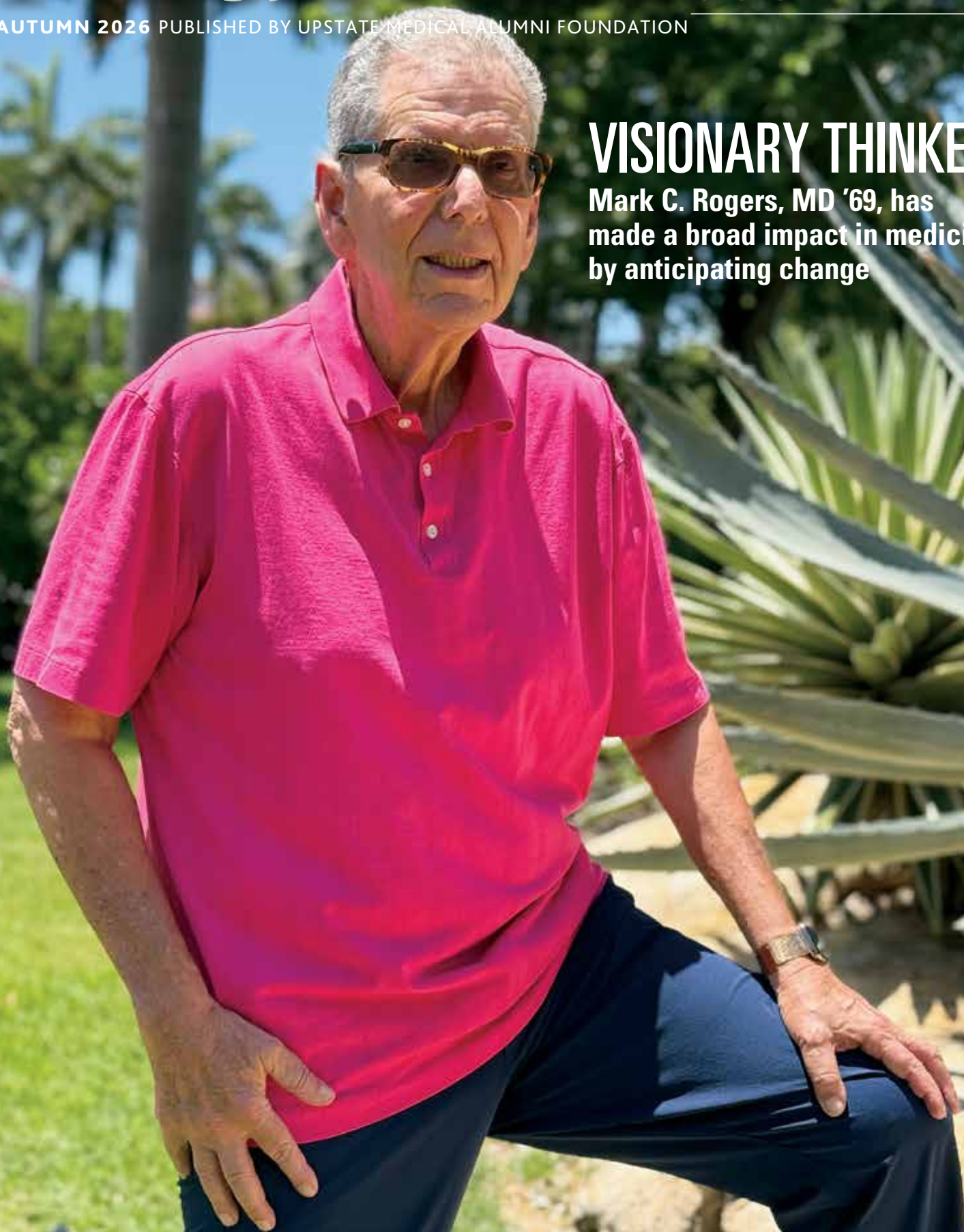


UPSTATE MEDICAL Alumni JOURNAL

AUTUMN 2026 PUBLISHED BY UPSTATE MEDICAL ALUMNI FOUNDATION

VISIONARY THINKER

Mark C. Rogers, MD '69, has made a broad impact in medicine by anticipating change





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ON THE COVER:

Mark C. Rogers, MD '69,

MBA, at home on Fisher

Island, Florida. Photo by

Elizabeth L. Rogers, MD.

Syracuse University Honors Mantosh Dewan, MD, HS '79, with Honorary Degree

Syracuse University honored Mantosh Dewan, MD, HS '79, with an Honorary Doctor of Science degree during its May 10 commencement ceremony, recognizing a career that has shaped mental healthcare, medical education, and research across Central New York and beyond.

As president of Upstate Medical University and the Alan and Marlene Norton Presidential Chair, Dr. Dewan has advanced clinical psychiatry, neuroimaging, psychotherapy and access to care while helping position Upstate as a regional leader in innovation and public health.

Dewan began his career at Upstate in 1975 as a mixed medicine/psychiatry intern, becoming chief resident in psychiatry before joining the faculty as an assistant professor. Over the decades he has served as director of undergraduate education, director of residency training, chair of the Department of Psychiatry, and interim dean of the College of Medicine from 2016 to 2017.

His scholarly work includes more than 80 papers, 35 books and book chapters, and hundreds of presentations on topics ranging from brain imaging and the economics of mental healthcare to psychotherapy and medical education. His research has been funded by the National Institute of Mental Health and the Health Resources and Services Administration. He also co-edited *The Difficult to Treat Psychiatric Patient* and *The Art and Science of Brief Psychotherapies*, a bestseller now in its third edition and translated into five languages.

Dewan's leadership during the COVID-19 pandemic helped transform Upstate's role across SUNY. Under his direction, the University developed a highly sensitive saliva diagnostic test and provided more than four million tests to 60 SUNY campuses, enabling the system to remain open for in-person learning. Syracuse University partnered directly with Upstate in the effort. Upstate



Syracuse University Chancellor Mike Haynie with Upstate President Mantosh Dewan, MD, HS '79, at Syracuse University Commencement, where Dr. Dewan received an Honorary Doctor of Science degree.

also now provides telepsychiatry diagnostic and treatment services to students at 56 SUNY campuses. More recently, Dewan launched Upstate Biotech Ventures with \$6 million in seed funding to cultivate biotech companies incubated at the medical center.

A Distinguished Life Fellow of the American Psychiatric Association, Dewan has received numerous honors, including the APA's George Tarjan Award, designation as an "Exemplary Chair" by SUNY, Syracuse University's Chancellor's Medal in 2021, and an honorary degree from Onondaga Community College. He is also an affiliated professor at Jönköping University.

Norton College of Medicine Graduates 176 New Physicians

The Alan and Marlene Norton College of Medicine celebrated the graduation of 176 new physicians during Commencement 2026, awarding a total of 192 degrees and certificates, including 14 master of public health degrees and three MD/PhD degrees.

Nine graduates earned both MD and MPH degrees.

Sharon Brangman, MD '81, a nationally recognized leader in geriatric medicine and elder care, delivered the commencement address.



Upstate Graduates First Class from Accelerated Three-Year MD Pathway

Upstate Medical University graduated the first students from its accelerated three-year medical school pathway (3YP) this spring, marking a milestone for a program designed to reduce both the time and cost of medical training.

The 3YP allows students who commit early to a specialty and residency at Upstate to complete medical school a year ahead of the traditional schedule.

Nine students were part of the inaugural class. Tyler Swanson, MD '26, now an internal medicine resident at Upstate, says he applied to the pathway to save both time and money.

"It was exciting to be a part of the first cohort of the 3YP," Swanson says. "It allowed me to complete my medical training without worrying about where I would end up and allowed me to focus on whatever I was interested in without trying to look good for residency programs."

Although the accelerated schedule meant working through summers, Swanson says the benefits outweighed the demands.

"3YP has allowed me to not only save a year of tuition but also save a year of my life," he says. "The path to becoming a doctor is already a very long and expensive journey, so any place to save is a great benefit in the long run."

Currently, the 3YP is available for emergency medicine, family medicine, general surgery, internal medicine, neurology, pathology, pediatrics, psychiatry, radiation oncology, and urology. Students apply directly into a residency pathway at Upstate or at UHS in Binghamton.

3YP Director Zachary Shepherd, MD '12, says students can apply to the program by January of their first year of medical school. Participants take the same core courses as four-year students, with only some electives eliminated. Students who decide the pace is not right for them can return to the traditional four-year track.



Daniel Lundy, MD '26, and Tyler Swanson, MD '26, were among the first students to graduate from Upstate's accelerated three-year MD program.

Willie Underwood III, MD '94, Inaugurated as 181st AMA President

Willie Underwood III, MD '94, MPH, a urologic surgeon based in Buffalo, New York, was sworn in June 9 as the 181st president of the American Medical Association (AMA), the nation's largest and most influential physician organization.

Dr. Underwood pledged during his inaugural address at AMA Annual Meeting to unite physicians across specialties to advance patient care, strengthen the physician workforce, and ensure that physicians' clinical expertise helps shape the policies affecting health outcomes nationwide.

"We are living through a defining moment in American healthcare, one that demands leadership grounded both in clinical experience and in a commitment to equity," said Underwood. "As president, I will focus on bringing physicians together to close the gaps in access, outcomes, and opportunity so that every patient, in every community, receives the care they deserve. We must build a system that works, not only for some of us, but for the sum of us."

A surgeon, educator, and advocate, Underwood has spent his career fostering collaboration among physicians to address complex health challenges. As only the second urologist and third Black physician overall to serve as AMA president, he is committed to advancing patient-centered

care and addressing longstanding health disparities through improved access, prevention, and coordinated care.

"Progress in healthcare is never the work of one individual; it is the product of collaboration, trust and a shared commitment to our patients," Underwood said. "At the same time, we must recognize that advocating for patients also means advocating for the physicians who care for them, ensuring they have the support, resources and environment needed to meet the growing demands of this moment."

Underwood brings more than 25 years of urologic surgery experience to the role, including 15 years specializing in robotic urologic oncology procedures. He was first elected to the AMA Board of Trustees in 2019 and served as board chair from 2023 to 2024.

Underwood is a graduate of Morehouse College and Upstate Medical University. He earned master's degrees from Upstate and the University of Michigan School of Public Health. He completed medical training in general surgery and urologic surgery at the University of Connecticut Health Center and was one of the first five urologists to be admitted into the prestigious Robert Wood Johnson Foundation Clinical Scholars Program.



Willie Underwood III, MD '94

Upstate Medical Students Judge Regional Science Fair

More than a dozen Upstate Medical University medical students traded classrooms for science fair aisles this spring, serving as judges for a regional competition at Syracuse's Museum of Science and Technology.

The students reviewed more than 100 projects submitted by nearly 200 Central New York students, with winners advancing to the International Science and Engineering Fair in Phoenix.

Projects covered topics ranging from plastic polymers and carbon footprints to electrolytes, diagnostic delays in heart attack prevention, space travel and artificial intelligence.

"It was a great opportunity to see not only how passionate the students are in the Syracuse community, but also how advanced some of these projects are," says Brian Ganeles '28. "It's amazing to see the passion and interest of these students at such a young age."

Leah Solomon '28 says the competition helps spark interest in STEM fields early.

"I think it's really important that our young people get involved and interested in STEM fields at a young age, especially with the shortage we have in STEM fields and medicine," she says.

Jayne Charlamb, MD, who helped recruit the student judges, says the experience benefits both the competitors and the medical students.



Students who participated as judges for the regional science competition included, from left, Leah Solomon '28, Hannah Robins '29, Estelle Khairallah '27, Jack Michaels '28, Maggie Markgraf '27, pictured with Upstate Professor Jayne Charlamb, MD, HS '99.

"Having our medical students participate here creates a connection," Dr. Charlamb says. "Younger students can see what's possible, and it reminds our students why they chose careers in science and medicine."

Robert Cooney, MD, Retires; Jason Wallen, MD, MBA, Named Interim Chair of Surgery



Jason Wallen, MD, MBA

Thoracic surgeon Jason Wallen, MD, MBA, has been named interim chair of surgery at Upstate Medical University following the retirement of longtime department leader Robert Cooney, MD.

Dr. Wallen, chief of thoracic surgery since 2017, succeeds Dr. Cooney after nearly two decades of leadership that expanded the department's clinical, research and educational footprint.

"I am grateful to Dr. Wallen for serving in this interim position," says Lawrence Chin, MD, dean of the Alan and Marlene Norton College of Medicine and the Robert and Molly King Endowed Professor of Neurosurgery. "Under his leadership, our thoracic surgery program has expanded the use of robot-assisted lung cancer surgery, leading to remarkable recoveries for our patients."

During his tenure at Upstate, Wallen has participated in numerous initiatives, including the general surgery residency program and the Department of Surgery's Quality ICU Steering Committee and Robotic Surgery Committee. He has also overseen significant growth in the use of robotic surgical techniques.

His research on early-stage lung cancer and robot-assisted lung cancer surgery has appeared in publications including the *Journal of Oncology Practice*, the *Journal of Thoracic and Cardiovascular Surgery*, and the *New England Journal of Medicine*.

Among his honors is the Upstate Gold Standard Award, recognizing his professionalism, mentoring and commitment to colleagues and patients.

Cooney led the Department of Surgery—one of the university's largest—for nearly two decades, helping expand subspecialty services including trauma, pediatric, oncologic, transplant, thoracic and cardiovascular surgery while supporting the region's only Level 1 Trauma Center.

He also established a Division of Surgical Research, recruited PhD and clinical investigators, and fostered collaboration with basic science departments. His own research has focused on trauma and sepsis.

"We thank Dr. Cooney for his steadfast leadership of the Department of Surgery, his role in expanding services, and his dedication to patient care and training the next generation of surgeons," Chin says.

Stewart Loh, PhD, Named Chair of the Department of Biochemistry and Molecular Biology

Stewart Loh, PhD, has been named chair of the Department of Biochemistry and Molecular Biology at Upstate Medical University after serving as interim chair.

Dr. Loh joined the Upstate faculty in 1996, was named professor of biochemistry and molecular biology in 2008, and served as vice chair of the department from 2011 to 2023.

"Dr. Loh is an accomplished investigator and educator whose work exemplifies the strength of Upstate's research enterprise," says Lawrence Chin, MD, dean of the Alan and Marlene Norton College of Medicine and the Robert and Molly King Endowed Professor of Neurosurgery. "His leadership and vision will be instrumental as the Department of Biochemistry and Molecular Biology continues to advance discovery and train the next generation of scientists."

Loh has maintained an active research program continuously funded by the NIH, the U.S. Department of Defense, and private foundations. His laboratory develops strategies for converting ordinary proteins into molecular switches that can be used for biosensing, cellular regulation, and targeted therapies for viral and other diseases.

His most recent NIH award is a \$3.1 million, five-year grant to investigate the molecular origins of amyloidosis, a group of diseases caused by protein misfolding in the bloodstream.

Loh has authored or coauthored nearly 100 peer-reviewed publications and received two Upstate President's Awards for excellence in teaching and research.



Stewart Loh, PhD

Upstate Awarded \$16.7 Million to Study ADHD Treatment Strategies

Upstate Medical University has received a \$16.7 million grant from the Patient-Centered Outcomes Research Institute (PCORI) to lead what is believed to be the largest clinical trial contract in the University's history.

The study will examine whether children with ADHD achieve better long-term outcomes when treatment begins with stimulant medication or a non-stimulant alternative. Led by ADHD experts Stephen V. Faraone, PhD, SUNY Distinguished Professor in the Departments of Psychiatry and Neuroscience and Physiology and vice chair for research in the Department of Psychiatry at SUNY Upstate Medical University; and Jeffrey H. Newcorn, MD, professor of psychiatry and pediatrics and director of the Division of ADHD and Learning Disorders at the Icahn School of Medicine at Mount Sinai, the trial will enroll approximately 1,700 children and adolescents ages six to 16 at seven sites across the United States.

Researchers hope the findings will help families and clinicians make more informed treatment decisions for ADHD, a condition that affects millions of children nationwide.

"Our study has the potential to reduce the amount of stimulant medication prescribed to youth with ADHD by providing long-term data about the effects of stimulant and non-stimulant medications on outcomes that are important to patients and their families," Faraone says.

ADHD is one of the most common neurodevelopmental conditions in childhood, yet treatment decisions remain challenging. Current guidelines overwhelmingly



recommend stimulant medications as the first-line therapy. While stimulants can be highly effective, they do not work for every child and may cause side effects such as appetite loss, sleep difficulties, or mood changes.

Concern also has been raised about long-term use, potential misuse or diversion, and recent nationwide stimulant shortages. Non-stimulant medications are available and effective for many children, but they are typically used only after stimulant treatment fails. As a result, many children who might do well with a non-stimulant begin treatment with a stimulant unnecessarily. This study addresses a major gap in evidence by directly comparing stimulant-first and non-stimulant-first approaches.

Upstate President Mantosh Dewan, MD, HS '79, and SUNY Chancellor John B. King present an award to Dr. Faraone in honor of his \$16.7M contract to conduct a landmark ADHD medication study.

Elizabeth and Mark Rogers, MD '69, on the Yangtze River during a recent trip to China



Ahead of the Curve

Over five decades, Mark C. Rogers, MD '69, MBA, built a career by anticipating change, from pioneering pediatric intensive care to reshaping healthcare leadership and biotechnology.

BY RENÉE GEARHART LEVY

Every year, thousands of critically ill and injured children's lives are saved by the care they receive in hospital pediatric intensive care units.

Inside those units, teams of highly specialized physicians and nurses manage children on ventilators, monitor fragile heart rhythms, respond to catastrophic injuries, and guide families through life-threatening infections, organ failure, and complex surgeries. The specialty is now so fundamental to modern medicine that it feels almost impossible to imagine a time when it barely existed at all.

But in the 1960s into the late 1970s, there were no established pediatric intensive care units. No formal fellowship programs, board certifications, or specialized textbooks. Critically ill children



Frank A. Oski, MD, chair of the Johns Hopkins Department of Pediatrics, the Honorable Harry R. Hughes, Governor of Maryland, and Mark C. Rogers, chair of the Department of Anesthesiology and Critical Care Medicine and director at the dedication of Hopkins' new Pediatric Intensive Care Unit in November 1985. Previously, Dr. Oski was the longtime chair of Pediatrics at Upstate Medical University.

were often treated in spaces adapted from adult intensive care units, using systems designed for adults.

Mark C. Rogers, MD '69, MBA, looked at that absence and saw the future.

"I was certain that there had to be a specialty," he says.

Over the next several decades, Dr. Rogers helped create it.

At Johns Hopkins, he helped establish one of the nation's earliest pediatric intensive care units and became one of the field's foundational architects. He

helped build the academic and organizational framework that transformed pediatric intensive care from an emerging concept into a globally recognized specialty, creating fellowship programs, helping establish board certification standards, organizing an international congress, and authoring the landmark

Rogers' Textbook of Pediatric Intensive Care, now in its sixth edition.

Today, pediatric intensive care units operate in hospitals around the world, saving countless children who, a generation earlier, might not have survived.

For Rogers, that legacy still carries the deepest meaning.

"There are thousands and thousands of children alive today, not because of anything I personally did, but because my role helping start pediatric intensive care," he says. "For me, that provides an enormous amount of satisfaction."

The achievement is all the more remarkable because it represents only one branch of an unusually expansive career.

Over more than five decades, Rogers evolved from

pioneering pediatric intensivist to hospital executive, biotechnology entrepreneur, and corporate leader. Long before physician executives became commonplace, he earned an MBA while serving as a senior leader at Johns Hopkins, later becoming vice chancellor and CEO of the Duke University Hospital system. He eventually moved into biotechnology, helping guide companies focused on everything from leukemia therapies to glioblastoma treatments.

Rogers insists those shifts were never reinventions.

"People think that I changed," he says. "But I didn't change. I was like a tree, branching out to go toward the light, which is whatever the most interesting thing was in the future."

Oddly enough, that philosophy sprouted from medieval history.

Raised in the Bronx by parents with no higher education, Rogers arrived at Columbia University on scholarship intending to pursue a traditional pre-medical education. While fulfilling his liberal arts requirements, he found himself captivated by medieval history and the study of how societies and institutions evolve over long stretches of time.

"It taught me that the world changed over time in periods of decades and centuries and that if you planned your life for only the immediate future, you were going to be surprised and disappointed," says Rogers, who majored in the subject.

That long-view perspective shaped how Rogers approached opportunity throughout his career, often recognizing where medicine was heading before many of his peers.

But his original pull toward medicine was far more personal.

Rogers had been attracted to the field by the example of a physician uncle. "He was the most respected member of the family by far," Rogers says.

At Upstate Medical University, Rogers initially became interested in cardiology and cardiac arrhythmias. A summer research experience led him to apply for a competitive NIH-supported program that allowed him to extend medical school by a year while conducting research focused on the interaction between the nervous system and heart function.

Rather than viewing the additional training time as a burden, Rogers embraced it. "I knew it would make my life more interesting," he says.

Two Upstate mentors proved especially influential.

Julius Richmond, MD—then chair of pediatrics and later U.S. Surgeon General—was conducting research on sudden infant death syndrome and autonomic nervous system disorders, which aligned closely with Rogers' own growing research interests.

"He steered me toward pediatrics, and we developed a decades-long relationship," Rogers says.

Another mentor, David Streeten, MD, left a lasting mark through his insistence on intellectual rigor and

erve



Left: Dr. Rogers and his family with his portrait at the Johns Hopkins School of Medicine

Below: Dr. Rogers served as a visiting professor at Beijing Children's Hospital earlier this year. He is pictured with the department chair.

academic ambition. *The New England Journal of Medicine* came out on Wednesdays, and medical students who rounded with Streeten on Thursdays quickly learned they needed to have read it.

"He would check us that way," Rogers recalls.

But it was a casual comment Streeten made that stayed with him for decades.

"Wouldn't you like to go to a place where you can read next week's *Journal*?" he asked.

For Rogers, the comment became shorthand for pursuing institutions and opportunities that were shaping the future of medicine rather than simply consuming it.

Rogers completed a pediatric internship at Massachusetts General Hospital followed by a pediatric residency at Boston Children's Hospital. Along the way, he recognized that critically ill children required specialized care environments tailored specifically to them, yet no true specialty existed to provide it.

"It didn't bother me that it didn't exist because I was certain it would develop," he says.

Working toward becoming a pediatric intensivist, he entered a pediatric cardiology fellowship at Duke University Medical Center followed by a two-year anesthesiology residency.

"I needed those critical skills in ventilator management, resuscitation, and intensive patient monitoring," he says.

Combined with his background in pediatrics and cardiology, the additional training positioned him to pioneer pediatric intensive care medicine.

At Johns Hopkins, where he was recruited by a former colleague who had become chair of pediatrics, Rogers helped launch the pediatric intensive care unit and worked to establish the broader infrastructure needed for the field to mature.

He understood instinctively that specialties do not



emerge through clinical work alone. They require research programs, fellowship training, textbooks, professional organizations, and certification standards. Rogers helped build all of them simultaneously.

The field expanded rapidly. Within years, pediatric intensive care became an established specialty throughout the United States. Internationally, hospitals began adopting similar models, and Rogers traveled extensively, lecturing throughout Europe, Asia, and the Middle East as countries developed their own pediatric intensive care systems. He even was requested by UNICEF to teach in Iran.

By age 37, Rogers had become a full professor, chair of anesthesia and critical care medicine and associate dean at Johns Hopkins. Many physicians might have remained comfortably within academic medicine for the entirety of their career. Instead, Rogers was ready for another evolution.

By the late 1980s, he had begun to see another transformation coming—not in the ICU, but in the business of medicine itself.

Recognizing that healthcare was becoming increasingly shaped by economics, organizational systems,

and business strategy, he enrolled in an executive MBA program at the University of Pennsylvania's Wharton School of Business while continuing his leadership roles at Hopkins.

At the time, physician executives with MBAs were rare. But Rogers once again believed medicine was changing in ways others had not fully acknowledged yet.

"At Hopkins, everybody laughed at me," he says. "But I recognized that I didn't understand the language of business as it applied to medicine. If you're going to administer a hospital of a thousand beds, you need to have administrative skills and understand the financial modeling."

The MBA led to Rogers' recruitment to Duke University, where he became vice chancellor and CEO of Duke Hospital and Health Network, overseeing one of the country's leading academic medical systems.

But even then, Rogers continued looking ahead. Another frontier was beginning to emerge: biotechnology.

In the mid-1990s, Rogers was recruited by Perkin-Elmer, which was working with the NIH to sequence the human genome, to help guide the company during a revolutionary era in science and medicine.

"I was brought in to help restructure the company to make it possible to go into the business of using DNA to transform medicine," he says. "I was not an expert on the DNA technology, but I was an agent of change."

Eventually, he moved into entrepreneurial biotechnology ventures, helping launch companies focused on translating scientific discoveries into therapies. Among the most notable was work involving arsenic trioxide as a treatment for leukemia after remarkable remissions were observed in Chinese patients.

The transition required Rogers to master entirely new areas, including patents, manufacturing, and FDA regulation. But by then, adapting to emerging fields had become second nature.

Today, he remains active as chairman of Gibson Oncology, which is conducting Phase II clinical trials involving treatments for glioblastoma.

"I like to joke that I used to have three companies: one that I was starting, one that I was running, and one that I was selling," Rogers says. "And now I'm just down to one company, so I have reduced the workload a lot."

Over the course of his career, Rogers published more than 125 papers and authored or edited 12 books. He has received numerous honors, including election to the National Academy of Medicine. The Mark C. Rogers Chair in Anesthesiology and Critical Care Medicine at Johns Hopkins is named in his honor.

His influence on the field of pediatric critical care endures. Decades later, he continues receiving invitations to lecture internationally because of his role in shaping the specialty, lecturing last year in Azerbaijan

LEADERSHIP IN MEDICINE

Founded in 1870 as the Institute of Medicine, the National Academy of Medicine is one of three academies that make up the National Academies of Science, Engineering, and Medicine in the United States. The National Academies are private, nonprofit institutions that work outside the government to provide objective advice on matters of science, technology, and health. Members are elected annually in recognition of outstanding professional achievement.

Upstate Medical University alumni who have been elected to the National Academy of Medicine include:*

Warren Winkelstein, MD '47**

Frank Young, MD '56**

Samuel Hellman, MD '59

Samuel O. Thier, MD '60**

John G. Bartlett, MD '63**

Elizabeth McAnarney, MD '66

Mark C. Rogers, MD '69

Nancy Tarbell, MD '79

Harry C. Dietz, MD '84

Helen Burstin, MD '87



**If you are a member of the National Academy of Medicine and your name is not listed, please contact the Medical Alumni Office at medalum@upstate.edu*

***deceased*

and earlier this year in Beijing.

Still, Rogers' refusal to remain static reflects the broader philosophy that has defined his life. He says he "craves change," though he credits the stability of his personal life for making continual reinvention possible.

He and his wife, Elizabeth, a gastroenterologist and geriatrician and former associate dean at the University of Maryland, raised two children and now enjoy five grandchildren. Together, they have traveled extensively and sailed throughout the Mediterranean and Caribbean.

Looking ahead, Rogers sees artificial intelligence as medicine's next major transformation, though he believes technology alone will never replace human judgment or collaboration.

"Artificial intelligence will help, but in the end, you need to know how to work with people and to form teams to do the work and get things done," he says.

For younger physicians entering a rapidly changing profession, Rogers offers advice shaped by decades spent repeatedly stepping into unfamiliar territory.

"Be open-minded, be willing to take chances, and be willing to risk failure," he says. "Because unless you do that, you're not going to do anything important." ■

A Life in Full

The “Most Interesting Man in the World” built a brand on improbable adventures.

James D. Morrissey, MD '64, built a life on them. BY RENÉE GEARHART LEVY



Dr. Morrissey on Gaurishankar in the Himalayas in 1979

There's a moment when measuring the risk of a particular challenge where most people stop.

For James D. Morrissey, MD '64, risk was never a reason to walk away—only something to calculate.

He didn't stop when he fell 60 feet while climbing in British Columbia. He didn't stop when half his mountaineering team was killed on an early Himalayan expedition. He didn't stop when he was initially rejected from medical school, or when the U.S. Navy turned him away over a spinal injury. And at nearly 90 years old, he still hasn't stopped—performing hundreds of procedures a year and showing up, day after day, for the patients who depend on him.

For nearly six decades, Morrissey has approached medicine, mountaineering, and life itself with the same philosophy: prepare relentlessly,

embrace difficult challenges, and never lose sight of the people depending on you. The former Syracuse lacrosse player, Peace Corps physician, and pioneering heart surgeon built Stockton, California's open-heart surgery program from the ground up while simultaneously becoming one of the world's elite climbers, leading expeditions on some of the planet's most dangerous peaks. Today, working full time, Morrissey remains driven by the same instinct that carried him from the Adirondacks to Tanzania to the Himalayas: if something meaningful seems difficult, it's probably worth attempting.

“It's sort of a risk-benefit deal,” he says. “That's something I've applied my whole life. And if something looked

challenging, that usually made it more interesting to me.”

The same risk-benefit calculation guides his work in medicine.

“Is the patient going to be better off when I finish this than they were when we started?” he asks. “You always think of the patient first. That's the oath we take.”

Long before the operating rooms and international expeditions, Morrissey was a sharp-minded Long Island kid who enrolled at the New York State College of Forestry in Syracuse to study pulp and paper engineering. The coursework was demanding, but he still found time for fun. At the time, SUNY ESF students could participate in Syracuse University extracurriculars.

He joined a fraternity, wrestled as a freshman, and then walked on to the lacrosse team after spending months tossing a ball around with his roommate.

“I had never even seen a lacrosse game till I played in one,” he says.



The 1957 National Championship Syracuse University lacrosse team. Dr. Morrissey is number 87.

A lefty with unusual ambidexterity, he became part of one of Syracuse lacrosse's standout eras. The 1957 team his junior year went undefeated, with three teammates drafted to professional football careers, including Jim Brown.

Despite the high caliber of competition, Morrissey had his own priorities.

"I studied all the time on the bus while they were goofing off," he recalls.

His teammates nicknamed him "Brain."

After graduation, Morrissey headed to British Columbia to work in a pulp mill. Within six months, he knew he wanted something different.

"I decided I wanted to go to medical school," he says.

He returned to SUNY ESF as a graduate assistant while completing medical school prerequisites, then applied to Upstate, Albany Medical College, and Harvard. ("Why not?" he says.)

He was rejected by all three.

Instead of giving up, Morrissey took a job at Upstate working with biochemist Ibert C. Wells, PhD, spending a year cannulating the bile ducts of baby rats for cholesterol metabolism studies while preparing to reapply. When another Upstate rejection arrived, he wrote the admissions committee a blunt letter.

"I told them they were making a terrible mistake," he says.

The College of Medicine had never admitted a student from the forestry school, but the committee agreed to an interview.

During the meeting, anatomy professor David Whitlock, MD/PhD, discovered Morrissey was an experienced fly fisherman who had taught the sport for years at a Boy Scout camp. Whitlock was also an avid fly fisherman. That connection helped open the door.

Soon after classes began, Morrissey made another impression. While speaking with Dr. Whitlock in anatomy lab, he recognized signs of nystagmus after the professor spun around on a stool to speak with him.

"How did you know that?" Whitlock asked. "You haven't taken that course yet."



Dr. Morrissey in an early scouting photo (top) and his 1964 Upstate yearbook photo (bottom)

"I read the book," Morrissey replied.

In fact, he had read all of the year's textbooks before classes even started.

Whitlock told Morrissey he had scored a 96 on the first anatomy exam. The class average was 49.

"I decided then that I was going to keep the bar high," Morrissey says.

He had plenty of motivation. His father had died while he was in high school, and Morrissey was supporting himself through medical school. He worked nights disposing of radioactive research animals, held shifts in the library, continued assisting in the biochemistry lab, and even shoveled snow for Syracuse University Chancellor William Tolley.

Still, he excelled academically, earning the respect and mentorship of faculty.

"The thing that made Upstate unique during the time I was there was that the teachers and students became very close," he says.

Faculty members created remarkable opportunities for him. He spent two summers studying the isolated iris of *Lopheus piscatorius* (angler fish) at Woods Hole Marine Biology Laboratory under future Nobel Prize

winner George Wald and another summer in Central Africa studying Burkitt's lymphoma through an American Cancer Society fellowship.

That experience shifted his interests from ophthalmology to surgery.

Another mentor then arranged for Morrissey to spend three months in Bern, Switzerland, training with pioneering heart surgeon Åke Senning.

"I mean, what can be better than that?" he says.

It was there, with the Alps visible from the operating room, that both cardiac surgery and mountaineering fully took hold.

"I was sunk after that," he says.

Morrissey graduated as class valedictorian, earning election to Alpha Omega Alpha and receiving the Rosch Award for Outstanding Student of Medicine.

With the Vietnam War escalating, Morrissey initially planned to serve through the Berry Plan at a tropical research station in Ethiopia. But a spinal injury from that climbing fall in British Columbia disqualified him during his Navy physical.

Instead, he joined the U.S. Public Health Service and became one of the early Peace Corps physicians in Tanzania.

After completing an internship at Washington Univer-





The team that successfully summited the East Face of Everest in 1983. Morrissey is in the first row, third from right.

“The thing that made Upstate unique during the time I was there was that the teachers and students became very close.”

— JAMES D. MORRISSEY, MD '64

sity in St. Louis, Morrissey spent nearly three years caring for hundreds of volunteers and helping lead a mass immunization effort that contributed to the eradication of smallpox in Tanzania.

“I met the president of Tanzania one of my first days there,” he says. “I actually have a letter from him saying I can hunt anywhere, anytime in Tanzania.”

Morrissey later returned to Washington University to complete surgical and cardiothoracic training at Barnes Hospital. He'd ended up at WashU under the direction of Upstate surgery professor C. Barber Mueller, MD, who had trained there himself. “I think 10 out of 12 surgical interns were valedictorians of their medical school class,” he says. “We got enormous hands-on experience. It was a great place to train.”

In 1972, Morrissey was preparing to remain on faculty when he learned of an opportunity in Stockton, California. A thoracic surgeon there wanted to establish a heart surgery program in a region that had never supported one.

“We were probably the only two people in San Joaquin County who thought Stockton was ready for heart surgery,” Morrissey says.

At the time, the field itself was still evolving. “Coronary bypass just started in 1967,” Morrissey says.

What followed was a true ground-up effort to build an open-heart surgery program from scratch, requiring buy in from cardiologists, referring physicians, and the broader community. Success wasn't guaranteed.

“You can't just walk in and be a heart surgeon,” he says.

Morrissey leaned on the intensive training he received at Barnes Hospital, where he performed an extraordinary volume of procedures—more than 1,500 thoracotomies during residency.

“There's no place else in the world where you could have done that much,” an examiner later told him. Morrissey trained nurses, anesthesiologists, perfusionists, and surgical assistants from scratch. When the hospital hesitated to purchase costly equipment, he bought key items himself so the team could train.

He even established a makeshift experimental surgical unit at the University of the Pacific so the staff could practice before entering a live operating room.

Two years later, in November 1974, the program performed its first successful open-heart surgery. In the early years, colleagues recall Morrissey sleeping near the intensive care unit so he could monitor patients overnight during critical recovery periods.

The program at St. Joseph's Medical Center grew to become a cornerstone of cardiac care in the region. Morrissey

served as chief of cardiothoracic surgery until 1991. In 2021, he received a Lifetime Achievement Award from the San Joaquin Valley Medical Society and the following year St. Joseph's renamed its Heart Institute the Morrissey Family Heart & Vascular Institute in honor of Morrissey's 50 years of caring for the community.

“If you want to call us the watchdogs of the patients, you can call us that. I think it's really important that right from the top someone is the champion of the patient at all times. Human kindness is at the forefront and base of our philosophy. That is the bottom line,” says Morrissey.

But while Morrissey was building one demanding life, he was simultaneously living another.

An Eagle Scout, his introduction to serious climbing came shortly after high school when he spontaneously climbed the 14,000-foot Grand Teton



Dr. Morrissey in an ice cave during the Dhaulagiri expedition in 1973.

unroped and unguided while visiting Wyoming as part of a Boy Scout Indian dance competition.

“It was really fun,” he says. “That was the start.”

Over the years, he climbed throughout the Adirondacks, British Columbia, the Alps, and Africa. By the late 1960s, he had developed a reputation among elite mountaineers and, while a third-year surgical resident, was invited to serve as physician on the first American expedition to Dhaulagiri, the world’s seventh-highest mountain.

The climb ended in tragedy when half the team, including the expedition leader, was killed.

Nonetheless, his team remained undaunted. “We’d choose the highest unclimbed mountain in the world and go after it,” says Morrissey, who led the first ascent of the Trango Tower in Pakistan in 1977, the first ascent of Gaurishankar in Nepal in 1979, and the first ascent of the east face of Mt. Everest in 1983.

“One man’s horror is another man’s pleasure,” he told the *New York Times* at the time.

For years, he served as a U.S. representative to the Union of International Alpine Associations, advocating for climbing oversight and warning about the dangers of inexperienced commercial guiding operations. After he and several other serious climbers retired, permits to adventure travel companies opened. “It’s been a disaster ever since,” he says.

The parallels between climbing and heart surgery are fairly obvious. “Both present unexpected challenges. You have to be prepared and you have to be able to keep your head when things aren’t going right,” he says.

At an age when most surgeons have long since retired, Morrissey is still putting that mindset into practice. In one recent two-week stretch, he performed more than 30 procedures. He still handles cardiac, thoracic, and vascular surgery cases rather than narrowing his practice.

He’s seen a lot of change throughout his career and credits advances in myocardial preservation and beating-heart bypass techniques. At the same time, he worries medicine has become overly dependent on technology and increasingly disconnected from patients themselves.

“You pick up all sorts of stuff just by watching a patient’s body language,” he says. “Too many doctors and nurses are totally dependent on computers. They’ve forgotten how to memorize things. I can remember what my patient’s creatinine was three days ago.”

Even now, retirement doesn’t seem to interest him much. There are still patients to care for, fish to catch, stories to tell, and new challenges to take on.

“If I can do it without killing myself, I really should try it,” he says with a laugh. “That’s been my mantra.” ■

Dr. Morrissey during surgery, at right



Carrying it Forward

From Syracuse to Somalia to Upstate, Quinn Morrissey '29 is forging her own path in medicine

In a surgical tent in Mogadishu, Somalia, Quinn Morrissey '29 stood over a wounded patient preparing for something she had never done before: making the first surgical cut into a patient.

Assigned to a forward surgical team supporting Special Operations Forces, the Army Reserve combat medic was accustomed to the intensity of practicing medicine close to active conflict. But this moment was different.

"I scrubbed in for the first time during an orthopedic procedure," she says. "The patient had a gunshot wound to the knee. I made the first cut and got to close. When we were done, I couldn't wait to call my dad and tell him how it went. I was so proud I cried."

The experience confirmed something Quinn had been moving toward for years: surgery was where she belonged.

For Quinn, medicine was never a distant idea. Her father, James D. Morrissey, MD '64, built a distinguished career in cardiothoracic surgery. But while medicine may run in the family, Quinn's path has been uniquely her own.

Raised in California as the youngest of eight siblings, she came to Syracuse University intending to pursue medicine.



Quinn with her father, James



As an Army Reserve combat medic, Quinn Morrissey '29 had her first hands-on surgical experience in Somalia.

Midway through college, feeling the need for a break and a reset, she joined the Army Reserve.

After completing basic training and advanced instruction as a combat medic, she returned to Syracuse and earned her biology degree in May 2020. It was the height of the pandemic, so she remained in Syracuse to complete a master's degree in biomedical forensics while working at Upstate as an operating room scheduler for the burn and trauma surgeons.

Then came deployment to Somalia.

"Our whole role was to be close to the fight," she says.

During her deployment, Quinn's forward surgical team treated more than 80 trauma patients, performing procedures ranging from emergency thoracotomies to orthopedic surgeries. The experience deepened her appreciation for high-pressure medicine and patient care.

Now a second-year medical student, Quinn says she has "fallen in love with surgery," crediting mentors including Moustafa A. Hassan, MD, Joan Dolinak, MD, and Jesse Ryan, MD, for deepening her passion for the field. She is currently considering burn surgery, ENT, and reconstructive plastics.

Outside the classroom, Quinn continues to build a life centered on service. She remains active in the Army Reserve, marking eight years as a combat medic in June. She also serves as a court-appointed special advocate for foster children, assists with provider scheduling at the Rahma Clinic, and recently became certified in Advanced Burn Life Support.

"I do better when I'm busy," she says.

Like her father, Quinn thrives in high-stakes environments. But she is not simply following in his footsteps. She is carving out her own path—one hard-earned experience at a time.

LOOP DREAMS

What began as a childhood fascination became a 7,613-mile retirement adventure for Brian Brundage, MD '89, and Pamela Foresman, MD '89

“A plan without a deadline is just a discussion.”

For years, that was the running line in the Brundage-Foresman household whenever talk turned to “someday” adventures. Brian Brundage, MD '89, had spent decades dreaming about taking a boat around the eastern half of North America. Pam Foresman, MD '89, listened patiently. Someday, eventually, maybe.

Then COVID arrived, life shifted dramatically, and “someday” suddenly felt less guaranteed.

So, the two physicians closed their practice, climbed aboard a lovingly restored 41-foot boat, and spent the next two years traveling 7,613 miles through the Great Lakes, the Mississippi River system, the Gulf Coast, Florida, the Intracoastal Waterway, the Chesapeake Bay, and the Hudson River before finally returning home to the Finger Lakes.

In boating circles, the trip is known simply as “The Great Loop,” a continuous water route that allows adventurous mariners to circle the eastern United States and parts of Canada. It is equal parts endurance test, sightseeing expedition, engineering challenge, and floating social club.

“Fewer people do the Loop each year than climb Mount Everest,” Brundage says.

That statistic appealed to him immediately.

Long before he became an emergency medicine physician, Brundage was a self-described “boat freak.” Growing up in Rochester, he spent summers on the St. Lawrence River. Years later, he and Foresman, who grew up in Auburn, met as medical students at Upstate, where both graduated in 1989. He trained in family practice before building a career in emergency medicine. She joined her father’s dermatology practice in Auburn, with Brundage eventually joining her.

Together, they built careers, raised two daughters, and established a life on Owasco Lake. But boating never stopped tugging at Brundage’s imagination.

He remembers staring at a map as a 12-year-old and realizing, theoretically at least, that “You could probably take a boat all through the Great Lakes and down the Mississippi and through the Gulf of Mexico and back up to the other side and come all the way back on the Erie Canal,” he recalls.

Years later, he discovered the route had a name and a devoted following.



Brian Brundage, MD '89, and Pamela Foresman, MD '89, traveled 7,613 miles, spending 397 nights aboard their boat, the Surf Rider, while embarking on the Great Loop.

The timing, however, took decades to align.

The couple retired in 2022 after a difficult stretch marked by the pressures of practicing medicine during the COVID pandemic.

First, they celebrated retirement with a three-week National Geographic expedition to Antarctica, the first excursion the company ran after the pandemic shutdown.

Then came the main event. Foresman agreed to go on the Great Loop with the stipulation that her dream, to live in a French-speaking country long enough to become fluent, would be next.

Brundage had purchased a boat in 2020 and spent two years rebuilding it almost entirely himself. The vessel, a 41-foot Marinette powerboat built in 1989, featured two cabins, two showers, a full galley, and, crucially, Starlink internet service.

“That was key,” Brundage says.

The internet connection allowed them to stay close to their daughters, who were launching careers in Boston and Denver, while also navigating marinas, weather reports, and waterways with modern preci-

Surf Rider

25 June 2023 to 30 June 2025



479

Boat Movements

1309

Hours Underway

7613.7

Miles

5.8

Average Miles per Hour



The Great Loop that the Brundages traveled over parts of two years

sion. Brundage marvels at how dramatically technology has changed long-distance boating.

“Think about doing it 20 years ago with paper charts, no GPS, and no way to communicate,” he says. “Nowadays it’s easy.”

Well, comparatively easy.

The couple, members of America’s Great Loop Cruisers’ Association (AGLCA), launched from Cayuga Lake on June 25, 2023, traveling through the Erie Canal into Canada before heading to Georgian Bay, Lake Huron, and Mackinac Island.

They spent months making their way down the Michigan side of Lake Michigan, through Chicago, down the Illinois and Mississippi rivers, across the Gulf Coast and eventually into Florida. They left the boat in Georgia for hurricane season, returned home to the Finger Lakes for the summer, and then resumed the trip the following fall.

From Georgia, they cruised north through the Carolinas, spent an entire month in the Chesapeake Bay, went out into the Atlantic Ocean past New Jersey into the New York Harbor, up the Hudson River, through the Erie Canal to Syracuse and then back to their home port on Cayuga Lake, where they “crossed our wake” on June 30, 2025.

Along the way, they discovered that the Great Loop is less of a solitary adventure than a constantly shifting community.

“It’s a huge social thing,” Brundage says.

Boaters identify one another by a triangular flag called a burgee. Using tracking apps, Loopers can see where friends are docked each night. New friendships form quickly, often over what boaters affectionately call “docktails.”



The Surf Rider on the Mississippi River, traveling through St. Louis

"We've made lifelong friends all over the country," Brundage says.

Foresman also noted the camaraderie. "Everyone helps everyone," she says. "It's a great community."

Highlights for her included "the stunning beauty of Georgian Bay, the excitement of seeing dolphins in Mobile Bay and knowing that we had reached salt water, and exploring the entire coast of Florida and all of the historic towns along the East Coast," she says.

The pair encountered every type of traveler imaginable, from lifelong boaters to a couple from Montana tackling the Loop with essentially no boating experience.

"They bought a boat and learned how to run it," Brundage says, still mildly astonished.

Naturally, physicians being physicians, medicine occasionally followed them onto the water.

"Pam got consulted all the time because boaters are sunburned and wrinkly," Brundage says.

Foresman found herself advising fellow travelers about suspicious skin spots and sun protection.

Brundage, meanwhile, occasionally fielded emergency medicine questions, though thankfully nothing too dramatic.

Still, the trip delivered more than enough adrenaline on its own.

Lake Michigan proved especially humbling. One afternoon near Holland, Michigan, calm water transformed almost instantly into pounding white caps as a sudden wind storm rolled in.

"The water turned from flat calm to big, short white caps in about five minutes," Brundage says.

The boat pitched violently as the couple scrambled to secure loose items before navigating safely into the harbor.

Foresman identifies those rough seas on Lake Michigan as one of the trip's clear low points.

Even more unnerving was their overnight crossing of the Gulf of Mexico.

The passage required roughly 24 hours offshore, much of it in complete darkness.

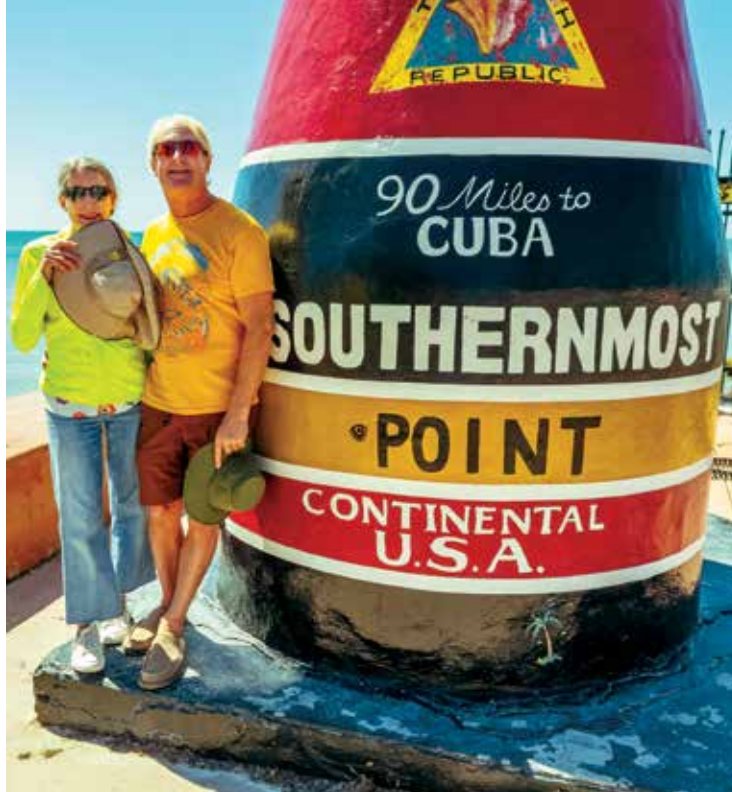
"We were banging around all night and couldn't see anything," Brundage recalls. "It was pitch black."

Despite the occasional terror, the trip also transformed their understanding of daily life.

Foresman discovered she could happily live without a car, relying instead on bicycles for groceries, errands, and exploration. Brundage designed a custom bike rack for the front of the boat, which was the envy of many other Loopers. The bikes dramatically expanded the couple's range once they docked each day.

Together, they pedaled through coastal towns, visited Civil War forts, explored lighthouses, and discovered corners of the country that most travelers speed past.

"We were able to experience every town and city along the coastlines that we passed," Foresman says. "You can't do that with a typical vacation."



Traveling through the Florida Keys was a favorite part of the journey.

They also learned a lot about spending nearly every waking hour together in a floating space smaller than many studio apartments.

"It was breakfast, lunch and dinner and bike rides and socializing. We had 397 nights on board. Everyone was astounded we were still married," Brundage jokes.

One ongoing challenge involved the sun. As a dermatologist, Foresman, unsurprisingly, was not enthusiastic about spending endless hours exposed to UV rays. She spent a fair share of daytime in the cabin, charting the logistics of their course, while Brundage did the driving.

But after a fellow Looper suffered a heart attack on the Mississippi and had to be airlifted to help because his wife couldn't drive the boat, Foresman learned to drive and dock their vessel.

Still, by the time they returned to Cayuga Lake in June 2025, exactly two years after departing, the adventure had become something much larger than a boating trip.

It was a reset. A challenge. A second act.

"It's a whole different lifestyle. Every day is different. It was just so adventurous," says Brundage. "I would do the Loop again tomorrow."

Foresman, meanwhile, is content to pursue the other half of their original bargain. After supporting the Great Loop adventure, she is still focused on improving her French, undertaking a six-day immersion course at Dartmouth this summer in preparation for a future trip to France.

After all, a deal is a deal. ■

STUDENT ROUNDS

Taking the Long Route

AFTER YEARS OF SERVICE AND MOTHERHOOD, MEDICAL STUDENT KATHY BURKE '28 IS FINALLY PURSUING THE DREAM SHE NEVER LET GO.

When Kathy Burke '28 walks into a room, she rarely looks rattled. That calm has served her well in a lot of places: inside military aircraft hangars, in classrooms full of kindergarteners, during emergency calls with the Manlius Fire Department and now, at age 46, in the lecture halls and hospital corridors of medical school.

It has also helped her stand out among her classmates at Upstate Medical University's Norton College of Medicine, where Burke is starting her second year as part of the school's accelerated three-year MD program while raising five children, serving as class president, and continuing to volunteer as an EMT and firefighter.

But Burke insists her journey into medicine is not the result of a dramatic midlife reinvention. In many ways, she says, it began years ago.

"I've always been interested in medicine," Burke says. "My dad was a volunteer paramedic in our community for a really long time, so I grew up around that experience."

Burke was raised in Swansea, Massachusetts, the seventh of nine children in a busy, close-knit household where chaos was simply part of daily life. As a teenager, she volunteered as a candy striper at a local hospital, spending time on the postpartum floor and even helping cuddle infants in the NICU.

"I loved it," she says. "That interest was always there."

She accepted a full scholarship to the United States Air Force Academy, where she studied biochemistry with the intention to pursue medicine. Instead, she found herself pulled deeper into military life.

"I really believed in giving back and being part of something bigger," she says.

At the academy, Burke completed glider training, earned her parachuting license, and embraced the discipline and camaraderie of military culture. After graduation, she was commissioned as a second lieutenant in the Air Force and entered aircraft maintenance, eventually working with F-16 fighter jets.

Her career took her around the world. While stationed in Italy, she met the man who would become her husband, Thomas, an Air Force officer and pilot. Ironically, the two had attended the academy at the same time without ever crossing paths.

Their actual introduction happened in the Czech Republic during a deployment connected to the first G8 summit after September 11. Both had been deployed to close the air space; she as the mainte-

nance officer representative and he as a pilot.

The couple married between overseas assignments and soon began building a family while navigating the demands of military life. But as deployments increased and the couple's family grew, the realities of military life became harder to balance.

"When I was pregnant with my second child, they told us we were both going to be deployed for a year and we needed to make a plan for our children," she recalls.

Instead, Burke chose to leave the Air Force when her commitment ended to focus on raising her family. They settled in Central New York after Thomas joined the Air National Guard at Hancock Air Base during its transition from F-16 operations to the MQ-9 Reaper program.



Kathy Burke '28 at University Hospital's Emergency Department



Burke reaffirming her military oath as she is promoted from 2nd Lieutenant to 1st Lieutenant while on deployment to Zaragoza Air Base, Spain.

From the outside, it may have looked as though Burke's path had veered permanently, but her dream never fully disappeared.

"There was always a little part of me that wondered what would have happened if I had gone to medical school," she says.

Then, in 2022, Burke's father experienced a rapid decline in health before dying of kidney failure. As she researched his illness and helped navigate his care, that old desire resurfaced with new urgency.

"I thought, I really should have done this," she says.

Although Burke had earned a master's in education while in the Air Force and now worked as an assistant teacher at a local elementary school, she never felt that teaching was her true calling.

To test the waters, Burke considered becoming a paramedic. She joined the Manlius Fire Department intending to focus on EMS work before discovering she also loved firefighting. Soon, she became an interior firefighter and volunteer EMT.

"There was always a little part of me that wondered what would have happened if I had gone to medical school."

—KATHY BURKE '28

She enrolled in a Princeton Review MCAT preparation program, which helped transition her back into academics. "It showed me that yes, I still want to do this. Yes, I'm willing to put in the time. And yes, I can still learn," she says.

After a visit with her father shortly before his death, she came back and said to her husband, "I have a crazy thought."

"And he said, 'That's not so crazy,'" she recalls.

With no plans to uproot her family, Burke applied to just one medical school: Upstate Medical University. "If this is God's plan, then it's going to work out," she recalls thinking.

At an Upstate information session, Admissions staff introduced Burke to Upstate's MedPrep program, a master's-level pathway designed to prepare students for medical school coursework. After completing the program and earning the required MCAT score, she interviewed for admission and was accepted into the Norton College of Medicine.

Now, Burke is part of Upstate's accelerated emergency medicine track, which combines medical school and residency training.

She says emergency medicine feels like a natural fit. "I love being the calm in the center of the storm," she says.

Despite her unconventional path, Burke says she has felt embraced by both classmates and faculty. She credits the culture of her class for helping ease her fears about being older than most of her peers.

"It gives me such hope for the future of medicine because everyone is so kind and so collaborative," she says.

Burke will graduate from medical school in 2028, the same year one of her sons graduates from high school. Another son is now following in his parents' footsteps to the Air Force Academy. Her oldest daughter, a student at SUNY Binghamton, is considering medical school at Upstate.

Looking back, Burke says she is deeply grateful that Upstate was willing to take a chance on a nontraditional student with a complicated résumé, five children, and a dream deferred for more than 20 years.

"I'm just so thankful that Upstate decided that I was worth taking a chance on," she says.



Burke and her husband while serving in the Air Force

CLASS NOTES

1958

George B. Jacobs, of Cape Coral, FL, writes, "I have (for the sixth or seventh time) retired from clinical practice but continue to be active in the specialty societies. Thor III has passed his training and examinations and is now certified as a service and therapy dog. I am still very busy both as a director in our HOA and as a lector, Eucharistic minister, and member of the Bishops Cornerstone Society. I have been blessed to be able to celebrate the weddings of our grandchildren, the maturing of our great-grandchildren, and watching the success of my residents and fellows. We live in a resort area, which is, like all desirable places, also unfortunately prone to hurricanes."



George B. Jacobs '58, great-grandson James, and Thor III

1960

Jerome Glazer, of Boca Raton, FL, shares, "I was very saddened to learn about the death of my classmate, **Samuel Thier**. I think that an article should be written about his life. He did so much good for so many people. His death is a tremendous loss to both the field of medicine and to mankind. I last saw him at Brandeis University when my daughter was graduating. She graduated cum laude and is now helping underprivileged children. Best regards to everyone."

1961 Reunion

September 18-19, 2026

Peter Greenwald, of New London, CT, shares he has three children and nine grandchildren who are his main focus, including two doctors: a son who is an oncologist and a son-in-law who is a transplant doctor. There is also a future doctor, a granddaughter who is now at Yale undergrad. "I am active in Rotary, athletics, scrabble clubs, and the library," he writes.



Peter Greenwald '61 and Peaches

1963

Michael A. Kirsch, of Encino, CA, writes, "I'm in my 10th year of retirement. Fortunately, I escaped the fires last year. The grandkids have started having kids. Anyone in the class of '63 in SoCal?"

1966 Reunion

September 18-19, 2026

Norman L. Fienman, of Broomall, PA, writes, "Hopefully, I will see a lot of classmates at the Reunion in September. At 85, I'm still traveling—this winter to the Caribbean, Barbados, Florida, and Paris. This summer, to Vancouver and Alaska. When at home, I'm still tutoring students from Brazil and Belarus and guiding tours at the Brandywine River Museum. None of my children went directly into medicine but one is a health care actuary and another works in major health insurance, contracting for a large hospital system in Philadelphia. Marla and I have been married almost 61 years, and we are happier than ever."

A. Michael Kaplan, of Delray Beach, FL, writes, "Everything is good. Going back and forth from the Berkshires to Florida. We celebrated our 60th wedding anniversary in June, and all our kids are fine. We have two wonderful daughters and four grandchildren who are also great. Hobbies include photography and a little golf."

Austin M. Pattner, of Englewood, NJ, is in his 51st year of active medical practice. "I attribute my endurance to the love and appreciation of medicine, both academic and clinical, which evolved during my years as a medical student at Upstate," he writes.

1967

Martin L. Cohen, of Boynton Beach, FL, celebrated his first great-grandchild. "I'm getting ready for our 60th anniversary. Had dinner with **Charles Sitrin** and his wife, Jackie, and we were planning for the 60th reunion!"

1968

Robert L. Bard, of New York, NY, presented at an international panel on male breast cancer with ultrasound imaging technologies on April 14.



Robert L. Bard '68

Roger G. Mengel, of Wyomissing, PA, and Beverly celebrated their 60th wedding anniversary on September 5, 2025.

1969

Gary S. Luckman, of Oakland Park, FL, has lived in South Florida since graduation, doing his training, internship through GI fellowship, at University of Miami. "I had the privilege of doing some of the first colonoscopies in the area and continued when I went into private practice in Fort Lauderdale," he writes. "After more than 50 years of practice and being first president and one of the founders of DigestiveCare, one of the first large GI groups in the country, we sold in 2020 to a private equity company, Gastro Health. I decided to step back and retire in October. Because I realized full retirement was not for me, I have pursued doing gastrointestinal Locums around the country, presently in Indiana. There is a huge shortage of gastroenterologists once you leave South Florida and other metropolitan areas, so I'm retired two weeks a month and two weeks I am doing Locums in underserved areas. So far, this plan is working. Meanwhile I'm enjoying my family, which include three adult children and four grandchildren. My wife, Cheryl, travels with me both for pleasure and during my Locums. Overall life is good."

Mark C. Rogers, of Miami Beach, FL, shares, "So far age hasn't interfered with our vigorous lives as Elizabeth and I were in Beijing, where I was Visiting Professor at the Beijing Children's Hospital. After that we did a 'technology tour' of China, visiting Robot Malls, smart cities like Shenzhen, and took a tour on the Yangtze, visiting the Three Gorges Dam. I am pleased to share that the biotech company that we founded, Gibson Oncology, is in phase II with studies at NIH. Importantly, the Mayo Clinic now is entering its own FDA clinical studies. If it works, Elizabeth and I will jump for joy because of all the people we could help!"

1970

Alexander E. Kuehl, of Amelia Island, FL, wants to thank the 28 colleagues who contributed to the initiation of the 1970 scholarship fund. "I ask that all interested classmates remember to have their annual gift go to the scholarship as well as to consider a legacy gift," he writes.

1971 Reunion

September 18-19, 2026

Rosemary Bellino-Hall '71, of Lawton, OK, retired but is volunteering. "I continue to enjoy fly fishing and trips to South America to fish," she writes.

1973

Joseph Maloney, of Sacramento, CA, writes, "After 43 years in Apple Valley (Google it), Barbara and I moved to Sacramento to spoil seven of our 14 grands. Recent dermatology visits and my agent prevent me from sharing a photo. I wish good health for all."

1974

William (Bill) Boden, of Boston, MA, will be the study co-chair for the first head-to-head, prospective, randomized trial comparison of two direct oral anticoagulants (apixaban vs. rivaroxaban) in patients with established atrial fibrillation (AF) to assess the safety and efficacy of these



William E. Boden '74

two agents in reducing the risk of stroke, systemic embolism, and all-cause mortality, with particular attention to important clinical subsets (e.g., age >65 years, women, patients with renal dysfunction, and other comorbidities) in whom there may be important differential risks and benefits. The VALIANT-AF Trial is funded by the Department of Veterans Affairs and the FDA and will enroll 10,000 veterans during a five-year follow-up beginning in June 2026, and will include up to 100 enrolling sites nationally.

Robert A. Edelman, of Mill Neck, NY, shares that his granddaughter, Saige Riley Levitt, was accepted early admission to the Syracuse Newhouse School of Communications, following in the footsteps of her grandmother and mother.

1975

Robert M. Goldberg, of Somers Point, NJ, would like to express appreciation for the efforts of the alumni organization for a wonderful and memorable 50th Reunion last autumn. "It

was priceless to see and interact with so many of my classmates," he writes. "I am dictating this from my solo practitioner small office just across the bay from Ocean City, New Jersey, on the coastline, where I am coming up on 46 years of medical oncology-hematology practice. I love what I do but will not comment upon the system. My younger daughter, Upstate 2010, is a practicing ophthalmologist in Allentown, Pennsylvania, and a mom to my two granddaughters. I keep myself in shape with regular workouts at the gym at least four days a week, am on shortwave radio as a ham radio operator (call-sign N2CTU), and a member of Cumberland Riflemen range facility in Millville, New Jersey, where I shoot weekly in an Olympic-style bullseye precision pistol league. I am active as a board member of Young Israel of Margate, modern Orthodox congregation. Wishing all my classmates good health and my appreciation again to Upstate for having trained me to be who I am today."

CLASS NOTES

Kenneth I. Steinberg, of Hallandale Beach, FL, is living the life in South Florida and continues enjoying doing telemedicine.



Kenneth I. Steinberg '75

1976 Reunion

September 18-19, 2026

Richard M. Alexander, of Houston, TX, has retired after four decades doing cardiac, thoracic, and vascular surgery in Houston. "I then full circled back to Upstate to work several months part-time," he writes. "Looking forward to seeing classmates at the 50th reunion."



David Riccardi '21, Kaitlin Kyi '17, and children Dominick Patrick and Emily

Patrick J. Riccardi, of Syracuse, NY, is delighted that his son, **David '21**, and daughter in law, **Kaitlin Kyi '17**, are returning to Syracuse from Ann Arbor after David completes his rheumatology fellowship in June. Kaitlin will be joining Upstate Medical University as a geriatric oncologist. David will begin a rheumatology private practice.

1980

Jonathan Blitzner, of Long Beach, CA, retired from the full-time practice of oncology and hematology in April. "My last practice setting was the Todd Cancer Institute in Long Beach," he writes. "I am a bit wistful leaving practice now, when so many promising developments in therapeutics are finally becoming available."

Joanna Zolkowski-Wynne, of Fairfield, CT, and husband, Michael, celebrated their 46th wedding anniversary and have embraced the lifestyle of the newly retired. They enjoy being indulgent grandparents to four grandchildren — David

and Katrin's Vera, 11, and Theodore, eight, and Kathryn and Michael's Julian, eight, and Eleanora, four. They moved closer to the shore of Long Island Sound in Fairfield and welcome the hustle and bustle of the downtown community.

1981 Reunion

September 18-19, 2026

Diane M. Cavallaro, of Clinton, NY, is happy to announce that one of her twin sons, Michael Miglietta, is getting married this October to his girlfriend, Kathleen. He is an RN who used to work at St. Joseph's Hospital and is now in Ithaca, New York.

Margot L. Fass, of Rochester, NY, continues to practice and love psychiatry, while continuing her parallel mission to do what she can for the environment, particularly amphibians, a keystone and bioindicator species. Last year, A Frog House helped facilitate the construction of three large vernal ponds at the Robert C. Corby Arboretum and Wildlife Sanctuary in

Pittsford, NY, which became occupied with life within just 10 days. This year, A Frog House is launching Homebuilt Vernal Ponds, an initiative encouraging people to build their own ponds—easy, inexpensive projects with enormous ecological value. The concept fits hand-in-glove with Doug Tallamy's Homegrown National Park, a movement based on the idea that many small habitats working together can create something much larger than the sum of their parts. "I am seeking advisors, board members, collaborators, and investors to help transform this into a serious national effort," she writes.



Margot Fass '81



Michael Wynne and Joanna Zolkowski-Wynne '80

JOSEPH IMPERATO, MD '80

Planned Exit

Joseph Imperato, MD '80, is helping physicians navigate their transition away from the profession that defines them.



Joseph Imperato, MD '80

Joseph Imperato, MD '80, jokes that he “failed retirement” the first time. After four decades in radiation oncology, most of it spent building a respected breast cancer practice in the Chicago area, he stepped away from clinical medicine in his early 60s, only to pivot almost immediately into a leadership role at an insurance company. Nine years later, at age 70, he’s preparing to retire again—this time for real. But if history is any guide, Dr. Imperato isn’t wired to simply stop. Instead, he’s turned his attention to a new kind of practice: helping other physicians navigate what comes next.

“What’s wrong with us?” Imperato recalls wondering after attending an

Upstate reunion where only a fraction of his classmates had fully retired. Many were still working full time; others had scaled back but hadn’t stepped away. The realization stuck. For a profession defined by long training, deep expertise, and personal sacrifice, stepping away can feel less like a milestone and more like a loss.

Imperato understands the tensions many doctors feel about retirement. Raised in the Bronx and drawn to medicine from an early age, he followed a clear path—chemistry pre-med at Holy Cross, then Upstate Medical University, where a chance assignment in radiation oncology changed the course of his career. Mentored by a dynamic department chair and drawn to the field’s blend of science and patient care, he went on to train at Harvard before briefly returning to Syracuse as an attending. A second stroke of serendipity took him to Illinois, where he built a long career centered on breast cancer treatment and helped advance the use of lumpectomy paired with radiation therapy.

Over time, his work expanded beyond the clinic. A Fellow of the American College of Radiology, he held a faculty appointment at Northwestern for nearly three decades and served in leadership roles, including as president of the Illinois division of the American Cancer Society. Public speaking, media appearances, and teaching became familiar terrain, skills that now support his latest endeavor.

Imperato decided to explore the retirement conundrum in his role as chair of the senior and retired section of the American College of Radiology. The result is a podcast that tackles the realities physicians face as they approach retirement. Launched in March, “Planning for the Future: Building Your Retirement Path” provides practical information in a format that is accessible on-demand. Although developed for the radiologist community, Imperato says the content is relevant for all physicians.

Early episodes focus on what Imperato sees as the central challenge: the loss of identity that can accompany leaving medicine. For physicians, the profession is rarely just a job—it’s a calling reinforced over decades of training and practice. Walking away can feel disorienting, even frightening. The podcast explores ways to bridge that gap, from teaching and mentoring to building new communities and routines.

It also dives into the less discussed logistics of retirement: financial planning, managing debt, preparing wills and estates, and maintaining physical health. Imperato is particularly attuned to the practical missteps that can derail even the best-laid plans. He points to the irony of lifelong professionals suddenly embracing new physical hobbies without preparation—sometimes with painful results—and brings in experts to guide listeners through those transitions.

For Imperato, the podcast is as much personal as it is professional. As he prepared to step away from full-time work himself, he was already planning his next chapter: teaching medical students, mentoring future oncologists, and continuing to engage with the field in a more flexible way. It’s a model he believes can help others reframe retirement not as an end, but as a shift.

That perspective is grounded in a simple but often overlooked truth: time is finite, and health is not guaranteed. “You do want to enjoy this time while you’re in good health,” he says, encouraging colleagues to travel, reconnect with family, and pursue long-deferred interests. “After years spent caring for others, physicians owe themselves the same consideration.”

—Renée Gearhart Levy

CLASS NOTES



Deborah Glazer '81, grandson Scott, son Christopher and his wife Cora, grandson Asher, and granddaughters Remy and Morgan



Deborah Glazer '81 and her husband, Tim Gilbert

Deborah Glazer of Lebanon, NH, is hanging up the stethoscope after 41 years as a family physician, retiring in November. "I have had a wonderful career and witnessed many changes in medicine over the years, but our patients' trust in us has stayed the same," she shares. "I am honored by this and their willingness to share their stories and concerns. Plans are more skiing, biking, time with family and trips."

Stephen A. Spaulding, of Scarborough, ME, is retired and loving the Portland area, with its proximity to beaches, forests, mountains, and the grandkids.

1982

James F. Boehner, of Aiken, SC, has been retired for two years following running a four-physician, two nurse practitioner independent OB/GYN practice in Aiken. He continues as chair of the Board of Governors for Aiken Regional Medical Centers and thinks fondly of his time at Upstate and interactions with his colleagues. "I wish you all well," he writes.

Jeffrey E. and Sherry C. Sussman, of Lighthouse Point, FL, were included in a book about married physician couples called *Lessons Learned, Stories from Dual Physician Marriages*, published by AAPL. "Our Class of 1982 had nine physician couples at graduation," they share.

1983

Susan Zahalsky Jensen, of Charlotte, NC, is retired and a writer with a regular column. She is gathering updates on all her classmates for a "what happened to them?" article for the 2028 class reunion. If you would like to be part of this project, feel free to reach out with whatever you'd like to include, such as where you did your training, where you wound up settling down, family situation, hobbies, or whatever part of your life

journey you wish to share. She can be reached at: suejensen57@gmail.com

1984

Holly Kent, of Parker, CO, writes, "My good friend **Linda (Lynn) Burrell** and I met at the Women's Rights National Historical Park in Seneca Falls, New York, in September 2025. We are both happily retired. Lynn lives in Maryland and I live in Colorado, so we met in 'the middle' (I was visiting family in western New York and Lynn's mom lives in Binghamton). Lynn's husband, **Tim McCanty '85**, joined us as did my husband, Craig, and we had a lively lunch and tour of the national park. We hope to meet again soon."



Lynn Burrell '84 and Holly Kent '84

Michael G. Sheehan, of Fayetteville, NY, plans to retire this fall. He is sorry he was unable to attend the last reunion but will definitely be there next time ("God willing").

1985

Debra J. Clark, of Keeseville, NY, writes, "After 37 years in solo practice, I finally decided this winter to retire and close my office in October. Two months after my announcement, my EMR provider decided to 'sunset' my program on August 31, 2026, and suggested I buy their new cloud-based version instead. Naturally, I politely declined and will now be closing two months earlier. Retirement, here I come!"

KATHLEEN HALLINAN, MD '96

Care Under Pressure

Through Project OAR, Kathleen Hallinan, MD '96, is training EMS providers to respond to mental health and addiction emergencies when every second matters.

When a psychiatric or substance abuse crisis call comes in, EMS providers are usually first through the door. They walk into volatile, emotionally charged situations where the balance between calming a patient and preventing tragedy can shift in seconds. For Kathleen Hallinan, MD '96, helping those providers navigate those moments has become both a professional mission and a deeply personal one.

An internal medicine physician with Guthrie Clinic in Corning, New York, Hallinan leads Project OAR (short for Olivia and Alex Roblyer EMS Training for Crisis Intervention), a federally funded initiative designed to train rural EMS providers to respond more effectively to psychiatric and substance abuse emergencies.

The effort brings together many threads of Hallinan's life: decades in primary care, volunteer service in firefighting and EMS, and years spent treating patients struggling with mental illness and addiction.

"I practice in my hometown," Hallinan says of returning to the Corning area after graduating from Upstate and completing her residency in internal medicine in Buffalo.

Her path into medicine was shaped early by local mentor Michael Cilip, MD '82, who allowed her to shadow him in Corning while she was still an undergraduate. Hallinan also volunteered at Corning Hospital, transporting patients and observing physicians at work.

"It was fascinating to see patients go from being almost on death's door to being discharged a few days later because of the care they received," she says. "I realized I wanted to be able to heal people."

That desire to help patients through complicated medical challenges eventually led Hallinan toward an area of need that was becoming increasingly visible: the growing overlap between mental illness, addiction, and gaps in access to care.

Before the Affordable Care Act expanded access to care, Hallinan volunteered through Health Ministries, where she regularly cared for patients with schizophrenia, psychosis, and bipolar disorder who often could not afford their medications.

The transformations she witnessed stayed with her.

"We were able to get donated medications, and what a difference," she says. "Once patients were taking their meds, they were back to thinking normally, hallucinations are gone, and they can function. I thought, my God, this is incredible."

Later, Hallinan began treating patients with opioid use disorder using Suboxone therapy, inspired in part by Upstate-trained internist Peter Parken, MD, HS '87.

"It's terribly rewarding to help people who want to get clean get their home back, their family back, and know their kids are safe," she says.

Her connection to EMS developed through family. After her teenage son joined the local fire department, Hallinan volunteered herself,



Kathleen Hallinan, MD '96, with her sister, Mary Hallinan, an EMT in Rochester

completing firefighter training and eventually serving as medical director for several regional basic life support services. She later became vice chair of the Southern Tier Regional EMS Medical Advisory Committee and now serves on the state EMS Medical Advisory Committee.

The idea for Project OAR took shape after Hallinan learned about federal grants through the Substance Abuse and Mental Health Services Administration (SAMHSA) aimed at helping rural EMS providers manage psychiatric and addiction-related calls. Around the same time, tragedy struck close to home.

Two close family friends, Allison and Andy Roblyer, lost both of their children within months of one another to suspected drug overdoses.

"These are wonderful people. It could have been any of our families," Hallinan says. Project OAR is named in honor of their children.

Since launching, the program has offered training in psychiatric crisis response, psychological first aid, and motivational interviewing to more than 170 EMS personnel. Providers learn everything from verbal de-escalation and trauma-informed care to recognizing when patients are at risk for cardiac arrest during stimulant-induced crises.

"A lot of the burden is borne by our EMS providers," says Hallinan. "They're put in very precarious situations. We need to support them and give them the resources they need to help these patients."

She hopes Project OAR can become a model for communities across New York. "I would love to see it done throughout the state," she says.

—Renée Gearhart Levy

CLASS NOTES

Stephen F. Cocco, of East Setauket, NY, recently attended the New York State Society of Plastic Surgeons Advocacy Day in Albany.

Drew Malloy, of Santa Cruz, CA, continues working two days per week at UC Santa Cruz Student Health. "I had a blast at our 40th reunion last September," he writes.

1986 Reunion

September 18-19, 2026

1987

Stafford C. Henry, of Chicago, IL, will turn 65 in October and decided to spend time abroad to think about what the next professional and personal chapters will look like. He was delighted to discover that the ancestral home of his Panamanian grandfather is a place of spiritual guidance.



Stafford C. Henry '87

Lisa A. Manz-Dulac, of Grosse Pointe Farms, MI, is celebrating the 30th anniversary of Eastside Dermatology, the practice she founded on July 1, 1996. She now has four offices in southeast



Lisa A. Manz-Dulac '87

Michigan with two other dermatologists and three mid-level providers. "Also, I ran my first marathon in 2018, and since then have run 10 marathons, including the six World Major Marathons (Boston, Chicago, NYC, Berlin, London and Tokyo). I ran the Cape Town South Africa Marathon as an age group world champion on May 24," she shares.

1990

John D. Bisognano, of Ann Arbor, MI, was appointed associate vice-chair for faculty affairs in the Internal Medicine Department at the University of Michigan. His focus will be on faculty development and mentoring in the medical school's largest department of more

than 1,000 faculty. He continues as a professor and clinician in the Division of Cardiovascular Diseases.



Nate Barott '26 and Susan V. Rockwell '90

Susan V. Rockwell, of Canandaigua, NY, writes, "My son, **Nate Barott '26** is in the newest class of Upstate alumni. I was thrilled to be able to hood him at graduation on May 3. I retired from family practice last summer and am enjoying unwinding."

1991 Reunion

September 18-19, 2026

1993

Peter Hogenkamp, of Rutland, VT, has been busy writing. *The Dead Zone*, Jade Stryker #3, is with the editor now and should be available late spring. *The Vatican Supremacy*, Marco Venetti #3, is in production now. *The Intern* is now out of print. "I am in the process

of self-publishing it and if this goes well, I plan to self-publish *The Lazarus Manuscript*, Jack Hanley #1, which is a previously unpublished political thriller," he writes.

1996 Reunion

September 18-19, 2026

2001 Reunion

September 18-19, 2026

2005

Rachel M. Pessah-Pollack, of Roslyn Heights, NY, was awarded the American Association of Clinical Endocrinologists (AACE) H. Jack Baskin, MD, Endocrine Teaching Award at the AACE Annual Meeting in Las Vegas in April.

2006 Reunion

September 18-19, 2026

2011 Reunion

September 18-19, 2026

2012

Jennifer Caputo-Seidler, of Tampa, FL, was promoted to associate professor at the University of South Florida, where she serves as core faculty for the internal medicine residency program.



Emily C. Daugherty '13

2013

Emily C. Daugherty, of Cincinnati, OH, presented her work on FLASH radiotherapy at ESTRO 2026 in Stockholm, Sweden, on May 17th. "I was invited to give a plenary presentation on our study at the European Society for Radiotherapy and Oncology (ESTRO) conference and reported the results of FAST-02, the second-in-human trial of proton FLASH radiation in 2022. I presented the first-in-the-world study at ASTRO back in 2022," she writes.

2016 Reunion

September 18-19, 2026

2021

Vasia P. Damianides, of Woodside, NY, was married to Andreas Damianides, a psychiatrist in training, in



Andreas Damianides and Vasia Damianides '21

New York City in 2025 and celebrated the birth of their son, Marios Panagiotis Damianides, in March. She will begin practice as a uveitis specialist and cataract surgeon at NYU Langone in October.

2025

Kenneth I. Adames Ramos, of Arlington, VA, married Melissa Perez Sancho in April at a small ceremony in Washington, DC. Classmate **Paola Robles Vera '25** was in attendance.



Kenneth I. Adames Ramos '25 and wife Melissa Perez Sancho at their wedding. Paola Robles Vera '25 is at the far right in the light blue dress



Stuart Trust, HS '74, with members of the Class of 2026. From left, Alexandra R. Stone, Eleanor J. Sommers, Trust, Prithi L. Chakrapani, and Rachel C. Ziemba

Residents

Jeffrey A. Greenberg, HS '91, of Carmel, IN, retired from full clinical practice in December 2025 and is now a snowbird spending winter in Scottsdale, Arizona. He plays lots of golf and pickleball and remains busy with the American Society for Surgery of the Hand as the incoming chair of the Foundation. He was also



Robert Gregory and Rebecca J. Shields, HS '22

elected to the Board of Trustees at Grinnell College and started his first four-year term in September 2025.

Rebecca J. Shields, HS '22, of Jamesville, NY, shares that she and Robert Gregory, MD, Distinguished Service Professor at Upstate, co-authored a book to help clinicians working with suicidal individuals, *Resolving Therapeutic Dilemmas with Suicidal Clients*. The book is designed to help clinicians get through difficult situations with their suicidal clients to help them get unstuck and move towards recovery. Sample dilemmas include "I don't want to recover; I just want to die" and "If you discharge me, I'm going to kill myself." This book draws upon their experience running the Psychiatry High Risk Program at Upstate, where they care for suicidal adolescents and young adults. The book is available for purchase at www.guilford.com/p/gregory.

Stuart Trust, HS '74, of Syracuse, NY, received the 2025-2026 Excellence in Teaching Award for Foundations of Reasoning in Medicine. He was the only instructor commended by both the first- and second-year medical school classes. He also attended and enjoyed Match Day with the class of 2026.

I N M E M O R I A M

1953

JAMES E. LEWIS, of Clay, NY, died January 21. Dr. Lewis was a proud U.S. Navy Veteran of World War II, where he served aboard the USS PC 1182 as a gunner's mate and later in the Panama Canal zone. After the war, he attended Upstate on the GI Bill. He spent his professional career as a village physician in Liverpool, NY. Lewis was survived by his son, Charlie; daughters Mary, Kate and Pat; 10 grandchildren; and many great-grandchildren.

1955

JOHN EDWARD BLOOM, of Loveland, OH, died February 21. Dr. Bloom interned at Cincinnati General Hospital and completed a pediatric residency at Cincinnati Children's Hospital. He served two years in the U.S. Army Medical Corp. For decades he served the Dayton area as a pediatrician in private practice and had an affiliation with Dayton Children's Hospital. After leaving pediatric practice, he transitioned to another career as a medical director at Western Ohio Health Care, United Health Care, and CareSource. He retired from part-time work at CareSource days before turning 90. He taught as an adjunct faculty member at Cincinnati Children's and was an attending physician at Wright Patterson AFB Hospital. Due to his interest in virology, he partnered with Gilbert Schiff, MD, of Cincinnati Children's in testing the efficacy of the Rubella vaccine in a large school system. At Dayton Children's Hospital, he served as its first director of Medical Education, chief of staff, and on numerous committees. In 2006, he received the Wallace B. Taggart MD Award from Dayton Children's Hospital for outstanding service for the health care of children. Bloom was survived by children Wendy, David, Steven, and Amy; stepchildren Fritz, John, Jenni, and Matthew; 22 grandchildren; and 12 great-grandchildren.

1959

HAMILTON SMITH DIXON, of Rome, GA, died March 8. Dr. Dixon served in the U.S. Air Force as chief of otolaryngology-head and neck surgery at the 7333rd USAF Hospital in Evreux, France, from 1964-1967. After completing his military service, he established a medical practice in Rome, where he cared for patients for more than four decades. Beginning in 1967, he practiced otolaryngology and facial plastic and reconstructive surgery until 2011, later also practicing in Ellijay, GA, beginning in 2006. Dixon was survived by his children, Diana, Kristie, Hamilton, Jr., and Graham; a multitude of grandchildren and great-grandchildren; and one great-great-grandson.

1960

JAMES P. MOORE, of North Liberty, IA, died December 15, 2025. Dr. Moore moved to Cincinnati, OH, for his internship and then to Mather's Air Force Base in California, where he served as captain in the Air Force. He then moved to the Washington, DC, area to complete an internal medicine residency and a cardiology fellowship. In 1968, he moved to Niagara Falls and started a practice with his college friend, Robert J. Brennan, MD. In the 1970's he became known as "Dr. Hypertension" because he led a program to heighten awareness of the danger of undetected high blood pressure, especially within the African American community, and provided treatment. He was able to screen 20,000 people in one year. He also held many leadership positions at Niagara Falls Memorial Medical Center. Moore was survived by daughters Beth, Anne, and Cathleen; stepchildren Elizabeth, Robert, Carol, and Diane; and 10 grandchildren.

GEORGE M. POMERANTZ, of Andover, MA, died September 7, 2023. Dr. Pomerantz was a proud veteran who achieved the rank of colonel. He served in Vietnam on the Cambodian border, where he commanded a mobile military hospital. After his service he settled in Andover and entered private practice as an orthopedist, until his retirement. He enlisted in the Army Reserve between 1985-94, answering the call of duty once more during the Iraq War in 1991 to serve returning soldiers at Fort Devens Hospital in Massachusetts. Pomerantz was survived by his wife, Viktoria; daughter Vered; and two grandchildren.

FELICITAS H. RITROSKY, of Fort Myers, FL, died February 28. Dr. Ritrosky was born in Popelkin, East Prussia, a region that later became part of Russia after World War II. As a young girl she experienced the hardships of war firsthand and in those difficult years her strength and determination were evident. Her uncle sponsored their family's immigration to the United States. She graduated in 1956 from Syracuse University and then completed medical school and pediatric residency at Upstate. Early in her career she contributed to work on the polio vaccine. As a pediatrician in Fort Myers, she was one of few physicians in the area willing to treat children with HIV/AIDS during the early years of the epidemic. Ritrosky was survived by her husband **John Ritrosky '62**; her children, John, Steve and Susan; and four grandchildren.

1962

YOUNGER "BUD" POWER, of Parkersburg, MA, died July 3, 2025. Dr. Power was an industrial physician for DuPont for more than 35 years and served his country in the U.S. Navy. His greatest joy was his family. Power was survived by his wife, Carol; children Julie and Lori; three grandchildren; and a great-granddaughter.

1963

PAUL E. BERMAN, of Northampton, MA, died March 15. Dr. Berman completed a residency in medicine at Washington University in St. Louis, Missouri. Following his training he volunteered to serve as a physician in the U.S. Air Force and was stationed at Hill AFB in Utah. He returned to Massachusetts and in 1977 worked at the University of Massachusetts Health Service. Later he practiced in Easthampton until his retirement in 2007. He was on medical staff of Cooley Dickinson Hospital for 30 years, where he made house calls, saw hospitalized patients twice a day, and spent evenings returning phone calls to reassure patients. Berman was survived by his wife, Yvonne; son Matthew; and two grandchildren.

1970

DONALD P. HAY, of Eastchester, NY, died January 9. Dr. Hay was a resolute psychiatrist. He published many scientific articles, gave hundreds of clinical presentations, and co-edited a book on agitation in dementia. He was a Distinguished Life Fellow of the American Psychiatric Association and a respected clinician, mentor, colleague, and friend. Hay was survived by his wife, Sandra; children Joseph and Sarah; stepchildren Jacob, Shoshannah, and John; and six grandchildren.

LINDA M. SIMKIN, of Aurora, NY, died November 29, 2025. Dr. Simkin completed an internship at Good Samaritan Hospital in Phoenix, Arizona, and returned to Upstate as a pediatric resident. She then relocated to Montana for several years where she was on the hospital staff at Crow Agency Reservation under the auspices of the Indian Health Services. Subsequently, she joined a pediatric group in Butte, MT, and became a board certified pediatrician. After returning to Cayuga County, she was employed by Auburn Memorial Hospital until retirement in 2009. This included 25 years as an

emergency room physician with additional service as a physician at the satellite clinic in Scipio Center. She also provided care at Well Child Clinics in Cato and Moravia as well as caring for migrant farm workers in Southern Cayuga County. Simkin was survived by her husband, James C. Frisch; and family.

1972

ROBERT STUART BLOCK, of Bennington, VT, died February 19. He completed additional medical training at Beth Israel Deaconess Medical Center in Boston, Middlesex Hospital in London, and Strong Memorial Hospital in Rochester, NY. Dr. Block was an orthopedic surgeon and practiced with Orthopedic and Hand Surgery, PC (later Taconic Orthopedics) in Bennington for more than 30 years. He was an empathetic listener who gave patients his undivided attention to diagnose their injuries and recommend a personalized course of treatment. From 1997 to 1998, he served as president of the Vermont Medical Society and continued his service as a Vermont delegate to the American Medical Association. Block was survived by wife Lora; daughters Alexandra and Jessa; and four grandchildren.

1974

MARSHALL F. GOLDSTEIN, of Pittsford, NY, died May 2, 2023. Dr. Goldstein contributed a great deal to the Rochester community with his dedication to medicine and his patients. Goldstein was survived by his children, Loren, Melissa, Ashley, and Jacob; their mother, Valerie; his partner, Elif Yesir; and three grandchildren.

1975

MARK D. GOLDMAN, of University Park, MD, died February 17. Dr. Goldman completed an internal medicine residency at Washington Hospital Center. He worked at Group Health Association and later as a hospitalist with Kaiser Permanente. He retired from Kaiser and continued practicing as a board-certified palliative care physician with Montgomery and Prince George's County Hospice. Goldman was survived by his wife, Ellen; children Robin and Michael; and two grandsons.

GEORGE C. RODGERS JR., of Louisville, KY, died July 14, 2024. Dr. Rodgers received MS and PhD degrees in organic chemistry from Yale University. He completed a postdoctoral fellowship at the Swiss Federal Institute and spent the following seven years working as a research chemist in the pharmaceutical industry. After earning his medical degree and residency at Upstate, he joined the pediatrics faculty. In 1981, Rodgers joined the University of Louisville School of Medicine faculty as an associate professor of pediatrics and pharmacology/toxicology and as medical director of the Kentucky Regional Poison Center. During his 40 years at the University of Louisville, he directed the Divisions of Pediatric Critical Care, Pediatric Hospital Medicine, Pediatric Pharmacology/Toxicology and International Pediatrics, the latter three of which he founded. In 2007, Rodgers was named the Humana Chair in International Pediatrics at the University of Louisville. In 2021, he retired from clinical pediatrics but continued to serve as professor emeritus, and as associate medical director for the Kentucky Regional Poison Center. He was a former president of the American Association of Poison Control Centers and served on more than 75 national and international committees relating to pediatrics and toxicology. As a global health leader/educator, he led teams of physicians, nurses, pediatric residents, ancillary medical staff, attorneys, and business administrators to work in limited resource countries in his

quest to improve pediatric education, patient care, infrastructure, and access to care for the underserved. His international work expanded to five continents and nine countries. He served the justice system by testifying as a non-biased expert witness in trials related to medical toxicology. Rodgers was survived by his wife, Tania; children Jennie, George, and Vlad; and five grandchildren.

1976

EUGENE THOMAS TINELLI, of Jamesville, NY, died February 4. Dr. Tinelli attended Salve Regina College in Rhode Island. He obtained two master's degrees, a PhD, and MD. He joined the U.S. Navy after medical school and was stationed in Virginia, Guam, and Rhode Island before he resigned his commission. In Guam, he received an Honorary Chomorro Award for his work in setting up and training staff in Guam's first Rape Crisis Center. He worked for many years at Hutchings before he landed at the Veteran's Administration Medical Center. His passion was in the work he did with veterans, extending his skills by using EMDR and learning acupuncture among other things. He was honored to receive an award from a local veterans' group for his commitment. Tinelli was survived by his wife, Irene; children Corey, Cari, Daniel, and Elaine; and four grandchildren.

1977

DENNIS CHRISTOPHER MCINTOSH, of Altadena, CA, died November 1, 2025. Dr. McIntosh emigrated to the U.S. at 12 from Jamaica. At 19, he volunteered for Vietnam and was given the job of weather observer, and enrolled in the elite Special Forces Unit to parachute into jungles to prepare incoming U.S. Troops. After his service, he returned to the U.S. and attended Upstate Medical University. He was board certified in anesthesiology and rose to chief of anesthesiology status after relocating to California. He was a member of Jamaica Project Health, a program that donated goods and services to needy children and volunteered his services in Haiti after the 2010 earthquake. McIntosh was survived by his wife, Faith Morrell; his son, Maquon; and stepsons Ronnie and Brandy.

1978

MARY CATHERINE DEROSA, of Bethlehem, NH, died June 14, 2025. Dr. DeRosa was a trailblazing gynecologist, educator, and devoted family member and leaves behind a legacy of compassion, excellence, and dedication to women's health. She completed her residency in obstetrics and gynecology at the University of Rochester. From 1982-1988, she served as an OB/GYN at the Genesee Health Service in Rochester, NY. From 1989-1999, she practiced at Harvard Pilgrim Healthcare of New England, serving as chief of the OB/GYN Department from 1996-1999. In 2002, she founded The Independent Women, Inc., practicing for more than 20 years. She joined the Brown Health Medical Group-Gynecology, serving as a gynecologist and director of the Menopause Consultation Program at the Women's Medicine Collaborative. As a clinical assistant professor of obstetrics and gynecology at the Warren Alpert Medical School of Brown University, she inspired and mentored future generations of physicians. DeRosa was survived by her husband, Paul Hanrahan; stepchildren Shawn and Kim; and two grandchildren.

1981

JOHN A. WIGHT, of Vernon, NY, died February 1. Dr. Wight completed his residency at St. Margaret Hospital, one of the first in the nation for the emerging specialty of family medicine. After residency, he returned to Central New York and joined John Nebzydoski, MD, in private practice in Canastota. He then started his own practice in Vernon, opening the Tri-Valley Family Practice on July 1, 1988. He worked tirelessly for several years joined by James Vanderhoof, MD, in 1995. Most of his staff stayed with the practice for decades and some through retirement, a testament to his leadership. Wight was survived by his wife, Carol; children **Erin Thompson '09**, **Brian '11**, and **Andrew '14**; and eight grandchildren.

1987

LISA FREEDMAN SHEPHARD, of Cazenovia, NY, died March 22. Dr. Freedman Shephard completed her residency at Upstate in obstetrics and gynecology. As a physician, she embraced the full humanity of her patients, treating them always with warmth and kindness. She took the time to inquire about more than just their symptoms; she listened to their family stories, asked about their favorite recipes, knew the names of their children, and cared about their day-to-day struggles and hopes. Freedman Shephard was survived by her sons, Aaron and Sam; daughter Sydney; her ex-husband, Philip Lim; and her husband, Andy.

1989

MARTHA SACOTO HASLER, of Shrewsbury, MA, died March 4, 2020. Dr. Hasler practiced pediatrics for 29 years in New York, Rhode Island, and Massachusetts. She most recently practiced at Lincoln Street Pediatrics in Worcester. Hasler was survived by her husband, John; and children Isabella and Robert.

1990

LINDA L. SMITH, of New York, NY, died May 29, 2024. Dr. Smith worked at American Airlines for 20 years, starting as a “copy girl” and ended her career as a design assistant developing airport check-in areas. She enrolled at Hunter College as an evening student and completed her bachelor’s degree. She aced the MCAT and at the age of 45 was admitted to Upstate Medical University. Smith interned at Roosevelt-St. Luke’s Hospital in Manhattan, and became resident and chief resident. She was an attending physician at Roosevelt just as the AIDS-HIV crises exploded. Smith shifted her work as an attending and became a pioneering HIV doctor, achieving maverick status at age 50 by accepting a position at the now defunct St. Clare’s Hospital in East Harlem as the first director of the Cardinal Spellman HIV Clinic. She then moved on to become medical director of the HIV Clinic at Beth Israel Hospital branch in Harlem and eventually moved on to oversee the major HIV clinics established by Mt. Sinai Hospital in Harlem. Smith remained in Harlem for the rest of her career and retired at age 75 in 2016. Smith was survived by husband Carl; stepson Jonathan; stepdaughter Elizabeth; and two grandchildren.



Neal Seidberg, MD '93

1993

NEAL SEIDBERG, of Fayetteville, NY, died March 26 after an 18-month battle with glioblastoma. A resident of Central New York for most of his life, Dr. Seidberg was a graduate of Fayetteville-Manlius High School, and a cum laude graduate of the University of Rochester with a degree in neurosciences. After medical school, he completed his pediatric residency at Upstate Medical University, where he also served as chief resident. During his residency, it was clear Seidberg’s career goal as a pediatrician was to become a pediatric critical care physician, with his special talent caring for the sickest infants, children, and adolescents. He completed his fellowship in pediatric critical care medicine at Children’s Hospital of Pittsburgh, and after working in the Pediatric ICU at SUNY Stonybrook for two years, returned to Upstate Medical University in 2003. Seidberg worked at Golisano Children’s Hospital at Upstate for 23 years, during which time he had a profound influence on the medical students and residents rotating through the Pediatric ICU, including the many

pediatric residents he mentored to also become a pediatric intensivist. Always preferring to be called Neal or Dr. Neal rather than Dr. Seidberg, he had the unique ability to combine humanity and a touch of humor into his care of the sickest infants and children and he was loved by the families of the children he helped care for. Seidberg also had a life-long love of computers and technology and served as Upstate Medical University’s original chief medical informatics officer, being a visionary in the selection and the roll out of Epic at Upstate in 2012. He remained a valued member of the IMT Department throughout his career at Upstate, being one of the few people who was able to incorporate his love of Apple products into Epic. Seidberg’s other passions were his daughters, photography, sailing on Skaneateles Lake where he spent his childhood summers, cooking, and SU sports. He was survived by his wife, **Tobey Kresel '95**; their daughters, Jennie and Hali; his parents, Dr. Bruce and Judith Seidberg; his brother, Daniel; his sister, Allison Seidberg-Pinsky; and other family.

1997

JAMES JEFFREY LYNCH, of Minnetonka, MN, died March 30. Dr. Lynch was a skilled anesthesiologist and started his career as a CV anesthesiologist at Mayo Clinic and joined Midwest Anesthesiologists in 2016. He was an exemplary doctor who selflessly cared for patients and mentored many other medical professionals. He was a trusted and esteemed colleague. Lynch was survived by his wife, Jennifer; and daughters Elly and Olivia.

Emeritus Faculty

ARMAND J. CINCOTTA, of Jamesville, NY, died February 10. Dr. Cincotta enlisted in the Marine Corps and was proud to be a Marine and remained true to the Corps for the rest of his life, leaving his beloved Marine Corps with the rank of first lieutenant. He received his medical degree in 1967 from University of Ottawa then returned to Syracuse to complete his internship and residency in family practice at St. Joseph's Hospital. After the opening of the North Medical Center, he established a practice in family medicine that brought him immense gratification for more than 45 years. Cincotta was a Diplomate in the American Academy of Family Medicine. He was chief-of-staff of St. Mary's Hospital in Syracuse and served as a clinical assistant professor of family medicine at Upstate Medical Center. He was a member of the Executive Committee at St. Joseph's Hospital and for the Onondaga

County Medical Society, where he was a life member. He was also a life member of the Medical Society of the State of New York, a delegate to their annual convention, and a life member of the American Medical Association. He was a member of the New York State Academy of Family Physicians and a Fellow of the American Academy of Family Physicians. In addition to his practice at North Medical, he was a dedicated and caring medical director at Le Moyne College for 34 years. Before becoming medical director, he served on Le Moyne's Board of Governors. In 2019, he decelerated his long and productive medical career as a loving physician by caring for prisoners at the Auburn Correctional Facility. Cincotta was survived by his wife, Joan; his children, Dr. Kimberly, Tracy, Jodi and Andrew; eight grandchildren; and a great-granddaughter.

Faculty

RICHARD L. CROSS, of Syracuse, NY, died February 7. Dr. Cross completed a PhD in chemistry at Yale University, placing first in physical and organic chemistry. He was accepted into a postdoctoral program at UCLA, working with some of the leading biochemical scientists who helped unlock a better understanding of mitochondrial energy function. He played an integral role in discoveries that led to the awarding of a Nobel Prize in chemistry to his mentor and surrogate father, Paul Boyer, PhD. In 1973 he became a professor at Upstate University. Through his teaching, mentorship, and development of young faculty, he impacted countless future medical professionals and scientists. Cross was survived by his wife, Kathryn; daughter Emily and extended family.



Bridging the Communication Gap in Health Care

SUNY Upstate's First Annual Deaf Health Summit

PATIENT STORIES IN MOTION

OCTOBER 18 | UPSTATE MEDICAL UNIVERSITY

Every patient deserves to be heard—and understood.

Many Deaf and hard-of-hearing individuals delay or avoid medical care because of communication barriers, limited provider awareness, and previous negative healthcare experiences. SUNY Upstate Medical University's first annual Deaf Health Summit will bring together physicians, trainees, interpreters, healthcare professionals, and community members to explore practical strategies for improving care for Deaf patients and strengthening communication across clinical settings.

The summit combines expert presentations, patient narratives, interactive workshops, and interdisciplinary discussion focused on real-world healthcare encounters. Participants will gain actionable skills in effective patient communication, learn the principles of Deaf culture, and hear firsthand accounts from Deaf individuals whose experiences highlight both the challenges and opportunities within today's healthcare system.

SUNDAY, OCTOBER 18

Lunch: 11:30 a.m. | Program: Noon–4 p.m.

Norton College of Medicine, New Academic Building (NAB) 4414 B/C
SUNY Upstate Medical University

The event is free and eligible for continuing education credit.

Join colleagues from across the region in advancing equitable care for Deaf and hard-of-hearing patients—and helping ensure that every patient story is heard.

PROGRAM TOPICS INCLUDE:

- Deaf culture and patient communication
- Working effectively with medical ASL interpreters
- Deaf-Blind healthcare experiences
- Barriers to care in obstetrics and gynecology
- Health equity, accessibility, and culturally responsive care
- Case-based discussions led by Deaf community leaders

Hosted by Upstate's TRUST Program in partnership with community organizations, the summit is designed to help healthcare professionals build the cultural competence and communication skills needed to deliver safer, more patient-centered care.

For more information
or to register:



UPSTATE MEDICAL ALUMNI FOUNDATION

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