OCTOBER 2026

NM NEUROLOGY WELLNESS NEWSLETTER



READ THROUGH TO THE END FOR A SPECIAL FEATURE!

KUDOS TO OUR RESIDENTS



"KUDOS TO SARITA (PGY2)! SHE BROUGHT AN UPBEAT POSITIVE ENERGY TO NIGHTS. SHE WAS ON TOP OF THINGS, DEPENDABLE, AND ALWAYS READY TO FACE ON THE MANY CHALLENGES AND CONSULTS THROUGHOUT THE SHIFT. KEEP UP THE GOOD WORK!" - JASMINE (PGY4)



"KUDOS TO ANNA (PGY2) FOR BEING CONSISTENTLY ENGAGED, ENERGETIC AND ADAPTABLE ON GENERAL, ADVANCING PATIENT CARE AT MANY LEVELS WHILE FINDING TIME TO EDUCATE STUDENTS. AND FOR CRUSHING 2 LPS ON A BUSY WEEKEND DAY!" - SEAN (PGY3)



"HUGE KUDOS TO JON (PGY2) FOR SEAMLESSLY PERFORMING THREE LPS BACK-TO-BACK ON THE GENERAL SERVICE! IMPRESSIVE WORK!" - MEGHANA (NEUROHOSPITALIST FELLOW)



"KUDOS TO NEHA (PGY2) FOR AN EXCELLENT WEEK ON NIGHTS! HER ASSESSMENTS WERE ALWAYS THOUGHTFUL AND THOROUGH, AND SHE HANDLED MULTIPLE EMERGENT SITUATIONS FLAWLESSLY. HER PATIENTS ARE LUCKY TO HAVE HER!" - EMILY (PGY4)

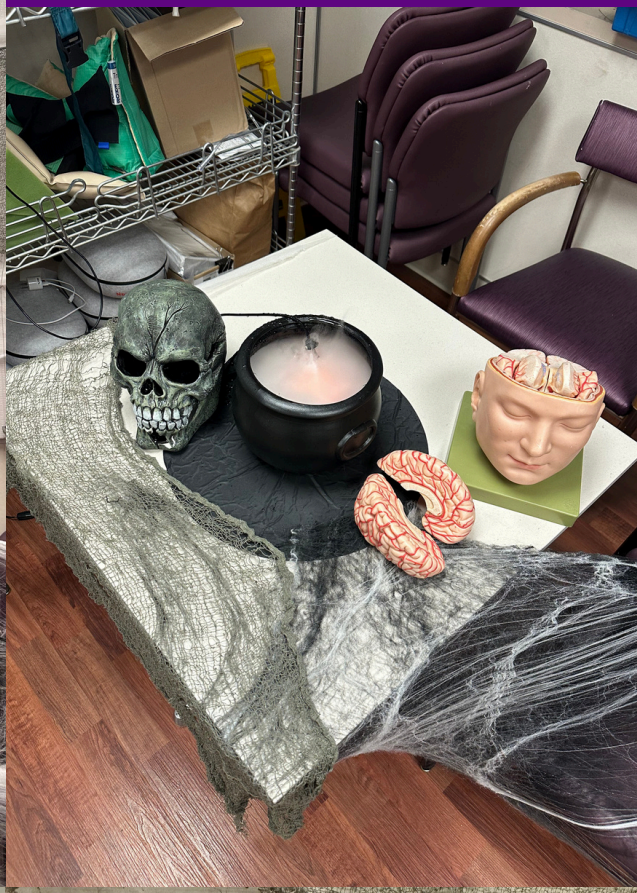


"KUDOS TO STEVEN (PGY4) AND ALEX (RESIDENCY COORDINATOR) FOR HOSTING THE PRE-INTERVIEW BEATRIX DINNERS AND ZOOM SOCIALS WITH THE RESIDENCY CANDIDATES. WE HAVE SO MUCH FUN AT THESE EVENTS, AND THE GOOD ENERGY IS PALPABLE TO THE APPLICANTS!" - TRISH (PGY3)

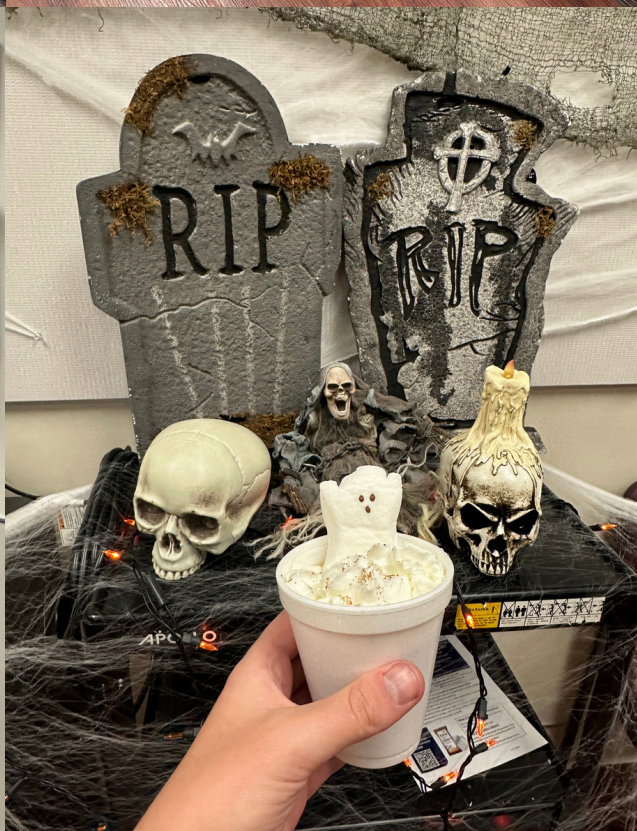
HAPPY HALLOWEEN!



OUR RESIDENTS (AND OUR WORKROOM) GOT ALL DRESSED UP FOR SPOOKY SEASON!







HAPPY HALLOWEEN!



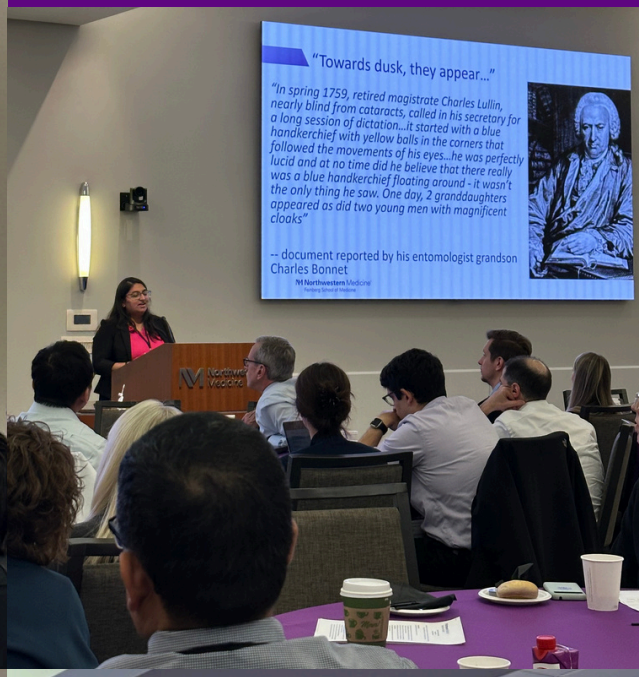




THE UPDATES IN NEUROLOGY SYMPOSIUM



WE ENJOYED FANTASTIC TALKS ON A VARIETY OF TOPICS IN NEUROLOGY AT THE 2026 SYMPOSIUM!







MENTORSHIP, HORS D'OEUVRES AND MORE!





ENJOYING THE FESTIVE SPIRIT AT NORTHWESTERN OLD IRVING PARK!



RECRUITMENT SEASON IS IN FULL SWING



YOU KNOW WHAT THAT MEANS... ELEVATOR SELFIES!





UPCOMING EVENT ALERT: EPILEPSY FOUNDATION FUNDRAISER

EMMA (PGY3) VOLUNTEERS WITH THE EPILEPSY FOUNDATION OF GREATER CHICAGO. ON SATURDAY, NOVEMBER 7, THEY ARE HOSTING A CASINO NIGHT WITH ALL PROFITS GOING TO THE EPILEPSY FOUNDATION TO HELP FUND COMMUNITY RESOURCES LIKE SOCIAL WORKERS, SUPPORT GROUPS, TRANSPORTATION, ETC FOR PEOPLE WITH EPILEPSY. TICKETS INCLUDE CHIPS FOR ALL GAMES, FOOD AND DRINKS INCLUDED AND ACCESS TO RAFFLE BASKETS. IT'S SURE TO BE A LOT OF FUN!

GET YOUR TICKETS HERE:
HTTPS://E.GIVESMART.COM/EVENTS/ONQ/



PET OF THE MONTH: ICEBOX

ICEBOX LIVES WITH ALEX (RESIDENCY COORDINATOR)!







DONATIONS AND SUPPORT

LOVE FOLLOWING ALONG OUR WELLNESS ADVENTURES?

CONSIDER MAKING A TAX-DEDUCTIBLE GIFT TO SUPPORT ADDITIONAL EVENTS LIKE THE ONES HIGHLIGHTED HERE!

GO TO HTTPS://GIVE.NORTHWESTERN.EDU AND SELECT "MAKE A GIFT." ENTER "NEUROLOGY RESIDENT WELLNESS FUND" IN THE DESIGNATION BAR

