

Grateful

at

Geisinger Commonwealth School of Medicine

Issue: May 2020

I am grateful for...

Warren Acker – For helping Neil and me navigate first year (and second and third) and for making our Wednesday night review session a weekly gossip session!

- Nicole Gillman

Yoseph Aldras – After all the GAGs you've had me write for you, I hope you know how much I appreciate you as a mentor and friend. Best of luck at Brown!

- Shradha, M3

Yoseph Aldras – For getting dinner with me at Wegman's and being a wholesome future doc!

- Roshan, M2

Yoseph Aldras – For being the very best friend. You are one of the smartest people I have ever met but also the most humble, thoughtful, and compassionate. Infinitely grateful for the empty seat next to you that first day.

- Amelia, M4

Yoseph Aldras – For answering all of my application questions! Viva Palestina

- Yasmeen Daraz, M4

Somiah Almeky – She is such a clever and nice person who treats everyone so well! So grateful to have an awesome person I can share Islamic humor with (yes, we have senses of humor)

- M4

Stephanie Amendola – For always being there for me no matter how many panic attacks or crying sessions I had over the past four years. Couldn't have made it through med school without you!!!!

- Bree, M4

Karl Anderson – For being so prompt and kind in sharing his experiences with GCSOM's peer mentoring program. We love student stories and Karl helped us create a great one! Thank you.

- MarCom team, Staff

Gina Baiamonte – For introducing me to Crocs and being my Marvel and Insanity buddy all through third and fourth year

- Carol Tang, M4

John Baranoski – For always gracing us with amazing pictures of your cat!

- M4

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!



google images

Caitlin Bevvino-Ring – Caitlin! You are an incredible friend and I can't wait to see what the future has in store for you. I am so grateful for our M1 study group, lunch dates, Zummo's/Adezzo coffee chats, play dates with Saja, and all the times you and Mark fed me dinner. Thank you for always making me laugh and teaching me to take life one step at a time. You are the best!

- Jena Patel, M4

Addys Bode-Hernandez – GIRL. Thank you for being my person these last four years. You have no idea how much it meant to know at the end of the day that I could always count on you. You are so intelligent, intuitive, and honest; but most of all you have a great heart that will never ever lead you wrong. From anatomy lab days, to spontaneous trips, to late shifts on OBGYN, you have been a constant brightness in my life. Grateful doesn't even cover it!! So excited to see where life takes us next; you aren't getting rid of the Parellada family anytime soon! <3

- Nicole Parellada, M4

Jonathan Bodner – He is someone who always brightens my day. Whenever I see him, he greets everyone with a smile and friendly hello.

- M4

Jonathan Bodner – You made it! After a long and arduous journey; Congratulations, Dr. Bodner! Keep asking those incisive questions.

- Dr. Schreiber

Andrea Borba – You're fun and beautiful and smart and compassionate. I'm so lucky to have shared so many wonderful memories with you over this med school journey and I can't wait for so many more. Love you!

- Amelia, M4

Kristina Borham – Thank you for being such an incredible mentor and role model. I appreciate you always fielding my questions and concerns. Your passion is inspiring!

- M3

Kristina Borham – Who made our workshop on attendance at The Generalists in Medical Education conference in 2018 a success. Best of luck in residency!

- Dr Szarek and Waite, Faculty

Kristina Borham – Thanks Kristina for always being there. We love you and are so proud of you!

- Catie, Sarah and Becca

Jessica Brisco – For sharing her experiences as part of the Howard Hughes Medical Institute's (HHMI) Medical Research Fellows Program for our MD brochure ... not once, but twice! Thank you!

- MarCom team, Staff

Miranda Chacon – For your bubbly personality and your amazing baked goods!!! Can't wait to see all of the incredible things you do!

- Amelia, M4

Angie Chang – being a true friend, supporting me through thick and thin, and letting me make fun of you the last 4 years. Couldn't have done it without you!

- Amanda Krenitsky, M4

Angie Chang – For being an amazing dancing partner, travel buddy, "study" companion, listener, and overall friend. I will miss our moments together but I know we'll have way way way more in the future!

- M4

Angie Chang – For being such a sincere, kind and compassionate friend. You truly care about your friends and that's the best quality. I'm so lucky to have gone through this journey with you and I can't wait for Indy/Dville/ somewhere in between visits to get us through residency!!

- Amelia, M4

Christine Chen – Thank you for your kindness and warm smile ever since I was an M1! You are an embodiment of service and community at GCSOM.

- Kelly Ca, M2

Christine Chen – For your care-free personality and beautiful desserts!!! So happy I got to know you better in AC and cannot wait for you to be saving all those NYC lives!!! You are amazing!

- M3

Laura Congelio – Thanks for being such a great class president! You have done so much for our class especially during the past two months with match and graduation!

- M4

Laura Congelio – For being the best class Prez and an even better doctor and friend. Congrats doc...Can't wait to visit you in Pittsburgh!!

- Harrison, M4

Erin Connolly – Erin is a meme queen, a baby Yoda aficionado, and all around great person with whom our class probably wouldn't be able to graduate. So grateful for her humor and her patience with all of us and everything

- M4

Timothy Corcoran – Your degree isn't only a piece of paper...it represents years of hard work and sacrifice. Congratulations on all you have achieved! So happy for you!!

- Linda

Timothy Corcoran – So grateful for Tim's easygoing nature and calming presence. Despite medical school being stressful, Tim never let it get to him and always had a joke, story, or funny comment that put his classmates at ease and gave us a good laugh. He helped make the tough days better, and school would have been more miserable without him.

- M4

Tyler Crissinger – Thanks for being a great roommate, letting me stay at your place in Danville, sharing your thoughts on film, books, comics, and being absolutely based and red-pilled

- M4

Tyler Crissinger – For always brightening the room with humor, honesty and perspective

- M4

John Curtis IV – Step aside...doctor coming through! I hope to one day get to see a yo-yo competition. Wishing you the best!

- Linda

John Curtis IV – JCIV is the kind of guy that builds you up and makes you feel cared for even when you feel like you're at rock bottom. He is warm and kind to every single person he meets. He is going to be an amazing physician! So grateful to call him my friend!

- M4

Yasmeen Daraz – For helping me survive third year at Guthrie.

- M4

Yasmeen Daraz – For being a hilarious roommate, an amazing baker and a master of glute workouts. I will miss dancing with you, ScarJo!

- M4

Yasmeen Daraz – I couldn't have asked for a better friend to eat ethnic foods and talk about feminism with in the library, and am so grateful for all of the sassiness and good conversations we've had over the past few years. I can't wait to see the amazing things you're going to do as a doctor serving communities in need!

- Shradha, M3

Yasmeen Daraz – For being an amazing friend and support from the very first day!! Thanks for always being there for me along the way!

- M4

Yasmeen Daraz – For being the most awesome and supportive friend and feminist! Love you!

- Amelia, M4

Joshua Dearing – You're an awesome musician and thanks for running FlatLine. We're amazed by your ability to raise a family and get through med school simultaneously.

- M3

Joshua Dearing – Congratulations Dr. Dearing! It has been a pleasure working with you over the past years. Your dedication to the community and supporting your peers was inspiring. Your enhancements to the Halloween Festivities have left a long-lasting positive impact. Best wishes!

- Staff

Joshua Dearing – Grateful for Josh Dearing's genuine care and concern for his fellow classmates and regional team. He always made a point to inquire about others wellbeing and that kindness is something I am not only grateful for, but will always remember.

- Devon

Joshua Dearing – I am grateful to call someone like Josh my classmate. You can tell how much he cares for others in the way that he interacts with them. He is the best listener and was always willing to sit down and talk when classmates needed a friend. He also gives the best advice. His future patients are so lucky to have him!

- M4

Brian DeBaun – Thanks for being hilarious!! And super supportive.

- Sonya Malashanka, M4

Elizabeth Eich – Beth donated 10 gorgeous puzzles to the Library's puzzle stash! The students can finish a puzzle at lightning speed, so this injection of fresh content will be so appreciated once we're back on campus. Thank you!

- The Library, Staff

Lindsey Falgoust – Congratulations on your accomplishment! I am truly proud of you and wish you all the best in your future endeavors. It was a pleasure to work with you as the MSC Community Service Chair. Your dedication and commitment to service and ability to lean in with compassion and caring is admirable. Also, your insight and organizational skills to develop the MSC Electronic Community Service Calendar is a demonstration of your innovative skills. The Electronic Calendar will forever be used here at GCSOM. You have truly left your mark for many years to come. I believe your commitment to service personally and ability to encourage your peers and others to serve is infectious and will continue beyond GCSOM. To that I say, thank you. Thank you for your service and ability to encourage others to serve. Again, congratulations! You did it... Woo Hoo!!!

- Dr. Vicki T. Sapp

Lindsey Falgoust – Lindsay is an incredible person, and I am grateful that people like her exist and are entering the medical field. She is so hard working, selfless, and kind, and always shows up for people that need her. She is going to be such a bright light for her patients and their families, especially through challenging times.

- M4

Catherine Faulkner – For being a beautiful person inside and out. You're a wonderful classmate and friend and you're going to be an amazing doctor.

- M4

Peter Fedyshin – For rising early (4 a.m.!) and becoming the star of a Live with Leckey segment on WNEP TV. We appreciate it more than you will ever know!

- MarCom team, Staff

Mackenzie Ferry – Mackenzie is always willing to be a mentor and to help those around her whether it is with studying or with any other kind of support. She is going to be a great advocate for her patients in the future

- M4

Mackenzie Ferry – For being an incredible friend since day 1. She is truly the best!

- Doug, M4

Mackenzie Ferry – For keeping me sane, being the best roomie, and being the bestest friend! Congrats grad!

- Harrison, M4

Michael Frein – I am grateful for Mike's perseverance. Mike has consistently me challenges with a "can do" attitude. His confidence and perseverance are inspiring to those around him.

- Dr. Mark Olaf

Evan Frigoletto – He has always been supportive and willing to lend a helping hand. Thank you for being a great tutor, an excellent chef, and most importantly a wonderful friend!

- M3

Evan Frigoletto – Evan's been a great classmate and friend who's always fun to shoot the breeze with regarding just about anything, inside and outside of school. Best of luck in West Virginia and hope you don't take a Wrong Turn (2003) on your way there!

- M4

Danielle Gagnon – For being a great friend and always being there when I needed you!

- Addys Bode, M4

Danielle Gagnon – Thanks for helping me get through ICU rotation! You are so awesome to work with and always so considerate!

- M4

Esther Good – Esther's dedication and hard-work has paid off!! Congrats!

- Staff

Esther Good – For being so inspirational through your beautifully honest writing, kindness and incredible ability to balance life and becoming a doctor!

- M3

Esther Good – Your calm, compassionate presence and genuine interest to serve others is a gift to your future patience! Congratulations on all you have achieved, Dr Good.

- Jackie Ghormoz

Carine Gregory – You are one of the strongest, most intelligent, capable, and kind people that I know. Your support and friendship means the absolute world to me. So much love!!

- Kendall Shifflett, M4

Laura Grezzo – Laura was an amazing mentor in my first and second years of med school!!! She always wrote long messages to my questions and was willing to answer anything!!! So happy for her matching child neuro and amazingness to come!

- M3

Christian Hague – He is one the hardest workers that I have ever met and deserves every accomplishment coming his way.

- M4

Christian Hague – Thanks for always being such a great group member and taking the extra time to explain answers after class!

- M4

Kristin Hare – She has been a constant source of support for me through both the hard and good moments. I wouldn't have gotten through step 1 dedicated without her and our ice cream trips!

- M4

Assad Hayat – For all the memories at Connell lofts second and third year.

- Sahil, M4

Ryan Hessenius – Ryan is one of the most warm and supportive people that I have met. He is always there for his friends and always willing to spend a fall Sunday watching NFL. He going to make an incredible pediatrician.

- M4

Ryan Hessenius – Grateful for Ryan Hessenius' positivity and commitment to patient care throughout his clinical years.

- Devon

Ryan Hassenius – I'm grateful for his steady, calm and caring nature. His ability to both sincerely inquire and express his thoughts is an incredibly valuable trait that sets a great example for our community.
- Dr. Mark Olaf

Jason Homza – First, thank you for your service as a Marine. At GCSOM, thank you for being such a great NEPA Health Care Foundation Scholar. You were always available for photo ops and gave great quotes to send to the donors. Congrats and best wishes! I'll miss you!
- Andrea Mulrine, Staff

Morgan Hrones – Getting me through CS and also all the paperwork of 4th year!!
- Sonya Malashanka, M4

Morgan Hrones – Thanks for being my support during quarantine and constantly checking on me! You are the sweetest and I don't know what I would do without you in med school!
- M4

Sunny Huang – For having the best fashion (and sometimes being twins!!), being so much fun, and being so nice and welcoming. Can't wait to be mid-westerners together! xoxo
- Amelia, M4

Sunny Huang – She is the most hard working, caring, and helpful toots. So excited for her journey as an anesthesiologist at Louisville. Cannot wait for our next adventure. Congratulations on becoming a doctor no one deserves it more. Still waiting for you to catch up 😊 I love you 🥰
- Harsha Talluri, MD

Sunny Huang – Always available throughout med school as both a great mentor and friend. Brings a smile to everyone's face and has a calming presence. Finds a way to turn pessimism into optimism and made my time in school more relaxed.
- M3

Hailey Hutcheson – I'm grateful for her compassion and thoughtfulness. Anyone who speaks with Hailey understand that she possesses an image ability to view any topic from multiple perspectives, which undoubtedly is appreciated by her patients and colleagues.
- Dr. Mark Olaf

Jonathan Jackson – This is indeed a proud moment. Congratulations, Doctor! May the future bring you even more success!!
- Linda

Maddison Kane – Congratulations on your well-deserved success, Doctor Kane! May the future hold even more success for you.
- Linda

Thomas (and Chloe) Kerrigan – For being awesome roommates, cooking buddies, beverage companions and TV binging partners throughout this quarantine
- M4

Janara Koehler – For being a ray of sunshine and always lighting up the room with your kindness and smile. You're going to be such a wonderful pediatrician!
- M3

Janara Koehler – Congratulations Dr. Koehler! Your commitment to patient-centered, professional care over the past four years has been astounding. Your work with your colleague, Dr. Winters, on the student focused Professionalism guide has made a positive impact for students every year. Best Wishes!
- Staff

Matthew Kolbeck – It has been such a great pleasure to watch you contribute so positively to our community these past four years. From your initial days as a student rep working on our LCME accreditation in M1 to your deep commitment to your clinical duties in your M4 year, your outstanding and thoughtful contributions have been meaningful and inspiring. Wishing you all the best in residency, Dr Kolbeck!
- Jackie Ghormoz

Amanda Krenitsky – Her dead pan face, hilarious one-liners, tallness, and face. Thanks for being an amazing support system during these past 4 years. You've made me laugh so many times because of your unique sense of humor. You're going to make an amazing physician and do amazing in Dville!! (Tell Olive hello).
- M4

Amanda Krenitsky – For being my soulmate/ fourth sister/ bff/ other half. You're the most intelligent, gorgeous, fun, kind, amazing human ever and literally one of the best things that happened to me in med school. I will always be grateful for you. Can't wait to see what adventures life takes us on next. Love you!!
- Amelia, M4

Steven Lam – For being so incredibly supportive throughout my 4 years. I've never laughed so hard so many times in my life with the same person. Truly lucky to have met you <3 You're going to be an amazing physician in San Francisco. Can't wait to FaceTime you after rounds to cry a lil.
- M4

Steven Lam – All the long hours spent sitting in various cafes together, sipping overpriced drinks, and gossiping while pretending to study. some of my favorite memories !!
- Amanda Krenitsky, M4

Daniel Laub – For helping me survive the first two years of medical school - thanks for all of your support, couldn't have done it without you!
- M4

Andrew Laychur – Those who don't compromise with hard work are blessed with success. Congratulations on that success! I'll always remember our weekly office meetings. Ha ha. Wishing you the best always!
- Linda

Jerry Lee – Thanks for always being so friendly and welcoming. You were such a great MSC president and honestly one of the nicest people around.
- M4

Malina Lim – One of my dearest friends! Thankful for having you in my life and for being an awesome listener, dancing and twerk-on-the-wall buddy!
- Addys Bode, M4

Jenna Littmann – I have known Jenna since her days in the MBS program and have had the honor of watching her grow throughout the years. She is a person who meets any challenge with a thoughtful approach. She is a true leader and will be a fantastic doctor!
- Amy Kline

Jenna Littmann – Grateful for Jenna's leadership and advocacy for the Central Campus – HS cohort as a class rep!
- Devon

Stephen Long – For being an amazing roommate, friend, and person. He has a good heart and will help so many people throughout his career. Thanks for everything dude.
- Brad, M4

Stephen Long – for being a reliable and trustworthy friend, and for being the one who I can stick my tongue out to without anyone else in the room noticing :P
- M4

Laurel Macey – Congrats on your well-deserved success~!
- Staff

Laurel Macey – Laurel is the true definition of determination and resilience! She is a kind, compassionate human being and she will have such a positive impact on so many people!
- Amy Kline

Amelia Mackarey – My best acquaintance!
- Yoseph, M4

Amelia Mackarey – Thank you for your outstanding leadership surrounding Grateful at Geisinger. Although I have no doubt that it will continue to provide joy and gratitude to many going forward, it won't be the same without you!
- Staff

Amelia Mackarey – Thanks for being the most hilarious and fabulous person ever! Good luck with residency and more importantly whatever next tea cleanse you test out!! Sending you tons of virtual hugs and dollar tree chocolate!
- M4

Amelia Mackarey – Her bubbly nature, hilarious quips, and countless tales of eating expired foods and questioning her body's natural reaction. Truly one of a kind individual. I'll miss you. You're going to do absolutely amazing in Indianapolis. I have no doubt, triple boards!
- M4

Amelia Mackarey – Amelia, words cannot express the joy I feel for you as you open a new book to begin to write the next chapters of your journey in medicine. It seems such a short time ago you came to my office with so much passion and interest in starting an appreciation newsletter for GCSOM. We had several meetings and attempted to incorporate it into already existing platforms, but none worked out. Finally, I said, do it anyway. Do it as a stand-alone newsletter not affiliated with any one entity and now we have..... Grateful at Geisinger! Your leadership, passion, commitment, determination, motivation and never give up attitude is just what you need as you continue your journey in medicine. I am so very proud of you and the work that you have done to ensure that this newsletter will be a stable at GCSOM!!! Grateful at Geisinger is a concrete example of who we say we are as a community. Thank you for your leadership and determination to ensure that
- Dr. Vicki T. Sapp

Amelia Mackarey – Thank you for creating the best group chat ever on multiple forms of social media. My phone would be dry as hell without it
- Yasmeen Daraz, M4

Amelia Mackarey – You are truly a shining star. Your work on Grateful at Geisinger did so much to brighten the days of so many over the years. Thank you isn't enough! But it's all I've got! Thank you for being you!
- Linda

Nicole Madrilego – She supported me in so many ways throughout med school. I'm so lucky for her.

- Daniel Laub, M4

Sofya Malashanka – For being an amazing and funny person who is going to be a great resident; and also for the giant TV.....

- M4

Katya Malykhina – For being an incredibly inspirational member of our community who is dedicated to public health and caring for marginalized populations!

- M3

Katsiaryna Malykhina – Congratulations Dr. Malykhina! It has been an inspiration working with you over the past several years. Your commitment to supporting the mental health of your peers has been impressive. Your dedicated, thoughtful efforts helped to support so many of the positive changes in student health services. Best wishes!

- Staff

Katya Malykhina – Katya is a remarkable individual and a great friend. Throughout the past four years, she has provided endless support and helped me grow tremendously. My favorite part of medical school will always be the bonds that I formed with individuals such as herself.

- M4

Trey Matthews – You've been a pleasure to work with. It's my honor to call you doctor! Wishing you the absolute best!

- Linda

Samuel Mellits – After growing up hearing stories about your family from my mom, what a delight to meet you! And to watch you progress through school and now become a doctor! I am so glad we've gotten to know one another. <3

- Iris, Staff

Samuel Mellits – For being one of the happiest and kindest person I know! You make my life happier! Thank you for being my friend

- Addys Bode, M4

Michelle Mikhno – For being a fantastic roommate, dance mate, Insanity workout buddy, running partner, and cheese board maker

- M4

Michelle Mikhno – Thanks for being such a kind and amazing friend along the way, and for always sharing snacks and making sure I got to exams on time :)

- M4

Michelle Mikhno – I'll never forget when you helped me move out the day after coming from Europe . Thank you so much <3

- Yasmeen Daraz, M4

Jordan Miller – Thanks for being a great roommate these last three years, sharing your appreciation for Rick and Morty, your baking skills, and being an all around chill, great guy!

- Yoseph Aldras, M4

Nishant Modi – For doing a lovely, sensitive segment on FOX-56 news about the family-centered experience.

- MarCom team, Staff

Nishant Modi – If you dream it, you can do it! You've fulfilled your dream. So happy for you! Congratulations!

- Linda

Jonbrandon Mullholand – JB and I always seem to find the same things funny (that we probably shouldn't) and/or irritating.

- M4

Jonbrandon Mullholand – For roping me into this friendship and being a loyal friend :)

- M4

Jonbrandon Mullholand – Thank you for being such a good friend who keeps me sane and reminds me I know more than I think I do.

- Ashlyn Reiser, M4

Christopher Musto – For his friendship, support, and good times over the years. You're gonna have a long and amazing career in an awesome specialty. Thanks for everything dude.

- Brad, M4

Marco Najar – What a year, Dr. Najar! The birth of your child, and now you are a Doctor—Congratulations!

- Dr. Schreiber

Marco Najar – Being around Marco always puts me in a good mood. You are such a calm, compassionate presence. You're a wonderful friend and you're going to be a wonderful physician.

- Amelia, M4

John Nawrocki – John is such a smart, laid back guy with a great sense of humor. Always great to have him around!

- M4

Victoria O'Brien – For hosting tailgates with lamb chops, for always being on the same page, for the Connor Chronicles snaps, and for being an amazing friend and role model over the past four years. Grateful for you always.

- Amelia, M4

Briana O'Donnell – For being the BEST med school roomie and loving and accepting me for my trash reality TV obsession. I wouldn't have gotten through the past four years without you!

- Steph, M4

Nicole Parellada – For being my friend in the good times and bad, for always bringing me chocolate and goodies from home, because without her medical school wouldn't be the same. Love you!

- Addys Bode, M4

Jena Patel – For getting us through all of M2 year, week by week, with our tutoring sessions. Thank you for all of your support, mentorship and incredible teaching amidst our frequent meltdowns, we don't know what we would have done without you!

- Shradha and Sarah, M3

Jena Patel – Jena has tutored for me for a number of years (even when she was on her research year) and is always willing to support fellow students achieve their academic goals. I can't wait to hear about all the wonderful things she does!

- Amy Kline

Jena Patel – Grateful for Jena being a wonderful advisee and mentor to our advising team. She never hesitated to help out and was always a positive resource for our group.

- Devon

Shital Patel – Taking me in for a big chunk of fourth year and being the best friend ever throughout this chaotic and lonely time

- Carol Tang, M4

Shital Patel – For always going out to dinner with me, being the best Snapchat and FaceTimer, and having so much fun with me along the way. Congrats doc! Can't wait to have so much fun in VA/DC!

- Harrison, M4

Mary Pavlovich – For being a wonderful, genuine, caring, and passionate human. She is always ready to lend a helping hand and greets everyone with a friendly hello!

- M4

Evan Porter – He has always been super helpful and willing to give advice for cooking club, and he made bomb espresso cocktails for everyone at our event!!

- M3

Evan Porter – Your dedication was inspiring to those around you! Congratulations!

- Staff

Evan Porter – Congratulations on an achieving your goal of becoming an orthopedic surgeon. I admire your persistence and creativity. I am excited to learn how your leadership and ingenuity in Summa, Inc. will benefit the health community. We need more entrepreneurs like yourself. You are destined for great things.

- Julia Kolcharno

Gabrielle Prezkop – For the research she conducted with the BHI that helped launch the Free 2 B Mom program. Awesome and important work.

- MarCom team, Staff

Kwame Quaye – For always being willing to share study resources, give advice, and help any MBS/M1/M2s who are struggling in any way you can. Thank you for everything, Kwame!

- M3

Kwame Quaye – For all of your support, advice and study resources that you've shared over the years, thank you for always looking out and being there for others!

- M3

Christian Rainey – Congratulations on all of your success, can't wait to see what you do with it!

- Staff

Ashlyn Reiser – I will forever cherish our walks around Scranton/coffee stops at Adezzo with Pip and Olive, your beautiful face, generous soul, and kind heart. Get a spare bedroom ready for me in Miami!!!

- Amanda Krenitsky, M4

Brett Ricci – Your energy and enthusiasm are contagious! Your ability to see possibilities and to make things happen served you well as a class leader and will continue to serve you well in residency. Congratulations Dr. Ricci!!

- Jackie Ghormoz

Mike Rotstein – Congrats, Mike! So proud of all your accomplishments as both an MBS and MD student.

- Heather Davis, Staff

Daniel Scheese – It has been such a joy watching Dan travel through his medical school journey. I wish you nothing but good wishes and happiness for you and your future!

- Tanya Morgan, Staff

Scott Schoenborn – For donating his bone marrow that saved a life in Spain and then telling the tale! Such incredible generosity. We were proud to share his story.

- MarCom team, Staff

Avisha Shah – You're beautiful and fun and smart and funny! You're an amazing roommate and an even better friend. I am so lucky to have gone through this absolutely crazy med school journey with you. Love you long time girl <33333

- Amelia, M4

Kendall Shifflett – Congrats Dr. Shifflett! I am thrilled that you will be pursuing your passion in Dermatology. Your pleasant demeanor and empathetic nature will be essential as you treat your patients and collaborate with your colleagues. I so much admired your commitment and positive approach to feedback. I really enjoyed working with you and seeing you accomplish your goals over the past four years. Good Luck!

- Julia Kolcharno

Adit Singhal – Adit was super helpful with his advice when I was trying to figure out third year campuses/rotations this time last year! He is always so calm, cool, and collected, I definitely look up to him as a rising third year!

- Roshan Patel, M2

Adit Singhal – Adit has been a great friend these past four years. I quickly grew to admire his sense of humor and his easy-going nature made it easy to connect. He's been there for me in some of my most challenging times and also some of my happiest times. I'll always look back fondly on the memories we shared in medical school while looking ahead to lifetime of friendship.

- M4

Adam Souchik – Your efforts have paid off and you deserve every bit of your success! Wishing you the best in all your future endeavors.

- Kane

Evan Spencer – Evan's enthusiasm for the puzzles in the Library inspires me to remember to take breaks and to enjoy the slower pace of a simple, non-electronic diversion.

- Staff

Zachary Sporn – He was a reliable and competent Clerk in the Library, and we'll miss his easy humor and warm personality.

- The Library Staff

Zack Sporn – For helping me survive Sayre library days.

- Yasmeen Daraz, M4

Zack Sporn – For his handsome face always cheering me up.

- Doug, M4

Zack Sporn – For being a great friend, for always staying positive no matter how many hours we were sitting in the library and, most importantly, for rejoining Instagram!!!

- Amelia, M4

Megan Sutryk – Being the best roommate over the last four years at every community week, core week and all third year!

- Carol Tang, M4

Carol Tang – Thank you for letting me trick you into getting sushi "together", which led to many unforgettable late nights of games, sushi and boba with our new forever friends!

- Christine Chen, M4

Abigail Urbanik – You are so sweet and kind. You always put me in a good mood. You're going to be the most amazing pediatrician.

- Amelia, M4

Brian Velasco – I knew you were brilliant since anatomy lab first year but, even more importantly, you're also so humble and kind. You're going to be an incredible surgeon. Your patients and your friends are lucky to have someone like you in their corner.

- Amelia, M4

Brian Velasco – I never thought I would find joints fascinating, but I've learned so much by retrieving articles for your research! It's so gratifying to see that your hard work has paid off and you are going on to the next step in your career.

- Iris, Staff

Bradley Very – Brad, Congrats on all your success!

- Staff

Bradley Very – Congrats Dr. Very, on your amazing journey of becoming a physician. You have accomplished so much already in your career and commitment to lifelong learning. You truly exemplify professionalism in your interactions with others and have a thoughtful and pleasant demeanor. I am excited for you as you continue your career in Pittsburgh and I know you will continue to do great things and positively impact the field of medicine.

- Julia Kolcharno

Andrea Vijay – She is literally the smartest person I know and my life savior and I don't know what I'd do without her <3

- M2

Andrea Vijay – Good thing you are graduating bc you are 2 cOO! 4 skOO!! Congrats and so so so incredibly proud!!!

- M4

Matthew Weirich – You worked long, hard hours to reach your goal. This achievement shows your determination, commitment, and strength as an individual. Celebrate and enjoy every minute! Congratulations and best wishes always!

- Linda

Douglas Wells – For all of his friendship and support all of these years. He is one of a kind and his passion and dedication for helping people is inspiring. Thanks for everything dude.

- Brad, M4

Douglas Wells – You demonstrated reliability and a conscientious spirit by taking perfect care of our Bone Box skeletal models when using them as an off-campus teaching tool.

- The Library Staff

Douglas Wells – Thank you for all your amazing work to help people with IDD. You are an inspiration Doug!

- M4

Douglas Wells – Thanks for always being goofy and getting me through TBL/CBL groups! You have been such a great friend and classmate over the past four years!

- M4

Douglas Wells – Befriending me at the end of the alphabet, introducing me to the competitive game night, and being an amazing friend! Gonna miss you but I know you will do so well in Texas. Congrats doc!

- Harrison, M4

Harrison Winters – He is an incredibly supportive friend with seemingly never ending enthusiasm. His care for his patients is an example for all of us. And he is always up for a therapy session of listening to music a bit too loud.

- M4

Harrison Winters – Thanks for getting me through the past four years of medical school and being the best study buddy! Thanks for always brightening my day!

- M4

Harrison Winters – Congratulations Dr. Winters! Your commitment to professionalism and communication have been an inspiration to me since your M1 year. The work you and your colleague, Dr. Koehler, compiled on the student focused Professionalism guide has made a positive impact for students every year. Best Wishes!

- Staff

Brandi Woo – Congratulations on your accomplishment! I am truly proud of you and wish you all the best in your future endeavors. It was a pleasure to work with you as the 2017 Turkey Trot Committee. Your dedication and commitment to lead and organize this major event as well as your skills and abilities to coach, support, encourage and provide guidance to your peers are all great attributes as you continue your training as a physician. I believe your skills and abilities to work collaboratively with peers and administrators are very strong attributes as well and will serve you well moving forward. It was great to work collaboratively with you. Thank you for your patience and co-constructing knowledge with me as we both learned each other's perspectives. Again, congratulations! You did it... Woo Hoo!!!

- Dr. Vicki T. Sapp

Eunice Yang – My favorite lawyer! Thank you for being such a good friend and teaching me how to make potstickers!

- Addys Bode, M4

Eunice Yang – Thanks for keeping the Cerebellas alive with me when no one else would, being the (literal & figurative) voice that I can trust and follow, and always keeping it real!

- Christine Chen, M4

Shane Zeshonski – I'm grateful for Shane because he is the best dog dad, cat dad, and best all-around boyfriend I could ask for. So proud of him for learning how to recycle better with some room to improve still. So excited to continue our lives on the west coast and learn how to windsurf together

- Katya Malykhina, M4

Elise Zhao – You taught me to make an origami bird with clear, friendly instructions. I will always remember our discussions about Japanese crafts and our shared "nerdy" personalities!

- Staff

Tyler Crissinger, Assad Hayat and Shane Zeshonski – For being amazing travel companions as we sauntered our way through Europe, scaling mountains, buying food from Co-Op, and drawing the ire of the locals!
- Yoseph Aldras, M4

Steven Lam, Angie Chang, Tommy Kerrigan and Michelle Mikhno – For being great roommates. From not watching IT because I'm scared, to cooking nights, to woke convos. Cheers
- Yasmeen, M4

Matt, Evan, Tyler, Jordan, Jordan, Christian, Peter and Sarah – For playing Dungeons & Dragons with me during our M1 and M2 years, you guys were great!
- M4

Yoseph, Yasmeen and Zack – For being the most hilarious, compassionate and supportive group friends... on every platform... can't wait to forge the final frontier together, tiktok. I have a feeling Yoseph is going to be a breakout STAR!
- Amelia, M4

Laura Grezzo, Gina Baiamonte, Carol Tang, John Baronski Meghan Sutryk – Thankful for our game nights at Guthrie and being my constant support system during third year!
- M4

Andrea, Erin, Janara, Jenna, Jerry, Lindsay and Mackenzie – I am very grateful for all of their help and support this year. We planned a great match week (even if it didn't happen)!!
- Laura Congelio, M4

Michelle Mikhno and Tommy Kerrigan – For always being incredibly supportive friends, from pep talking me through all of dedicated last year to all of our de-stressing food dates. I'm so grateful for all the fun we've had during med school, and you are going to be amazing doctors!
- Shradha, M3

Chris Musto, Jordan Miller, Ashlyn Reiser, Josh Dearing, Tyler Crissinger, Jon Jackson, Brandi Woo, Christian Rainey and Dr. Shoemaker – for being the OG Zoom U crew and surviving (and thriving) in the trenches of virtual ICU!
- Stephanie, M4

M4 graduates, Evan Frigoletto, Andy Laychur, Avisha Shah and Douglas Wells – For allowing me the pleasure to work with them in a research team or an advocacy team and to witness their growth and transformation into caring and competent physicians.
- Youngjin Cho, Faculty

Gina Baimonte, Meghan Sutryk, Carol Tang, Laura Grezzo and Abbey Urbanik – Thanks for being such awesome friends and helping me get through the four years of medical school! Could not do it without you all!
- M4

Tori O'Brien, Steph Amendola and Bri O'Donnell – they've continually provided great guidance, an abundance of laughter, and wonderful friendship over the last few years!
- Alayna, M3

Steven, Angie and Amanda – There's one thing the bundle of can't *can* do and that's make me L O L! Grateful to you three for keeping me laughing and also aware of when I've missed super important deadlines.
- Amelia, M4

Graduating Class – You have been given the foundations and framework to become excellent physicians. It has been a great personal pleasure for me to have known and worked with all you on your journey. It's now up to all of you to grow and share your experience and success with the next generation of physicians. You will make us proud!!!
- Carmine J Cerra MD, Faculty

The M4 Class – Grateful for the Class of M4's compassion, patience, understanding and resiliency. All traits that will bode well for each of you as you begin the next chapter in your medical careers. Very grateful to have had the chance to work with you and see you grow into the amazing young physicians you are! Best of luck!
- Devon Bremer, Staff

The Danville Campus M4 Students – With extraordinary joy, I wish you Congratulations and Best Wishes for successful careers as awesome docs! My heart is so happy for each of you and I feel privileged to know you!
- Linda Learn, Staff

The Guthrie Campus M4 Students – It is truly an honor to wish you all Congratulations and Happy Graduation. You are going to be amazing doctors! So very proud of each and every one of you!
- Linda, Staff

The Holy Spirit M4 Students – So happy to share the excitement of this time with you all. Congratulations and best of luck for all your future goals. You are all shining stars! Happy Graduation!
- Linda, Staff

All M4 students – Hey, I've never met you...and this is crazy, but you've got an MD so save us maybe? But for real, even though I don't personally know any of you, I'm very grateful for the 4 years of hard work you put in and now for you joining the frontlines. Hopefully the start of your careers will be the most challenging. Either way you're prepared and we're thankful to be able to follow in your footsteps!
- M1

MD Class of 2020 – Congratulations!! Happy Graduation! You are going to be amazing doctors! I wish you the absolute best! Stay well!
- Linda Learn, Staff

The Class of 2020 – Thank you for embracing me as your colleague and friend during my MBS year (2016-2017) and everyday since then. For the past 4 years, it has been a privilege to have worked, learned, and had a little fun with you all. Good luck in residency!
- Jordan Alter, M3

All M4 Students – I am humbled and honored to have worked with such a resilient group of students. Thank you for your dedication to the profession and especially those heading out to aid in this unprecedented time. Godspeed. Ed
- Ed Lahart, Staff

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