

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: December 2018

I am grateful for...

Kishan Patel – Got us tickets to see Thugs of Hindustan, what a great guy.
- M2

Michelle Mikhno, Sarah Schreiber and Sayani Patra – Their hospitality and skill at hosting people in their home.
- M3

Sashank Dusi – Good to find someone with a similar distaste for soy!
- M3

John Piserchio – He is so kind and so helpful! Never lets a friend down and is always there to help a peer succeed.
- M1

Yoseph – For always showing up to support his friends when it matters most
- M2

Alice Thompson, Nicole Gillman and Jordan Alter – For doing such an incredible job speaking at the JCC vigil last month--your words brought hundreds of people together in the face of a tragedy and were powerful, brave and relatable. All of us there were proud to know you and be your peers.
- M2

Roxanne Seymour – For helping me navigate the financial aid process!
- M3

Tony Pellegrino and Kate Powell – I actually love having OSCEs and IPEs and any other activity that involves the Sim Center because Tony and Kate are the best. They always make us feel so comfortable and make sure we get so much out of each learning experience.
- M3

Amanda McIver – When I'm cranky and uncaffeinated on dark mornings, it always makes me smile to exchange a few compliments with you while we get coffee.
- Staff

M4 Students – Since starting at GCSOM in May, I have had such great interactions with our M4 students. They are intelligent, thoughtful and genuinely good people. They have helped me adjust to the world of medical education and I will be forever grateful to them for working with me to find a good flow for all the various things we sort through during a very hectic year fourth year. Thank you, all! I can't wait to see you at Match Day!
- Jennifer Washicosky

Devon Bremer – For giving me the best hug when I really needed one.
- M3

Staff Council – Thank you Staff Council for everything you do. I know it's a hard job and you are doing the best you can.
- Staff

Brandon Bombar – Brandon keeps me laughing with his sense of humor and always brightens my day!
- Tara Fritz, M2

Amelia Mackarey – Amelia takes time from her very busy schedule every month to spread some cheer and sunshine with her work on this newsletter. I don't believe she has any idea the impact she has on others. Thanks, Amelia, for brightening the day for so many. You are a treasure!
- Staff

Ed Lahart – He is ALWAYS looking out for us!
- M2

Dr. Cerra – For being an awesome CBL coordinator. We're going to miss you next semester!
- Jordan, M2

Jennifer Washicosky – For being a great friend and coworker.
- Staff

Gloria Colosimo – I just want you to know that you're deeply appreciated and I can't thank you enough for all you do.
- Faculty

Jill Schroth – I know we've been busy lately, but I just had to tell you what a great coworker you are. What's your secret? Your output is impressive, your work ethic is enviable and you are always quick to show initiative. It's incredible how often you go above and beyond.
- Staff

Ed Lahart – I wouldn't have made it this far without Ed Lahart. I hope there is an Ed Lahart in residency.....
- M4

Zoë Landau – She has been so helpful with studying and scheduling advice. She's also a super supportive friend and makes amazing food!
- Emily Christie, M1

Dr. Lucchesi – She is extremely dedicated to her students and truly values feedback from the Class of 2022 to improve our HSF experience. Not only is she interested in student successes in and out of the classroom, she isn't afraid to put in long hours herself to help us achieve these successes.
- M1

Jill Schroth – She's always helpful and there for me when I need her. I appreciate her still being in FA.
- Faculty

Earl Krisovitch – Earl is a very hard worker. He is always so friendly and goes out of his way to be helpful.
- Janis Williams

Janelle Hawley – All your hard work around here doesn't go unnoticed. Thank you so much for everything you do!
- Staff

Dr. Carmine Cerra – You work so hard to give us the best possible chance for success. Your passion for teaching and support of students does not go unappreciated. You are a ray of sunshine at Geisinger Commonwealth School of Medicine, always concerned about the well-being of your students and asking how you can help. Thank you for caring, we love you very much!
- M2



<http://www.silvitanblanco.com.ar/imagen/garfield/>

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