

COMMUNITY OUTREACH



UPSTATE
MEDICAL UNIVERSITY

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.



Upstate Medical University offers many “pipeline” programs which introduce students to careers in health care and the university’s academic programs. These programs, which are geared for students beginning in middle school, are designed to help students achieve their dreams, and help strengthen and diversify the future Central New York health care workforce. Pictured are advanced placement biology students from Nottingham High School who are visiting Weiskotten Hall, home of Upstate’s College of Medicine. See pgs. 3-5.

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On the cover:
Top row: She Matters, Upstate’s response to COVID-19 downstate; Adopt-A-Lot. **Second row:** Oasis tutor, pediatric outreach, lung cancer awareness. **Third row:** Cancer Survivors Day, Oasis class, Housecalls for the Homeless. **Fourth row:** HealthLink on Air podcast/radio show, EMT certification program, Synergy internship



Upstate’s 140 Oasis volunteers, many of whom are retired teachers, mentor and tutor students in grades K-3. See below.

Educational and Social Support Programs

FOR CHILDREN

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.

Coat Drive

The Upstate community collects new or gently used coats for people in need during the winter season. Coats for all ages are donated to InterFaith Works.

Community Connections

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

Healthy Neighbors Story Time

Upstate employees volunteer at the monthly story time at Pioneer Homes’ Coffee House.

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.

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)

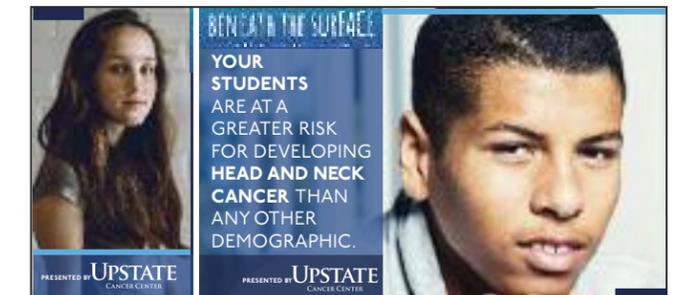
Upstate students coordinate monthly sessions with female children of the Syracuse RISE program to educate, motivate and present participants with skills to promote their success.

Salvation Army Afterschool Program

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

Zero to Three Infancy Leadership Circle/New York

Educate, collaborate and increase coordination of services between agencies.



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

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.

EMT Training for Syracuse High School students

Emergency medicine instructors from Upstate lead a multi-year program for high school students that results in emergency medical technician certification. The program is held at the Public Service Leadership Academy (Fowler High School).

Syracuse high school students in a multi-year emergency medical technician certification program learn from Upstate's emergency medicine instructors. See pg. 3.



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.

Health Careers Program

Upstate clinicians, students, faculty and staff meet monthly with students enrolled in the Health Professions program at Henninger High School to explore health careers.

MEDS (Medical Education for Diverse Students)

Upstate students provide lessons in medical science, public health and health care career exploration to students from Henninger High School and Public Service Leadership Academy (Fowler High School).

OCM BOCES Advisory Council

Offers introduction to clinical laboratory for graduating seniors considering lab science majors.

P-Tech (Pathways in Technology) Career Counseling

Upstate provides career counseling to students in Syracuse P-TECH, a program at Henninger High School and Public Service Leadership Academy (Fowler High School) that offers programs in clinical laboratory technology and health information technology.

Surgical Technology Advisory Board

An Upstate committee reviews the rotation schedule of the surgical technology program at Onondaga Community College.

Hands-on activities introduce students to health care careers and professionals in Health Career Exploration Camp, held at Upstate. See this pg.



Upstate's Campus-based Programs

Upstate brings young people on site to cultivate their interest in health care and the wide variety of 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:

Departmental Internships: Available to students 18 and older seeking a structured, non-clinical academic experience, these internships provide exposure to real-life work in an academic medical center.

Health Career Exploration Camp: Campers in grades 9 and 10 get an opportunity to explore careers in a variety of health care professions in a safe, fun, and exciting environment – including hands-on sessions. They meet experienced health-care professionals and learn about career paths.

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

Health Professions Camp (Jump Into Healthcare): 15 Syracuse high school students (rising junior and seniors from Corcoran, Nottingham, and the Syracuse Academy of Science) explore health careers in a five-week summer program at Upstate.

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.

Inspire Upstate: A 3-day summer program that introduces teens to the wide variety of health care careers and college programs. For students from PEACE Inc.'s summer youth program.

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

MedTech: Upstate's Biotech Accelerator staff and client participate in MedTech which offers educational programs in pharmaceutical, biologic and medical devices across New York state.

Nursing Job Shadowing: Job shadowing at Upstate helps participants learn the skills required by the nursing profession.

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 close to 20 have been hired at Upstate.



Synergy and Presidential Scholar internships match college students from the city of Syracuse with Upstate faculty and staff. The programs' goal is to develop a workforce that reflects the diversity of our community. See below.

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.



Employees mentor and provide year-long job training to teens and young adults with developmental disabilities through Project SEARCH. In 2008, Upstate became the first hospital in the state to host this program. See this pg.

U-CARE Volunteer Immersion Program: Undergraduate students volunteer in the hospital to gain hands-on clinical experience to prepare for health care careers.

FOR ADULTS/ALL AGES

Burn Life Support Class, Advanced

Classes for health care professionals to enhance pre-hospital and non-burn-center care of burn patients prior to transfer to a burn center.

Care Restructuring Enhancement Pilot Program (CREP)

Upstate participates in this NYS workforce training program focused on behavioral health and long-term care.

End of Life/Spiritual Care Education

Education on end-of-life issues related to spirituality.

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.

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.

Native Connections Webinars

Monthly Native Connections webinars provide virtual, long-term support to Native students across the nation.



George Stanley MD, assistant professor of obstetrics and gynecology, wears a mask as he volunteers at a food pantry during the COVID-19 pandemic. He is pictured with feminine hygiene products donated by his department. The pantry, located at University United Methodist Church, serves Upstate students who face food insecurity, as well as the greater Syracuse community. See pg. 5.

Native Students Pre-Admissions Workshop

Upstate Medical University and the Association of American Indian Physicians invite pre-med/health American Indian and Alaska Native students to a 2 1/2-day pre-admissions workshop.

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.

Sammies for the Samaritan Center

Upstate makes sandwiches for the Samaritan Center.

Story Collection Task Force

Storytelling as relationship-building needs assessment, research method, and education related to food sovereignty and food security. With the Syracuse-Onondaga Food System Alliance.

Student-to-Student Advising Program

Upstate students mentor students interested in health careers.

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.

Vaping Forum

Provide education and support for East Syracuse parents, teachers and the youth related to the dangers of vaping.

Visiting Lecture Series

Upstate hosts lectures to raise awareness of and interest in research activities and educational programs (MS, MD, PhD) at SUNY Upstate.

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 Residence, OnPoint for College, Clearpath for Veterans, In My Father’s Kitchen and the Rescue Mission’s Runaway and Homeless Emergency Youth Shelter.



Employees choose a charity to support for a year through “Your Cause.” The Rescue Mission is the charity of choice for 2020. See above.

Events, Annual

Blue Lights for Autism

Annual event for children, families and community leaders held in honor of autism awareness month (April).

Cancer: Prevention Is Key

This annual event is held during National Cancer Prevention Month (Feb.). Upstate and other non-profits distribute cancer prevention and screening information, encourage visitors to sign wellness pledges. Upstate experts are on hand to answer questions.

Cancer Survivors Day

Upstate hosts an annual celebration for hundreds of cancer survivors and their families.

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 a gift at the event. More than 2,500 families in need are served.



Cancer Survivors Day, held at the Rosamond Gifford Zoo, attracts hundreds of cancer survivors and their families. See pg. 6.

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.

Duck Race to End Racism

Upstate participates in a free family festival hosted by Interfaith Works’ event brings people together to demonstrate what the world would look like if racism did not exist.

Great American Smokeout

Tobacco cessation day in November.

Halloween Parade

Upstate staff, dressed in costume and bearing treats, line the hallway of the Upstate Golisano Children’s Hospital so that pediatric patients and their siblings can trick or treat. It is one of many events designed to normalize and brighten the days of hospitalized children and their families.

iBelieve

An event that celebrates the lives of those with cancer and their supporters and raises funds for Maureen’s Hope.

Kick Butts/Earth Day

This community education increases awareness of the harms of tobacco use and Upstate’s no smoking policy.

MLK Day of Service

Upstate medical students make sandwiches for organizations that feed the hungry.

Nutrition and Health EXPO for Seniors

Upstate offers seniors healthy cooking demonstrations, health screenings and exercise classes and provides information on community resources.

Pride Festival

Upstate participates to promote unity and raise awareness of the services offered to LGBTQ people in this community.

Shine a Light on Lung Cancer Vigil

To bring awareness to lung cancer and educate the public on detection and prevention through a Syracuse Crunch night devoted to lung cancer.

Stroke Conference and Camp

The Upstate Comprehensive Stroke Center hosts a conference for medical professionals and a camp for stroke survivors and caregivers. Stroke Center staff attend dozens of community outreach and educational events yearround.

Syracuse Workforce Run

This annual run encourages employee/corporate wellness.

Thanksgiving Food Drive

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

Women in Medicine and Science and CNY Women’s Bar Association Event

This annual dinner features speakers who discuss community issues of relevance to both groups.

Women’s Health & Fitness Day

Upstate and local nonprofits host this event in downtown Syracuse to educate and empower women about their health.



A lung cancer survivor drops the puck in front of thousands at an awareness event with the Syracuse Crunch. See this pg.

World Refugee Day

Upstate hosts this lunchhour event to support the success of refugees in Syracuse. It features panelists who educate about refugee experiences and includes music performed by youth refugees.

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.



World Refugee Day raises awareness of the contributions of new Americans, including these talented teen musicians representing many countries. See above.



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 below.

Fundraising

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.

Upstate Advocates

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.

Upstate 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.

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. Hosts numerous events including the annual Radiothon.



Upstate employees and students make up the largest team at the Heart Walk, an annual event which raises money for the American Heart Association. See below.

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

Heart Walk

Team Upstate has the largest team in the region for this annual event. In 2020, 286 Upstate volunteers raised nearly \$25,000 for the American Heart Association.

JDRF Event

Upstate participates in this event that raises awareness and money to end juvenile diabetes.

Making Strides Against Breast Cancer/Real Men Wear Pink
In 2019, Team Upstate raised nearly \$45,000 for the American Cancer Society.

Komen More Than Pink Walk

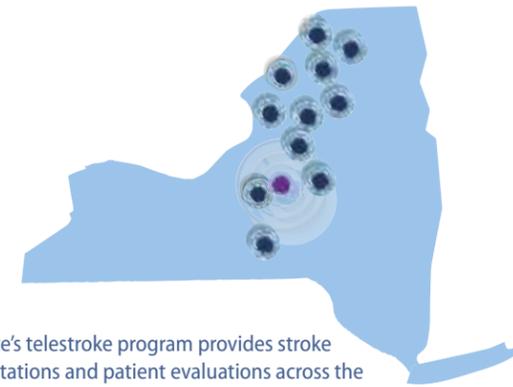
Raises money for breast cancer research.

Tour de Cure, American Diabetes Association

Members of Team Upstate cycled to raise money for diabetes. From this effort, a Team Upstate cycle club was born.



Staff and students participate in events that help Upstate's patients, such as Paige's Butterfly Run, a Foundation program that supports pediatric cancer patients. See above.



Upstate's telestroke program provides stroke consultations and patient evaluations across the state, anywhere, anytime. See pg. 7 and below.

Health Outreach Programs

FOR CHILDREN

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

Challenger Baseball

Upstate provides special needs children and adults a safe environment to play baseball.

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.

Project ECHO

This is a cost-free partnership between an interdisciplinary team of Upstate specialists and primary care providers looking to increase their knowledge, self-efficacy and understanding of best practices. The goal of Project Echo is to provide patients in rural and medically underserved areas with specialty care, close to home.

RTAC (Regional Trauma Advisory Committee)

Improve care of the trauma patient throughout the region.

Telestroke

The Upstate Comprehensive Stroke Center pioneered telemedicine in our region by providing physician-to-physician consultations and patient evaluations and partners with 11 hospitals across the state to provide stroke care, anywhere, anytime.

VEPOP (Violence Education Prevention Outreach Program)

Provide referral services to victims of street violence to help individuals avoid future violence-related injuries.



FOR ADULTS

Black Leadership Commission on Health Town Halls

Upstate participates in these meetings that focus on addressing health disparities in African American communities, locally and nationally.

Check It! Challenge

Help individuals check their blood pressure, change to healthier habits, and control their hypertension by self-monitoring.

Clear the Air

Upstate helps visitors adhere to our tobacco-free policy by providing nicotine replacement products. This help those with nicotine addiction stay comfortable, keeps the campus cleaner, and provides an opportunity to try to quit.

Community Breast Navigator

The Upstate Cancer Center has a navigator who provides a variety of services — scheduling mammograms, setting up transportation and childcare, navigating insurance, etc. — and services are offered without charge.

Global Outreach/International Missions

Upstate staff and students volunteer on medical and community service mission trips caring for people in Ecuador, Ethiopia, Ghana, Haiti, Honduras, Nicaragua and Sudan.



She Matters is a grassroots effort that promotes mammograms and fights breast cancer. See pg. 10.

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.

Healthy Neighbors – Resident Health Advocates

Upstate partnered with Syracuse Housing Authority to create this program for residents of Pioneer Homes, Toomey Abbott Towers, Almus Olver Towers, Vinette and Ross Towers (low-income public housing). Upstate professionals volunteer to train resident health advocates (RHAs) to conduct health outreach in cancer and diabetes prevention, sexual health and physical activity. The program also supports community gardens to provide healthier eating options.



Upstate staff and students use their vacations to do medical mission work throughout the world. See pg. 9.



Housecalls for the Homeless: Using a van as a patient room, David Lehmann MD, examines a homeless man's wounds. See this pg.

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. During the COVID-19 pandemic, medical students made and distributed health care kits.

Mobile Mammography Van

Upstate's mobile mammography unit provides 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.

Population Health Management

Delivery system reform incentive payment program (DSRIP) to improve care regionally.

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

She Matters is Upstate's community breast cancer outreach, education and screening program that helps to address the health disparities seen in lower income women regarding breast cancer. While continuing to focus on women in Syracuse public housing using Residents Health Advocates, She Matters has grown and is community program that is available to all women to reduce breast cancer mortality.

We Matter

The We Matter program educates and screens men and women for colorectal and lung cancer using a successful peer-to-peer outreach strategy. Resident Health Advocates educate and encourage screening in the public housing community and have made a significant impact in cancer screening rates and early detection.

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.



The mobile mammography van travels to 8 counties to provide convenient mammograms and, during the pandemic, offers COVID-19 testing. See this pg.



Research on ticks, led by Upstate's Saravanan Thangamani, PhD, has impact on the health of Central New Yorkers and provides opportunities for students to work in the field and the laboratory. See below.

Health Research

Grants Review

Upstate faculty members serve on grant review panels of national and international funding agencies to improve the academic enterprise by ensuring a high standard of scientific 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.

Scientific Journal Review

Upstate faculty members review articles submitted to professional journals to advance and improve scientific knowledge.

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 features news from Upstate experts via 14 NPR stations and podcasts. Pictured is Stephen Thomas, MD, whose expertise on COVID-19 has also attracted national news media. See below.

HealthLink On Air

This award-winning, 60-minute talk show explores issues of health, medicine and science and serves as a showcase for 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 interviews are available as podcasts and online, and past episodes remain available to the public. The show is broadcast twice each Sunday via NPR station WRVO and reaches listeners throughout Central and Northern New York as well as live online.



Oasis offers many programs for seniors to support healthy aging. See this pg. and pgs. 3 and 12.

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.



Vascular screenings are held in a variety of locations where need is great. See below.

NYS Fair

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

Oasis

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

Sleep Teaching Day

This seminar increases health care providers' knowledge of sleep medicine.

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.

YOUR LINK TO THE EXPERTS
TO REGISTER FOR A FREE SEMINAR (required), call Upstate Connect: 315-464-8668

Chronic Pain Self-Management
Monday, 12:30 p.m. - March 2, 9:16 a.m. at HealthLink, 6333 Rt 298, East Syracuse.
This peer-led health program can improve energy and mental health, decrease pain and improve life satisfaction. For adults 18+.

Head and neck cancer: Are you at risk?
Wednesday, March 11, 6-7 p.m. at HealthLink, 6333 Rt 298, East Syracuse.
EXPERT: Heidi Horvath, MD, MCL, Assoc. Prof. Director of Communication Sciences, Dir. of Head and Neck Surgery, Upstate Medical University.
Learn how oral health affects head and neck cancer. Find out about risks and treatments.

Living Healthy with a Chronic Condition
CLASS ONE: Friday, 9:30 a.m. - March 13, 20, 27, April 3, 10, 17 at Manlius Senior Activity Center, 4 Arden-Albion Ave.
CLASS TWO: Thursdays, 1-3 p.m., March 19, 26, April 2, 9, 16, 23 at Upstate Community Hospital, POB South, Box 26, 4909 Broad Rd., Syracuse.
This peer-led health program is for adults 18+ with health conditions and caregivers. Enhances ability to manage health and maintain an active life. Registration required.

Life following brain injury (TBI)
Monday, March 16, 6-7 p.m. at Liverpool Public Library, 310 Tully St.
EXPERTS: Jason Scudiero, PhD, Rehab. Counselor, & Jason Welling, MD, Speech Pathologist, Dept. of Physical Medicine & Rehabilitation, Upstate Medical University.
TBI can be caused by a violent blow or shaking of the head. Effects include stress, loss of confidence, anxiety and depression. Learn how to live your best life with TBI.

What is a clinical trial?
Tuesday, March 17, 6-7 p.m. at HealthLink, 6333 Rt. 298, East Syracuse.
EXPERTS: Leslie Kolman, MD, Prof. of Surgery, Dir. of Cancer, Upstate Cancer Center and Associate, ASCO Health Systems Manager, Amer. Cancer Society.
Clinical trials lead to breakthroughs in health care. Learn the pros and cons of participating. Could a clinical trial be right for you?

Healthy cooking for a healthy colon
Wednesday, March 18, 6-7:30 p.m. at Syracuse University, Falk College, Rm. 204.
EXPERTS: Judith Hill, MD, Assoc. Prof. of Surgery, Medical Director, Colorectal Oncology Program, and Maria Holmes, MS, RD, Registered Dietitian, Center for Dietetics in Oncology, Upstate Medical University.
Nutrition impacts colon health. See demonstration of plant-based recipes. Learn about cancer prevention, risks, screening and treatment. Registration required, limited seating.

Healthy aging through Yoga
Thursday, March 19, 8-9 p.m. at HealthLink, 6333 Rt 298, East Syracuse.
EXPERT: Rebecca Amundson, PT, DPT, E-RT, Upstate Medical University.
Use yoga as physical therapy and a resource for good health. Practice basic techniques.

Real facts about vaping
Monday, March 23, 6-7 p.m. at Manlius Free Library, 52 Maple St.
EXPERT: Lee Lammara, Public Education Coordinator, Upstate Medical University.
The use of e-cigarettes is alarming. Learn the health concerns, why vaping is popular and about the contents of e-juice and additives.

Acid reflux and esophageal cancer
Thursday, March 26, 6-7 p.m. at HealthLink, 6333 Rt 298, East Syracuse.
EXPERT: Jason Hillen, MD, Assoc. Prof. of Surgery, Dir. of Thoracic Surgery, Medical Director, Thoracic Oncology Program, Upstate Medical University.
Risk factors for esophageal cancer include acid reflux, tobacco use, heavy alcohol consumption and excess weight. Learn about symptoms and treatments.

School Nurse Diabetes Teaching Day
Saturday, March 28, 8 a.m. - noon at HealthLink, 6333 Rt. 298, East Syracuse.
EXPERTS: Pediatric Diabetes Care Team, Joint Diabetes Center, Upstate Medical University.
School nurses will learn about glucose monitoring, carbohydrate counting and nutrition; insulin pumps, nasal and inhalable glucose devices. Panel with experts.

Thoracic Outlet Syndrome (TOS)
Monday, March 30, 6-7 p.m. at HealthLink, 6333 Rt 298, East Syracuse.
EXPERT: Andrew Foglia, MD, Assoc. Prof. of Surgery, Dir. of Vascular and Endovascular Surgery, Upstate Medical University.
TOS causes shoulder and neck pain, and numbness in fingers due to compression of nerves and blood vessels. Learn about diagnosis and treatments.

Presented by UPSTATE HealthLink Seminar Series
www.upstate.edu/healthlink HealthLink/OASIS Contact: 6333 NY Rt. 298, East Syracuse

HealthLink features Upstate experts at more than 100 free seminars throughout the year. See pg. 15.



Adopt-A-Block volunteers. See below.

Partnerships

Adopt a Block

Upstate Medical University supports the City of Syracuse's Adopt-A-Block program by agreeing to keep part of downtown Syracuse free of litter. Upstate cleans the section bordered by E. Adams, Townsend, Harrison and Almond streets.

CNY Tech Sector

Upstate participates in a regional board that connects local students with opportunities with the goal of encouraging the students to have careers in STEM and stay in Central New York. (Partners include MACNY, Partners for Education and Business, TACNY)

Community Partnerships

Upstate employees serve on multiple local non-profit boards including the **United Way of CNY**, **Samaritan Center**, **Vera House** and **American Heart Association**.

Crunch Hockey/Arena Partnership

Upstate secured naming rights to what is now the Upstate Medical University Arena at Onondaga County War Memorial. Upstate has a presence at all arena events and hosts health-related education.

HIV Advisory Body

Upstate advises the NYS Dept. of Health AIDS Institute on prevention planning and service gap needs.

Infant and Toddler Mental Health Committee, Onondaga County

Upstate's Pediatric and Adolescent Center (UPAC) participates in this group to address the mental health needs of young children.

Opioid Task Force, Onondaga County

Upstate is a member of this task force whose goal is to develop a comprehensive strategy to prevent, treat, provide long-term support and reverse the crisis of opioids.

SUNY Labs to Jobs Consortium

Capitalizing on the rich array of laboratories at SUNY schools in the region, the consortium gives students and workers an opportunity to develop skills that will help them, and the region, prosper.



Upstate offers many services for children, including distributing diapers and books; offering clinics for refugees and children in foster care; and collaborating on services for children suffering from lead poisoning and child abuse. See below.

Patient Support

FOR CHILDREN

Pediatric and Adolescent Center (UPAC)

UPAC offers many programs to support its patients, many of whom are low-income. These include the **Diaper Bank** which provide diapers to families of young infants; **Healthy Steps** which provides extra developmental and parental support to families with new babies; **Reach Out And Read** which provides books to young children; and the **Refugee Clinic** provides clothing to new arrivals.

UPAC partners with organizations to offer specialized services including the **CARE clinic** at McMahon Ryan Child Advocacy Center (child abuse, sexual abuse, and neglect); a **gender dysphoria clinic**; **ENHANCE services** for children in foster care; a **refugee clinic** that provides a medical home for new refugees to Syracuse; and the **Central and Eastern NY Lead Poisoning Resource Center**. UPAC is working with the Syracuse City School District to develop school-based health centers. UPAC serves in a leadership capacity with the **Early Childhood Alliance Onondaga** (ECA) and is integrating their Talking is Teaching and Help Me Grow programs into daily UPAC services.

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.

Snowflake Central

Upstate staff organize and distribute gifts to hospitalized children and families.



In response to the coronavirus, more than 50 Upstate nurses, respiratory therapists, pharmacists and doctors volunteered to care for COVID-19 patients at Stony Brook Hospital on Long Island and the Javits Center in New York City, the epicenter of the pandemic. See below.

FOR ALL AGES

COVID-19 Response Team at Stony Brook Hospital

During the COVID-19 pandemic, Upstate staff volunteered to care for coronavirus patients at the SUNY Stony Brook's University Hospital.

HumaneCNY Pet Hotel

Upstate participates in this program that provides care for patients' pets while they are in the hospital and have no one who can help.

Tobacco Treatment Financial Hardship Program

The Upstate Cancer Center removes financial barriers for those with cancer and other health challenges get evidence-based treatments to quit smoking or vaping.

Transitioning Youth with Sickle Cell Disease to Adult Services

Upstate is developing a system of care to support people with sickle cell disease throughout their lifespan.

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 community hospital and more than 23,000 at the downtown hospital.



Upstate staff are members of the United Way's Emerging Leaders group. See below.

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.

Heart Failure Transitional Care Pilot Project

The goal of this project is to reduce the 30-day readmissions of patients with heart failure.

Matter of Balance

This project increases awareness of fall risks with the goal of preventing falls among seniors.

Professional Development

Advanced Practice Clinical Pastoral Consultation Group

Develops pastorally and professionally as chaplains in our field, including assisting those eligible to achieve and maintain board chaplaincy certification.

Blood Bank Association of New York State

Upstate staff participate in this professional association dedicated to improved education and coordination of practice.

CNY Society for Human Resources Management, Total Rewards Committee

Participate in the local human resources community to support the knowledge of compensation and benefits.

CHIP (Community Health Assessment and Improvement Plan)

Upstate is a partner in this program of the Onondaga Co. Dept. of Health.

Concept to Commercialization Boot Camp

Upstate's CNY Biotech Accelerator hosts this conference that includes presentations on intellectual property, licensing, commercialization and project management.

East Genesee Regent Association

This group champions efforts in their districts to improve the commercial viability, appearance and desirability of the area. This includes participating in public improvements, creating special events, and participating in planning and zoning discussions.

Emerging Leaders United

Upstate staff are active in Emerging Leaders United, a United Way of CNY program that promotes positive change through education, networking and volunteer opportunities.

Grand Rounds

Area physicians and other health care professionals are invited to Upstate's grand rounds. These lectures, presented by all clinical specialties, offer expertise on new modalities and treatments and case reviews.

Interprofessional/Community Workshops

Workshops on refugee health, neighborhood violence and trauma, and disability. Finds ways that health care professionals can collaborate with community members to address inequities.

Kingston Syracuse Pathway

This cross-border partnership supports economic growth through collaborative research opportunities, coordinating company landings in each other's communities, training/education and funding.



Sunny Aslam, MD, offers mental health care to the homeless. See pg. 10.



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. 9 and 10.

NYS Nurse Practitioner Association, Thousand Island Chapter

Upstate participates in this organization which brings together nurse practitioners in Jefferson, St Lawrence and Lewis counties.

NYS Society of Clinical Research Associates

Upstate's Biotech Accelerator executive director chairs the NYS chapter and develops daylong educational programs.

NYSTAR Innovation Summit

Upstate's CNY Biotech Accelerator clients exhibit and pitch at this program that showcases and advances NYS-based integrated photonics, robotics, digital manufacturing and more.

Partnership with CenterState CEO

Upstate's CNY Biotech Accelerator contracts with CenterState CEO to develop programs and projects to help to develop economic growth, place students in jobs, coordinate cross-border relationships, and expand networks to build pipelines for industry-supported innovation.

Research Tours for Nonprofits

Upstate researchers offer behind-the-scenes tours of labs and discuss their experiments with members of nonprofit organizations such as The Baldwin Fund.

Senior Technology Classes

Upstate and Syracuse University offer technology classes for seniors at the Southside Communications Center.

Upstate Unleashed Conference

Upstate participates in this annual conference that connects entrepreneurs across upstate New York. Upstate's CNY Biotech Accelerator and its executive director has been nominated for awards.



Upstate magazines offer health information and patient stories to people throughout our 17-county service area. See pg. 12.

Women in Medicine (WIM) and Science Book Club

Upstate offers a bimonthly book club.

Women of the University Community

This organization offers membership to members of Syracuse University, SUNY College of Environmental Science and Forestry and SUNY Upstate Medical University.

Women United

A United Way of CNY network of women focused on providing opportunities for women to learn, discuss important issues, understand challenges facing women and explore ways to have collective impact.

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