

# **Welcome to the Storybank**

*Stories, wishes and dreams from the community*

I knew from the moment that I stepped in the 7E gym that it was where I wanted to work and individuals with spinal cord injury were who I wanted to work with. Being part of this community is a privilege. The individuals I have had the good fortune to provide care for have shaped my research and are the reason behind the advocacy work I do. I feel fortunate that each day of clinical care I leave feeling as though I have made some small contribution to someone's rehabilitation journey.

May many be helped and healed  
as we begin this journey!

A friend of mine was diagnosed with a brain tumor at 21 years old, he was lucky enough to catch it early and be blessed with the outstanding care of UPMC Mercy. He is still recovering, but Mercy employees have stuck with him and he is doing much better.



Live life to the fullest.

Be kind to yourself.

Be Thankful.

Do the best job you can.

Love you Grandma!

Mummy Dino loves you too!

As innovative technologies and treatments are being developed and our new Mercy Pavilion opening, it is our hope for the future is that most or all vision impairments will be a thing of the past.

John 9:1-20 He saw a blind man from birth and helped him to see

Message for fair and equal access to healthcare for all. Hopefully someday none will need to worry that they will go bankrupt to have healthcare they need -

Healthcare for All

Healthcare for All

Healing and Happiness to all

Who receive care in this building

Here's to the  
gift of Sight + Mobility!  
God Bless Everyone!

UPMC Mercy is a very special place. The People who work here are so friendly and caring. Mercy continues to display the vision of the Sisters at Mercy!



Jeremiah 29:11

Grateful to join this vision

Looking forward to great things

A Hero is:

A person who helps people

This world is not our Home.

Heaven is our home.

A place free from pain, regret, illness, poverty and fear.

For my Mother, Father, & Brother!

Wishing lots of LOVE & healing

Be like a Dog & Heal!

**I wanted to become a RN and help people.**



"We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over, so in a series of kindnesses there is at least one which makes the heart run over."

Ray Bradbury. Fahrenheit 451

“Any time you have an opportunity to make a difference in this world and you don’t, then you are wasting your time on Earth.”

-Roberto Clemente

Pittsburgh Pirates Hall of Famer and Humanitarian

Thank you to all the Doctors and Nurses who work so hard. Being a person with a disability, I always appreciate the extra care and service

It costs you nothing to be kind!!!

November 5, 2022

Next week is election day. We hope whatever the outcome, that Americans embrace the idea of peace, respect and love of whatever makes us unique individuals.

As a mother to both a disabled son and a son of color, my hope is that they grow to live in a society that values what they bring to the world.

I am scared as an American Jew for the rising intolerance of immigrants and advocates for social justice, and the poor. I'd like to believe we can come to a place of peace + mutual respect. My heart is heavy and hope for better days.

Pittsburgh is a beautiful city.

I can do all things through Christ which strengthens me. Philippians 4:13

I have been in the hospital since Aug 2<sup>nd</sup> with an anoxic brain injury. I was in a coma for a very long time. In Oct I came to the Brain Trauma Rehabilitation Unit. They emerged me from the coma. I am now learning to walk, eat and get dressed. All through Christ who strengthens me. I am so grateful for everyone at the Brain Trauma Rehab, Select Specialty hospital and AHN ICU unit and Indiana Regional Medical Center Indiana, IA.

Thanks everyone.



Enjoy What you have!!!

Pride, Passion, Dignity,  
Love, Honesty, Respect, then,  
Now, together

My husband has already spent 43 days in UPMC Mercy, Pittsburgh, PA. All of the Staff Doctors, Nurses, anyone my husband has needed for help have been unbelievably helpful to his recovery and I am forever grateful. It has not only touched his life but mine, our children's and relatives and friends. I thank God for all the blessings and lessons we have learned through his experience with closeness to death.

Thank you, Thank you, Thank you

Never, ever did I imagine the last 2 months of my life would look like this. The largest strength in my life because the weakest but somehow in that, new strength came through me. And all of the light and darkness becomes day and night pushing forward no matter what. Thank you for all the gifts you've given me, Daddy. Even the hard ones.

**Please pray for Ukraine!**  
**12-19-22**

A man always has two reasons for doing something, a good reason and the real reason.

Make sure you know the difference.



In all you do in life  
be kind to others  
and show love to all.

These 3D-Printed models represent Adeno-Associated viruses that can be used to deliver gene therapies to the retina. Dr. Lean Byrne's Lab dreams of a future where these viruses can be used to cure blindness.

COVID Vaccine pin: We hoped we would only need two shots. Now some of us have received 5. COVID has changed how we do a lot of things at Mercy.

My warmest wishes are sent to my colleagues who have made it this far in a PANDEMIC.

Thanks for supporting all of our co-workers!

For my Brother  
Who gave the priceless gift of sight,  
through organ donation.  
Forever in my heart...  
I love you

This is absolutely a dream come true!

I have had the honor of working with  
visually impaired patients for the last 23 years.  
The Vision Institute will allow me to provide  
the most state of the art care for my patients.

This means the world to me!

Thank you for the wonderful opportunity!!

**Please and thank you to the builders, artists, and healthcare workers. You are all appreciated. As a patient, and a doctor... it is easy to be thankful for all of your hard work in beginning this new journey in this new space. Looking forwards very much to continue to give and receive at eye healthcare here in Pittsburgh**

**- A grateful Resident**

Working at UPMC has been a dream of mine since age 9! The reality has been far better than the initial dream. I foresee the Vision Institute changing lives through sight.

UPMC has offered me lifelong friendships with colleagues, a beautiful career helping patients, and support to never stop learning and dreaming.

From my Lips to God's Ears...

Before the 1<sup>st</sup> brick was laid I had wished out loud:

“I would love to work there someday”

...I am so proud and so happy to be here.

Thank you God for wishes granted  
and prayers answered.

A Godwink that has come full circle.



May the new Vision Institute bring the city new and innovative approaches to keeping and enhancing sight for those with visual difficulties.

Looking forward to all that will be available for those here in PA and abroad.

**Slava Ukraini! Heroiam Slava!**  
**Glory to Ukraine**  
**Glory to the Heroes**

Great Job!  
Keep it up  
Looks Great...

Celebration of Life  
Celebration of Victories  
Living Well  
Trusting God



Tree of Life Charm

Kindness is always the Key  
This Key opens good care  
Which leads to:

Vision  
Hearing  
Healing  
Hope

Always use the key

In spite of all you endured...you were a warrior!

To the best wife, mom, grandma, sister, daughter, and  
friend, we love and miss you so much!

Rest among the angels and your family.

Light is a wave  
Life is floating  
Let us create music for our eyes



Thank you for everything you do!

Dear Lord,

Please bless and protect this vessel of your love

That those who journey within its walls

May experience compassion, faith and vision

That the sick may be healed

That the blind may see

Preserve the light of our eyes

so that we may see

The beauty of your creation

The glow of the sun

And the smile of children

Amen

Remembering my sister + brother who left too soon.

Remembering my mom who continued on after unbearable heartbreak

Remembering my father-in-law, whose courage as a WWII Marine was only eclipsed by his courage at the end of his life.

And to my wife whose own courage, fierce loyalty and uncompromising love inspires me to be better everyday.

Hope is having a vision of the future  
that we look forward to or aspire to.

I contributed several bottles from our antique bottle collection. My husband and I started collecting and displaying these when we lived in Wisconsin, comes collected in Western PA and the collection made its way to Pittsburgh. I also contributed a commemorative pin for a Doctor, [who was] a mentor to so many and visionary giant in Pittsburgh, who we lost far too soon.

Happy, Safe and Healthy.

The earth has music for those who listen –  
In loving memory of Melanie Kaulic- Good  
June 7 1961 – October 24, 2022  
Dedicated Mercy employee 1999-2022  
We miss you + will forever be grateful  
for your kindness and friendship.

With time and perseverance, you will overcome  
Sending prayers and well-wishes for your healing!

Be Kind.

A simple act of kindness may make somebody's day.

You may be the only kind face that they see all day.

You never know what somebody is going through

And a simple smile or "hello" could mean the world to them.



Don't forget to be kind to yourself!

Be your authentic self, ALWAYS!

Selfcare is a necessity!

You are worthy!

Life is learning, growing, struggle and reward

... you've got time

I have been welcomed into an amazing team through my time at Pitt, UPMC, and the Center for Assistive Technology who are driven to enhance the lives of patients at Assist+ can help patients achieve their goals, socialize with the community, and learn about new ideas and resources. I am inspired that this new building can help transform healthcare, and I am grateful to be a part of this journey.

## Pins

These pins represent my personal history with our hospital & the gift of opportunity they gave to me, a poor, uneducated city kid. Right out of high school, I applied to work in the admissions department at Mercy Hospital of Pittsburgh.

At 19 years old, after a 6- 8 month wait, I was hired on 01/30/1990! I was trained in ER Registration by Sister M. Francis Xavier, RSM (Sister of Mercy who shares a name with one of the original sisters of Mercy who opened our hospital (The 1<sup>st</sup> in Pittsburgh on 01/01/1847)) I proudly wore this employment anniversary pin as I greeted those seeking emergent medical care, registering them under SR. Francis' watchful eye. Working alongside ER nurses and Physicians inspired me to put myself through nursing school and become a nurse!

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I am one of seven children of parents that did not complete high school. Mercy Hospital showed true mercy to me when they gifted me a place under their “wings of mercy”. They gave me the opportunity to work alongside professionals who inspired me to seek higher education (the only one of my siblings to do so) and enter a field of service. Another blessing they provided was the opportunity to be endlessly grateful & mindful that every single day is TRULY God’s gift! We meet people daily who wake up and start their day in their normal state of health and end their day not the same. Mercy Hospital has gifted me with being in the helper’s position. No matter how exhausting that can be, I am blessed with perspective over and over again,...since January of 1990!

Mercy Hospital inspired me to pursue higher education and work as a registered nurse serving those in need. The ability to earn eventually fed my children and provided them shelter. I find it more than fitting that a small symbol of the original foundation of our hospital) The Mercy Dove) find a place in the new UPMC Mercy Pavilion. I pray God blesses that space, those we serve there, and all the many who will carry on the original spirit of serving all who seek care, regardless of social or financial status

## **My First Mercy Hospital Badge from 2003**

This is my ID Badge on my first day of work at Mercy Hospital in 2003. The picture was taken a few hours after finding out I was expecting Twins! My twin boys were born here at Mercy hospital 18 years ago, and I have been here at UPMC Mercy Pavilion caring for eye patients until I retire (+ then some maybe). I hope for groundbreaking research to help with people being able to gain eyesight for my Children's grandchildren. UPMC Mercy is a special place for me & holds a place in my heart.

I joined Mercy in 1990 - I've attached a card with my name and names of surgeons who completed their surgery rotation at Mercy and continue to practice at UPMC Mercy.

Including this info for transition to the UPMC Mercy Pavilion.

This year I am going to retire and I hope I will be blessed to live a healthy life into my retirement years.



Minions are my happy place  
and I want to give back joy  
to the new building



I hope that there is always a spec of light in the darkness.

I hope that this building brings restoration, strength  
and hope to all that enter it.

We are donating a royal blue wine bottle that came from the Johnson Winery Estates in Westfield New York. It represents several years of a family-like friendship among 2 couples who have grown up together and hope to grow old together.

Our friendships were cultivated  
working together at Mercy



**There are good ships,  
+ there are wood ships,  
the ships that sail the sea.  
But the best ships,  
are friendships  
+ may they always be.**

The object is a pewter mouse that my mother brought back from a conference in San Francisco about 50 years ago. The significance for me is sharing something from my mother. She was an amazing person & this trip was due to a job she obtained after she received her master's degree. Both the advanced education & traveling solo were uncommon for women at that time and I believe helped to influence my view on all that women could accomplish.

Reflects the team work and dedication to work done by the UPMC Mercy team and their associates in the UPMC Mercy Pavilion.

My bottle is new and has many shapes and facets. To me it represents new beginnings and the diversity of the patients that the pavilion will serve.

**To My Future Self/Others:**  
**Please be kind to yourselves and others.**  
**Healing is a “process” not an end result.**



Thank you to the doctors, nurses, and all staff for taking care of my sister with professionalism, compassion and humor. She and our family are eternally grateful.

My wish is that my children are happy and healthy. My hope is they always have each other to lean on. I hope nothing in life interferes and ever divides them. They are my support during bad times. My wish for my husband is that we stay healthy and enjoy many many more years together. My wish also is that my grandchildren grow up loving life. That this world becomes a better place to live. I hope my siblings stay healthy.

The pandemic something none of us had witnessed in this lifetime. Amidst the shut downs, shortages and a whole new way of living, cat lovers, sport fans and people from all walks of life wore masks expressing their individuality, yet coming together to try to protect themselves and one another.

This to me is hope.

Keep Heart Care

Bring us a lot of health and wealth

Blink twice if You're not ok ...

**I have my eye on you!**

# Paper Origami Crane





The Lord who brought me here,  
is the same lord that will take care of you,  
provide for you and give you a Hope!  
He is a blessing without measures.  
Trust in Him!!!

I have a beautiful blue bottle that was given to me by a very special person. The design on the bottle makes me think of Italy - a place I so hope to travel to once in my life.

Life is short and people are priceless -  
Find the good. It's too easy to get lost in the bad.

I got married to my husband and most of the staff attended our wedding.

Looking back on those years we dealt with so many things. We were like a mini-ICU unit with no ventilators, but patients were critical. We had A-Lines for TPA peripheral patients with cold foot. Cath lab patients that had stenting or needing open heart surgery and trauma patients. That unit taught me so much that made me the Nurse I am today not to mention all the other units I worked on. The staff throughout the hospital are great.

I delivered all my children, here, which was a blessing. They attended the child development school here at Mercy. Knowing they were here with me at Mercy felt good. I had my first start here and my children did as well.

Working here at Mercy for 35 years has provided me so much. I have a home, children I put through school, vacations, and so much more. My husband and I gave them a wonderful foundation to start their lives.

There once was a Unicorn named Jim,  
Who likes to ride with Kim,  
And likes to camp,  
And found a stamp,  
Then Jim said, "It's hot so I should swim."

(This message is a picture of Dr. Douglas Rockage)

You were one of the best.

You will never be forgotten.

Your light will shine on.

Love, Your ER Family

Mercy has been a huge part of my life. I started as a Respiratory Therapist in May 1992. In May 2000 I became an RN. In 2011 I received my BSN and in 2015 my MSN in Nursing Education. I was an Adjunct Clinical Educator for Mercy School of Nursing, then moved to the Department of Nursing Education. I ended up in Quality & Patient safety in 2020. Mercy has also been a part of my daughters' lives. I've had many wonderful mentors and friends throughout my career here!

My favorite “Relax” Riesling  
comes in a beautiful blue bottle.

My message is to “Relax” !!

I work on PM+R Rehab I have worked on all the units (stroke, ABI + Spinal cord) with most of my time spent on spine. When a traumatic injury occurs that totally alters life as you know it you can either look at the glass ½ empty to ½ full. I have always tried to see + get my Pts to see the glass ½ full





We all want to be part of something bigger than ourselves and which has a lasting effect on our community long after we are gone. My patients have taught me what it truly means to be a physician and how to enable people to live as independently as possible. My wish is that what I give back to the community (even if it is a small fraction of what I learned) makes a long lasting impact.

Thank you to all the Doctors and Nurses who work so hard.  
Being a person with a disability (Quadriplegic)  
I always appreciate the extra care and service.

At the Rehab Neural Engineering Labs, our goal is to improve the quality of life of individuals with neurological impairments by advancing scientific understanding of motor and somatosensory systems to engineer new rehabilitation therapies and technologies.

Peace and Love and  
Good Health to everyone.

Erase racism!



Rosary

Thank you nurses for all u do  
and the wonderful staff on 7E.

A medida que cada colaborador bendijo esta creación con su mensaje y/o botella, que cada persona que ponga sus ojos en este arte decorativo sea bendecida con amor, salud y paz.



## **Doug Rockacy**

We will always miss you and everything you brought to the Mercy ED. You were an amazing emergency physician, a great friend and always the life of the party. You meant more than you ever knew to your patients, colleagues, staff, students and everyone you touched.

After 20 years of having a spinal cord injury, I have to say that it was life changing. Not for the bad, but without it I wouldn't have met some of the most amazing people in my lives, I wouldn't have traveled the places I have traveled, and I wouldn't be where I am today. In the words of the great Dr. Temple Grandin, "See the person, not the label".

Jose Sahel has inspired me to  
be a better person in many ways.

I have always loved working at Mercy  
because of its spiritual foundation  
and the community of co-workers.

Ephesians 3:20

May this building bring hope  
and comfort to all who enter.

Satnam Waheguru!

Ja Tu mere Val Hai,  
Ta kya mohchanda!

# Works of Mercy Prayer Card



hope is  
the first flowers of spring  
feeling the sun warm your face  
a small shared smile  
moving forward



In life, you choose battles to fight and to let go.  
But always fight against  
Injustice, prejudice, and discrimination.

I remember the first time I visited Pittsburgh, it was 2003 and I came to see a college. We were driving around at night, and the lights were lit up in the hills and mountains, creating an image I had never seen before (my home state, Michigan, is very flat) and one that I've never forgotten.

For I have learned to be content  
whatever the circumstances.  
- Philippians 4:11

In memoriam  
- my Mother, Carol A. McLean -  
a wonderful, humble woman with a beautiful, kind soul.  
She passed away on Mother's Day  
- May 8, 2022 -

My son was born right after I started working on this building. Long after I leave this world, this building will continue to stand as a beacon of hope, advancing science and medicine to provide a better tomorrow for future generations. I hope as he grows up, one day he might look at the Pavilion and be proud of what his father helped to create. I love you and your mother with all of my heart.

Never forget -  
you ARE worthy of love and acceptance.

Keep SHINING!

May these new walls we work in be as blessed as the walls in Mercy Hospital. May my familial angels who are no longer with us my Grandmother and My Cousin continue to look down on me as I work in the Pavilion.



**Audio Tapes and Film**



I remember visiting family at Mercy when I was younger who was allowed to smoke cigarettes in her room. I also remember staff smoking at the nursing station, along with med carts having ashtrays on top of them and the MD sitting down to have a smoke with my family member while discussing her case. Fast forward to being a Respiratory Therapist at Mercy, I think of how funny that was in retrospect.

My kids and I always tell each other,  
“Do good things.” I hope the people  
that are within the walls of this  
building “Do good things.”

The vision which seven women, Sisters of Mercy, had in  
1847 to help the sick and the poor, lives on.

May we all see and share God's wisdom and love.

Congratulations to our daughter  
who will begin her nursing education  
at UPMC Shadyside School of Nursing  
in the fall of 2023.

We wish you a lifetime of success!!

I would like to dedicate this message  
to my grandmother who is up in Heaven!  
I love and miss you Gram!!!!

Mommy and Daddy  
I hope your proud of me.

Started at Divine Providence Hospital in March 1976.

We were purchased by Mercy Hospital  
then later closed and brought to Mercy.

We were then acquired by UPMC.

UPMC is a great learning institution, thank you for the  
years.

God Bless all who walk through these doors  
and especially those seeking healing.  
God bless all the healers and helpers.  
Help us all to work together to raise up the lives of all.



I moved back to my Hometown, Pittsburgh, in 1995 as a Flight Nurse often landing at Mercy bringing many patients. I've always noticed the "difference" between "other nurses" and Mercy Nurses; super dedicated, always going the extra mile, never leaving Mercy for other jobs and extremely knowledgeable and competent.

After 15 years of flying, my eyesight could not support me in my Flight Career, I decided to become a Mercy Nurse in 2013! Despite my visual disability and multiple surgeries, Mercy has always been accommodating to assist me in continuing my career as a nurse to help those in need.

What a blessing the New Eye Center in this Pavilion will be to me and so many others. I am privileged and honored to be a part of it and to have it here for my future use in maintaining the vision I still have.

Each step we take forward into the unknown  
keeps civilization going.

Working here at Mercy the things that inspire me and give me hope are the people I work with and even the people I provide care for. I never in a million years would have thought I would be working and doing the job I am now. I am so grateful and blessed to be able to be here and provide the work I do to my patients.

Tough times make us stronger.

I would like to thank all the nurses that came before me, the pioneer nurses, who had immense drive, passion, dedication, one of which was my Mom, a mercy nurse always...thank you Mom for all your sacrifices.....

## Thank You Note

I have been a certified nurse for 30+ years. I'm proud to have maintained my certification and celebrate my colleagues who are also certified showing their level of expertise in their specialty. Certified nurses' day is in March and it means a lot when we are recognized for dedication to our certification and to our patients.



The best co-workers ever!

Enjoy each day.  
Life goes by very quickly.  
Don't sweat the small stuff  
and most of it is small stuff.



Have faith.  
Things always seem to work out  
for the best!

As of today, 3/22/2023, it is now seven months since you went to heaven and I know you are safe with God. I miss you every day and I am glad the family was able to take care of you during your care, since you always took care of others before yourself.

You taught me so many things such as be kind to others and show respect, continue our custom tradition, be a strong and independent woman and to be proud of myself. I was very blessed to have such a wonderful mother as you.

I am not going to say goodbye, but so long for now.

XO,  
Your baby daughter

May many be helped and healed  
as we begin this journey!

This item is special to my family  
My Father worked at Heinz Factory in Pittsburgh  
for 25+ years before he passed away.



You get what Anybody gets, you get a lifetime.  
All you have to decide is what to do  
with the time that is given to you.

Be you, do Good.

We're all going in the end. Make it a good one.

Life sucks sometimes and we love, hope,  
But it's always there and we will find it again.

It'll be ok.

I promise.

To all those who come here.  
May you find peace and comfort.

Forever young...  
Happy 80

I started life over at 46. Changed careers, married my second husband, and moved across the country to Nevada. My life is now infinitely better. I have a husband who loves and cherishes me (My former husband was emotionally and mentally abusive for 20 years), I love my job, I'm a history teacher, and my family is happy and healthy. I also now have two beautiful grandchildren and am closer than ever to my daughter. I still have struggles, like having 2 miscarriages in two years and being diagnosed with stage 4 endometriosis, but I wouldn't change my life for anything now. That being said, my wish is for all women, and people in general, to find their happy. Even if you are older, you can change things to make your life better and become happy.



**I am so lucky to be becoming a nurse!**

Never let fear or the thoughts of anyone else  
stop you from making a difference in your own life  
and the lives of others.

Never let your past define your future

Never let anyone tell you that you aren't enough.  
You are worthy of every ounce of joy and happiness.  
Keep being you.

What gives me hope is the unknown.

I wish for peace around the world...

Never give up hope,  
the good things will come  
just when you need them most...

## Heart Pin

I guess you can say my destiny was to work at Mercy Hospital, now UPMC Mercy for the last 45 years I have not strayed far from my roots. My beloved maternal grandfather “pup” Brockner and my beloved maternal grandparents “Nanny” Majoney Rachuba & John Rachuba were born and raised within a few blocks of Mercy Hospital. Equally loved was my beloved “Nanny”, Stepanovich Bruckar, who was born and raised on the Southside, so as you can see when I walked through the door at Mercy on June 12, 1978 at age 20, I was home. God willing, I will retire within the next 2 years after spending my entire nursing career here. God blessed me with my calling, strength & health to work all these years full-time.



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I leave many memories happy and sad as I cared for all my patients. I pray that I gave them the best care they deserved I have been fortunate to have made life long friendships with my co-workers and the many acquaintances I have met in these beloved hallways. Personally, my beloved parents John and Mary Rachuba also love of so many within these walls throughout their years. The case was extraordinary. As I prepare to hang up my nursing cap I know without a doubt that the legacy of this great caring hospital will continue on for years and years. Thank you for allowing me to contribute on a personal level my thoughts and thanks!



Dear Future Me,

I hope you became a nurse and got your degree in DNP.

I hope you're married and have two kids.

I hope you've grown and learned to love yourself.

If you ever see this pat yourself on the back for me.

I'm so proud of you.

Love,

You

To my childhood friend.  
I hope the doctors in their building  
can someday cure your Retinitis Pigmentosa  
so that you can see your sisters, your parents  
and your nieces and nephews!

I like for a quote by Sister Catherine McAuley to be remembered by all –

“We should be shining lamps giving light to all around us”

- Catherine McAuley, Foundress of the Sisters of Mercy

This project resonates with me on so many levels – as a glass historian and collector who appreciates the beauty and the history of the glass here.

As a curator who helped collect and input the important story of the Mercy nuns here – Probably who build the city's first hospital and treated all who needed it.

And as a patient of Dr. Molmeyer's here at Mercy who provided exemplary care who I was yard and all the staff who nursed me back to health

I saw the city's history and it's caring people – this piece of art

## **Chemo “Bling”**

I was a cancer patient at UPMC in 2018/2019. My daughters and I made these bracelets to wear on the days when I had my chemo treatments. I am the manager of the Internal Medicine Residency at UPMC Mercy, and I made bracelets for my residents to wear, too. It felt great to have a whole army of people behind me while I was fighting cancer. But that is what UPMC is all about: we all work together and life each other up. Cancer is in rear-view mirror, thankfully, but I am grateful to still have my army.

