

Upcoming Themes & Dates

Please do not include patients in the pictures/videos or patient information in background.

Email pictures to melicem@upstate.edu or
text 315-885-1861 by the end of each date below:

3/17 – St. Patrick’s Day

Show us your green spirit!

3/18 – SU / Sports Day

(send by 3/26) - Rep your favorite teams!

3/25 – Child Life Theme Day

Wear your grooviest duds and show off those retro vibes!

3/30 – National Doctors’ Day

Celebrating the doctors who make a difference every day! Snap a pic with your favorite doc or care team – or doctors - send a selfie of yourself!

3/31 – National Crayon Day

Imagination encouraged! (You may need to dust off those old Halloween costumes 😊)

4/15 – National Child Abuse Prevention Month

Wear blue to raise awareness—send pics of you/your team dressed in blue!

4/9 – National Pets Day

Show off your furry (or feathered!) friends—bonus points if you’re in the pic too. Don’t leave your “out of the ordinary” pets out either! 🐢 🐷 🐎

4/10 – National Siblings Day

Do you and your sibling both work at Upstate? Let’s see those sibling shoutouts!

4/20 – National Look-Alike Day

Grab your work twin or real-life look-alike and snap a pic!

4/28 - National Superhero Day

Suit up in your favorite superhero gear—we know you’re already heroes!