

Grateful at

Geisinger Commonwealth School of Medicine

Issue: May 2018

I am grateful for...

Lindsay Falgoust – For all of the times that she's gotten us points back on exams!
- M2

Anis – He has shown me that true masculinity stems from open emotional expression, which was an important lesson for me.
- Connor, M1

Mary Ann Babinski – I come to her with all my tough questions because she is as smart as a whip and always picks up my spirits.
- Iris Johnston, Staff

Alice Thompson, Sarah Heisey and Alexa Bolock – For always fearlessly standing up and fighting for what they believe is right, and inviting the rest of us join them.
- M1

Yoseph Aldras – Yoseph (aka Luke Skywalker) has been a wonderful mentor and even better friend over the last year, always sharing his Anki decks, savage memes and NPR article commentary, and words of support. May the force be with you.
- Rey, M1

Anthony Cernera – for his dedication to making meditation accessible in our community, for his patience and kindness, and for always being willing to help
- M2

Amelia, Zack and Yasmeen – I cannot imagine a different group of people with whom I would rather be in several, simultaneously active group chats. You guys are a true joy to interact with* and I'm sure the bonds of friendship** we have forged this year will last for years to come...or at least until we go to separate campuses
*in small doses
**or semi-friendship
- M2

Jeremy Tokash – For always standing up for and taking care of his classmates, for sharing his knowledge from his previous degrees with humility and for being so kind!
- M1

My girls and Tim – Because medical school would be far more stressful and boring without y'all constantly making me laugh and picking me up when I am down. Thanks for constantly putting a smile on my face!
- 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!

Thank you to everyone in the Geisinger Commonwealth Community for a wonderful 2017-2018 academic year!



Harrison Winters and Rachel Kennett – I'm grateful for Harrison Winters and Rachel Kennett for always being there for me in the ups and downs of medical school. Thanks for being the best and always making me laugh. I couldn't ask for a better support system.
- M2

Will and Stephen – For carrying me through school every week and occasionally counting correctly
- Craig, M1

Medical Student Council Board for this year – I just wanted to give a shout-out to the MSC board for all the hard work. I couldn't have asked for a better board to work with. You all put so much time and effort into your respective roles. You all are amazing and did such amazing events this year, from Halloween Treat or Trick to Community Service Day! You all are awesome!
- M2

Danielle Peters – Thanks for being an amazing tutor and friend! You always go above and beyond, from tutoring to giving me advice. I'm so grateful that I have someone to ask questions of and from whom to get advice.
- M2

Rachel Kennett – I'm so grateful for Rachel and all she did for the Freedom Seder. She did an amazing job for the event and made sure we all had yummy food to eat for the Seder. Thanks, Rachel!
- M2

Alice Thompson – For inspiring me with her strength and her leadership.
- M1

Arwa Alibrahim and Mary Cheng-Choo – Together they put together a very thoughtful and insightful presentation on Muslims in medicine and I thought they expertly identified the nuances and possible areas of improvement regarding our relationship to our Muslim colleagues. They also gave me the opportunity to see how good I look in a hijab.
- M2

Catie Faulkner – For comforting me when I was feeling down about missing an assignment. You're so kind and you really did make me feel better!
- M2

Kelley German – For texting me good luck before every exam. No matter how busy your own schedule is, you always put others first. I admire that so much and I'm so lucky to have a friend like you.
- M2

Jeff Pallas – He always makes me laugh, and he inspires me not to take myself too seriously.
- Iris Johnston, Staff

Jerry Lee – Thanks for being such an amazing Medical Student Council president for the year! Thanks for all the hard work and meetings you go to make everything better for the student body!
- M2

Brandon Bombar, Kailee Kerr, Steven Lam, Alexa Bolock, Angie Chang, Tripti Soni and Sarah Heisey – for their work in organizing the Transgender Conference. I learned so much from the speakers and I am really proud that people at our school are so committed to enhancing inclusion and acceptance in the medical community.
- M2

Dr. Caggiano – Dr. Caggiano is such an awesome teacher and person. He is so kind and so understanding. He takes the time to learn each of our names and to let each person know that he is interested in their individual goals and needs. Learning from him makes me really excited to be a physician one day because he is such a great role model.
- M2

Yasmeen, Yoseph, Zack, Assad, Ryan, Christian, Matt, Lindsay, Carine, Brandi, Kendall, Jon, Sam, Sean, Rosa, Cindy, Nicole, Hailey, Brianna, Harrison, Angie, Steven, Stephen, Kwame, Adit, Sahil and John – for being great friends and for making the lib a very peaceful study environment.
- M2

Dr. Waite – Dr. Waite did an amazing job as our course facilitator for Systems II. She did everything that she could to make it a better experience for us. She also made sure the course material was opened beforehand. She was just an overall joy as she facilitated our sessions. She really cares about the students and it shows! Thank you so much, Dr. Waite!
- M2

Mahrukh Choudhary – Thanks for sharing snacks in the library and being a great study buddy. Also thanks for tolerating my loud typing sounds :)
- Dipam Shah, M1

Sam Watkins – She. Just. Knows. Everything. ITS question? Curriculum question? Animal welfare? Ballroom dance trivia contest? Ask Sam. She is truly indispensable and a delight to be around.
- Iris Johnston, Staff

Dr. Vicki T. Sapp, Liz Zygmunt, Heather Davis, Tori Allen and Ryan Hessenius – Thank you for taking the original idea of Grateful at Geisinger Commonwealth and making the actual newsletter so much better than I had hoped. Every issue has been a team effort and it was truly such a privilege to work with each of you. Can't wait for next year!
- Amelia Mackarey, 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

Are you interested in working on Grateful at Geisinger Commonwealth?

Please email Amelia Mackarey at amackarey@som.geisinger.edu