

SEPTEMBER 2025

N M NEUROLOGY

WELLNESS

NEWSLETTER



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

KUDOS TO OUR RESIDENTS



"KUDOS TO EMMANUEL (PGY3) FOR BEING SELECTED TO THE NORTHWESTERN CHAPTER OF THE GOLD HUMANISM HONOR SOCIETY FOR HIS EFFORTS IN HUMANISTIC CARE AND COMMUNITY ENGAGEMENT." - DR. BEGA



"NAOMI (PGY4) HAS BEEN THE MOST SUPPORTIVE, CONSIDERATE, AND POSITIVE SENIOR RESIDENT. THERE HAVE BEEN MULTIPLE TIMES OVER THE PAST FEW WEEKS WHEN MY CORESIDENTS WILL REMARK ON HOW MUCH WE APPRECIATE ALL SHE'S BEEN DOING TO MAKE US FEEL SUPPORTED AND UPLIFTED ... SHE IS CONSTANTLY ENCOURAGING US AND CHEERING US ON." - EMILY CASALETTO (PGY3)



"CONGRATULATIONS TO LAUREL (PGY3) FOR BEING ACCEPTED INTO THE MCGAW GLOBAL HEALTH CLINICAL SCHOLARS PROGRAM!" - DR. BEGA



"I SAW A NEW PATIENT WITH NYDIA (PGY2) AND BOTH THE PATIENT AND THE PATIENT'S DAUGHTER COULD NOT SAY ENOUGH GOOD THINGS ABOUT HER. IT WAS REALLY GREAT FEEDBACK. SHE'S WONDERFUL." - DR. GRANT



"KUDOS TO TRISTAN (PGY2), A PATIENT ON GENERAL SERVICE SAID TO ME 'DR. PONZO WAS THE BEST PART OF BEING HERE. TYPICALLY I DON'T TRUST DOCTORS, BUT I IMMEDIATELY TRUSTED HIM.'" - DR. GRAHAM



"KUDOS TO NAOMI (PGY4) FOR BEING WILLING TO COVER ACADEMIC/MED STUDENT LECTURE FRIDAY MORNING ON SUCH LAST MINUTE NOTICE! IT WAS GREATLY APPRECIATED!" - COURTNEY RAAB (PGY4)



"KUDOS TO SEAN (PGY2) WHO WAS ACCEPTED TO THE 5TH ANNUAL VANDERBILT FOCUS ON NEUROMODULATION CONFERENCE." - DR. BEGA



"SHOUTOUT TO STEVEN (PGY3) FOR THE INCREDIBLE SUPPORT HE PROVIDED DURING A VERY COMPLEX AND DIFFICULT PATIENT DISCHARGE. HE TOOK THE TIME—MULTIPLE TIMES—to SIT WITH THE PATIENT AND TRULY LISTEN TO THEIR CONCERNS, SHOWING COMPASSION AND PROFESSIONALISM THROUGHOUT. WHAT STOOD OUT MOST WAS HOW HE ALSO SUPPORTED THE NURSING STAFF, ACTING AS A TRUE ALLY AND PARTNER IN NAVIGATING A CHALLENGING SITUATION. HIS TEAMWORK AND THERAPEUTIC APPROACH WENT ABOVE AND BEYOND, AND IT WAS A PLEASURE TO WORK ALONGSIDE HIM. THANK YOU, DR. BIESER, FOR YOUR OUTSTANDING CARE FOR BOTH PATIENTS AND STAFF!" - 10W NURSING STAFF

KUDOS TO OUR RESIDENTS



"KUDOS TO NYDIA (PGY2) FOR BEING SINGLE-JUNIOR ON STROKE SERVICE. SHE HANDLED A BUSY LIST WELL, FULL OF COMPLEX PATIENTS, AND NAVIGATED FAMILY DISCUSSIONS WITH TACT AND PATIENCE." - MEGHANA SHOWNKEEN (PGY4)



"KUDOS TO STEVEN (PGY3) FOR BEING A GREAT PHOTOGRAPHER AND FRIEND!" - ALLISON SPIHLMAN (PGY3)



"KUDOS TO OUR ATTENDING DR. BATRA, DR. CARROLL, DR. LUKAS, AND DR. PARDIECK FOR BEING RECOGNIZED AS EXEMPLARY ROLE MODELS OF PROFESSIONALISM BY OUR MEDICAL STUDENTS." - DR. BEGA



"KUDOS TO ROLF (PGY2) FOR HANDLING TWO BACK TO BACK LVOS (ONE ALSO A TNK!) WITH GRACE AND EASE!!" - JYOTI GREWAL (STROKE FELLOW)



"KUDOS TO SEAN (PGY2) FOR GETTING HIS FIRST LP!!" - ALLISON SPIHLMAN (PGY3)



"KUDOS TO KEVIN (PGY3) FOR BEING OUR CRUISE CAPTAIN/SPIRITUAL GUIDE ON NEUROPHYS." - MARIA ARISTOVA (PGY3)



"CONGRATULATIONS TO JAMIE (PGY4) FOR ACCEPTING A POSITION AS AN ATTENDING GENERAL NEUROLOGIST AT NMH LAKE FOREST! WE ARE SO EXCITED SHE WILL BE STAYING IN THE NMH SYSTEM." - DR. BEGA



"SHOUT OUT TO SOFIA (PGY4) FOR HELPING OUT ON A BUSY CALL DAY WITH MULTIPLE SIMULTANEOUS STROKE CODES AND EMERGENCIES!" THEJA REDDY (PGY4)



"KUDOS TO THE NIGHT TEAM SOFIA (PGY4) AND TRISH (PGY2) FOR THEIR WORK ON FIVE STROKE ADMITS ON TOP OF MANAGING A BUSY LIST! THEIR INITIAL WORK UP AND PLANS WERE THOUGHTFUL AND COMPREHENSIVE." - EMILY CASALETTO (PGY3)



"KUDOS TO SARAH (PGY3), STEVEN (PGY3), AND MEGHANA (PGY4) ALONG WITH OUR FELLOWS TULSI (MOVEMENT DISORDERS FELLOW), JYOTI (STROKE FELLOW), AND JACKIE (STROKE FELLOW) FOR BEING RECOGNIZED AS EXEMPLARY ROLE MODELS OF PROFESSIONALISM BY OUR MEDICAL STUDENTS" - DR. BEGA

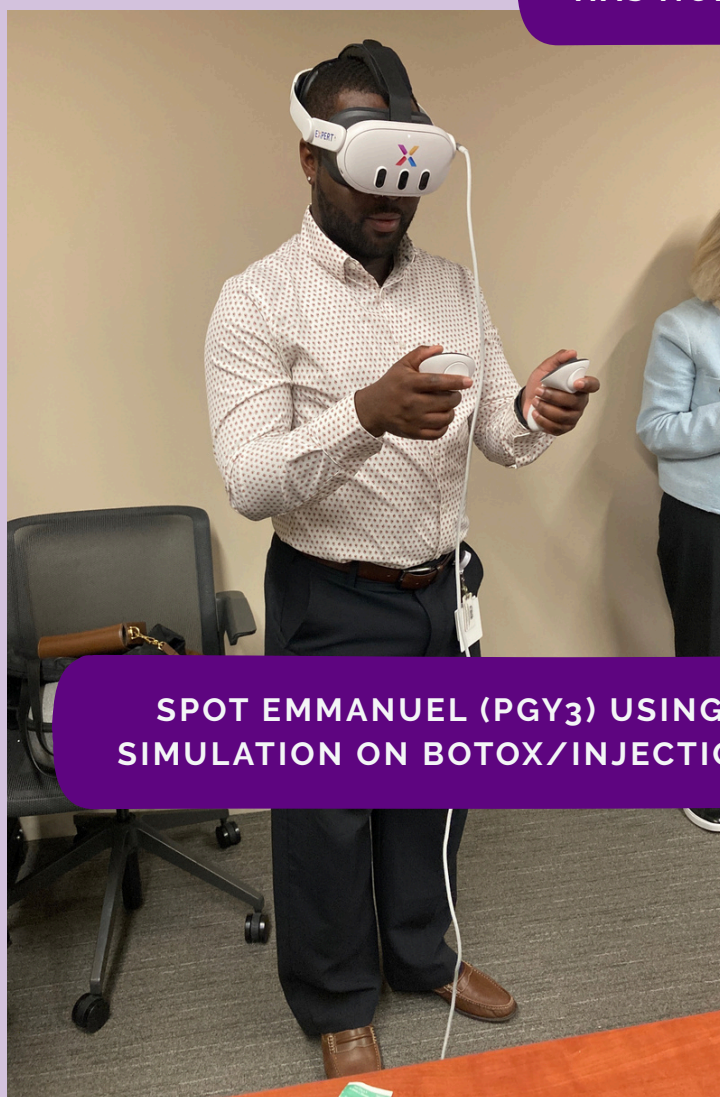
SOME HIGHLIGHTS FROM OUR TEAMS



THE PGY3S CONTINUED “NEUROPHYS”



LAUREL (PGY3) CAN CONFIRM: MARIA (PGY3) HAS NORMAL MUSCLES ON PRACTICE EMG!



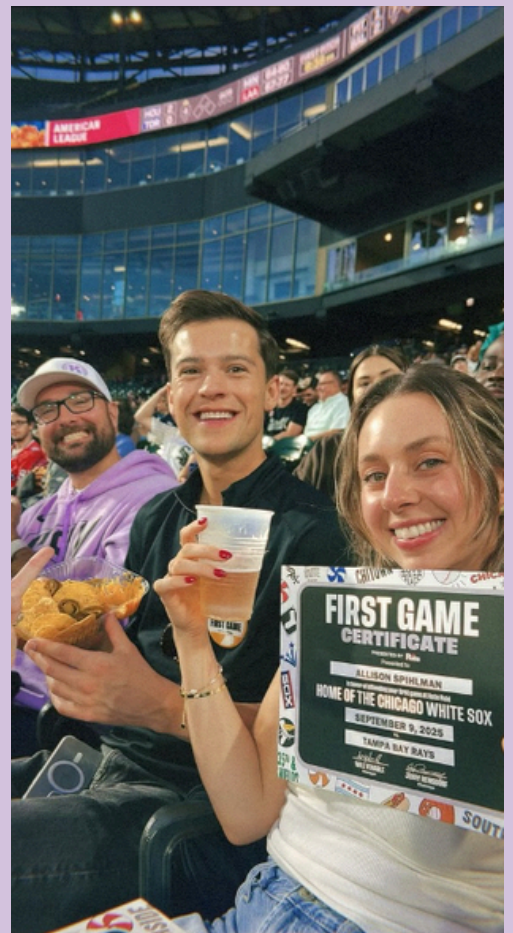
SPOT EMMANUEL (PGY3) USING A FUN SIMULATION ON BOTOX/INJECTIONS DAY!



WITH SOME STUDY BREAKS AND SNACKS



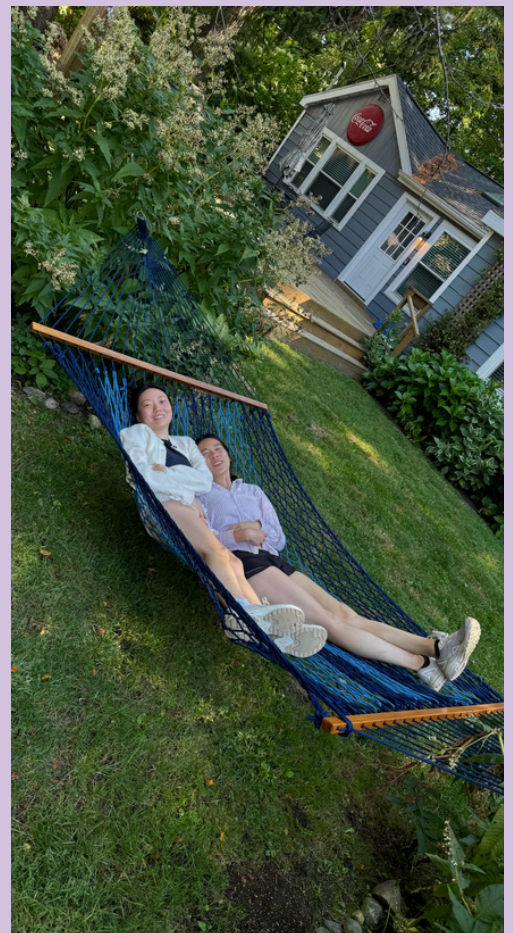
RESIDENTS GO OUT AND ABOUT



RESIDENTS ARE STILL OUT AND ABOUT



YES, WE HAD FUN THIS MONTH!



END OF SUMMER SPECIAL MEMORIES



UPCOMING EVENT ALERT - EPILEPSY FOUNDATION FUNDRAISER

[HTTPS://GETINVOLVED.EPILEPSYCHICAGO.ORG
/EVENT/2025-CASINO-NIGHT/E680138](https://getinvolved.epilepsy-chicago.org/event/2025-casino-night/e680138)



DATE: SATURDAY, NOVEMBER 15, 2025

EMMA RADLEY (PGY2) VOLUNTEERS WITH THE ASSOCIATE BOARD OF THE EPILEPSY FOUNDATION OF GREATER CHICAGO. JOIN HER AND SOME OF OUR PGY2S FOR THEIR ANNUAL CASINO NIGHT FUNDRAISER TO RAISE AWARENESS AND FUNDS THAT SUPPORT FREE RESOURCES AND SERVICES FOR THOSE LIVING WITH EPILEPSY IN OUR COMMUNITY!

PET OF THE MONTH - MEET POCO

POCO IS A NEW ADDITION TO THEJA (PGY4)'S
HOME

