Akram M. Alashari, MD, FACS

Cell Phone: (407) 617-4795 Email: <u>akramalashari@gmail.com</u> Saginaw, MI



Dual board-certified in general surgery and surgical critical care. Fellowship-trained academic trauma surgeon with a decade of experience. Active clinical practice includes elective general surgery, emergency general surgery, trauma surgery, and critical care.

- Chairman, Department of Surgery Ascension St. Mary's Hospital.
- Trauma Medical Director of ACS-verified Level II Trauma Center.
- Surgery Clerkship Director for Central Michigan University College of Medicine.
- Assistant Professor of Trauma and Surgical Critical Care.
- Course Director for Advanced Trauma Life Support (ATLS).

CLINICAL WORK EXPERIENCE:

Central Michigan University (CMU) Trauma/Acute Care Surgery, Elective General Surgery, Critical Care (7/2021 – present) Core Faculty – Department of Surgery 912 S. Washington Avenue, Suite 1 Saginaw, MI 48601 989-790-1001

(7/2020 – 6/2021)

HNI Intensivist Medical Director Intensivist Program Trauma/Acute Care Surgery Ascension Sacred Heart Bay Medical Center 615 N. Bonita Ave. Panama City, FL 32401

Intensivist Per Diem (Locum Tenens) Agnesian Healthcare – St. Agnes Hospital 430 E Division St Fond du Lac, WI 54935 (6/2020 - 10/2020)

Intensivist COVID-19 Crisis White Plains Hospital 41 E Post Rd White Plains, NY 10601 Phone: (914) 681-0600	(5/2020 – 6/2020)
Intensivist COVID-19 Crisis Hackensack Meridian Health Palisades Medical Center 7600 River Rd, North Bergen, NJ 07047 Phone: 201-710-2733 Fax: 201-854-8523	(4/2020 – 5/2020)
Nonclinical work (medical expert witness/medical malpractice case revious locum tenens credentialing	ew), (9/2019 – 3/2020)
Acute Care Surgeon/Surgical Intensivist Geisinger Community Medical Center (GCMC) Geisinger Health System 100 North Academy Avenue Danville, PA 17822 Phone: 570-271-6361	(8/2017 – 8/2019)
Job search, licensing, credentialing	(9/2016 – 7/2017)
Acute Care Surgeon and Surgical Intensivist Grand Strand Surgical Specialists 849 82 nd Parkway Myrtle Beach, SC 29572 Phone: 843-497-6348	(8/2015 – 8/2016)

LEADERSHIP POSITIONS & COMMITTEES:

Chairman, Department of Surgery Trauma Medical Director Surgical ICU Director	(11/2023 – present)
Surgical Governance Committee – Chair Critical Care Committee Medical Executive Committee Credentials Committee Infection Prevention Committee Medical Staff Peer Review Committee (MSPRC) General Surgery Repress ACS-verified Level II Trauma Center Ascension St. Mary's – Saginaw, MI	entative
Board Member – Michigan Chapter of SCCM	(7/2023 – present)
Clerkship Director – MS3 Surgery Clerkship Faculty Advisor – Surgery Interest Group Learning Environment Committee Clinical Competency Committee (CCC) Program Evaluation Committee (PEC) Wellness Committee Central Michigan University (CMU) College of Medicine	(5/2022 – present)
ICU Medical Director HNI Intensivist Program Ascension Sacred Heart Bay Medical Center	(1/2021 – 6/2021)

Panama City, FL

NONCLINICAL WORK EXPERIENCE:

<u>Osmosis' Clinical Curriculum Committee (CCC)</u> (5/2023 – present) Osmosis from Elsevier

Expert clinical educator offering interdisciplinary oversight over the development, design, and implementation of all components of the clinical practice product.

- Evaluate overall product framework and design
- Establish and maintain content quality standards
- Review discipline-specific topic lists
- Delineate strategy for unit prioritization
- Provide expert feedback on generated content, including discipline-specific learning activities (learning objectives, decision-making trees, scripts) and assessment items
- Appraise go-to-market strategy

 <u>Medical Expert Witness</u> (7/2023 – present) Review medical records for Ongoing Professional Practice Evaluation, Focused Professional Practice Evaluation (OPPE and FPPE), and professional liability. 		
ACTIVE MEDICAL LICENSES: PA License MD461074 FL License ME121266 WI License 72462-20 MI License 4301503495	Expiration: 12/31/2024 Expiration: 01/31/2025 Expiration: 10/31/2025 Expiration: 11/05/2026	
BOARD CERTIFICATIONS: Board Certified in Surgical Critical Care Board Certified in General Surgery	(2015) (2014)	
ACADEMIC APPOINTMENTS: Assistant Professor of Surgery – Trauma and Surgical Critical Care Central Michigan University (CMU) College of Medicine	(07/2021 – present)	
Assistant Professor of Surgery Department of Clinical Sciences Geisinger Commonwealth School of Medicine	(8/2017 – 8/2019)	
Assistant Professor Clinical Surgery University of South Carolina (USC)	(8/2015 – 8/2016)	
FELLOWSHIP TRAINING: University of Florida Surgical Critical Care Fellowship (PGY-6) 1600 SW Archer Road PO Box 100287	(7/2014 – 6/2015)	

Gainesville, FL 32610 Phone: 335-273-5670

RESIDENCY TRAINING:

University of Connecticut Integrated Surgery Residency Program (7/2010 – 6/2014) University of Connecticut School of Medicine Department of Surgery 263 Farmington Avenue Farmington, CT 06030-3955 Phone: 860-679-3467

INTERNSHIP:

Spartanburg Regional Healthcare System Surgery Residency Program (7/2009 – 6/2010) Spartanburg Regional Healthcare System 101 E Wood Street Spartanburg, SC 29303 Phone: 864-560-6285

LIFE SUPPORT CERTIFICATIONS:

BLSExpiration:October 2025ACLSExpiration:September 2025PALSExpiration:October 2025ATLS Instructor – Issued 1/24/2022Expiration:1/24/2026ATLS Course DirectorExpiration:1/24/2026ENLSExpiration:3/31/2026

MEDICAL EDUCATION:

New York Medical College Fifth Pathway Program, Valhalla, New York (6/2007-6/2008) New York Medical College Administration Building 40 Sunshine Cottage Road Valhalla, New York 10595 Phone: 914-594-4000 Phone: (914) 594-2020 Fax: (914) 594-2021

October 6 University Faculty of Medicine, Cairo, Egypt (MBChB)(10/2002-4/2009)Central Axis, Part 1/1Behind Sixth of October City Authority, Giza Governorate6th of October City, Egypt

HONORS/GRANTS/AWARDS:

- CMU Academy of Medical Educators: \$2,000 Grant Approval for "Residents as Leaders" (2023)
- COVID-19 Pandemic Commendation (2020)
- Top Physicians Under 40 in PA; Pennsylvania Medical Society (2019)
- 2019 AMA EXPO Research Symposium Winning Poster for Medical Education/Wellness Innovation
- Award of Academic Excellence 2008
- Award of Academic Excellence 2005
- Award of Academic Excellence 2004

STANDARDIZED EXAMS:

American Board of Surgery Surgical Critical Care Board Exam: Passed	(9/2015)
American Board of Surgery Certifying Exam (ABS-CE): Passed	(10/2014)
American Board of Surgery Qualifying Exam (ABS-QE): Passed, 91 st percentile	(8/2014)
ABSITE 5: Passed, 94 th percentile	(1/2014)
ABSITE 4: Passed, 87 th percentile	(1/2013)
ABSITE 3: Passed, 96 th percentile	(1/2012)
ABSITE 2: Passed, 98 th percentile	(1/2011)
ABSITE 1: Passed, 92 nd percentile	(1/2010)
USMLE Step 3: Passed, 92 nd percentile	(6/2009)
USMLE Step 2 CS: Passed	(9/2007)
USMLE Step 2 CK: Passed, 99 th percentile	(10/2007)
USMLE Step 1: Passed, 96 th percentile	(10/2005)

PODIUM PRESENTATIONS:

- Connecticut Chapter of American College of Surgeons (CTACS) November 4, 2011
 Farmington, CT: <u>Fibrotic Lesions of the Mesentery Causing Diagnostic Dilemma in an</u> <u>Elderly Patient: A Case Report and Review of the Literature</u>; Akram Alashari, MD, Bruce Bernstein, PhD, Brian Pellini, MD, Ibrahim Daoud, MD; Division of Minimally Invasive Surgery St. Francis Hospital and Medical Center, Hartford, CT
- Connecticut Chapter of American College of Surgeons (CTACS) November 8, 2012
 Farmington, CT: <u>Herniation of the Falciform Ligament Through the Anterior Abdominal</u> <u>Wall: The First Documented Case of Laparoscopic Repair</u>; A. Alashari, MD, S. Orenstein, MD, R. Kimball, MD, I. Daoud, MD FACS; Division of Minimally Invasive Surgery, St. Francis Hospital and Medical Center, Hartford, CT

- Connecticut Chapter of American College of Surgeons (CTACS) November 1, 2013 Farmington, CT: <u>Diverticulitis With Perforation Into The Retroperitoneum Leading To</u> <u>Left Flank And Thigh Necrotizing Fasciitis: A Case Report And Review Of The Literature;</u> A. Alashari MD, K. Johnson MD, M. Hagar MD; Department Of Surgery, Hartford Hospital, Hartford, CT
- North Central Florida AACN Chapter Conference: Swamped with Knowledge; April 25, 2015; Gainesville, FL: <u>Self-Transcendence: Transforming Tragedy into Triumph</u> A. Alashari, MD; University of Florida Department of Surgical Critical Care
- 5. American Association of Physician Leadership (AAPL) Annual Conference; April 22, 2017; New York City, NY: <u>Peak Performance: Maximizing the Potential of Healthcare Providers</u>
- 6. 2022 Region 3 Trauma Symposium; April 14, 2022; Horizons Conference Center; Saginaw, MI: Overcoming Burnout and Post-Traumatic Stress
- 7. 2023 Region 3 Trauma Symposium; April 13, 2023; Horizons Conference Center; Saginaw, MI: <u>The Evolution of Trauma Care</u>
- American Association of Physician Leadership (AAPL) Annual Conference; June 10, 2023; Chicago, IL: <u>Overcoming Burnout and Posttraumatic Stress: Creating a Culture of</u> <u>Wellness</u>
- 9. 2024 Region 3 Trauma Symposium; April 18, 2024; Horizons Conference Center; Saginaw, MI: <u>Making Trauma Great Again</u>
- 70th Annual Meeting of the Michigan Chapter of the American College of Surgeons; May 1-3, 2024; Kalamazoo, MI; <u>Unveiling a Rare Triad: Hepatic Portal Venous Gas,</u> <u>Pneumatosis Coli, and Hemorrhagic Gastritis – A Case Report;</u> K. Sekoni, BS, K. Li, MD, A. Alashari, MD FACS

POSTER PRESENTATIONS:

 Scientific Session of the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) 2012 Annual Meeting March 7-10, 2012 at the San Diego Convention Center in San Diego, CA. <u>Single-Incision Laparoscopic Surgery: The Experience of Our First 165</u> <u>Cases: Pearls and Pitfalls</u>; Akram Alashari,MD, Nissin Nahmias,MD, Stanton Smith,MD, Brian Pellini, MD, Justin Lee, MD, Bruce Bernstein, PhD, Ibrahim Daoud, MD; Division of Minimally Invasive Surgery St. Francis Hospital and Medical Center, Hartford, CT.

- American Society for Metabolic and Bariatric Surgery (ASMBS) 2012 Annual Meeting June 19-22, 2012 at the San Diego Convention Center in San Diego, CA. <u>When the</u> <u>Problem Becomes the Solution, Making the Case for Dilating a Gastro-Gastric Fistula in</u> <u>Order to Improve Severe Malnutrition</u>; A. Alashari, MD, P. Delprado, MD, L. Kaplan, MD*, N. Nahmias, MD, FACS, FASMBS. Saint Francis Hospital and Medical Center, Hartford, CT. University of Connecticut Integrated General Surgery Residency Program, Farmington, CT *Hartford Hospital Radiology Residency Program, Hartford, CT.
- Scientific Session of the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) 2013 Annual Meeting April 17-20, 2013 at the Baltimore Convention Center in Baltimore, MD. <u>A Rare and Unusual Case of Falciform Ligament Hernia and a Review of</u> <u>the Literature</u>; A. Alashari, MD, R. Kimball, MD I. Daoud, MD, FACS; Division of Minimally Invasive Surgery St. Francis Hospital and Medical Center, Hartford, CT; University of Connecticut Health Center, Farmington, CT.
- 4. Society of Laparoendoscopic Surgeons (SLS): Minimally Invasive Surgery Week 2013; Annual Meeting & Endo Expo; Reston, Virginia (Washington DC); August 28-31, 2013: Oral & Poster Presentation: <u>Congenital Absence of the Cystic Duct and Gallbladder in a</u> <u>Patient Presenting with Right Upper Quadrant Pain: A Case Report and Review of the</u> <u>Literature</u>; A. Alashari, MD, R. Kimball, MD I. Daoud, MD,FACS; Division of Minimally Invasive Surgery St. Francis Hospital and Medical Center, Hartford, CT; University of Connecticut Health Center, Farmington, CT.
- Society of Critical Care Medicine (SCCM): 43rd Critical Care Congress; January 9-13, 2014; San Francisco, California: <u>Variable Clinical Presentations and Treatment Options</u> for Morel-Lavallee Lesions at a Level I Trauma Center: Case Series and Review of the <u>Literature</u>; A. Alashari, MD L. Sakorafas, MD; University of Connecticut Department of Surgery; Hartford Hospital Department of Surgery, Trauma, and Critical Care
- Seeds of Violence Conference: Developing a Trauma Responsive Community; November 14, 2014; Gainesville, Florida: <u>Domestic Violence and Child Abuse: Literally Choking the</u> <u>Life Out of Our Future</u>; A. Alashari, MD; University of Florida Department of Surgical Critical Care
- Trauma Center Association of America (TCAA) 22nd Annual Conference: May 1, 2019 Las Vegas, NV: <u>The 3A Culture: Creating a Culture of Safety</u>; A. Alashari, MD; S. Hosur, MD; D. Venditti, RN; Department of Surgery Geisinger Community Medical Center
- 2019 AMA EXPO Research Symposium: November 15, 2019 San Diego, CA: <u>HCAHPS:</u> <u>How Our Department went from the Lowest to the Highest Percentile Scores in One</u> <u>Year</u>; A. Alashari, MD

- 2020 Virtual AMA Research Symposium: December 3-6, 2020: <u>Assessing the Risk of Life-Threatening Hemorrhage Associated with COVID-19 Treatment: A Case Report and Review of the Literature;</u> A. Alashari, MD; M. Steed, ARNP; S. Nordman, ARNP; L. Barber, ARNP; D. Brown, ARNP; A. Badr, MD FACS; Ascension Sacred Heart Bay Medical Center; Panama City, FL
- American College of Surgeons (ACS) Clinical Congress: October 23 27, 2021 Virtual: <u>COVID-19 Pneumonia and Bowel Perforation: Causation vs Correlation</u>; Akram Alashari, MD; Ascension Sacred Heart Bay Medical Center; Panama City, FL
- CMU College of Medicine and CMU Medical Education Partners 2022 Research Symposium: April 29, 2022 Virtual: <u>Kayexalate and Upper GI Leak: Causation or</u> <u>Correlation?</u> A. Shchatsko, MD; C. Morrison, MD; M. Ghanem, MD; C. Maser, MD; A. Alashari, MD; Central Michigan University Department of Surgery
- Scientific Forum Clinical Congress 2022, October 16-20, 2022; San Diego, CA. <u>Kayexalate</u> <u>and Upper GI Leak: Causation or Correlation?</u> A. Shchatsko, MD; C. Morrison, MD; M. Ghanem, MD; C. Maser, MD; A. Alashari, MD; Central Michigan University Department of Surgery
- e-Poster 2023 SAGES Annual Meeting, March 29 April 1, 2023; Montreal, Quebec, Canada. <u>Inguino-scrotal Hernia of the Urinary Bladder</u>; Shravani Sripathi, Najiha Farooqi, Mohammad K Hussain, Timothy Knittle, Rikat Baroody, Akram Alashari; Department of Surgery, Central Michigan University
- CMU College of Medicine and CMU Medical Education Partners 2023 Research Symposium; April 28, 2023; <u>A Rare Cause of Spontaneous Hemoperitoneum Every</u> <u>Surgeon Must Know</u>; A. Karam, BS; S. Sripathi, MD; S. Pindicura, MD; C. Morrison, MD; A. Alashari, MD
- 15. CMU College of Medicine and CMU Medical Education Partners 2023 Research Symposium; April 28, 2023; <u>Gallbladder Mass Causing Diagnostic and Therapeutic</u> <u>Dilemma;</u> Macek SM, Lossia OV, Pindicura S, Long B, Ghanem M, Alashari A
- 16. CMU College of Medicine and CMU Medical Education Partners 2023 Research Symposium; April 28, 2023; <u>A Surgical Approach to an Incarcerated Ventral Littre's</u> <u>Hernia: A Case Report and Review of Literature;</u> Julia Schulte McNamara; Jacob Horsley; Allie Brodsky; Olivia Lossia, MD; Akram Alashari, MD
- 69th Annual Meeting of the Michigan Chapter of the American College of Surgeons; May 17-19, 2023; Boyne Falls, MI; <u>Formal Hepatectomy in the Setting of High-grade Hepatic</u> <u>Injuries: A Review</u>; Danielle Hebert, MD; Felipe Pacheco, MD; Maher Ghanem, MD; Akram Alashari, MD

- 69th Annual Meeting of the Michigan Chapter of the American College of Surgeons; May 17-19, 2023; Boyne Falls, MI; <u>Gallbladder Mass Causing Diagnostic and Therapeutic</u> <u>Dilemma;</u> Macek SM, Lossia OV, Pindicura S, Long B, Ghanem M, Alashari A
- Society of Critical Care Medicine (SCCM) Critical Care Congress; January 21, 2024; Phoenix, AZ; <u>Unusual Case of Hepatic Neuroendocrine Carcinoma in a Patient with a</u> <u>Perforated Gastric Ulcer</u>; Morgan Marshall; Jacob Boersma, MD; Akram Alashari, MD FACS
- 20. CMU College of Medicine and CMU Medical Education Partners 2024 Research Symposium; April 26, 2024; <u>Unveiling a Rare Triad: Hepatic Portal Venous Gas,</u> <u>Pneumatosis Coli, and Hemorrhagic Gastritis – A Case Report;</u> K. Sekoni, BS, K. Li, MD, A. Alashari, MD FACS
- 70th Annual Meeting of the Michigan Chapter of the American College of Surgeons; May 1-3, 2024; Kalamazoo, MI; <u>A Case Report of Fibromatosis Causing Small Bowel</u> <u>Obstruction;</u> J. Fritzke, D. Hebert, F. Pacheco, S. Sripathi, A. Alashari

PUBLICATIONS:

- Fritzke J., Luciano E., Alashari A., Kirshner M., Rodriguiz-Lopez J. Novel TEVAR technique for thoracic aortic aneurysm repair: A case report. Int J Surg Case Rep. 2023 Sep;110:108651
- 2. Sripathi S., Farooqi N., Kamel M., Baroody R., **Alashari A.** Inguinoscrotal Hernia of the Urinary Bladder. Cureus. 2024 Mar 21;16(3):e56636.

LECTURES/WORKSHOPS/SCHOLARLY ACTIVITY:

7/5/2019: "Compassion Fatigue" – Grand Rounds, Geisinger Community Medical Center 8/10/2021: ATLS, Shock, Simulation Lab – 3rd Year Medical Students, CMU School of Medicine 9/2/2021: "Compassion Fatigue" – Grand Rounds, CMU General Surgery Residency Program 9/28/2021: ATLS, Shock, Simulation Lab – 3rd Year Medical Students, CMU School of Medicine 11/9/2021: ATLS, Shock, Simulation Lab – 3rd Year Medical Students, CMU School of Medicine 1/24/2022: ATLS Instructor, ATLS 10th Edition Refresher Course #66791 – Covenant HealthCare Simulation Center

2/15/2022: *ATLS, Shock, Simulation Lab* – 3rd Year Medical Students, CMU School of Medicine 3/18/2022: "*HCAHPS*" – Grand Rounds, CMU Internal Medicine Residency Program 4/7/2022: "*HCAHPS*" – Grand Rounds, CMU General Surgery Residency Program

4/18/2022 – 4/19/2022: ATLS Instructor, ATLS 10th Edition Provider Course #66788 – Covenant HealthCare Simulation Center

6/9/2022: *"Foregut Emergencies"* – Grand Rounds, CMU General Surgery Residency Program 7/5/2022: *ATLS, Shock, Simulation Lab* – 3rd Year Medical Students, CMU School of Medicine

7/18/2022 – 7/19/2022: ATLS Instructor, ATLS 10th Edition Provider Course #66789 – Covenant HealthCare Simulation Center

10/20/2022: "Overcoming Burnout and Post-Traumatic Stress" – Grand Rounds, CMU General Surgery Residency Program

10/24/2022: ATLS, Shock – 3rd Year Medical Students, CMU School of Medicine

11/17/2022: *Esophageal Perforation Management,* SIM Lab – CMU General Surgery Residency Program

12/13/2022: ATLS Instructor, ATLS 10th Edition Refresher Course #66792 – Covenant HealthCare Simulation Center

1/6/2023: *"Overcoming Burnout and Post-Traumatic Stress"* – Grand Rounds, CMU Internal Medicine Residency Program

3/21/2023: ATLS Instructor, ATLS 10th Edition Refresher Course #70801 – Covenant HealthCare Simulation Center

4/20/2023: *"Overcoming Burnout and Post-Traumatic Stress"* – Interdisciplinary Grand Rounds, Central Michigan University

7/6/2023: "Residents as Teachers" – General Surgery Residency Program, CMU

9/1/2023: "Basic Trauma and Burn Support" – Fundamental Critical Care Support (FCCS) – Covenant HealthCare Simulation Center

9/6/2023: "Basic Trauma and Burn Support" – Fundamental Critical Care Support (FCCS) – Covenant HealthCare Simulation Center

10/3/2023 – 10/4/2023: ATLS Course Director, ATLS 10th Edition Provider Course #70799 – Covenant Healthcare Simulation Center

10/17/2023: "*Basic Trauma and Burn Support*" – Fundamental Critical Care Support (FCCS) – Covenant HealthCare Simulation Center

11/9/2023: *"The Evolution of Trauma Care"* – Grand Rounds, CMU General Surgery Residency Program

12/12/2023: ATLS Course Director, ATLS 10th Edition Refresher Course #70802 – Covenant HealthCare Simulation Center

1/30/2024: ATLS Course Director, ATLS 10th Edition Refresher Course #75373 – Covenant HealthCare Simulation Center

2/12/2024: Resident Workshop: Optimizing the Learning Environment – CMU General Surgery Residency Program

2/14/2024: Resident Workshop: Optimizing the Learning Environment – CMU Internal Medicine Residency Program

3/7/2024: "Foregut Emergencies" – Grand Rounds, CMU General Surgery Residency Program 4/16/2024 – 4/17/2024: ATLS Instructor, ATLS 10th Edition Provider Course #75370 – Covenant HealthCare Simulation Center

MEMBERSHIPS:

American College of Surgeons (ACS) – Fellow Michigan Chapter of SCCM – Board Member CMU Academy of Medical Educators – Associate Member American Medical Association (AMA) Michigan Chapter of American College of Surgeons (MCACS) Society of Critical Care Medicine (SCCM) – Professional Member Michigan State Medical Society (MSMS) Saginaw County Medical Society (SCMS) Association for Surgical Education (ASE) Eastern Association for the Surgery of Trauma (EAST) American Association for Physician Leadership (AAPL) Alumni Association of New York Medical College (NYMC)

COMMUNITY OUTREACH/PUBLIC RELATIONS:

5/17/2024: Discovery Day – Pig heart dissection for 3rd, 5th, and 6th grade classes – Nouvel Catholic Central Elementary School – Saginaw, MI

3/18/2023: Trauma Awareness Night – Collaboration of Ascension St. Mary's with Saginaw Spirit. The Dow Center – Saginaw, MI. WNEM TV5 News Interview. https://www.wnem.com/video/2023/03/17/saginaw-spirit-trauma-awareness-night/

5/21/2022: Discovery Day – Pig heart dissection for 6th and 7th grade classes – Nouvel Catholic Central Elementary School – Saginaw, MI

3/19/2022: Trauma Awareness Night – Collaboration of Ascension St. Mary's with Saginaw Spirit. The Dow Center – Saginaw, MI.

11/20/2018: PA homepage News Interview. https://www.pahomepage.com/news/8-year-olds-gratitude-for-geisinger/