

# Good News

from the University of Rochester Medical Center

News for friends of the Medical Center.



## How to fight the “winter blues” and SAD this season

With shorter days and chilling temperatures, winter can bring on a gloomy feeling—the “winter blues.” An American Psychiatric Association poll found that roughly a quarter of Americans feel generally depressed in winter. For up to 9% of the population, the change in seasons triggers Seasonal Affective Disorder (SAD), a more severe type of depression that follows a seasonal pattern. UR Medicine psychiatrist Annabel Fu, MD, and psychologist Leisha Cuddihy, PhD, share recommendations for finding light in the darkness this winter.

[Get the tips »](#)



## Loretta Ford, UR Nursing's founding dean, honored on Veterans Day at Arlington National Cemetery

Loretta C. Ford, EdD, RN, PNP, FAAN, FAANP, was honored for her service as a World War II Army Air Corps Nurse veteran at a ceremony held at Arlington National Cemetery in Washington D.C. Ford, co-founder of the nurse practitioner role and founding dean of the University of Rochester School of Nursing, will turn 103 years old this December.

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## Community collaboration fuels a grassroots perspective

Community engagement, done right, can have a major impact on cancer care and scientific advances. “I really like talking to researchers about the fact that you have to know your own culture as well as someone else’s culture before you can move forward and be successful,” says Reverend Patrina Freeman. She is part of the Cancer Community Action Council (CCAC), providing a grassroots voice to Wilmot’s endeavors.

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## Three’s a crowd... what to know this flu, COVID, & RSV season

In upstate New York, the colder months usually bring a spike in viral illnesses like COVID-19, influenza, and RSV. As we barrel towards the thick of winter, there are things you can do to keep you and your family healthy. David Dobrzynski, MD, an infectious disease expert with UR Medicine, answers questions you may have about vaccines, symptoms, and more.

[Learn more »](#)

## Your support matters in 2023

As we approach year’s end, consider making a gift to the area of the Medical Center that matters most to you. Gifts of all amounts make an impact and provide critical support for our caregivers, researchers, patients, and students. Thank you for your commitment to the health of our community.

[Make a gift »](#)

## Social media highlight



Our heart transplant team performed an astounding **ten heart transplants in three weeks!**



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Larry and Cindy Bloch Alumni and Advancement Center 300 East River Road  
Rochester, NY 14627, US

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