

JOIN A TEAM UPSTATE EVENT

Mary Nelson's Youth Day BBQ **Aug. 17**

To help local children prepare for the school year. Corner of South Salina Street and Wood Avenue, Syracuse. For more information or to register: **315-380-9088** or www.marynelsonyouthcenter.com

Xtreme Hike for Cystic Fibrosis **Aug. 23 - 25**

This is a weekend event in Lake Placid hiking the Adirondack High Peaks. This annual event benefits the Cystic Fibrosis Foundation and supports the families and patients cared for in the Golisano Children's Hospital Pulmonary and Cystic Fibrosis Center. For more information: Cindy Nappa, **315-464-6059**

Upstate at the State Fair **Aug. 21-Sept 2**

Showcasing many of our offerings to our regional community New York State Fair Grounds, State Fair Blvd; Syracuse. For more information: **315-464-4836**

Ride for Cancer Care **Sept. 8**

A motorcycle ride supporting patients and families at Upstate Golisano and University Hospitals. Canastota, NY. For more information: **315-464-4416**

Upstate's 4th Annual 9/11 Day of Service and Remembrance **Sept. 15**

To honor the victims and survivors of the 9/11 terrorist attacks, Upstate Medical University will unify on 9/15 to engage in service activities at various community organizations in the area. Sign up information will be communicated to the Upstate community in August. For more information: call **315-464-8807** or email: engage@upstate.edu Registration and community information for the Day of Service will take place on the 4th floor of New Academic Building on September 15th.

Aiming Fore the Cure **Sept. 15**

To benefit the Carol M. Baldwin Breast Cancer Research Fund and Upstate Medical University's research for breast cancer. Highland Park Golf Club, Auburn, NY. For more information: **315-345-3649**

United Way of CNY Annual Cookoff Kickoff **Sept. 20**

A friendly competition to launch the United Way Campaign. NBT Bank Stadium from Noon – 2 pm. For more information: **315-464-4836**

Paddle For Pancreatic Cancer **Sept. 21**

Paddling/Kayaking event to benefit the AI Todeschini Pancreatic Cancer Fund. Mountainman Outdoor Supply Co. Moose River, Old Forge, NY. For more information: **315-415-3157**

Community Giving Campaign begins **Sept. 23**

Support Upstate's campaign for the community! For more information: **315-464-4263**

Walk to Cure Diabetes **Sept. 28**

To benefit the Juvenile Diabetes Research Foundation. Long Branch Park. For more information: **315-464-4736**

Upstate Cancer Center Call In For Cancer **Oct 1**

Hosted by the Upstate Foundation, Call In For Cancer is raising funds to support cancer patients in celebration of Upstate Cancer Center's 5th Anniversary. Join us and IHeart Media's, B104 hosts Tom and Becky broadcasting live, sharing stories of hope and encouragement. For more information: UpstateFoundation.org or **315-464-4283**

Making Strides Against Breast Cancer 2018 Team

Making Strides Against Breast Cancer **Oct. 13**

Walk to benefit the American Cancer Society. SRC Arena at OCC, Syracuse. For more information: **315-464-6065**

Team Upstate's "Your Cause" **Nov. 1-30**

This opportunity is an exciting way for Team Upstate to become connected with a charitable cause each year. Upstate employees and students are invited to apply for Team Upstate support for the 2020 calendar year. Applications will be available on Nov. 1st at www.upstate.edu/teamupstate and click on "Your Cause" to download.

Extra Life 24 Hour Gaming Marathon **Nov. 2**

Local gamers can register to play games and heal kids at Upstate Golisano with Extra Life! A 24 hour gaming marathon fundraiser. Presented by Upstate Foundation. For more information visit: www.extra-life.org/ or call **315-464-4416**

OttoTHON **Nov. 9**

12 hour dance marathon benefiting sick & injured children at Upstate Golisano Children's Hospital. Location: Syracuse University. For more information visit: www.facebook.com/OttoTHONatSyracuseUniversity/ or call **315-464-4416**

Big Red Thon **Nov. 9**

12 hour dance marathon benefiting sick & injured children at Upstate Golisano Children's Hospital. Location: Cornell University. For more information call: **315-464-4416**

Toy Drive **Nov. 11 - Dec. 6**

To benefit local children. Sponsored by the College of Health Professions. For more information: **315-464-6903**

Upstate Gala **Nov. 22**

Hosted by the Upstate Foundation, this annual event celebrates Upstate, while raising funds for various initiatives. Join us this year at the Oncenter, Syracuse, NY. For more information: UpstateFoundation.org/Gala or **315-464-4416**

Holiday Happening **Dec. 10**

To celebrate the holidays and another year of your outstanding service and dedication to Upstate's mission, we hope you will join us for a festive Holiday Happening. Join us for breakfast or an afternoon treat and let us say thank you for all that you do. Location: Café 750 at Downtown Campus and the Community Café. For more information: **315-464-4263**

Christmas Bureau **Dec. 18**

The Salvation Army joins forces with hundreds of community groups and thousands of volunteers to make magic happen for low-income families during Christmas Bureau Distribution Day. Location: OnCenter. For more information: **315-464-4836**

Annual 9/11 Day of Service and Remembrance 2018



Blood Drives: Go to upstate.edu/blood for a complete list of dates and locations.

The Upstate Foundation relies on volunteers to visit various Children's Miracle Network Hospitals' retailers that support our pediatric patients. For more information, contact The Upstate Foundation: **315-464-4416** or www.facebook.com/The-Upstate-Foundation

Know someone who wants to volunteer at Upstate?

Volunteers at Upstate University Hospital may be students, professionals, or retirees. The most important credentials are a desire to be of service and a willingness to accept an assignment based on the hospital's needs. upstate.edu/volunteers for application deadlines, etc.