

DECEMBER 2025

N M NEUROLOGY

WELLNESS

NEWSLETTER



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

KUDOS TO OUR RESIDENTS



"KUDOS TO TRISTAN (PGY2) FOR HIS WORK ON NIGHTS OVER THANKSGIVING. HE WAS EFFICIENT WHILE STILL BEING THOUGHTFUL, AND WAS ALWAYS ON TOP OF PROGRESSING HIS PATIENTS' CARE." - EMILY CASALETTO (PGY3)



"KUDOS TO TRISTAN PART 2 (PGY2) AS JUNIOR RESIDENT ON GENERAL. HE EXCELS IN FORMING TRUSTING RELATIONSHIPS WITH HIS PATIENTS, PARTICULARLY WITH PATIENTS WHO HAVE HAD PRIOR POOR EXPERIENCES WITH THE MEDICAL SYSTEM. HIS PATIENTS ARE LUCKY TO HAVE HIM." - EMILY CASALETTO (PGY3)



"KUDOS TO NAOMI (PGY4) FOR BEING ACCEPTED INTO THE KELLOGG MD-MBA PROGRAM!" - DR. BEGA



"KUDOS TO DERRICK (PGY2) FOR CREATING A GOOD PGY2 BONDING EVENT AND A GREAT OLD FASHIONED!" - EMMA RADLEY (PGY2)



"THANK YOU TO ALLISON (PGY3) FOR SENDING OVER ONE OF HER ROTATORS TO HELP OUT THE GENERAL TEAM!" - MARIA ARISTOVA (PGY3)



"KUDOS TO 6 OF OUR RESIDENTS WHO WERE NOMINATED BY MEDICAL STUDENTS FOR THEIR OUTSTANDING PROFESSIONALISM! STEVEN BIESER (PGY3), JON KLEIN (PGY1), EMMANUEL OKEMATTI (PGY3), TISTAN PONZO (PGY2), FRED SHEN (PGY4), AND ROLF VERHAGEN (PGY2)!" - DR. BEGA



"KUDOS TO LAUREN (APP) FOR HER CONSTANT SUPPORT OF OUR RESIDENTS AND POSITIVE ENERGY!" - EMILY CASALETTO PGY3

KUDOS TO OUR RESIDENTS



"KUDOS TO LAUREL (PGY3) AND DR SHAH ON THEIR PUBLICATION IN JAMA NEUROLOGY: KELCH-LIKE PROTEIN 11 ANTIBODY-ASSOCIATED PARANEOPlastic ENCEPHALITIS" - DR. BEGA



"KUDOS TO CASSIE (PGY2) FOR GOING STRAIGHT FROM ICU TO GENERAL AND CRUSHING IT ON DAY 1! BY THE END OF THE DAY SHE KNEW ALL HER PATIENTS BY HEART AND HAD COORDINATED A TOUGH GOC SITUATION INVOLVING AN OUTPATIENT TEAM." - MARIA ARISTOVA (PGY3)



"KUDOS TO ALLISON (PGY3) FOR BEING SUCH A GREAT SENIOR!! SHE WAS SO MUCH FUN TO WORK WITH AND DID A GREAT JOB TEACHING THE MED STUDENTS" - TARINI MITRA (PGY2)



"KUDOS TO TARINI (PGY2) FOR CRUSHING A SOLO LP!" - ALLISON SPIHLMAN (PGY3)



"CASSIE (PGY2) DID A PHENOMENAL JOB DURING OUR WEEK TOGETHER ON GENERAL, AND HANDLED SOME VERY COMPLEX DISCHARGES WITH KINDNESS AND EFFICIENCY!" - ADRIANA SARI (PGY4)

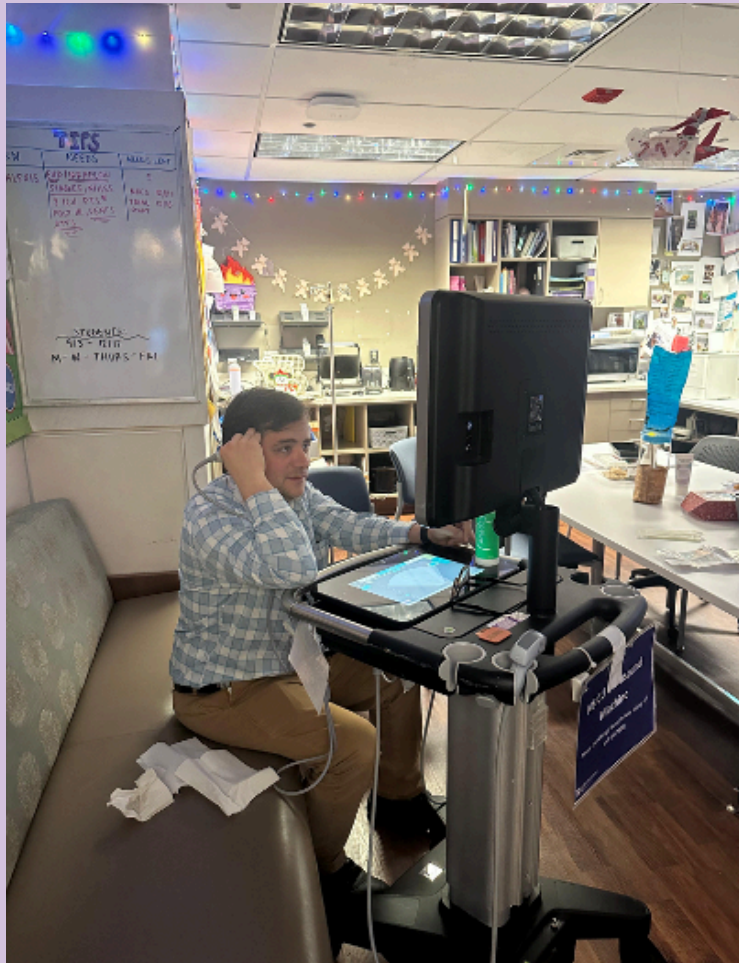


"KUDOS TO ADRIANA (PGY4) FOR COMING TO THE ICU MULTIPLE TIMES WHILE ON GENERAL TO TAKE SIGN OUT ON ALL OF OUR COMPLICATED PATIENTS!" - MATT YANKER (APP)

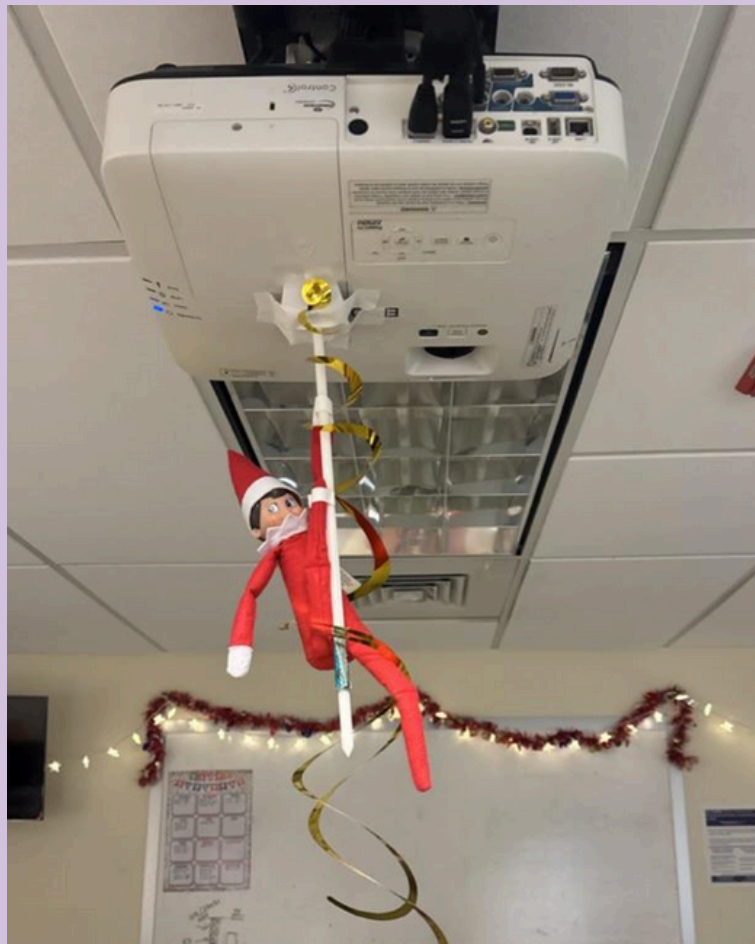


" KUDOS TO SARAH (PGY3) AND EMMANUEL (PGY3) FOR HELPING OUT WITH CONSULT LPS DURING A BUSY WEEK!" - NAOMI AYELE (PGY4)

SOME HIGHLIGHTS FROM OUR TEAMS



SOME HIGHLIGHTS FROM OUR TEAMS



CONFERENCES, CELEBRATIONS, AND MENTORSHIP OH MY



THE ANNUAL HOLIDAY PARTY AND SECRET SANTA EXCHANGE WAS A BLAST



THE ANNUAL HOLIDAY PARTY AND SECRET SANTA EXCHANGE WAS A BLAST



WE HAD A LOT OF FUN THIS SEASON



THE PGY2S FOUND FATHER TIME (RIGGED)



RESIDENCY CHILD OF THE MONTH - MEET ELLA ROSE COOPER



ELLA LOVES SPENDING TIME WITH
HER MOM JAMIE COOPER (PGY4)!



DONATIONS AND SUPPORT

LOVE FOLLOWING ALONG OUR WELLNESS ADVENTURES?

CONSIDER MAKING A TAX-DEDUCTIBLE GIFT THIS HOLIDAY SEASON 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

