MAY 2026

NM NEUROLOGY WELLNESS NEWSLETTER

READ THROUGH TO THE END FOR A SPECIAL FEATURE!

KUDOS TO OUR RESIDENTS (AND MORE)!

"KUDOS TO NYDIA (PGY2)! HER THOUGHTFULNESS, ATTENTION TO DETAIL, WORK ETHIC, AND POSITIVITY MAKE HER AN OUTSTANDING JUNIOR. FROM GENERAL TO NIGHTS, IT'S BEEN AMAZING TO WORK WITH HER AND WATCH HER GROWTH!"
- JASMINE SUN (PGY3)

"KUDOS TO EMMANUEL (PGY3) FOR GETTING HIS PEDIATRIC ROTATION STARTED EARLY ON THE GOLF COURSE! WHILE PLAYING A ROUND OF 18, HE TOOK TIME OUT TO CHECK ON SOME KIDS WHO HAD A BIKE ACCIDENT NEARBY. HE MADE SURE EVERYONE WAS SAFE AND ADVISED THE PARENTS WHEN THEY SHOWED UP. HE PROCEEDED TO GET HIS FIRST BIRDIE EVER ON A SUBSEQUENT HOLE." - ALEX GOUGH

"KUDOS TO STEVEN BIESER (PGY3) FOR BEING THE RECIPIENT OF THE AAN AUTOIMMUNE NEUROLOGY CONFERENCE SCHOLARSHIP FOR RESIDENTS!" - DR. BEGA

"KUDOS TO COURTNEY RAAB (PGY4) FOR BEING AWARDED THE SUSAN PERLMAN AWARD - THIS GOES TO A SENIOR RESIDENT ACROSS MCGAW WHO BEST DEMONSTRATES ACADEMIC EXCELLENCE, SPECIAL LEADERSHIP SKILLS, AND COMPASSION FOR PATIENTS. CONGRATS TO COURTNEY ON THIS BIG HONOR! THIS ALSO MARKS 2 YEARS IN A ROW THAT THIS AWARD GOES TO ONE OF OUR RESIDENTS (LAST YEAR WAS KARL GUO)." - DR. BEGA

"KUDOS TO TARINI (PGY2) FOR GOING ABOVE AND BEYOND TO COORDINATE SAFE DISPOSITION FOR PATIENTS ON STROKE SERVICE. SHE COMMUNICATED WITH MULTIPLE OUTPATIENT PROVIDERS TO ENSURE HER PATIENTS HAD APPROPRIATE FOLLOW UP, AND HER EFFORTS HELPED EFFICIENTLY DISCHARGE MULTIPLE PATIENTS DURING THE WEEK! THIS WAS A TIME CONSUMING EFFORT (AND VERY IMPORTANT FOR HER PATIENTS) - HER TIME AND ENERGY ARE VERY APPRECIATED!" - JYOTI GREWAL (STROKE FELLOW)

"KUDOS TO MATT YANKER (APP) FOR THE EXCELLENT OVERNIGHT CARE IN THE NSICU AS USUAL!" - DR. KIM

KUDOS TO OUR RESIDENTS (AND MORE)!

"KUDOS TO JESS (PGY1)! JESS DID AN INCREDIBLE JOB SERVING IN MULTIPLE ROLES ... SHE UPDATED ALL PATIENT FAMILIES, ACCOMPLISHED HER WORK IN AN INCREDIBLY EFFICIENT MANNER, COMPLETED A PRIOR AUTH WE HAVE BEEN STRUGGLING WITH FOR DAYS, AND SPARED TIME TO SIT WITH OUR M3S TO GIVE THEM FEEDBACK ON THEIR NOTES. THERE WAS NOT A SINGLE MOMENT I HEARD HER COMPLAIN DESPITE IT BEING AN INCREDIBLY HECTIC DAY. I WAS SO BEYOND IMPRESSED WITH HER INITIATIVE, EFFICIENCY, AND ATTITUDE AND WAS SO GRATEFUL TO WORK WITH HER." - NM INTERNAL MEDICINE FACULTY

"KUDOS TO NAOMI (PGY4) FOR STEPPING IN LAST MINUTE TO HELP WITH CASE-BASED DIDACTICS AND THE LP SIMULATION FOR THE MEDICAL STUDENTS!" - DR. VANHAERENTS

"KUDOS TO MARIA (PGY3), EMMANUEL (PGY3) AND KARL (SLEEP MEDICINE FELLOW) FOR STEPPING IN TO HELP WITH THE LP SIMULATION FOR A BRAND-NEW GROUP OF M3 STUDENTS!" - DR. VANHAERENTS

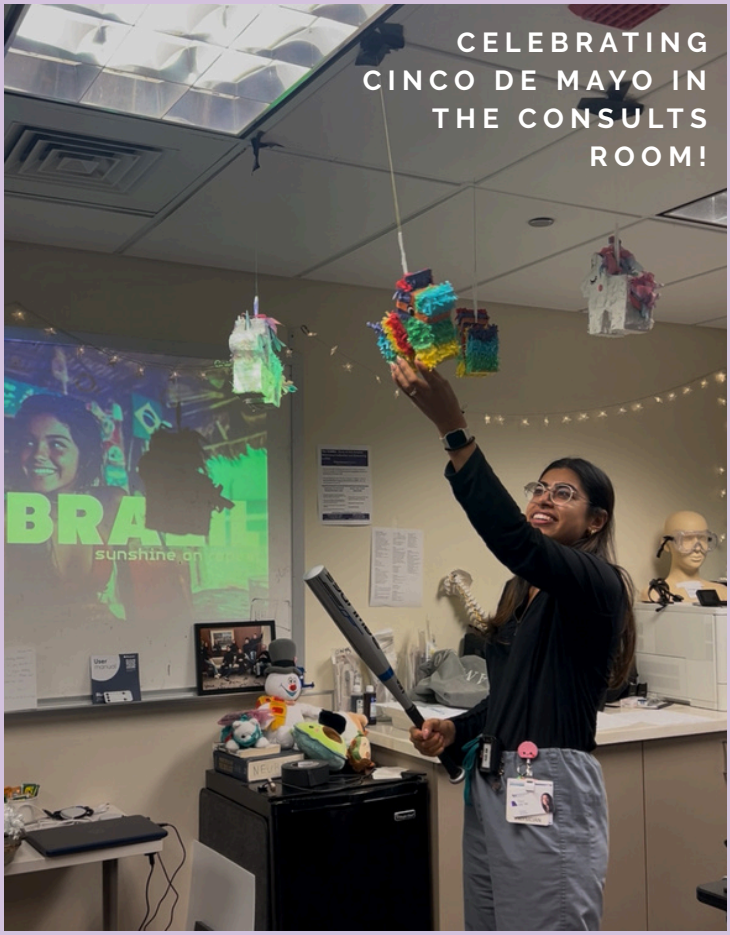
"KUDOS TO MIRANDA (INCOMING PGY1) FOR RECEIVING THE AAN 2026 MEDICAL STUDENT EXCELLENCE AWARD!" - NM NEUROLOGY RESIDENTS

"KUDOS TO DR. VANHAERENTS FOR RECEIVING THE GEORGE H. JOOST TEACHING AWARD!" - NM NEUROLOGY RESIDENTS

RESIDENT CLINIC GROUP FUN!

TWO RESIDENTS FROM EACH PGY2-3-4 YEAR SHARE THE SAME CONTINUITY CLINIC WEEK. THE END OF MAY CLINIC RESIDENTS HAD A BLAST BONDING TOGETHER DURING BUS RIDES TO THE VA, DINNERS AND MORE!

RESIDENTS ENJOYING SPRING!



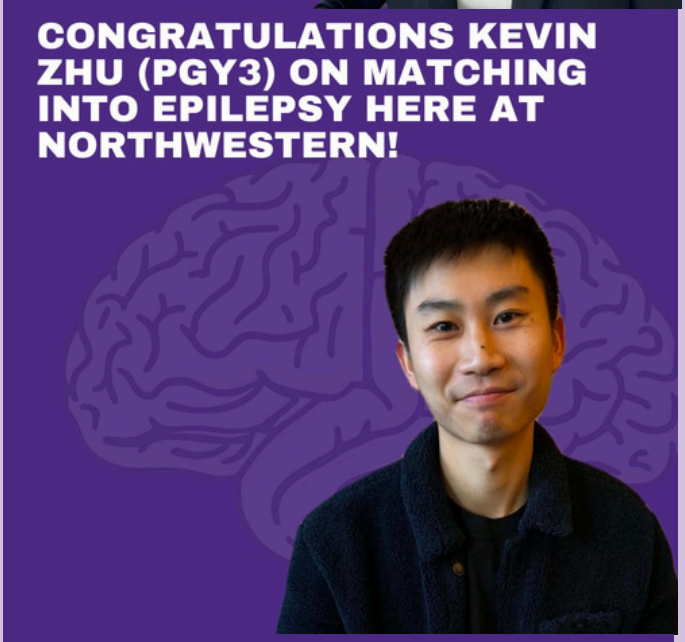
CELEBRATING CINCO DE MAYO IN THE CONSULTS ROOM!

RESIDENTS ENJOYING SPRING!

OUR CONSULTS TEAM COMMEMORATING STAR WARS DAY (MAY THE 4TH)!

OUR RESIDENTS DANCED FOR NATIONAL NURSES WEEK!

CONGRATULATIONS TO OUR RESIDENTS WHO MATCHED INTO FELLOWSHIP THIS MONTH!



CONGRATULATIONS TO OUR PGY4 RESIDENTS WHO ARE GRADUATING NEXT MONTH!

PET OF THE MONTH: MEET YUKI

YUKI LIVES WITH NYDIA (PGY2)!

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