

JANUARY 2025

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# NM NEUROLOGY

## WELLNESS

### NEWSLETTER



READ THROUGH TO THE END FOR A  
SPECIAL FEATURE!

# KUDOS TO OUR RESIDENTS



"KUDOS TO NYDIA (PGY2) FOR CRUSHING HER WEEK OF NIGHTS! SHE DIDN'T EVEN NEED ME THERE!" - ALLISON SPIHLMAN (PGY3)



"KUDOS TO LAUREN (APP) FOR BEING SUCH A STEADY AND RELIABLE PRESENCE. HER STRONG CLINICAL KNOWLEDGE AND UNDERSTANDING OF SYSTEMS/WORKFLOWS MAKE HER AN INCREDIBLE TEAM MEMBER. HER SENSE OF HUMOR IS ALSO ALWAYS ON POINT AND JUST SUCH A BOOST TO MORALE IN THE TEAM ROOM. WE ARE SO GRATEFUL SHE'S WITH US EVERY WEEK" - SARAH WYCKOFF (PGY3)



"KUDOS TO TRISTAN (PGY3) FOR BEING AN AMAZING JUNIOR ONSTROKE! HE WAS EXTREMELY THOUGHTFUL, DETAIL ORIENTED, AND BROUGHT A CALMING PRESENCE TO THE TEAM. HE DEVELOPED GREAT RAPPORT WITH PATIENTS AND FAMILIES, GOING ABOVE AND BEYOND FOR THEM. KEEP UP THE STRONG WORK!" - JASMINE SUN (PGY3)



"KUDOS TO NYDIA (PGY2) FOR DOING A GREAT JOB BEING EFFICIENT AND STAYING CALM, COOL AND COLLECTED DURING A DIFFICULT STROKE CODE THAT ENDED IN THROMBECTOMY!" - JYOTI GREWAL (STROKE FELLOW)



"KUDOS TO DERRICK (PGY2) AND ADRIANA (PGY4) FOR HELPING CONSULTS OVER CHRISTMAS WEEK!" - COURTNEY RAAB (PGY4)



"KUDOS TO KIKEL (PM&R PGY1) FOR HER EXCEPTIONAL ENGAGEMENT AND DEDICATION, ESPECIALLY ON OFF-SERVICE ROTATIONS. PATIENTS TRULY TRUSTED AND APPRECIATED HER CARE." - SARAH WYCKOFF (PGY3)



"KUDOS TO COURTNEY RAAB (PGY4) FOR BEING ELECTED INTO THE NORTHWESTERN CHAPTER OF ALPHA OMEGA ALPHA (AOA) HONOR SOCIETY!" - DR. BEGA



"KUDOS TO EMMA (PGY3) FOR EXPERTLY MANAGING MEDICALLY COMPLEX PATIENTS WHILE JUGGLING A BUSY TEAM ENVIRONMENT. SHE CONSISTENTLY DELIVERS THOUGHTFUL, COMPASSIONATE CARE AND BRINGS UP THE ENTIRE TEAM." - SARAH WYCKOFF (PGY3)

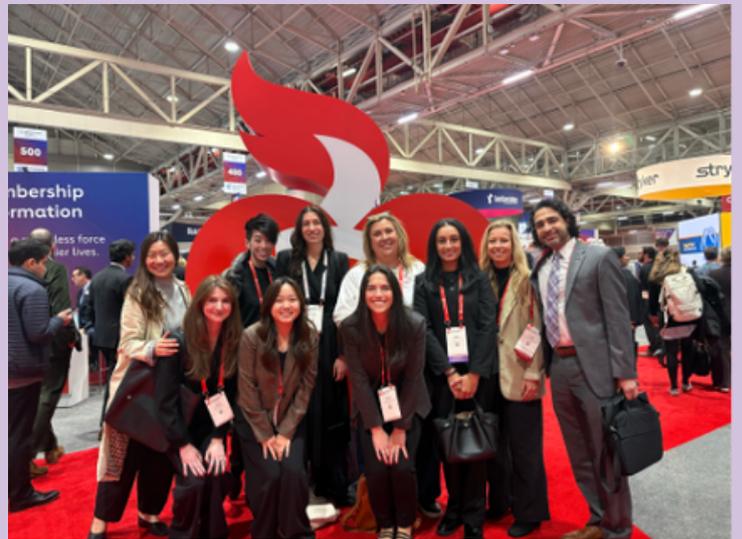


"KUDOS TO JEN FOKAS (HEADACHE FELLOW) FOR HELPING ME SO MUCH WITH MY HEADACHE FELLOWSHIP APPLICATION!" - ALLISON SPIHLMAN (PGY3)

# SOME HIGHLIGHTS FROM OUR TEAMS



# CONFERENCES AND CELEBRATIONS



# WE SAID HELLO TO TWO NEW LITTLE NEURONS



CONGRATULATIONS JAMIE (PGY4)!  
MEET EDEN COOPER



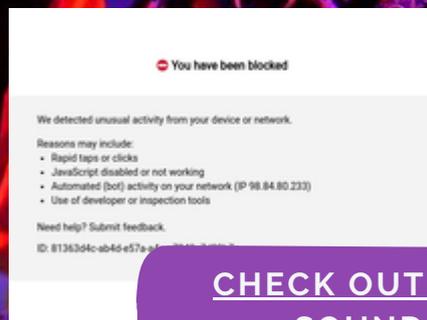
CONGRATULATIONS ADRIANA  
(PGY4)! MEET NAOMI CAMILA ROA

# UPCOMING EVENT ALERT: BEER THE BAND

DR. CAHAN (COGNITIVE ATTENDING) AND HIS BAND ARE PLAYING AT  
BOOKCLUB ON 2/26/2026 AT 7PM!  
LINK BELOW FOR MORE DETAILS

PLEASE REACH OUT TO DR. CAHAN IF INTERESTED IN ATTENDING,  
HE'LL HELP COORDINATE TICKETS!

[HTTPS://BOOKCLUBCHI.COM/EVENT/BEER-THE-BAND-DANNY-MCDERMED-16RAHEEM/BOOKCLUB/](https://bookclubchi.com/event/beer-the-band-danny-mcdermed-16raheem/bookclub/)



[CHECK OUT THEIR MUSIC ON  
SOUNDCLOUD HERE](#)

# PET OF THE MONTH: MEET COOPER

COOPER LIVES WITH DR. RAFAL SOBOTA (NCC ATTENDING)



PER DR. SOBOTA, COOPER IS 17 YEARS OLD AND PART RABID RACCOON

# 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

