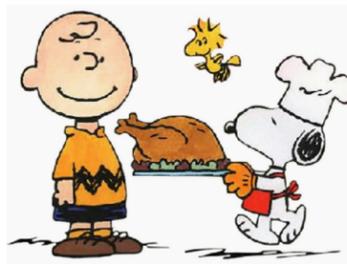


Grateful

at

Geisinger Commonwealth School of Medicine

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!



<https://dianekress.wordpress.com>

Issue: November 2018

I am grateful for...

Michelle Mikhno – Michelle's distaste for compliments is exceeded only by her hospitality and kindness. She is an understanding and insightful friend and always strives with fervor to guarantee the comfort of those around her.

- M3

Jenna Strzelecki – I have found myself emailing Jenna with so many different questions over the years. Even if she doesn't immediately have the answer, she always finds a way to figure it out and help me.

- M3

Liz Zygmunt – For being the best person at GCSOM!! Thank you always, Liz!!!

- M3

Yoseph Aldras – For entertaining me with this season of *The Bachelor*.

- M3

Dr. Ry Bloomdahl, Dr. Mboutidem (MB) Etokakpan and Dr. Andrew Shajiri – For making my pediatric surgery rotation so awesome and inspiring. You are all such skilled and smart doctors and I loved learning from you.

- M3

Dr. Megan Rapp, Central Campus surgery clerkship director – Dr. Rapp takes each of our goals into consideration and really works to make our surgery blocks rewarding on both the personal and educational level. Thank you so much for being so conscientious and kind, Dr. Rapp. I really did not expect to enjoy the surgery block but I ended up loving it and I credit you with figuring the perfect rotation schedule for me!

- M3

Jennifer Washicosky – I've flooded her inbox with incessant emails about changing my rotations this year and she continues to help me find the right schedule! She's so patient, kind and super quick to respond.

- M4

Martin Lacayo, student affairs manager for student engagement, diversity, and inclusion – For being so approachable, friendly and helpful!

- M1

Class of 2021 – The course faculty in Systems I are grateful for the hard work and dedication to excellence demonstrated by the Class of 2021. It has been a pleasure working with the class this semester and we look forward to continuing to be part of the team in your learning. On behalf of the course faculty,

- John L. Szarek, PhD, CHSE,
faculty

Andres Rodriguez, Meghan Loser, Erik Gamarra, John Piserchio, Tiffany Garcia and Angelica De Freitas – I am so proud and grateful that these six individuals took the time out of their schedules to join me at the LMSA Policy Summit in Washington, D.C. Each of them represented the school outstandingly and took the initiative to engage in the spirit of the summit. Leading up to this event, we were uncertain of how things would turn out. So I'm certainly happy to have been a part of this group of intrepid students.

- Yoseph Aldras, M3

Sashank and Dipam – For being an unexpectedly strong support system this year. Thanks for always having too much faith in me (and reminding me to have some too), finding things to laugh about, still inviting me to de-stressing study breaks even though I never join and for the honest analyses and mithai sharing circle. You guys are "too good."

- "M2

Kishan Patel – He's a wonderful Bollywood dance teacher.

- M2

Dr. Michelle Schmude – For remembering the name of every single student in the school and always greeting each of us with such warmth and kindness.

- M3

Nicholas, Benny and Jordan – Thanks for always answering my phone calls when I'm leaving the hospital or driving to another away! You guys are awesome!!

- M4

David Fear, M1 – David always makes my day brighter with his huge smile and amazing personality! Thanks for being a great friend and making review questions!

- Janki, M4

Dr. Steven Scheinman – Throughout my time at GCSOM, I have seen Dr. Scheinman handle so many difficult situations with such grace and compassion. I am so proud of the way that he represents our school and is such a role model for us.

- M3

Sana Chughtai – Thanks for always being down to take study breaks to play ping pong :) You rock!!

- M2

Mary Fei, Amanda Goetz and Kelley Chan – They let me into their home on cold nights, feed me and let me sleep on their couch. I am forever grateful! The Olive Crew really knows hospitality. I could go for some soft food and warm milk right about MEOW!

- Tux the Cat

Cecelia Allison, M1 – For being an amazing friend, roommate and person! Thank you for always laughing with me and making review questions!

- Janki, M4

Martin Lacayo (staff) – Martin is always saying hello and asking how you are, he is such a courteous person. Plus, it is so nice to hear students in his office laughing, talking and working on great projects with Martin (it is a reminder that we are working in higher education AND doing great things!). Martin cares so much. It's uplifting. Thank you, Martin!

- Staff

Sashank – Thank you for being a friend, we've traveled down a road and back again. Your heart is true, you're a pal and a confidant and I'm not ashamed to say I hope it always will stay this way. My hat is off, won't you stand up and take a bow.

- Blanche, M2

Alayna Craig-Lucas – For being an absolute lifesaver! Our poster wouldn't have happened without you (and your mom) - you're the best!

- Jess, M2

Sana Chughtai – For being a wonderful mentor and especially for the chocolate! You are appreciated.

- Suhail Kaleem, M1

Chloe Swanger, Alex Lucas and Rachel Lovely – Thanks for being my friends at Guthrie and continuing those friendships while we are all in different places! I can't wait to see all the amazing places to which you guys match!

- Darla Fink, 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