

# Grateful

at

## Geisinger Commonwealth School of Medicine

Issue: Holiday/New Years 2020-2021

### I am grateful for...

**Linda Learn** – Linda Learn is a wonderful career coach! Thank you for quickly handling our anxiety and endless questions about ERAS and interview season at all hours of the day. You deserve a raise!  
- M4 ERAS Applicant

**Jackie Ghormoz** – For exceptional advice, planning and encouragement during STEP 1 season.  
- M3

**M2s Veronica Leonard, Jessica Valenti, and Daniel Bach** – Thank you for going the extra mile and putting in a lot of hours for the Human Trafficking Curriculum last month! Your efforts were very appreciated, and we're lucky to have you all on the team <3  
- Caitlin Tillson, M3

**Ussama Ghuman, M4** – Thanks for being a true friend, supporting me through thick and thin, and making the last 4 years of medical school memorable. Couldn't have done it without you!  
- Dipam Shah, M4

**Tara Knox** – Always being available to help out her classmates.  
- M4

**Sydney Miller** – Sydney is cool, composed and her awesome attitude helps me realize that it's possible to take moments to relax, even if you're a med student. She is a blessing to GCSOM and to anyone to whom she chooses to grace with her presence.  
- M2

**My families' safety and wellbeing** – California has had had more fires than I, as a resident, can ever remember. I am grateful we stayed out of their blazing path this summer. I am also grateful for everyone's health. No one has been infected with COVID or had any accidents, so I feel truly blessed to have my entire family safe and well during this unprecedented time.  
- Amy Kennalley, MBS

**The Anatomy Faculty (Dr. Sung, Dr. Yadav, Dr. Rajaram)** – Anatomy is objectively pretty boring but the faculty we have somehow make it interesting - plus they all have great personalities and senses of humor.  
- M1

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!



**Iris Johnston, Library** – Iris is not only efficient and super-fast at supplying journal articles and answers to questions, even really obscure ones, but she does so with grace and wit always. She shows her humor and humanity in everything she does and makes GCSOM a better place to work, study and be.  
- Marika Handakas

**Heather Davis, Staff** – Thank you for everything you have done for Turkey Trot. I know it's not easy managing the website, approving designs, etc. But we really do appreciate it and couldn't have done this without you!  
- Stephanie R., M2

**Xinyu Li, M1** – Thanks for being an amazing friend and discussing medicine in CHINESE with me!  
- Shuyi Chen, M1

**Jackie Ghormoz** – She is one of the most genuine, hardest-working people I know. She is dedicated to the students and always provides support, even if it means calling every 2 days to make sure we're OK and even taking her weekends to call and check in. The world needs more people as kind-hearted as she is.  
- M3

**Dr. Yadav, Faculty** – For making anatomy SO FUN!!!!  
- Lena, M1

**MaryAnn Babinski, Facilities, House Keeping and Safety** – For staying in the building every day to ensure things kept rolling, kept safe and kept so clean. Thank you to our unsung heroes.  
- Ed Lahart

**Julia Schroer** – Always on top of club activities and is supportive of other clubs. She is amazing!  
- M2

**Becky Slangan, Staff** – Since the pandemic first hit, you've been an adopted member of the MarCom team. Your efficiency, assistance and sense of humor over these many months has not only been welcome but essential. Thank you for always being so helpful and supportive!  
- Heather Davis

**Scott Koerwer, Elizabeth Zygmunt, and Jan Gilhooley, Staff** – Go GCSOM MarCom! Thanks for being a great team.  
- Heather Davis

**Jenna Marinock, M4** – For being a fantastic friend, supporter, confidant and walking buddy, and for keeping me sane during the past 3.5 years. Also, I am thankful because she is going to be one heck of a physician and I'm proud to call her my friend!  
- Tara Avery, M4

**Tanya Morgan the Assistant Director Center for Learning Excellence** – Always available to give support and advice.  
- M2

**Justina Warnick M1 and Evan Calvo M1** – For keeping me sane this year!  
- Mirii Rep, M1

**Dr. Waite, Faculty** – She is so patient with all of us as we've been learning physiology, and her passion for physiology makes me excited to learn it too!  
- Sophie Costan, M1

**Our M4 students - Class of 2021** – I am so grateful for your resilience, your patience with this year's residency application process and your commitment to becoming the best patient-centered physicians possible! You are an amazing group of students and I am honored to be able to work with you. I hope you all had the happiest of holiday seasons and enjoyed some downtime for rest and relaxation with family and friends.  
- Linda Learn

**Our M3 students - Class of 2022** – I'm so grateful for your ability to constantly adapt and go with whatever comes your way. It's been an unusual start to your M3 year, but hearing you share your experiences in the hospital and how you are supporting healthcare workers and patients during this time is so awesome. I know you are all on your way to becoming amazing physicians. It is a joy to work with you! I wish you all a very happy holiday season.  
- Linda Learn

**COVID-19 Taskforce** – I am grateful for the entire COVID-19 taskforce at GCSOM. The work and time that they have put into keeping our GCSOM community safe is mind-boggling and appreciated.  
- Paul Burke

**Financial Aid Office** – For the outstanding work the financial aid office has done in 2020 from the redesign of an MBS program to the resources, documents and processes needed to support the Abigail Geisinger Scholars program. All of this and more they did while launching the most comprehensive financial literacy program and training a new staff member -- all while working remotely. Could not have been blessed with a more dedicated team. THANK YOU!

- Sue McNamara

**Dr. Yadav, Faculty** – Such a great professor who goes above and beyond for students.

- Sean Alventosa, M1

**Melissa Ide - Senior Education**

**Specialist** – I am grateful for her leadership, years of friendship, mentorship and, most of all, her support for our team!

- Devon

**Stephanie Rothrock - Education**

**Specialist - North Campus** – I am grateful for her technical savvy, her always calming presence and, most of all, for her support for our team!

- Devon

**Megan Coleman-Derenick - Curriculum**

**Coordinator, M3 & M4** – I am grateful for her ability to work dogs into any conversation 😊, her crafting skills and, most of all, her support for our team!

- Devon

**Karen Updike - Curriculum Coordinator**

**- M3&M4** – I am grateful for our sounding board sessions, that she never laughs at my lack of online banking skills and, most of all, her support of our team!

- Devon

**Lauren Bond - Education Specialist -**

**Holy Spirit** – I am grateful for her “process” prowess, ability to ask the right question at any given time and, most of all, her support for our team!

- Devon

**Jada Fasold - Education Specialist - Central Campus** – I am grateful for her group “pick us up” texts, super-fun ideas and, most of all, her support for our team!

- Devon

**Nancy Pease - Education Specialist -**

**Guthrie Campus** – I am grateful for her quick wit, the way she can always make us laugh and, most of all, her support for our team!

- Devon

**Kelly Herbst - Education Specialist -**

**AtlantiCare Campus** – I am grateful for her love of inspirational quotes, certain movie chains 😊 and, most of all, for her support for our team!

- Devon

**Andrea DiMattia, EdD** – I am grateful for her guidance and support and that she never lets me forget what is most important in life.

- Devon

**John Coulter, M2** – John always puts out an uplifting and inspirational message in our class GroupMe before every one of our exams. There have been multiple times when I have felt nervous and unprepared for an exam, however seeing his message on exam day always lifts my spirits and gives me the confidence that everything will be alright. I am grateful for his messages and want him to know that they are greatly appreciated <3

- Jamie Bridges, M2

**Katherine Snyder's competence and compassion while administering the**

**Covid-19 vaccination** – After watching so many large needles being used for the vaccination on the news, I admittedly was a bit apprehensive about the injection -- more so than the effects of this new vaccination technology (yes, I am a grown man). I did not even feel the injection the way I felt so many flu vaccine injections in the past. In addition, other recipients that followed me had the same praise for Katherine's skill and care. For this I am so grateful the future Dr. Snyder, MD chose GCSOM to train and provide care to the GCSOM family at this moment in time!

- Christian Carbe

**Facilities Department** – I'd like to thank the Facilities Department for their hard work and dedication to keeping GCSOM students, faculty and staff who need to come into the MSB safe. They do this professionally and cheerfully! It's a pleasure to have this amazing staff keeping the building up and running. So, many thanks to each and every Facilities staff member.

- Theresa Waibel

**Dr. Carbe, Faculty** – For creating such clear and well-organized podcasts, accompanied by study guides to help us breakdown and learn complex material.

- M1

**Julia Kolcharno** – Some days are harder than others, thank you for reminding me to be proud of myself and for always providing genuine support.

- Alayna Craig-Lucas, M4

**Ashley Rekem, M2** – For spending hours and hours in the GAL with my lab group to help us learn every structure we need to know for each practical.

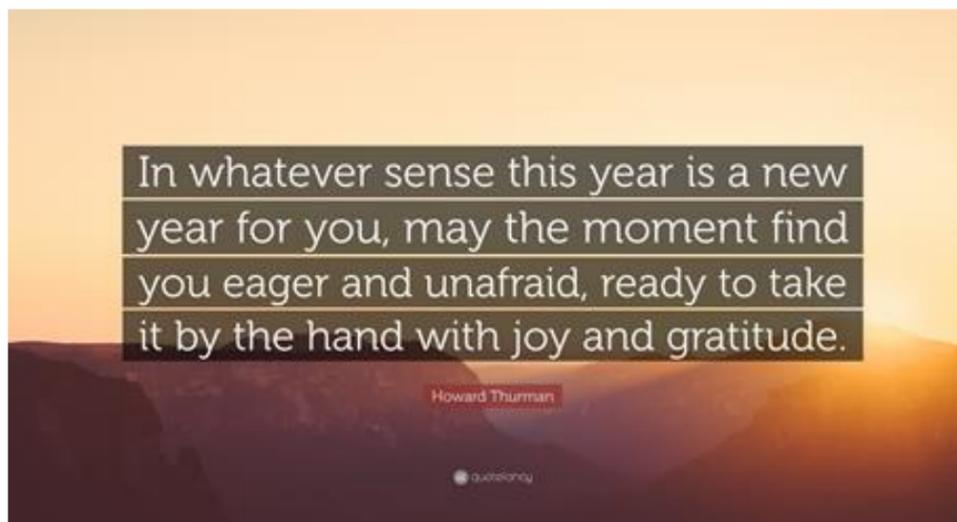
- Cecelia Weingart, M1

**Finance Team** – I am so grateful for the finance team for their extra effort during 2020 to navigate and implement the many changes that occurred during the year in the financial reporting, financial planning and student billing processes. They all work together as a team to get things done in a timely and efficient manner. Thank you Rita King, Sarah Ellis, Kevin Baumes, Amanda Carey, Karen Cooke, and Andrea Konopczyk. I am proud to be a member of the team and the great work that you all do.

- Ann Arvay

**IT Department** – Hello! I want to thank the IT department for helping me out with my computer on exam day. They saved me a lot of anxiety.

- Ellie, M2



**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](mailto:grateful.gcsom@gmail.com)

**Are you interested in working on Grateful at Geisinger Commonwealth?**  
Please email Mary Fei at [xfei@som.geisinger.edu](mailto:xfei@som.geisinger.edu)