

Happy
Birthday!

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UPSTATE
MEDICAL UNIVERSITY
MD/PhD Program

MD/PHD

NEWSLETTER

AUGUST 2026



Jen
Aug 1

I find myself at a loss of words to describe the feelings I have in the wake of Jackie's sudden passing. I am recognizing, however, that there was a time when I believed there was an acceptable way to grieve and that grief followed a sequence of steps and moved forward. When I found myself returning to places of unbearable pain, I thought I was grieving the wrong way.



Kailey
Aug 6

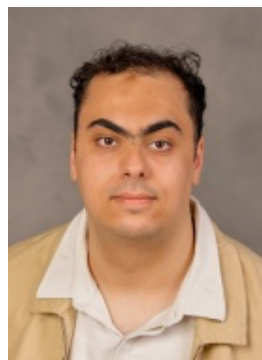
I know now that there is no right or wrong way to grieve. When I feel the pain of loss, I try not to judge it. Instead, I remind myself that there are people who love me and who would never want me to carry that pain alone. Sometimes being by myself feels right, and solitude brings a sense of peace. Other times, I reach out to people who make me feel safe enough to share what I'm carrying.



HJ
Aug 9

The truth is that each of us experiences grief differently, even when we are grieving the same person. There is no timeline, no formula, and no expectation that our journeys should look alike.

I think one of the greatest gifts we can offer each other right now is simply our presence. We can check in with one another, make space for conversation, sit together in silence, or simply remind each other that we are not alone.



Abdel
Aug 28

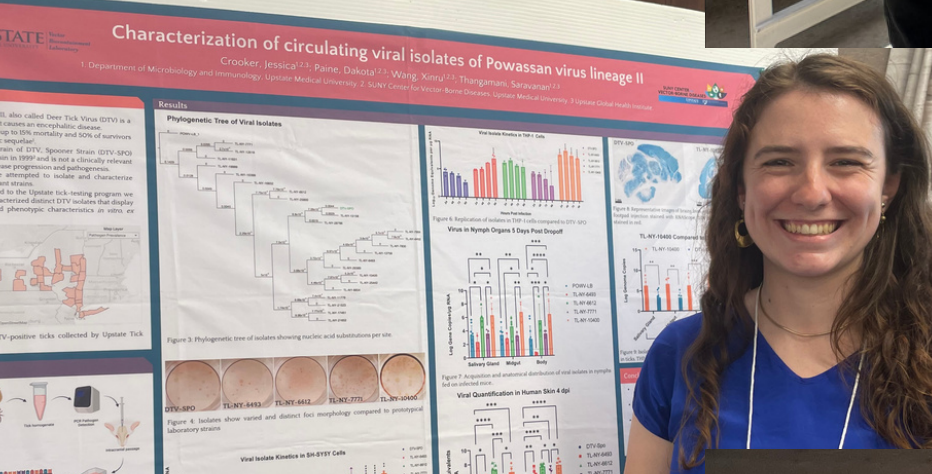
If you ever find yourself feeling isolated in your grief, I hope you'll reach out to someone who makes you feel safe. Solitude can be healing during difficult times, but you should never feel that you have to grieve alone—no matter how much time has passed, and no matter what your grief looks like.

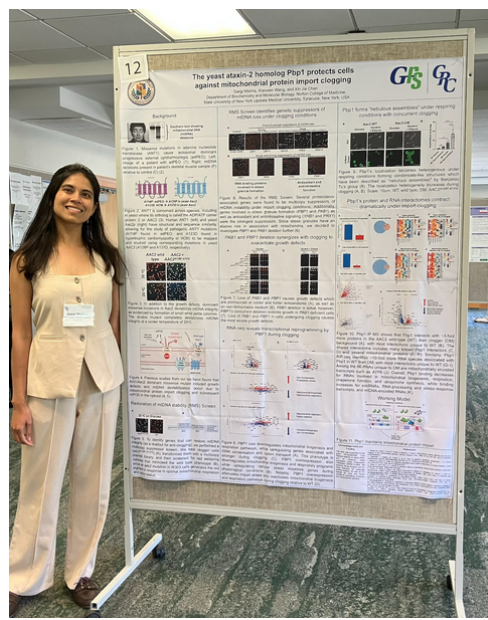
-Andrea

National MD/PhD



Conference





Gargi- Gordon Seminar and Conference on Mitochondria and Chloroplasts | Newry, Maine



Congrats!!



Kaleb's engagement
in Grand Mesa
National Forest!

Elana, Dora and I are happy to share our baby boy was born on July 5th. His name is Barry Dov, we call him Bear. Mom is doing well, and little Bear is adjusting to life in the world.

-Rafi

COM-COGS Transition Timeline + PhD Phase Policy Realignment Informational Session

August 6 | 4:00 - 5:00 | Setnor 3509/10

**Send Andrea questions/concerns in
advance via email**

Grand Rounds

Starts August 20th

- Please take some time to review the [2026/7 Grand Rounds Schedule](#).
- Ensure your name is on it (excluding MS3's) and let me know, if not
 - You're allowed to switch with a colleague, but you must notify me.
- Review the Expectations + Guidelines for your training level (on separate tabs)
- Mark your calendar for your presentation NOW
- Note for PhD students: Start working to select an NEJM case with a clinical mentor ASAP. You must also invite the clinician to Grand Rounds for your presentation. There is plenty of time now, so please do not wait on this. The clinician will serve as a visiting medical educator for Grand Rounds on the evening of your presentation. We can accommodate virtual visits, but please encourage in-person. Of course, there will always be a good meal, so let them know!



In loving memory of Jaclyn

From The Old Astronomer (To His Pupil) Sarah Williams

Reach me down my Tycho Brahé, – I would know him when we meet,
When I share my later science, sitting humbly at his feet;
He may know the law of all things, yet be ignorant of how
We are working to completion, working on from then to now.

Pray remember that I leave you all my theory complete,
Lacking only certain data for your adding, as is meet,
And remember men will scorn it, 'tis original and true,
And the obloquy of newness may fall bitterly on you.

But, my pupil, as my pupil you have learned the worth of scorn,
You have laughed with me at pity, we have joyed to be forlorn,
What for us are all distractions of men's fellowship and wiles;
What for us the Goddess Pleasure with her meretricious smiles.

You may tell that German College that their honor comes too late,
But they must not waste repentance on the grizzly savant's fate.
Though my soul may set in darkness, it will rise in perfect light;
I have loved the stars too fondly to be fearful of the night.

What, my boy, you are not weeping? You should save your eyes for sight;
You will need them, mine observer, yet for many another night.
I leave none but you, my pupil, unto whom my plans are known.
You "have none but me," you murmur, and I "leave you quite alone"?

Well then, kiss me, – since my mother left her blessing on my brow,
There has been a something wanting in my nature until now;
I can dimly comprehend it, – that I might have been more kind,
Might have cherished you more wisely, as the one I leave behind.

I "have never failed in kindness"? No, we lived too high for strife, –
Caldest coldness was the error which has crept into our life;
But your spirit is untainted, I can dedicate you still
To the service of our science: you will further it? you will!

There are certain calculations I should like to make with you,
To be sure that your deductions will be logical and true;
And remember, "Patience, Patience," is the watchword of a sage,
Not to-day nor yet to-morrow can complete a perfect age.

I have sown, like Tycho Brahé, that a greater man may reap;
But if none should do my reaping, 'twill disturb me in my sleep
So be careful and be faithful, though, like me, you leave no name;
See, my boy, that nothing turn you to the mere pursuit of fame.

I must say Good-bye, my pupil, for I cannot longer speak;
Draw the curtain back for Venus, ere my vision grows too weak:
It is strange the pearly planet should look red as fiery Mars, –
God will mercifully guide me on my way amongst the stars.