Every day — through acts of kindness, professionalism and service — Upstate employees, students and volunteers live our values and support our mission: to improve the health of the communities we serve.

This document is a sampling of recent community involvement from Upstate Medical University.

**Educational and Social Support Programs**

- **CanTeen**
  - Upstate students meet with students at the Cicero after-school program to provide companionship and engage them in scientific activities.

- **Caring for Kids**
  - Upstate employees provide books and baskets of necessities to classrooms to address some of the social barriers that elementary school students face.

- **Community Connections**
  - Upstate students tutor, read, provide homework help, play games, mentor and offer health education at after-school programs in Syracuse.

- **Extended Hands for Adolescent Mothers (EHAM)**
  - Upstate students host monthly creative and/or educational sessions for young mothers to develop parenting and life skills and to reinforce a mentality of positivity through creative outlets. EHAM partners with the Salvation Army’s Transitional Apartments and Parenting Center that provides long-term transitional housing for pregnant and parenting adolescent girls and their children.

- **Folk Art Partnership**
  - Upstate students help promote the mental and social health of participants — largely refugees from the Syracuse community — using creative arts from a variety of cultures. Students engage with participants to build cross-cultural and intergenerational relationships as they create art and crafts.
FOR TEENS AND YOUNG ADULTS

Beneath the surFACE
This head and neck cancer outreach program was developed by the Upstate Cancer Center for middle and high school students. It educates teens on the importance of receiving the HPV vaccine and avoiding tobacco and excessive alcohol use to reduce cancer risk.

Connecting with Youth on Upstate’s campus
Upstate brings young people on site to cultivate their interest in health care and the wide variety of available careers. Dozens of Upstate employees host and mentor students at their work sites or conduct classes for them. Many of these opportunities are focused on providing access to underrepresented students.

These programs include:
Health Careers Shadow Days
Henninger High School students meet with representatives from the colleges of Health Professions and Nursing.

Hillside Work-Scholarship Connection
At-risk high school junior and seniors are mentored by Upstate employees after school. The students develop life skills and receive job training. Students in this program graduate from high school at twice the rate of their peers and between 70 and 80 percent of these graduates attend college.

LaFayette Big Picture School shadow days
High school students learn about careers by shadowing Upstate employees for a day.

COMMUNITY OUTREACH

Health Careers Program
Upstate medical students and employees volunteer to work with students interested in health careers at Syracuse’s Henninger High School.

Healthy Neighbors Story Time
Upstate employees volunteer at the Healthy Neighbors story time that meets one Saturday a month at Pioneer Homes’ Coffee House.

Oasis Tutoring
Upstate’s Oasis volunteers work with schools in four districts to mentor and tutor students in grades K-3.

Reach One, Teach One
Upstate volunteers assist elementary school students with homework and lead fun, interactive science experiments at this afterschool program of Zonta and Girls Inc.

Reading Buddies
Upstate students read with 3rd and 4th grade students at Dr. Martin Luther King, Jr. Elementary School every week throughout the school year.

RISE (Refugee and Immigrant Self-Empowerment)
Upstate students coordinate monthly sessions with female children of the Syracuse RISE program to educate, motivate and present participants with skills to promote their success.

Salvation Army Afterschool Program
Upstate students offer programs on health education, especially personal hygiene and social skills for children ages 5-12.

Youth Day BBQ/Backpack and School Supplies Drive
Upstate students and employees support employee Mary Nelson’s annual Back-pack Giveaway and BBQ by donating school supplies and volunteering at the event that helps over 21,000 youths and their families get ready for a productive and rewarding school year.

MEDS (Medical Education for Diverse Students)
Upstate students provide lessons in medical science, public health and healthcare career exploration to students from Henninger High School.

NYS Mentoring Program
Upstate students volunteer one hour a week at Bellevue Elementary School in Syracuse, engaging with 3rd and 4th grade students in one-on-one activities. Upstate students act as positive role models so youth can learn to make good choices, develop self-esteem and reach their potential.

The NYS Mentoring Program connects elementary school students with Upstate students who act as positive role models. See below.

The Upstate family is involved in a number of volunteer projects with young children, such as story time at Pioneer Homes, part of the Healthy Neighbors collaboration. See pgs. 4 and 11.

Educational and Social Support Projects

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MASH Camp (Medical Academy of Science and Health)
Upstate employees volunteer to teach in this two-day “mini-med school” for middle school students. Hosted in partnership with CNYAHEC.

Open Houses
Offered twice a year by Upstate’s colleges of Graduate Studies, Health Professions, Medicine and Nursing, these programs showcase Upstate’s academic programs and the breadth of health care professions.

Presidential Scholars
Since 2008, 100 college seniors and graduate students from underrepresented groups have gone through this program, and nearly 20 have been hired at Upstate. The program is designed to develop a work force that is more diverse and more reflective of the communities we serve.

Project SEARCH
Upstate was the first hospital in the state to offer a 30-week internship for students with developmental disabilities. Nearly 100 students with disabilities have gone through this program and nearly 20 have been hired at Upstate.

SYNERGY/Mercy Works Internships
Since 2009, Upstate staff have volunteered to mentor college interns from Syracuse. Synergy interns, from underrepresented groups and/or low-income households, work full-time over the summer. More than 20 are placed at Upstate each year, making us the largest sponsor of this program.

Teen Volunteer Program
High school students, age 15 and older, gain health care experience by volunteering at Upstate University Hospital’s Downtown and Community campuses during the summer.

FOR ADULTS/ALL AGES

Food Pantry
Food insecurity can be an issue for some students. Upstate has partnered with University United Methodist Church’s food pantry to help students in need and contributes financially to help support the pantry.

Point in Time Count
Upstate students and staff volunteer to help count homeless people on the streets during winter nights. If they will not go to a shelter, they are provided with warm coats and blankets.

Support Groups
Many support groups meet at Upstate to connect people who have similar health experiences or challenges and want to share them to benefit others. Groups include smoking cessation, cancer, stroke and bariatric surgery support.

Women Heal
Upstate students hold semi-monthly groups with female residents of the Rescue Mission to promote their physical, mental and social well-being through education, relaxation and other activities.

Your Cause
Each year, Upstate staff nominate charities to receive funding and volunteer support. Recipients of “Your Cause” awards have included Chadwick House, OnPoint for College, Clearpath for Veterans and In My Father’s Kitchen.
Fundraising

Upstate Foundation
The Upstate Foundation is a public charity that provides support to advance the Upstate mission. Funds raised provide assistance to patients’ families, comfort for patients and opportunities for fun and education for pediatric patients, medical equipment, research, scholarships and other services.

Advocates for Upstate Medical University
The Advocates for Upstate Medical University is a 501 (c)(3) charitable organization with more than 100 volunteer members who are Upstate employees, retirees and friends. Fundraising supports campus and hospital initiatives and community health education.

Alumni Associations
Upstate's Medical Alumni Association manages more than 150 funds that primarily support educational programs for medical students. Since 1992, the Health Professions and Nursing Alumni Associations have awarded more than 860 scholarships and other support for students, faculty and alumni. The College of Graduate Studies Alumni Association supports a Distinguished Alumni Lecture Series to mentor graduate students.

Community Giving Campaign
Upstate employees donate more than a half-million dollars annually to benefit more than 600 nonprofit agencies, making it one of the most successful fundraising efforts in the SUNY system to help those in need.

Oasis offers many programs for seniors to support healthy aging. See pgs. 4, 15 and 16.

The mammogram van will serve women, age 40 and over, in eight counties in central and northern New York. See pg. 12.

Below are examples of fundraising events supported by Upstate staff and students.

American Diabetes Association’s Tour de Cure
Members of Team Upstate cycled to raise money for diabetes. From this effort, a Team Upstate cycle club was born.

Making Strides Against Breast Cancer
Nearly 120 members of Team Upstate raised more than $20,000 for the American Cancer Society. Real Men Wear Pink raised close to $4,000.

Heart Walk
Nearly 500 Upstate volunteers raised over $37,000 for the American Heart Association. Team Upstate has the largest team in the region.

March for Babies
Nearly 100 Upstate staff and students participated and raised more than $3,000 for the March of Dimes.

Upstate’s Community Giving Campaign supports the United Way and hundreds of other non-profits and is one of the most successful employee charitable giving programs in the SUNY system. See pg. 8.
Health Outreach Programs

FOR CHILDREN

Amaus Pediatric Clinic
Upstate students assist in patient intake and assessment, patient flow and referrals at this walk-in, primary care facility located at the Cathedral of the Immaculate Conception in downtown Syracuse. Patients are children without health insurance or with limited access to health care.

CHAMP (Children's Health After School Mentorship Program)
Upstate students work with youth of all abilities on fitness activities and healthy behaviors.

FOR ALL AGES

CONTACT
Upstate student-volunteers answer the hotline that provides free, confidential, 24-hour service for anyone who is in crisis or just needs to hear a caring voice.

FOR ADULTS

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Healthy Neighbors – Resident Health Advocates
Upstate partnered with Syracuse Housing Authority to create Healthy Neighbors. This partnership enables Upstate to collaborate with its nearest neighbors – the residents of Syracuse Housing Authority's low-income public housing: Pioneer Homes, Toomey Abbott Towers and Almus Olver Towers. Through this partnership, Upstate supports healthy living and quality of life goals that are identified and driven by the residents themselves. Upstate professionals volunteer to train resident health advocates (RHAs) in areas such as cancer and diabetes prevention, sexual health, physical activity, and more. Upstate volunteers also provide training on how to conduct health outreach within public housing complexes. The RHA training program has an average 90 percent graduation rate. Through this opportunity, some RHAs have secured full-time employment in health and service fields.

The program also supports a community garden at Pioneer Homes and an indoor vegetable garden at Toomey Abbott Towers to provide healthier eating options.

Healthy Hearts Program
An outreach and screening program on heart disease. Upstate physicians, residents and medical students volunteer to provide free personalized cardiovascular risk screenings at various community locations.

The chronic disease self-management education program is one of many support groups hosted by Upstate's Oasis program. See pg. 15.

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Upstate staff support a variety of non-profits by participating in events such as the American Heart Associations Heart Walk. See pg. 9.
Helping Hands for Forgotten Feet
Upstate students provide patient navigation under the supervision of physicians at the Rescue Mission emergency shelters. This includes aiding in patient intake, taking patient histories, doing assessments (with a focus on foot health), providing health education and referrals to primary care providers.

Housecalls for the Homeless
Housecalls for the Homeless provide medical, psychiatric and addiction care for those without homes in Onondaga County. Working with shelters and support services, Upstate staff and volunteers provide dressing of small wounds, treatment of infections, foot care and blood pressure checks. Chronic conditions such as hypertension, COPD and diabetes are monitored and individuals receive counseling on how to manage their care.

Mobile Mammography Van
Upstate’s mobile mammography unit will provide better access to breast cancer screening for women in the Central and Northern New York counties of Onondaga, Oswego, Jefferson, Lewis, St. Lawrence, Herkimer, Oneida and Madison.

Rahma Clinic
Upstate students shadow staff and aid in patient intake, assessment, referrals and patient flow at this walk-in primary care facility on Syracuse’s Southside. The Rahma Clinic is for people without health insurance or with limited access to health care.

Refugee Health Literacy
Upstate students offer culturally sensitive health presentations on chronic diseases, mental health, stress, wellness and prevention strategies for local refugees.

She Matters and We Matter
She Matters and We Matter are peer-supported cancer screening programs that are reducing health disparities. She Matters has resident health advocates who educate and encourage their neighbors and peers in Syracuse Housing to be screened for breast cancer annually. She Matters focuses on low income women and women of African descent because breast cancer mortality is high in these groups.

We Matter uses a similar model to educate and screen men and women for colorectal and lung cancer. This peer-to-peer approach is successful among residents of Syracuse public housing, who have a high rate of cancer diagnosis. Early detection has increased survival.
Stop the Bleed
This free training, offered to the community and taught by Upstate professionals, empowers people to act quickly in situations where there is injury and bleeding. A person who is bleeding can die within five minutes, and this training may save lives.

Health Research
Safety Net Clinic Research
Upstate students work with an Upstate researcher to conduct surveys and interview patients utilizing local free clinics to gather information about other services crucial to this population. Results of the students’ work have been published.

Summer Undergraduate Research Fellowship (SURF)
This College of Graduate Studies’ program nurtures undergraduate students interested in biomedical science careers.

Volunteer Services
More than 200 volunteers assist Upstate students and faculty members who are conducting research.

Health Seminars and Education
FOR ADULTS
Childbirth Classes
Upstate offers free childbirth and new family education classes.

Health Information at events
Upstate employees and students volunteer at health information booths and tables on campus and in the community. Campus events include Public Health Week, Pathways To Wellness, Senior Medication Safety Fair and the Great American Smokeout. In the community, Upstate offers a health education presence at walks/runs, sporting events and other activities. Upstate staff and students volunteer at Sisters Serving Sisters, Healthy Aging, YMCA Women’s Residential Program and the Annual Senior Fair.

HealthLink On Air
This award-winning, 60-minute talk show explores health and medical issues, and showcases Upstate faculty and staff and other experts with ties to Syracuse and Central New York. The program has been produced since 2006 by journalists in Upstate’s Marketing and University Communications department. The show is broadcast twice each Sunday via NPR station WRVO and reaches listeners in 12 cities in central and northern New York. It is also available via podcast and online.

HealthLink Seminars
Each year, nearly 100 Upstate physicians, nurses, physical therapists, pharmacists and clinical educators volunteer to give free health seminars, and reach nearly 4,000 attendees. Seminars are held at a variety of locations across several counties, including Upstate’s HealthLink/Oasis Learning Center in Syracuse.

Living Healthy with a Chronic Condition and Peer Support For Adults With Type 2 Diabetes
These Oasis programs are evidence-based, peer-led health education sessions for people and/or caregivers with chronic health conditions. Upstate providers can prescribe sessions for their patients.
Patient Support

FOR CHILDREN
Peds Pals
Upstate students mentor pediatric patients as they undergo treatment. Activities include accompanying patients to appointments, going on outings and visiting during hospitalizations.

Peds Relief
Upstate students provide companionship to pediatric patients to allow brief respite for parents. Students play games, read books and create art.

FOR ADULTS
Dialysis Companions
Upstate students provide companionship to patients receiving dialysis to improve mental health.

Geri CARE
Upstate students play games, read books and converse with senior patients in the geriatric center at Upstate with the goal of improving mental health.

Volunteer Services
Upstate has more than 500 volunteers, ages 15 to 96, who help patients, families and guests. In one year, the number of services provided by volunteers topped more than 18,000 at the hospital’s Community Campus and more than 23,000 at the hospital’s Downtown Campus.

Beneath the SurFACE
Beneath the SurFACE is a cancer prevention program for middle and high school students. See pg 5.

NYS Fair
Nearly 400 Upstate employees volunteer at the New York State Fair over 13 days to share health information with the public.

Oasis
Upstate hosts Oasis, a nonprofit educational center that promotes healthy aging through lifelong learning, active lifestyles and volunteer engagement. Locally, thousands of people, age 50 and older, participate.

Smoking Cessation
Smoking cessation programs are offered at the Upstate Cancer Center and in the community.

Tai Chi for Arthritis
This HealthLink program is a falls-prevention exercise series offered at various senior centers.

Vascular Screening Day
The vascular screening day, offered through HealthLink, serves more than 200 people each year with the intent of providing this screening to low-income people and the medically underserved.

Upstate Health Publications
Upstate provides free health publications to provide advice, expertise and news—all aimed at improving the health of the community. Award-winning publications include: Upstate Health and Cancer Care, quarterly magazines that appear in print and online. Both feature original content unique to Upstate and are available by subscription as well as at various distribution points.

Upstate staff are active in Young Leaders United, a United Way of CNY program that promotes positive change through education, networking and volunteer opportunities. They are pictured making sandwiches for the Samaritan Center.

Upstate staff and students use their vacations to do medical mission work throughout the world. See pg. 11.
COMMUNITY OUTREACH

Support of Non-Profit Organizations

Coat Drive
The Upstate community collects new or gently used coats for people in need during the winter season. All items were donated to InterFaith Works.

MLK Day of Service
Upstate medical students make sandwiches for organizations that feed the hungry.

Salvation Army Christmas Bureau
Each year, Upstate staff and students donate more than 500 toys and hundreds of books to the Salvation Army Christmas Bureau. Volunteers from Upstate join other volunteers to offer refreshments and help patrons select gift at the event. More than 2,500 families in need are served.

Thanksgiving Food Drive
Students in Upstate's Doctor of Physical Therapy program organize a food drive for the Samaritan Center's Thanksgiving meals.

Upstate Day of Service and Remembrance
An annual day in which Upstate staff and students volunteer at a variety of local agencies to honor the victims and survivors of 9/11.

Upstate's Housecalls for the Homeless is one of only 61 such programs worldwide. The team works with local emergency shelters and My Father's Kitchen, which is Upstate's "Your Choice" charity. See pg. 12.

Upstate offers "Stop the Bleed" training as part of a national campaign to save lives. See pg. 14.