As the resident leader of the More than Medicine Wellness Committee, McHale has done a fabulous job providing leadership, support, and guidance to his colleagues and helping us develop programs/systems to improve resident wellness for years to come. Even outside of his formal role, McHale always greets every intern/resident by name, asks how they are doing, and is extremely thoughtful and considerate of everyone. He is a true asset to medicine and our program.

Thank you, McHale!
Nigel Arruda is an exceptionally intelligent and thoughtful physician. He always pushes his learners and colleagues to be their best in a supportive yet firm manner that fosters growth. This attitude not only ensures his colleagues are doing their best in patient care, but also pushes them to be insightful and take measures that improve their own wellness.

Thank you, Nigel!
Chad,

You are working so hard and I am super proud of you. When I can see you next, we will sit with wine and cookies and Lena and open jars of fireflies and it will be wonderful. Raleigh and Cory can come, too. Thanks for taking care of the world. <3

My best,

Jeanne Feuerstein
When I first met Geoff Connors as he began as PROGRAM director here, he asked me to always be open about any concerns I had with the program. The problem is, I am having a really hard time finding things to complain about (and I pride myself in my complaining abilities). Under his leadership our program has grown and improved wellness efforts in so many ways (4 + 4, social events, town halls, one on one meetings/check-ins, MtM committee). Quite frankly it is unfair that one person can have that much talent, intelligence, and leadership ability and still be one of the most genuine and caring people I know.

Thank you, Geoff!
Jennifer Doran

Thank You!

Jenny is not only an excellent intern, but also a tremendous wellness champion. In addition to carrying the heavy load of an inpatient intern, she went above and beyond when fellow team members were having challenging health issues and ensured they got the support and care they needed.

Thank you, Jenny!
Elle,

I cannot tell you how much I appreciate the fact that you pulled this recognition program together, all the way from the idea to the follow through and in such a short amount of time. I feel that this program will have a really positive impact on those in our department. Thank you for your initiative, creativity and follow through! You are a rock star!

My best,

Katie Morrison
I appreciate your competence and skill with patients as well as your compassion for your patients. Your communication skills with colleagues as well as your caring for your team are also wonderful.

Thank you, Fernando!
Thank You!

Dr. Lara has gone out of her way to create a positive environment in the CICU and developed a paper chain with a link for each patient successfully extubated. Her humor and kind spirit help keep the stressful environment manageable.

Thank you, Dr. Lara!
Julia possesses a combination of talent, intelligence, compassion, empathy, humility and dedication that is arguably unmatched by anyone I have met in my life. I can confidently say I would not have been able to complete residency without her advice, support, and guidance as my mentor and APD.

Thank you, Julia!
Dr. Loeb, thank you for the incredible work that you are doing in teaching mindfulness to faculty and staff. You are a kind, thoughtful and proficient teacher.

I appreciate your generosity with your time and knowledge!
Danielle,

Thank you for the Wellness sessions you have led. The meditation sessions have been really wonderful and so helpful during this stressful time. Thanks to Dhi as well!

My Best,

Michelle Nikels
Cheryl joined our Division three years ago as the awesome Fellowship Program Coordinator. Since that time, she has taken on many additional roles. Currently, Cheryl has extended her passion for Wellness into the now coined "Wellness Coordinator Extraordinaire" position for our Division (which is no small feat).

She has taken it upon herself to ensure we are supported in a variety of ways during this challenging time. Most impressively, she is ensuring that our clinical faculty in the ICU are taken care of both at work and at home so they can focus on caring for their patients. Cheryl has been an invaluable member of our Division since day 1, and I'm sending her our sincere and heartfelt thanks for her ongoing work and efforts to keep us all well.

Thank you for everything you do, Cheryl!

Bridget Graney
Shenley has done a FANTASTIC job coordinating the various teams and APP coverage for them including cross coverage with outside units.

Thank you, Shenley!

Karen Ream
Roxana,

I want to thank you for your strong work and dedication to the wellbeing of your colleagues in the Department of Medicine and for the Hospitalist Group. The number of hours that you put in goes well beyond the amount that you are supported. In addition I appreciate your collegiality, assertiveness, thoughtfulness, humor and passion. I love working with you!

My best,

Katie Morrison
Jessica Parr is an amazing physician, mentor, and friend. Having worked with her in both an inpatient and clinical setting I have seen countless examples of her compassion and dedication towards her patients. Furthermore she is a true wellness champion, always checking in on the well-being of her trainees and being there to offer advice and support as needed.

Our program is lucky to have her!
Mike Pham is one of the most thoughtful, brilliant, and helpful residents I have ever had the pleasure of working alongside. He always does his best to take care of patients and support his fellow residents in any way he can. This can include everything from taking admissions to buying co-residents food.

Thank you, Mike!
Deepa is one of the most talented physicians I have ever worked with. In spite of her talent she has a genuine humility that makes working with her an absolute pleasure. In addition, she goes well out of her way to support, teach, and care for her residents. This includes anything from buying them coffee to phone check-ins.

Thank you, Deepa!
Dr. Schwartz, a number of us frontline providers wanted to express our appreciation:

We have seen you on the hospital wards/ICU showing support to our housestaff and providers, even on the weekends. Thank you for taking the time and connecting with us individually in the hospital during these challenging times!
Stacey,

Thank you so much for bringing treats and those sweet notes of encouragement to our group on a busy clinical day. We are grateful for supportive colleagues like you in our division!

Love,

Your DHM colleagues