

Good News

from the University of Rochester Medical Center and UR Medicine

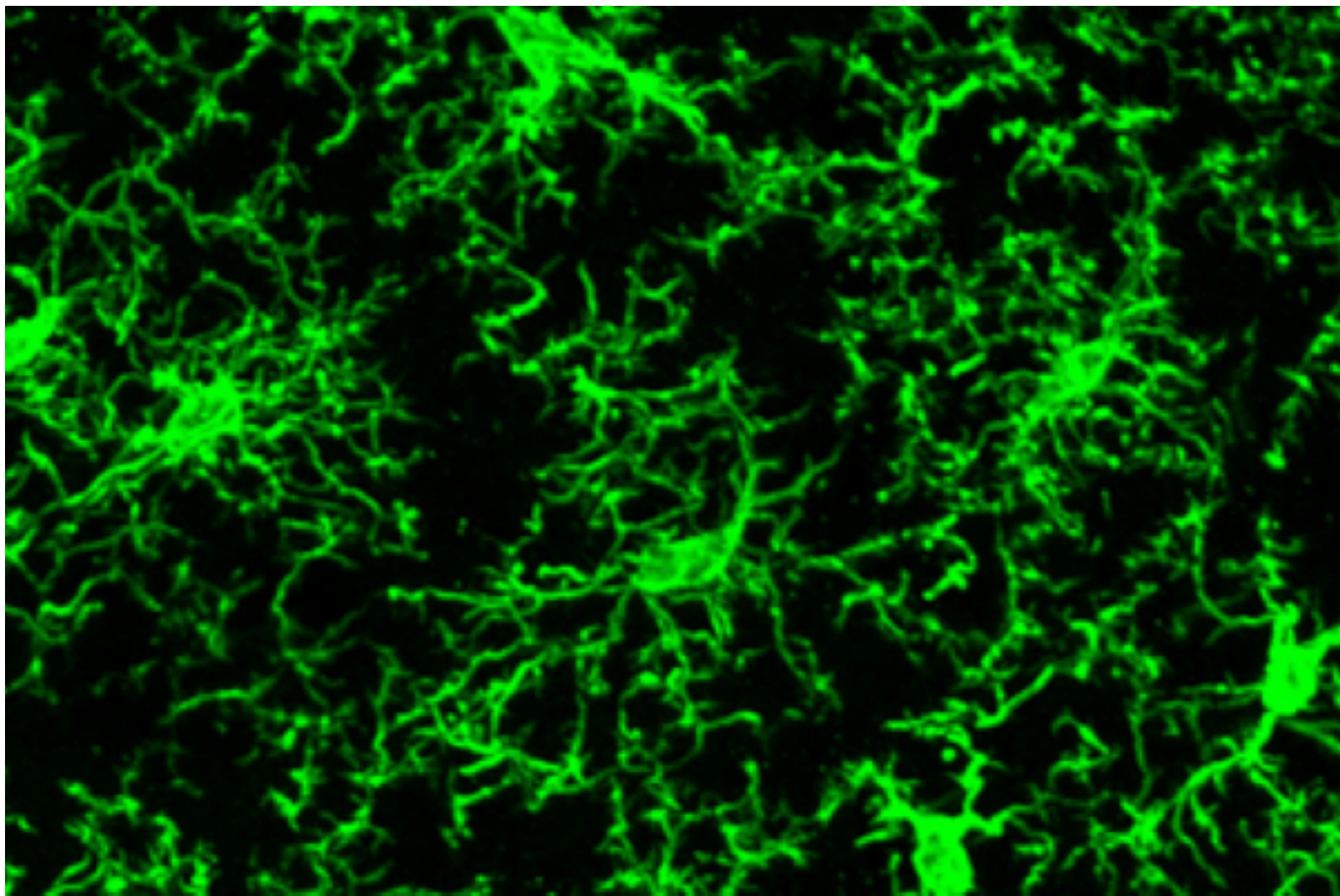
Stories for the health of our community.



Kate Valcin named URMC chief nursing executive

After a nationwide search, E. Katherine Valcin '20N (DNP), has been named the University of Rochester Medical Center's chief nursing executive and chief nursing officer of Strong Memorial Hospital. Valcin is also a preceptor and educator at the School of Nursing. (3 minute read)

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Brain immune cells may also be from Mars and Venus

Researchers from the Del Monte Institute for Neuroscience find that microglia—the immune cells of the central nervous system—function differently in males versus females. (3 minute read)

[Learn more »](#)



New national program bolsters residency research for prominent diseases

A new \$2.1 million award from the National Institute of Allergy and Infectious Diseases is expanding mentored research opportunities for residents at URMC. It aims to train a diverse pool of physician-scientists to lead the study of autoimmune, allergic, inflammatory, and infectious diseases across the age spectrum. (3 minute read)

[Learn more »](#)



How to overcome gym anxiety and build confidence in your 2025 fitness journey

Gym anxiety, sometimes referred to as “gymtimidation,” is common when first working out in fitness spaces. Clinical and Sport Psychologist Craig W. Cypher, PsyD, CMPC® from URMC's Fitness Science program offers a clear set of strategies for overcoming gym anxiety and achieving your 2025 fitness goals. (2 minute read)

[Learn more »](#)

Upcoming events

Stroll for Strong Kids – May 31, 2025
Wilmot Survivors Night – July 25, 2025
Wilmot Warrior Weekend – September 27–28, 2025

[More events »](#)

Social media highlight



Strong Memorial Hospital

January 22 at 6:20 PM · 🌐

It's hard to miss the signs of progress of our expanded Emergency Department and patient tower. Framework for three floors is now in place, and despite some frigid winter conditions, crews are working hard to hit critical project milestones to keep things on track for our community.

Hospital and University leaders recently did a walk-through with members of the project team to see the latest progress and thank crews for their ongoing work.

More on the [#StrongExpansion](https://urmc.info/SEP) Project: <https://urmc.info/SEP>



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It's hard to miss the signs of progress of our expanded Emergency Department and patient tower. Find out more about the [Strong Expansion Project](#).

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