

Grateful at

Geisinger Commonwealth School of Medicine

Issue: February 2019

I am grateful for...

Security/Facilities/Maintenance – For always keeping the walking paths around the school impeccably clean, even when that means going out with a shovel in the middle of storms and in the freezing cold. We appreciate your efforts!
- M2

Hannah Sofield – She very efficiently organized the purchase and distribution of school Patagonias with the school logo!
- M3

Misha Patel – For dad jokes that actually make me giggle.
- Ashanti Littlejohn, M1

Liz Zygmunt and Martin Lacayo – I love the Broadcast Digest! Over the past few months, it's been especially awesome. I've been getting news of so many cool opportunities, such as financial scholarships, research grants, essay contests and service programs. Also, there are always mentions of free food, which I really love. The Broadcast Digest has been such a great way to improve our GCSOM community so thank you to Liz and Martin for all of the work that you do on it!
- M3

Megan Coleman – She's so helpful!!
- M3

Vicki T. Sapp, Martin Lacayo, Dawn Fisher – Thank you for helping folks at GCSOM better understand, appreciate and welcome different cultures and identities.
- Heather Davis

Janelle Hawley – We simply could not have made it through the fall semester without her help and support. Forever grateful!
- Staff

John Coulter – I bug him all the time for clarification, concept checks, etc. He is absolutely amazing. I always feel like I am annoying him but he is incredibly patient and cares that I understand the material (even if all he says is "yes or OK"). :) He is a very good TA. I am so glad he is here to help students and I think Geisinger is lucky to have him!
- Kristin, MBS

Assad Hayat – He invited me to his brother's wedding, which was lovely, and also put me onto a great Anki deck for step 3.
- Yoseph Aldras, M3

Stephanie Rothrock – She is very helpful and understanding to us, the third-years of the North campus!
- M3

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!



Gina Osif – She is one of the best faculty mentors there is. She is always willing to help me with whatever questions I have or assistance I need. And even if she can't, she will find out to whom you need to talk. Best of all, she does it ASAP, which is dope. She is also super-kind and relates to us very well, which makes talking to her easy. She's the coolest! Also, in case I didn't mention, she's awesome and dope!
- Gina's Favorite M3

Vaibhav Sharma – For always assisting people in anatomy lab (aka. mini Dr. Yadav).
- M1

Assah and Sahil – They often invite people over to watch movies at their place. It's nice.
- Yoseph, M3

Mackenzie Ferry – She has a great sense of humor and a lovable personality.
- M3

Dr. Jennifer Joyce – When she comes in on sunny days, she puts up her blinds and leaves her door wide open so that the sunlight can come into my office as well. It's so nice!
- Gina

Janette Pham – She keeps everyone sane, and goes above and beyond.
- Lorne, MBS

Julia Kolcharno – Whatever her pay is, she deserves a raise! Julia is so helpful and supportive and her door is always open to lend an ear. Fourth year is stressful and unpredictable and she is there for all of us with a smile on her face! Thank you for all that you do!! We appreciate you :)
- M4

Meghan Sutryk, Carol Tang and Gina Baiamonte – Thanks for being such amazing and caring roommates! I honestly don't think I would've survived this year in Guthrie without you girls. Thanks for always helping me out with school and always making me laugh.
- Shital Patel, M3

The Diversity Task Force – They put on a fun food and fashion event, educating the whole school on the traditions and styles of different cultures represented by our students and faculty.
- M3

Matt Marrigi and Alysha Nicholls – We appreciate both of you taking time out of your busy schedules to volunteer to assist with our first virtual webinar. The success of the event was a direct reflection of your hard work and dedication. Thank you for teamwork!
- Sue and Roxanne

Iris – Thank you for placing snacks in front of the library!!!
- M2

Front Desk Workers – I am grateful for their positive attitudes and the mints that are always there to brighten my day. It's nice when entering the building to know that the front guards at the desk are always there to greet students with a positive attitude and that there are always mints there to start the day off on a positive note.
- Gus Reynolds, M1

GAL Group 15 – Maggie, Varkey, Dan, Bilal and Kelly have made a course I dreaded (sorry, Dr. Yadav and Dr. Sung) infinitely better. I'm truly grateful HSF brought us together, and I wouldn't trade any of you ♥ Thanks for being the real MVPs!
- Caitlin, M1

Kathryn Schmidt – For always making me feel better whenever I'm overwhelmed or stressed.
- M3

William Bird – For being a consummate professional and a great friend every day!
- Jordan Alter, M2

Everyone – I am grateful for all the well-wishes and support I got during my recent illness. I am especially grateful to all my co-workers who filled in for me during my absence and helped me while I was healing. I really enjoy working at GCSOM because of all the people who make it a nice place to be. Also, thanks to everyone who signed my card. It really lifted my spirits.
- Bill Reuther

Jordan Alter – For his energetic, motivating personality and for helping me to exercise at the JCC again.
- M2

The freezing cold – For giving me an excuse to wear my Patagucci!
- M1

Somiah Almekey, Navindra Tajeshwar, Carolena Trocchia – Grateful for their initiative in establishing an interfaith prayer room at school. Now I don't have to make people uneasy when I start praying in the library.
- Yoseph Aldras, M3

Carol Tang – I'm so grateful to her because she hand-delivered me a Moe's burrito bowl and queso for dinner when I stayed late for my OB-GYN rotation. Thanks for being an amazing friend and roommate. I am so thankful to have you!
- Shital Patel, M3

Kelley German and Nikki Marianelli – For helping me with all of my pediatrics questions and scheduling anxiety. I don't know what I would do without you two angels!!
- M3

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