An unbreakable bond: A special friendship between nursing classmates has endured nearly 70 years

Delores and Jane, who met while getting their nursing degrees at the University of Rochester, have always been more alike than different. They both grew up in small towns and spent significant periods of their lives on family-owned farms southwest of Rochester. They both graduated, married, got jobs, moved away, raised children and grandchildren, returned to their hometowns, and experienced the unspeakable grief of losing a child. But their friendship that has endured for nearly 70 years almost wasn’t to be.

Read their story »

Caring nurse and mother receives new heart, second chance

For nearly two decades, Denise Abbey devoted herself to caring for people with behavioral health challenges. An unexpected health crisis left her fighting for her life. UR Medicine’s Strong Memorial Hospital heart transplant team gave her a new heart in June – the 300th heart transplant at Strong since the program began.

Read her story »

‘World’s greatest tuba-playing car salesman’ bounces back after leukemia, thanks to Wilmot team

Returning home after a Father’s Day trip to New York City with his daughter in 2016, Scott Kesel thought he had come down with the flu. Bloodwork showed his blood platelets were lower than normal and further testing revealed he had chronic myelomonocytic leukemia (CMML).

Read about his recovery »

Walking gives the brain a ‘step-up’ in function for some

It has long been thought that when walking is combined with a task – both suffer. Researchers at the Del Monte Institute for Neuroscience at the University of Rochester found that this is not always the case. Some young and healthy people improve performance on cognitive tasks while walking by changing the use of neural resources.

Learn more »

Last chance to attend Survivors Night Today!

Friday, July 29, 2022

Anyone affected by cancer is invited to join Wilmot Cancer Institute for “Survivors Night” with the Rochester Red Wings. Cancer survivors and their families are welcome to participate in a parade on the field before the game. Tickets cost $4. Learn more and purchase tickets by contacting Katy Hanrahan at 585.455.8591 or mkphanrahan@gmail.com.

Register now for the Wilmot Warrior Walk and 5K

September 9-11, 2022

After two years in a virtual format due to Covid, we look forward to walking, running, and celebrating together in person at our Tenth Annual Wilmot Warrior Walk on Sunday, Sept. 11 at Genesee Valley Park. We also welcome participation virtually from any location, at any time September 9-11.

Register now »

Social media highlight