

AUGUST 2026

N M NEUROLOGY

WELLNESS

NEWSLETTER



**READ THROUGH TO THE END FOR A
SPECIAL FEATURE!**

KUDOS TO OUR RESIDENTS



"KUDOS TO RAJ (PGY2)! THIS GUY IS INCREDIBLE. HE BRINGS SUCH A POSITIVE ENERGY TO THE TEAM, IS VERY KNOWLEDGEABLE, AND DOES A WONDERFUL JOB DELIVERING COMPASSIONATE CARE TO OUR PATIENTS. THANK YOU FOR MAKING MY JOB AS A SENIOR SO EASY, RAJ!" - ROLF (PGY3)



"KUDOS TO ROLF (PGY3) FOR HIS ASPIRATIONAL TENURE DURING HIS FIRST FEW WEEKS OF SENIORING ON GENERAL NEUROLOGY. HE ENSURED HIS MEDICAL STUDENTS AND JUNIORS WERE WELL EDUCATED BY SUMMARIZING ALL THE ARTICLES THAT INFLUENCED PATIENT CARE THROUGHOUT THE WEEK. HE LED BY EXAMPLE AND ENSURED ALL OF OUR DISCHARGED PATIENTS HAD THEIR MEDICATIONS ON HAND, THEIR APPOINTMENTS SCHEDULED, AND ALL THEIR QUESTIONS ANSWERED, EVEN IF IT OCCASIONALLY OCCURRED AFTER 5PM. HIS TEAM AND HIS PATIENTS (AND HIS ATTENDING) ALL BENEFITED SIGNIFICANTLY FROM HIS EXCELLENT CARE AND LEADERSHIP AS A SENIOR RESIDENT." - DR. JIA



KUDOS TO OUR RESIDENTS



"KUDOS TO ANITA (PGY2)! THE RESIDENT ON THE STROKE PAGER WAS GREAT. I THINK SHE HAD LIKE THREE STROKE CODES GOING ON AT ONCE AND SHE WAS VERY PLEASANT AND CALM THROUGHOUT." - DR. KAHN (HOSPITALIST)



"KUDOS TO NADIA (PGY4) FOR RECEIVING THE RESIDENT TRAVEL SCHOLARSHIP TO THE AAN FALL CONFERENCE!" - DR. BEGA



"KUDOS TO TARINI (PGY3) AND EMMA (PGY3) FOR BEING ACCEPTED INTO THE MCGAW GLOBAL HEALTH SCHOLARS PROGRAM!" - DR. BEGA



"KUDOS TO TRISTAN (PGY3) FOR BEING ACCEPTED INTO THE MCGAW BIOETHICS SCHOLARS TRACK!" - DR. BEGA



"KUDOS TO LAUREN (APP) FOR BEING THE ULTIMATE TEAM PLAYER ON THE GENERAL NEUROLOGY SERVICE! WE ARE ALL SO GRATEFUL FOR THE WORK THAT YOU DO AND THE VIBES YOU HELP CULTIVATE. SO GLAD I HAD YOUR EXPERIENCE TO LEAN ON FOR MY FIRST TIME SERNIORING THIS SERVICE." - ROLF (PGY3)



"KUDOS TO ANITA (PGY2) FOR STAYING LATE ON A FRIDAY NIGHT FOR STROKE AND DOING A TAP LIKE A PRO! SHE WAS JUST FILLING IN FOR THE DAY AND HAD THE BEST ATTITUDE EVEN THOUGH THINGS WERE CRAZY. AND HER LP HELPED US DIAGNOSE A CASE OF HSV ENCEPHALITIS!" - CASSIE (PGY3)



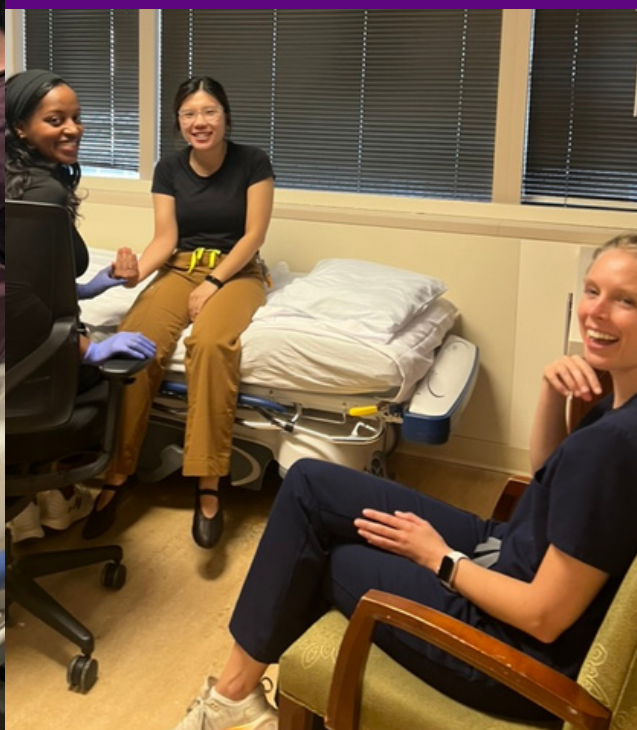
"KUDOS TO JON (PGY2) FOR BEING SUCH A TROOPER ON A SUPER BUSY FEW WEEKS ON STROKE! HE PUT A TON OF TIME INTO TALKING TO PATIENTS AND FAMILIES AND WAS ABLE TO COORDINATE SOME REALLY COMPLEX DISCHARGES!" - CASSIE (PGY3)



"KUDOS TO ZACH (PGY2) FOR NAVIGATING A CHALLENGING GOALS-OF-CARE DISCUSSION IN THE ICU WITH SUCH TACT, COMPASSION, AND GRACE!" - MEGHANA (NEUROHOSPITALIST FELLOW)

NEUROPHYS MONTH HAS BEGUN!

THE PGY3 CLASS
PRACTICED EMG/NCS
WITH SOME GREAT
MODEL PATIENTS -
OURSELVES! MANY
THANKS TO THE
NEUROMUSCULAR
ATTENDINGS, FELLOWS
AND STAFF FOR THEIR
TEACHING.



NEUROPHYS MONTH HAS BEGUN!

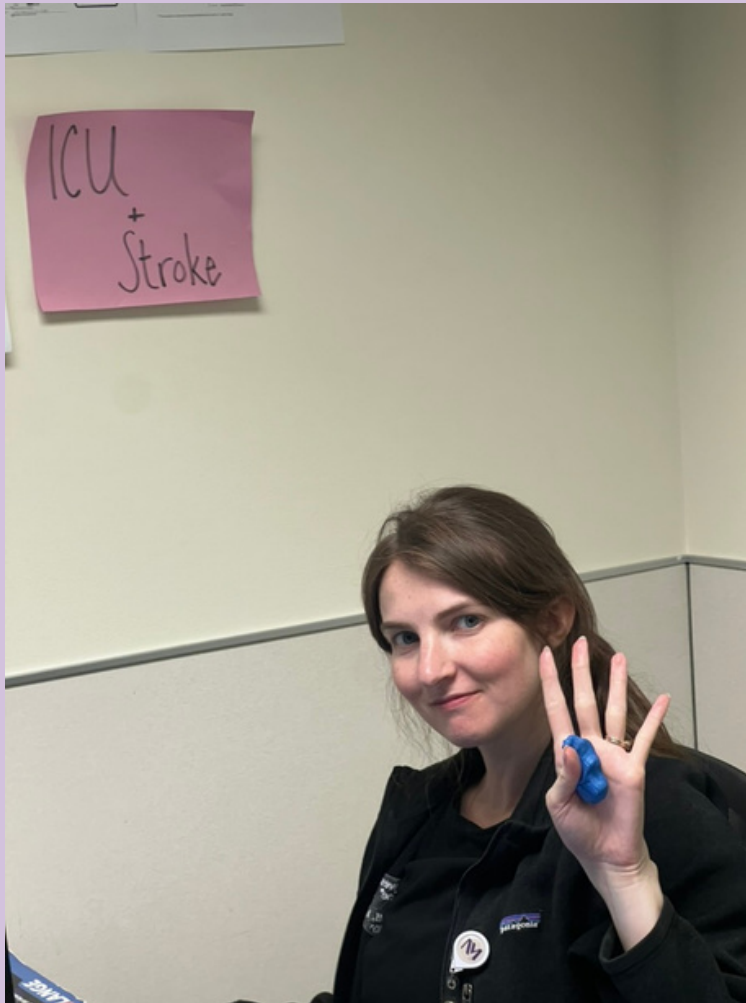
BOTULINUM TOXIN TEACHING DAY 



OUR INPATIENT TEAMS HAD A LOT OF FUN (AND TREATS)!



OUR INPATIENT TEAMS HAD A LOT OF FUN (AND TREATS)!



SARAH (PGY4) ENJOYING SOME WELLNESS WEDNESDAY GOODIE BAG ITEMS!



CELEBRATING A SUCCESSFUL WEEK OF NIGHTS!

JAZZIN' AT THE SHEDD

WE WERE ALL STUNNED BY THE
SEA DRAGONS



RESIDENTS GO OUT AND ABOUT



PET OF THE MONTH: MEET BAILEY

BAILEY LIVES WITH EMMANUEL
(PGY4)!



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](https://give.northwestern.edu) AND SELECT "MAKE A GIFT." ENTER "NEUROLOGY RESIDENT WELLNESS FUND" IN THE DESIGNATION BAR

