

Good News

from the University of Rochester Medical Center and UR Medicine

Stories for the health of our community.



The Performance Plate: A healthy spin on a Rochester classic

What happens when you put the Red Wings Executive Chef and a UR Medicine Nutritionist in a kitchen together? You get "The Performance Plate." Holly Gilligan, MA, RD, CDN, a registered dietitian nutritionist with UR Medicine Fitness Science met with Red Wings' Executive Chef Keith Hillock at the new UR Medicine Orthopaedics & Physical Performance Center to craft a healthy take on Rochester's famous plate.

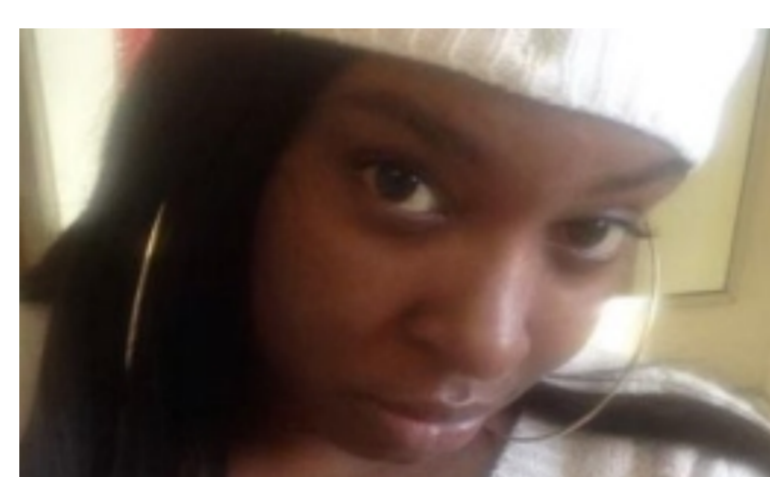
[Learn more »](#)



Nursing pathway sets young scholars on track to career success

Growing up seeing women in her family provide compassionate care for others as home health aides and nurses, Mchiwa Hassan was inspired to follow in their footsteps and become a nurse. Her path toward this goal solidified when she participated in the University of Rochester School of Nursing and East High School's Career Exploration Internship program in 2022, giving her hands-on experience that confirmed her passion for nursing.

[Learn more »](#)



Family's generosity turns tragedy into 'something good'

Michelle Miller and her brother, Jordan, found the strength to demonstrate compassion and generosity when a tragic accident took their sister's life. Amid shock and grief, they chose to donate her organs, and saved four strangers' lives.

[Learn more »](#)



Patented ultrasound technologies improve diagnosis for cancer and other diseases

New technologies developed at the University of Rochester could soon help make ultrasound a more powerful tool for diagnosing cancer, liver disease, and other pathologies.

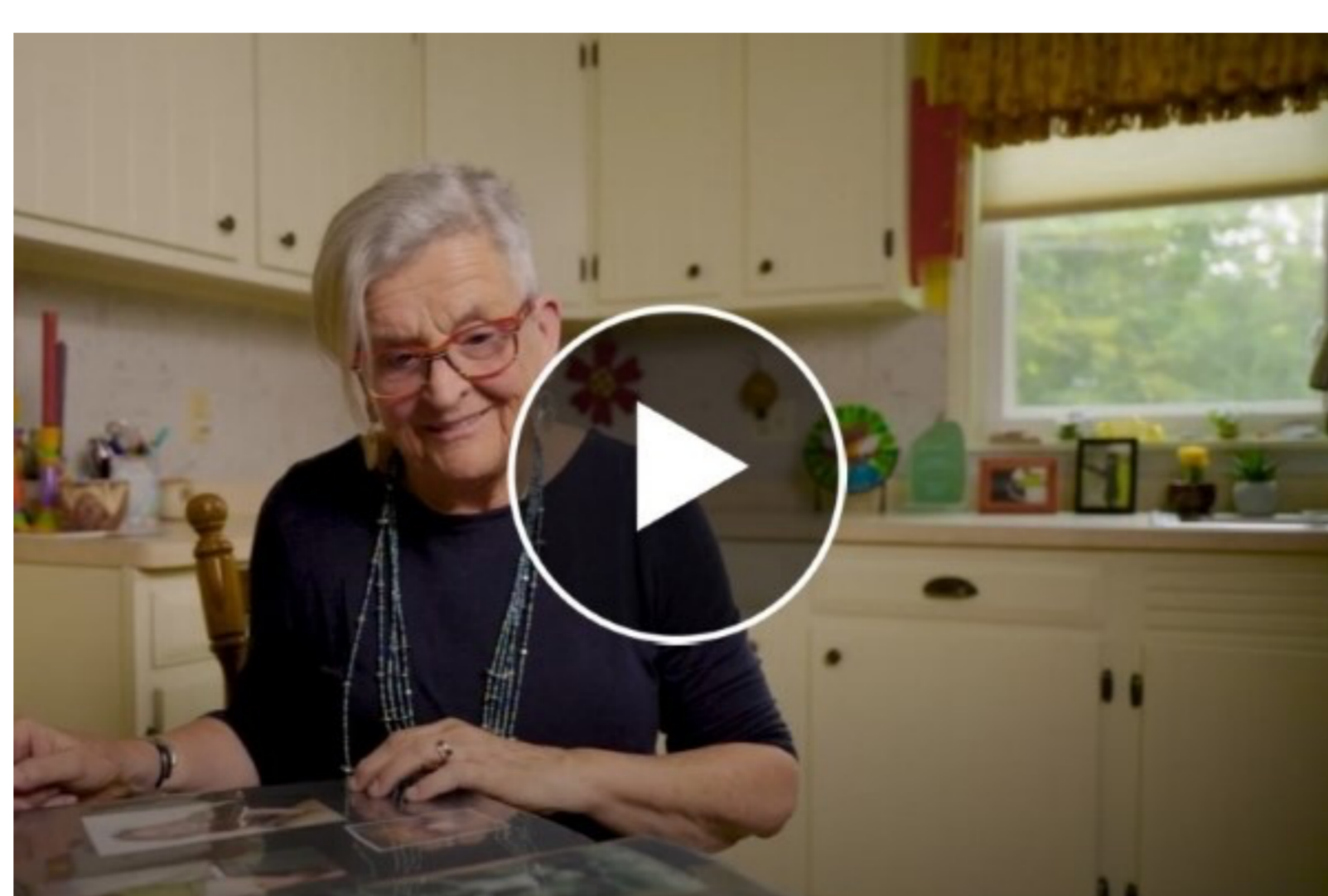
[Learn more »](#)



Join us at Meliora Weekend

Exciting medical-themed programs, insightful lectures from faculty and alumni—you won't want to miss this. Headliners include multifaceted entertainer Leslie Odom, Jr., journalist and *CBS Evening News* anchor Norah O'Donnell, author and *Hidden Brain* host Shankar Vedantam, and comedian Joel McHale.

[Learn more and register »](#)

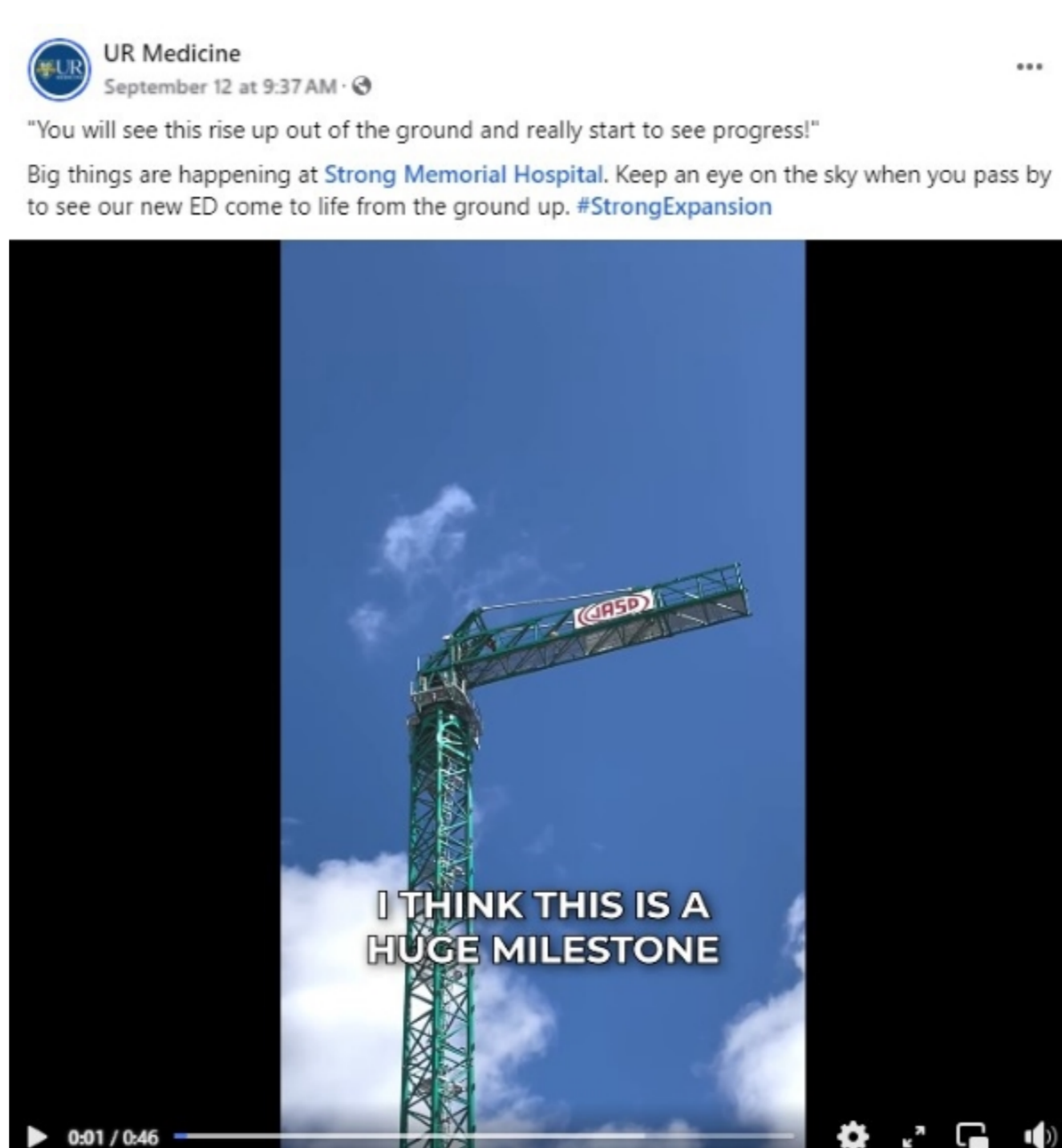


UR Medicine Home Care: Helping families through difficult times

From in-home hospice, to bereavement counseling, and special programs for children grieving the loss of a parent or other family member, UR Medicine Home Care provides for the needs of families not just when their loved ones are nearing the end of life, but for all of the needs as they grieve the loss that follows hospice.

[Watch the video »](#)

Social media highlight



Big things are happening at [Strong Memorial Hospital](#). Keep an eye on the sky when you pass by to see our new ED come to life from the ground up. #StrongExpansion



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