



## Dr. Jeffrey Gilbert Updegraff

December 9, 2020

Dr. Jeffrey Gilbert Updegraff passed away peacefully on December 9, 2020, at his home in Fort Collins with his beloved wife of 41 years, Shireen, and his sons, Trevor and Trent, by his side.

Jeff was born in 1948 to Betti Laurel Updegraff and David Maule Updegraff. He grew up in White Bear Lake, Minnesota, with his two sisters. As a young man, he was a gifted student and athlete and developed a love of science and nature that carried throughout his life. He attended Saint Paul Academy, the University of Wisconsin at Madison, and moved to Denver in 1970 to attend medical school at the University of Colorado. He began his 35-year career as an emergency physician in Boulder where he met the love of his life, whom he married in 1979, and had his two sons. He moved to Fort Collins in 1984 and spent 30 years serving his community in the Emergency Room at Poudre Valley Hospital. He was a compassionate physician who believed deeply in the equality of all people and dedicated himself to caring for all those whose lives he touched.

He pursued his passions with the same dedication and especially loved spending time fly fishing, gardening, hiking and skiing in the Rockies, climbing mountains, and bird hunting with his Labrador retrievers. He was drawn to the rivers and wide-open spaces of the West and loved spending time with his family and many dear friends. Those who knew and loved him will always

remember his selfless kindness, integrity, warmth, and bright smile.

Jeff is survived by his wife, Shireen Updegraff, of Fort Collins, his sons Trevor Ross Updegraff of Denver and Trent David Updegraff of Maui, Hawaii, his sisters Jan Baulsir of Westminster, CO, and Wendy Updegraff of Fort Collins, his mother-in-law Margaret Millward Blood of Fort Collins, his brothers- and sister-in-law, and many nieces, nephews, and friends near and far. He was preceded in death by his parents, Betti and Dave, and his father-in-law, Archer Kent Blood.

Jeff's family plans to hold a celebration of his life as soon as it is safe to gather. The family wishes to thank those who cared for him throughout his battle with cancer and all who have shared their love and support. In lieu of flowers, Jeff would be humbled by donations to charitable organizations such as the Nature Conservancy, Trout Unlimited, or any humanitarian cause, in honor of his life and living memory.

Please re-visit this page for updates on Jeff's celebration of life.

# Tribute Wall

MS

“ When I got around to completing my profile for the 50th anniversary, I saw to my sadness that Jeff had died. He was a great guy, and I have a special memory of him. Our senior skit at the medical school was created mostly by the two of us. We never had the entire cast present except on the two nights we had it in May 1974. One of the presentations was where Jeff and I sat in chairs on the stage and went back and forth with famous quotations from our four years: "Your class is a fine bunch of people. But you are underachievers." The more the people laughed, the more serious I sounded, although I was loving it. Jeff put in a line in one skit after a dress rehearsal. "This guy was so dumb he sewed a Starr-Edwards valve (heart valve) into the esophagus."

*I thought that was the end of the line, but it wasn't:*

*"Cured his reflux!" I was at the side of the stage the whole time except when Jeff and I finished, and I couldn't see well and fell off the end.*

*I'm so glad he had a great medical career and family. I am not at all surprised he was so well-liked.*

*Thank you for allowing me a place to say all of this.*

*Mike Smith  
Eugene, OR*

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**Mike Smith** - November 09, 2024 at 07:09 PM



“ *Dr. Jeffrey Gilbert Updegraff*

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October 25, 2022 at 06:14 PM

JD

“ Dear Shireen, Trent and Trevor,  
What a special guy Jeff was. We will never forget his smile, warm friendly attitude, compassion and love for the outdoors. Wishing you all hope and peace as you are remembering what a good and gentle husband and father he was to you.  
Our deepest sympathy,  
Mike and Janene Dellenbach

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**Janene Dellenbach** - December 21, 2020 at 06:54 PM

VC

“ Such a sweet man and always a gentleman. I remember he gave me part of a pheasant sandwich once in the ED--was the gamiest thing I've ever tasted but he was loving it as his dinner at work!  
Sorry for your loss

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**victoria clipsham** - December 21, 2020 at 08:55 AM

PS

“ Dear Shireen, Trevor and Trent- I am so sad to hear of Jeff's passing. He was one of those people who always made you feel happy after talking. You could tell he loved life. Going way back to Tavelli school when I was a parent and teacher, Jeff shared his fly fishing skills with our students on a special activities day. I just remember how engaged the kids were at his table and he really made an impact. Jeff was one in a million especially when it came to people. He will be missed and always remembered. Take good care. Pam Swerer

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**Pam Swerer** - December 20, 2020 at 12:34 PM

MH

“ As an experienced RN but new to the ER, Jeff always had time to teach me things. I recall when I was giving a new medication to a patient (it stops your heart momentarily); it was my first time administering this medication. Of course, Jeff was right there beside me giving me the confidence that I lacked. The patient was fine, of course. I will never forget that experience! I'm sorry that Jeff was taken from this world too soon!! He was a good guy!

*Marilyn Heckendorn*

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**Marilyn Heckendorn** - December 18, 2020 at 11:08 PM

JC

“ Shireen, Trevor, and Trent,  
Sally and I are so very, very sorry for your loss. Jeff was: a good guy, a nice guy, a smart guy, and a fun guy. Several years ago Jeff and I played tennis on the FCCC team. Our last match was in Greeley. We were double partners playing against opponents that were a lot younger. We got smoked the first set. Between sets Jeff said... "let's beat these guys". We did by winning the next two sets. That was the last time I played tennis with Jeff. Later, whenever I would see Jeff, we would laugh about beating those punks. It was an honor to know him and call him a friend  
With deepest sympathies,  
John & Sally Conway

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**John Conway** - December 17, 2020 at 03:12 PM

LW

“ Shireen and family, our sincerest sympathies for your recent loss. Jeff and I were hired at PVH the same year (1981) and retired the same year, over 30 years later. It was ALWAYS a pleasure to see his smiling face and I certainly enjoyed working with him, knowing he was the other MD working that shift. He was also the most caring member of our group - always holding a hand while trying to comfort his patient. It is truly a sad day for me. He will be missed by many.  
Larry Weil & Cindi Brown

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**Larry Weil** - December 16, 2020 at 09:27 PM

DT

“ Shireen, Trent and Trevor, First, we want to send our condolences to you. Jeff fought a brave and stoic battle for a long time. He was always upbeat and optimistic when we visited at the health club. As they say, life is never fair.  
Jeff and I met in med school and continued our friendship for 50 years. In my opinion, Jeff was the most compassionate of all the ER docs. We have many fond memories including your wedding in Boulder, climbing La Plata and several others peaks and many work related parties. I still remember providing you with several pine trees from our old farm in Weld Co which I think have done well in your backyard?  
Finally, Jeff and I started our ER doc adventure at the same time and we retired at the same time having survived 35 years! While his life was cut way to short, it was a life very well lived. Dan and Jan Turner

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**Dan Turner** - December 16, 2020 at 07:06 PM

DR

“ I worked as a security officer for 5 years at PVH, most of which I was assigned in the emergency room. Doc treated everyone with love and respect no matter why you did or who you were. He will always have a special space in my heart. RIP Doc.

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**Daniel R** - December 16, 2020 at 06:43 PM

IM

“ Dear Shireen, Trent and Trevor, we are so, so very sorry to see this news. Jeff was such an awesome doctor and a great dad! What a genuinely nice man. Always kind and a smile on his face. We are so lucky that we crossed paths with you all and please know you are in our prayers!

*Ingrid and Jim Mitts*

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**Ingrid Mitts** - December 16, 2020 at 06:30 PM

JL

“ Jeff was an ER physician at Poudre Valley when I started as a brand new RN. I remember the first experience of telling a family that we had lost their loved one and Jeff was kind and empathetic. I will always remember his smile and am grateful that his life intersected with mine. I wish the family love and peace during this time:). Julie LeClaire (fka Deutsch)

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**Julie LeClaire** - December 16, 2020 at 03:55 PM

BC

“ Sending our support to you and yours at this time of grief.  
Fondly, Barbara Cohen and Barry Feldman

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**barbara cohen** - December 16, 2020 at 11:52 AM

JF

“ 2 files added to the tribute wall



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**Jim ferguson** - December 16, 2020 at 10:31 AM

GOES  
FUNERAL CARE

“ 2 files added to the album Memories Album



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**Goes Funeral Care & Crematory** - December 15, 2020 at 02:38 PM