates fresh produce to local centers in need, such as the United Neighborhood Centers of Northeastern Pennsylvania. The club's ultimate goal is to give back to the local community by donating fresh produce to local charities, provide nutritional and gardening

education, and give community members a space to relax and enjoy the beauty of the garden.

With the help of generous contributions from the Kiwanis Club of Scranton and others, the club is consistently working towards expanding and beautifying the garden. It hopes to establish a larger growing space, improved watering system, stronger fencing to protect and enclose the garden, benches, and repaired sidewalks.

TCMC's Community Garden Club is excited to see what will blossom for them next. Please stop by to admire the garden, located on East Gibson Street next to Abington Lock and Key.

Students from TCMC's neighbor, Scranton's Northeast Intermediate School, designed and decorated pieces that are now on display in the Community Garden.



TCMC® *Gala*
2015

SAVE THE DATE!
Saturday, October 17, 2015
7th ANNUAL SCHOLARSHIP GALA
BLACK TIES FOR WHITE COATS

Proceeds support TCMC's student scholarship fund.



Regional Alumni Networking Event in Philadelphia, PA, on November 18, 2014.



Regional Alumni Networking Event in Hershey, PA, on November 12, 2014.



Will Susannah grow up to be a doctor like her mom Jennifer Wentzel, MD '14?



Congrats to Melissa Rader, MD '13, and Albert John Buck III, who married in December 2014!



Congrats to Tom Churilla, MD '13, and Tara Gramigna, pictured here in their engagement photo, who tied the knot in May!

ALUMNI CLASS NOTES

Michelle Junker, MD '14, received the "Hungry Dog Award" in her first rotation at the Mayo Clinic. She was recognized for her work ethic and dedication to patients and colleagues in Trauma, Critical Care & General Surgery Services.

Daniel Benyo, MD '14, married Nicole Sipple on April 5, 2014, in White Haven, PA.

Matthew Mullen, MD '13, married Lindsey Nichols on May 10, 2014, in Stroudsburg, PA.

Linda Sanders, MD '13, and **Jeremy Chin, MD '13**, married on August 31, 2014, in Dallas, PA, with many TCMC alumni in attendance.

Emily Nguyen, MD '13, welcomed a son, Noah Joseph, on February 9, 2015, weighing 7 lbs. 5 oz. and measuring 20" long.

Douglas Zaruta, MD '15, married Brittany Prater on May 30, 2015, in Dallas, PA.

Jessica Potter, MD, and **Kenneth Potter, MD**, both Class of 2013, welcomed a son, Benjamin, in November 2014.

Jennifer Wentzel, MD '14, welcomed a daughter, Susannah Linn, on February 2, 2015, weighing 5 lbs. 9 oz. and measuring 18.25".

Keri Ann Stevenson, MD, and **Matthew Kongkatong, MD**, both Class of 2014, are engaged to be married on October, 31, 2015, in Charlottesville, VA.

Tom Churilla, MD '13, married Tara Gramigna on May 16, 2015. The one o'clock ceremony took place at the Madonna Della Strada Chapel at the University of Scranton. A reception was held at Fiorelli's, Peckville.

Melissa Rader, MD '13, married Albert John Buck III, on Dec. 13, 2014, in Lambertville, NJ. Many TCMC alums attended the wedding.

Rivkah Darabaner, MD '13, has been selected as a Chief Resident in Internal Medicine at North Shore, Long Island Jewish Hospital in NY.

MD and MBS Alumni: Tell us your latest news! www.tcmc.edu/AlumniUpdate

WHERE A Residency Story are they now?

Meg Mathewson, MD '13

Penn State Hershey Children's Hospital in Hershey, PA

Specialty: Pediatrics

Hometown: Dallas, PA

Meg Mathewson, MD '13, is quickly learning the skills of pediatricians as a second-year resident at Penn State Hershey Children's Hospital. Breaking out of her intern year and into her second year, Dr. Mathewson has taken on volumes of responsibility. Carrying her medical education from TCMC into Hershey's hospital, Dr. Mathewson has not only tackled these responsibilities, but has truly enjoyed them. She is even teaching interns and medical students. Dr. Mathewson said, "Being a second-year is a lot of fun. I really enjoy taking care of children and helping them get better."

Dr. Mathewson also values her ability to assess patients as sick or not sick. She credits this to her experiences with patients during her time at TCMC.

"Although it may seem like an easy thing to do, this skill is often key to being a good doctor and often very important in making sure my patients get the best possible care," Dr. Mathewson shared.

Looking back on her journey through TCMC into her residency, Dr. Mathewson advises graduating medical students to enjoy the time left with their classmates. "It is often difficult to get together while everyone is so busy during residency," said Mathewson. However, she said these students will be "very successful and equal to, if not above" their co-interns in skill and knowledge.

"It may take a few years for me to figure out what I want to be when I grow up, but I will eventually return home!"

Dr. Mathewson believes all the challenges and hard work throughout her medical career will pay off in the end. "We have the most rewarding jobs on the planet!"

Loving her hometown, Dr. Mathewson hopes to return to northeastern and north central Pennsylvania someday and teach medical students at her alma mater.

