

Grateful at

Geisinger Commonwealth School of Medicine

Issue: January 2018

I am grateful for...

Amelia Mackarey and everyone else involved in producing "Grateful at Geisinger Commonwealth!"

– It is a wonderful way to keep us grounded and acknowledge all the many faculty, staff and students who make this school so unique.
- Steven J. Scheinman, MD
President and Dean

Shradha Chhabria – I am grateful to have such a wonderful protégé; the Rey to my Luke Skywalker.
- M2

Sabrina Brunozi – for dealing with my nervous breakdowns and for helping me set up a study schedule. You're an angel and I couldn't imagine GCSOM without you!!!
- M2

Dr. Lucchesi – for making GI physiology both hilarious and fun!
- M1

Connor Magura, M1 president – for being a fearless, compassionate and wise leader for the first-year class.
- M1

Ed Lahart – Ed will take his computer home and replies to emails almost immediately during application season. It is such a relief to have a resource like him.
- M4

Mahrukh – seeing her face every day in the library makes my day.
- M2

Yasmeen Daraz – for being an absolutely beautiful person and a genuinely good friend and for being amazing and a total lifesaver by introducing me to Sketchy!!!!
- M2

Dr. Russell – I really appreciate that she meets individually with the MD2 students to talk about their physical exams and history exams to go over step-by-step what we can improve on. She also posts a lot of resources that we can reference to learn. Thanks a lot for your time!
- M2

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 GCSOM 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!



The late Captain John Pringle of Kray Security

– John was gracious, caring and reliable. He was my first supervisor after my 21+ years of service to our nation. He taught me that being kind and friendly is an asset that brings the most change. His compassion and caring is very missed.
- Lori Kerrigan, Staff

Dr. Koval – his mini lectures before CBL are extremely useful and informative, and I look forward to them every week. His future CBL groups are lucky to have him.
- M2

All of the clinical faculty – It still always blows my mind that the clinical faculty all volunteer their time to put up with us. Grateful for you.
- M4

The ping pong table – for allowing me to take a break from studying, and the sound of people playing eases my studying on the fourth floor.
- M1

Rebecca Slangan – for coordinating the WVIA - Elk Mountain Ski Day and for being so awesome about getting us tickets. We all had such a great time and it was so much fun to end winter break by enjoying NEPA.
- M2

Dr. Jennifer Joyce – Dr. Joyce truly practices what she preaches - and that makes her such a great example to her students. She is so understanding, compassionate and patient-centered.
- M2

Mary Theresa Mazur – for organizing Student Grand Rounds and for being so accommodating.
- M2

The most amazing housemates, Rebecca, Catie and Kristina – who make me laugh constantly and remind me to stay positive at school.
- Sarah, M2

Esther Good – she invited people to come over to her house and have lasagna with her family just cause. I didn't go but appreciated the thought.
- Yoseph Aldras, M2

Stephanie Amendola – Special shout out to Steph! She always makes school more enjoyable and she's a great person to be around. You always make me laugh and well... I'm obsessed with you!
- M2

Dr. Steven Scheinman, Dr. Ida Castro and the Diversity Task Force

– for organizing the International Luncheon and Cultural Explosion Fashion Show. It was awesome to see so many members of our school community celebrating our diverse backgrounds and cultures. Also, the speeches that Dr. Scheinman and Dr. Castro gave were so inspiring and made me really proud to have such models of humble, welcoming leadership at our school.
- M2

Deb Tierney – for being so patient with all the service-hour request forms.
- M2

Daniel Laub – for being really compassionate. I feel like he is genuinely interested in his classmates' well-being and it's nice to have that support.
- M2

Michelle Michkno – for always printing extra copies of the APM clinical skills checklists. She's very thoughtful and it's nice to work with her.
- M2

Rachel Polinski – for making us cardio study guides after our SP session. You're a great teacher!
- M2

Dr. Ying Sung – Dr. Sung is a wonderful anatomy professor! Her anatomy lectures and way of teaching saved my butt during my third-year surgery clerkship. I was assigned last minute to a new surgeon and new case that I had not reviewed. The case required a good understanding of head and neck anatomy and I had not reviewed any of that material in detail since first year. Luckily, the names of muscles and location of nerves came back to me during the surgery and I truly believe it is all thanks to Dr. Sung! Thank you Dr. Sung! I am grateful I had you as my anatomy professor!
- M4

Jackie Ghormoz – Jackie is the type of person who always offers her help or even just an ear when you need to vent - and almost always comes through. On multiple occasions she has made herself available to me way past business hours and I cannot put in words how much I appreciate that. Thanks, Jackie!
- M4

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