

## Resident & Fellow Resource Guide

This guide was created by the GMEC Resident & Fellow Wellness Subcommittee.

Chair: Kelly Baldwin, MD: [kjbaldwin@geisinger.edu](mailto:kjbaldwin@geisinger.edu)

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## Resident & Fellow Resource Guide

### **Mental Wellness:**

**Residents and Fellows can first utilize EAP services by contacting 1-888-327-4623 to access five free counselling sessions. A representative will give you a list of providers in your area.**

### **Employee Assistance Program (EAP):**

When Geisinger employees, including residents/fellows, need help for behavioral health, personal or professional concerns, consider accessing Employee Assistance Program (EAP). This employee benefit is free. Calling 1-866-248-4096 connects the caller to a live, trained triage person. Identify yourself as a “member” (that means employee) if you are calling for yourself or your family (yes family members covered by your Geisinger insurance can access free services too), or “manager” if you are calling for one of your residents or fellows. You can call this triage to ask for advice on how to help someone too, if you are not sure.

## Resident & Fellow Resource Guide

### Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



#### Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



#### Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



#### Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



#### Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



#### Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 888-327-4623

TDD: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceResources® Now

Web ID: GHSEAP

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

## 24/7 Support, Resources & Information

### Contact Your GuidanceResources® Program

Call: 888-327-4623

TDD: 800.697.0353

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceResources® Now

Web ID: GHSEAP

## Resident & Fellow Resource Guide

### Mental Wellness Continued:

GHP’s mental health coverage does not require a referral by the PCP for any mental health services. Below is a list of mental health providers in our community that we have determined to uphold high professional standards and clinical competence. Your clinical supervisor or training director will help you arrange your schedule to attend appointments but will not otherwise receive any information about your care.

<p style="text-align: center;"><b>Danville</b></p> <p>Susan Buckler-Miller, MSW, LSW (570) 437-2227</p>	<p style="text-align: center;"><b>Selinsgrove (approx. 20 min drive)</b></p> <p>Teresa Buzzini, PsyD (570) 884-3556</p>
<p style="text-align: center;"><b>Bloomsburg (approx. 15 min drive)</b></p> <p>Catherine Shooter, LCSW <i>GHS provider based in Bloom, so only appropriate if you have limited professional contact with her. Contact Niki Heninger directly and ask her to schedule an appointment (570) 271-6840</i></p> <p>William Rakuaskas, MD (for medication consult) <i>GHS Psychiatrist - Same as above</i></p> <p>Ronda Barto, LCSW, Bloom Psychological Ctr (570) 387-1832</p>	<p style="text-align: center;"><b>GWV Campus</b></p> <p>These providers accept GHP or take cash/check and are reasonably priced:</p> <p>Matt Berger, MD (570) 346 – 3686</p> <p>Mark Saxon, DO (570) 338-5605</p> <p>Kim D’Andrea, PsyD (570) 829-2250</p> <p>Tiffany Griffiths, PsyD (570) 342-8434</p> <p>Linda Benson, MS, LPC (570) <del>556-4574</del></p>
<p style="text-align: center;"><b>Lewisburg (approx. 20 min drive)</b></p> <p>Kathleen Bergeson, PhD (570) 524-0881</p> <p>Dianna Banks, PhD (570) 991-6232</p> <p>Mary Eve Zangari, PhD (mainly marital/family) (570) 524-0909</p> <p>Angela Trop, LCSW (570) 524-0909</p> <p>Ginalyn Bavero, MS, LSW (570) 523-0605</p>	<p style="text-align: center;"><b>Other resources</b></p> <p>Geisinger Commonwealth School of Medicine Behavioral Health Initiative <a href="https://tcmc.edu/about-tcmc/bhi/">https://tcmc.edu/about-tcmc/bhi/</a></p>

## Resident & Fellow Resource Guide

### Physical Wellness:

#### GWV/GCMC/GMC/GBH:

There is no dedicated gym on campus for residents. Residents can use the Woodbine Gym Facility after patient care hours.

There are Yoga Classes on Tuesday and Wednesday 5:30 pm at Henry Hood Research Center.

Additional yoga classes can be found by following the link below:

<https://geisinger.sharepoint.com/sites/ourGeisinger/Departments/Wellness/Pages/Yoga.aspx>

### Community Resources:

#### Wilkes Barre (GWV):

<p>Odyssey Gym (570) 829-2661 Located on Coal Street, near Wegmans/Sam's Club <a href="http://www.odysseyfitnesscenter.com/">http://www.odysseyfitnesscenter.com/</a> Hours 5:30am-10pm M-F, 7am-7pm Sat, 7am-5pm Sun Monthly Membership \$79 (no contract)</p>	<p>NEPA Cross Fit (570) 579-3544 <a href="http://www.nepacrossfit.com/">http://www.nepacrossfit.com/</a> 180 Courtright St, Wilkes-Barre, PA 18702</p>
<p>YMCA (570) 208-9622 <a href="http://www.wbymca.org/">http://www.wbymca.org/</a> Located in down-town Wilkes Barre 40 W Northampton St, Wilkes-Barre, PA 18701 Indoor pool, yoga, aerobics, dance, children's programs</p>	<p>Wilkes Barre Rock Climbing Gym 102 S Main St, Wilkes-Barre, PA 18701 <a href="http://www.wbcg.net/">http://www.wbcg.net/</a> Hours through 10pm Tues-Sat Monthly and daily rates, classes</p>

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### Community Resources Continued: Danville and Bloomsburg (GMC and GBH):

Hess Field and trails (walking/biking).	Studio B Yoga Center (516) 319-0764 288 Mill St, Danville <a href="http://studiobyogacenter.com/contact.asp">http://studiobyogacenter.com/contact.asp</a>
Planet Fitness 225 Columbia Mall Drive, Bloomsburg (570) 317-2729 <a href="http://www.planetfitness.com/gyms/bloomsburg-pa-1556">http://www.planetfitness.com/gyms/bloomsburg-pa-1556</a> Open 24-7	Anytime Fitness 603 E Market St, Danville (570) 271-0100 No Geisinger discount (\$42/month) Open 24 hours
Muscle and Fitness Factory 327 Ferry St, Danville (570) 275-5771 Mon – Thu: 3:30 PM - 9:00 PM Fri: 3:30 PM - 7:00 PM Sat: 9:00 AM - 1:00 PM	Reflex Jiu Jitsu 310 Mill St., Danville 570-854-3444
	CYBfit (570) 764-1492 309 Montour Blvd, Bloomsburg <a href="http://www.cybfit.com/">http://www.cybfit.com/</a> Hot yoga, Cycle, Beast, Barre
Know Kontrol Personal Fitness (570) 275-6250 316 Mill St, Danville	Geisinger Employee Softball League April-June each year Registration is in April \$35 The games are Monday through Thursday from 5-8 pm at Hess Field in Danville
Fueled to be Fit (Nutritionists, Trainers) (412) 447-1232 217 Pine St, Danville	Eaton Tae Kwon Do (570) 275-1551 15 17 S D&H Avenue, Riverside <a href="http://www.eatontaekwondo.com/">http://www.eatontaekwondo.com/</a>
Danville Area Community Center 1 Liberty St, Danville (570) 275-3001 <a href="http://www.thedacc.com/programs/fitness/">http://www.thedacc.com/programs/fitness/</a> The DACC already gives Geisinger employees a discount if they have their membership auto-withdrawal from their paycheck. DACC- discount for couples and if you pay up front for the year. (\$45 for a couple per month) Boxing, Pilates, Stretch & Tone, Water Aerobics, Zumba, Boot Camp, Cycling, Fun @ the Barre, P90X Live and more Men’s Pick-up Basketball League Wednesday Night 8-10 pm	
CrossFit Iron and Steel (based within the DACC) <a href="http://www.thedacc.com/programs/crossfit/">http://www.thedacc.com/programs/crossfit/</a> M-F: 5:45 AM, 6:00 PM Tues/Thurs: 8:15 AM Saturday: 8:00 AM	Milton Rock Climbing Gym 45 S Front St, Milton, PA 17847 (570) 742-8290

Any suggested revisions to this resource guide should be emailed to Denise Keyser at [dkeyser@geisinger.edu](mailto:dkeyser@geisinger.edu) or Alicia Laskowski at [anlaskowski@geisinger.edu](mailto:anlaskowski@geisinger.edu)

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### Social Wellness:

Geisinger Resident Auxiliary – a group designed to provide socialization for resident spouses and families  
<http://www.geisingerresaux.org/>

House Staff Association holds social events for residents throughout the year, and will be communicated through your house staff representative.

### Activities and Things to do:

- Midway Lanes Bowling Alley 1405 Montour Blvd, Danville, PA 17821 (570) 275-0241
- Point Drive Inn Movie Theatre 3601 Point Township Dr, Northumberland, PA 17857 (570) 275-9926
- Fantasy Escape Room 310 Market Street, Lower Level Unit 2, Lewisburg, PA 17837 (570) 492-0147
- Can U Escape Room 95 E 10th St #1, Bloomsburg, PA 17815 (570) 951-2265
- Lots of cultural events at Bucknell including at the Weis Center <http://www.bucknell.edu/WeisCenter>
- Trivia Tuesdays at Old Forge Brewing Company Mill street Danville
- Facebook page “Things to do in Danville, Bloomsburg, Berwick Pa and Surrounding Areas”

### Spiritual Wellness:

Chapel resources: Danville Campus has a chapel open to every faith for prayer or meditation.

Spiritual care is available on-call for critical incidence stress debriefing, spiritual wellness, and ethical dilemmas. Access spiritual on-call through the phonebook for each campus.

### Diversity Resources:

Arthur Breese  
[awbreese@geisinger.edu](mailto:awbreese@geisinger.edu)

Na Tosha Gatson, MD  
[ngatson@geisinger.edu](mailto:ngatson@geisinger.edu)

### Housing Resources:

Geisinger Residents and Fellows Auxiliary  
<http://www.geisingerresaux.org/>

## Resident & Fellow Resource Guide

### Child Care:

There is currently no on-site daycare at the Geisinger Campuses.

Community Resources:

#### Danville and Bloomsburg (GMC/GBH):

DCDC

398 Wall St, Danville

<http://danvillecdc.org/>

- They have scholarship options available
- They have a central cafeteria
- Their class rooms are innovative
- Their teachers are well experienced
- They have frequent out door trips to farms and parks

DCDC

2719 Bloom Rd, Danville

- They have a nice indoor gym in which kids can play soccer and basketball.
- They have a nice cafeteria, but only provide snacks.
- Computer lab

Busy Little Beavers

5 Wesner Ln, Danville

<http://busylittlebeaverschildcare.com/>

Trinity Childcare

306 Lombard Ave, Danville

<http://tumchildcare.org/>

Learning Tree Child Care Center

201 Mill St, Danville

Susquehanna Valley Child Development Center

6850 Lows Road, Bloomsburg

<http://www.svmedspec.com/id17.html>

- Offers short (pay by hour) babysitting for immediate needs

#### Wilkes Barre and Scranton (GWV/GCMC):

- Bee's Backyard in Scranton's Steamtown Marketplace Mall - a little indoor playground for toddlers and a bit older kids (maybe up to 10 years old). Offer food and endless play hours for very cheap price. Very clean, too. Hours are the same as the mall hours, morning to evening.
- Small Wonders
- Little People
- Building Blocks (near GWV)
- East Mountain Child Care Center (very near GWV)

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### Pet Care:

Alpine Animal Clinic: 6 Northumberland St, Danville <a href="http://alpineanimalclinic.net/">http://alpineanimalclinic.net/</a> (570) 271-1828	Animal Care Center: 7 Enterprise Dr, Danville <a href="http://www.animalcarecenterdanville.com/">http://www.animalcarecenterdanville.com/</a> 570-275-6064
Leighow Veterinary Hospital 1221 Montour Blvd, Danville <a href="http://leighowvet.com/">http://leighowvet.com/</a> (570) 275-0202	Pet sitting: Ali's Pawsitive Petcare <a href="https://www.facebook.com/AliPetCare/">https://www.facebook.com/AliPetCare/</a> 570 336-2764
Wiggin Butts Pet Care and Dog Sitting: Christine Sanders <a href="mailto:info@wigginbuttspetsitting.com">info@wigginbuttspetsitting.com</a>	

### Other Wellness Resources:

UCLA Wellness website:

<http://www.studenthealth.ucla.edu/CustPages/Wellness.aspx>

University of Pittsburgh Wellness website:

<http://www.studentaffairs.pitt.edu/shs/medical/>

AAN Wellness website:

<https://www.aan.com/livewell>

AAP The Well Physician Series:

<https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/Section-on-Integrative-Medicine/Pages/Physician-Health-Wellness.aspx>

AMA StepsForward Program:

[www.stepsforward.org](http://www.stepsforward.org)

U Mass Mindfulness Training:

<http://www.umassmed.edu/cfm/mindfulness-in-medicine/intro-to-mindfulness/>

The following resources are used with the kind permission of the faculty from the Compassion in Practice Course, Harvard CME, October 2016: Susan Pollak, MTS, EdD, Zev Schuman-Olivier, MD, Charles J Hatem, MD, Beth A. Lown, MD

For additional materials on managing stress while caring for others and on compassion, please visit the following websites:

<https://www.chacmc.org>

<http://www.theschwartzcenter.org>

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