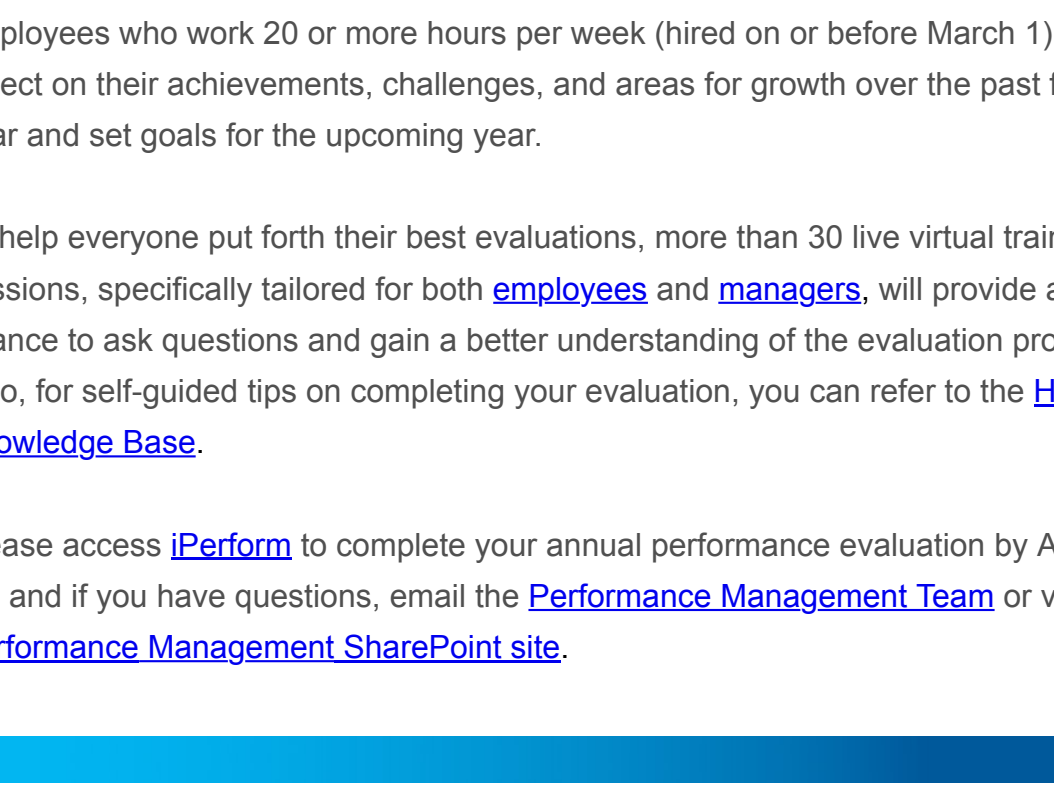


Boost your well-being with Headspace

As part of Mental Health Awareness Month, which kicks off today, Headspace is offering a calendar of simple but powerful daily mindfulness resources to nurture your mental health and boost your overall well-being. [Download the calendar](#) now and make your health and wellness a priority.

If you haven't already signed up with Headspace, which provides confidential mental health care to you and your dependents, visit [UTSW's Headspace webpage](#) to get started. There you will also find access to one-on-one coaching support, hundreds of mindfulness exercises, and video-based therapy and psychiatry services.

If you have questions, please visit [Employee Support](#) or the Headspace [FAQ page](#).

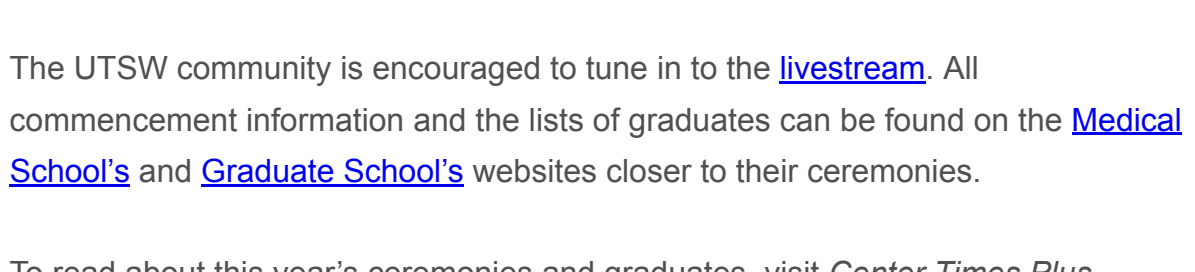


Mandatory performance evaluation period now open

The FY24 Performance Evaluation period is open now through Aug. 31. This is a required and valuable opportunity for classified, administrative, and professional employees who work 20 or more hours per week (hired on or before March 1) to reflect on their achievements, challenges, and areas for growth over the past fiscal year and set goals for the upcoming year.

To help everyone put forth their best evaluations, more than 30 live virtual training sessions, specifically tailored for both [employees](#) and [managers](#), will provide a chance to ask questions and gain a better understanding of the evaluation process. Also, for self-guided tips on completing your evaluation, you can refer to the [HR Knowledge Base](#).

Please access [iPerform](#) to complete your annual performance evaluation by Aug. 31, and if you have questions, email the [Performance Management Team](#) or visit the [Performance Management SharePoint site](#).



Celebrate spring commencement

Over the next two weeks, students from our Medical School and Graduate School of Biomedical Sciences will walk across the stage and receive their diplomas, the culmination of many years of rigorous coursework and dedication.

The *Insider* has you covered with all the info you need about the commencement ceremonies, including when and where to watch.

Medical School Ceremony

- When: 11 a.m., Wednesday, May 8
- Where: Morton H. Meyerson Symphony Center
- Keynote Speaker: **Michael C. Burgess, M.D.**, U.S. Representative

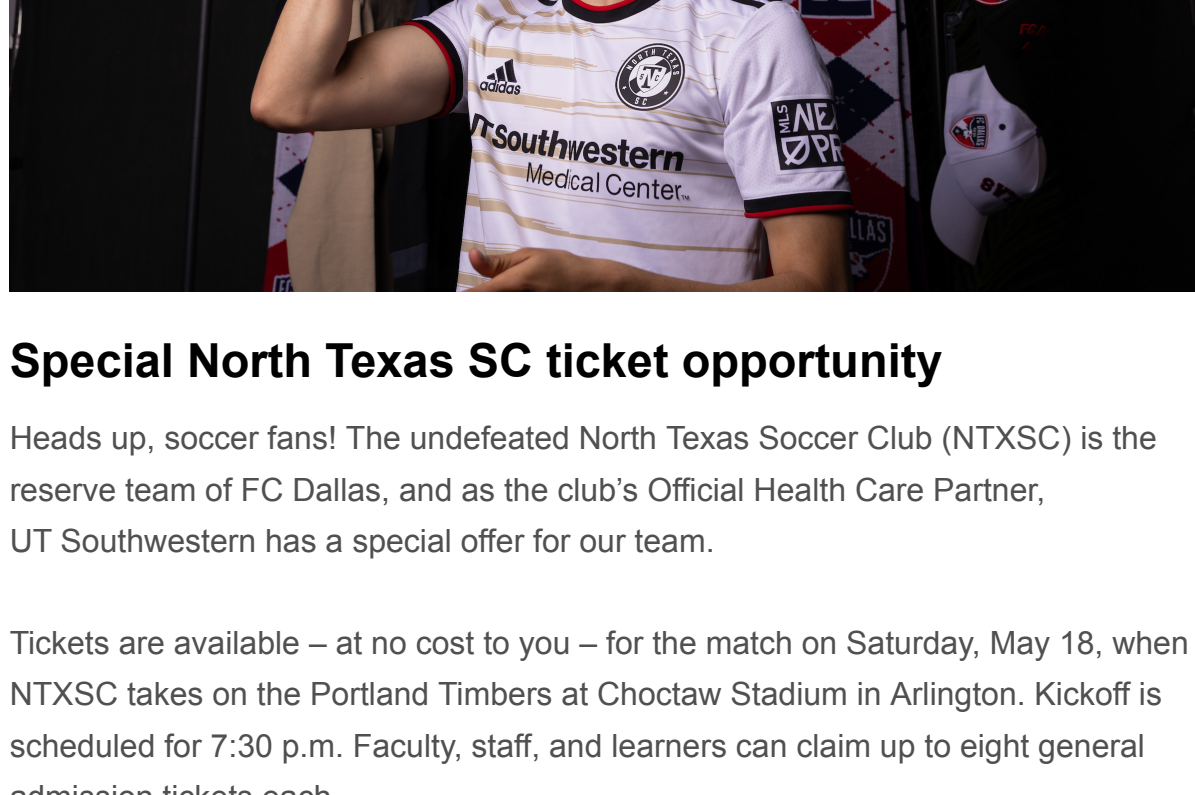
Graduate School Ceremony

- When: 7 p.m., Thursday, May 16
- Where: Tom and Lula Gooch Auditorium, South Campus
- Keynote Speaker: **Russell DeBose-Boyd, Ph.D.**, Professor of Molecular Genetics, UTSW

The UTSW community is encouraged to tune in to the [livestream](#). All commencement information and the lists of graduates can be found on the [Medical School's](#) and [Graduate School's](#) websites closer to their ceremonies.

To read about this year's ceremonies and graduates, visit [Center Times Plus](#).

[Read the full story](#)

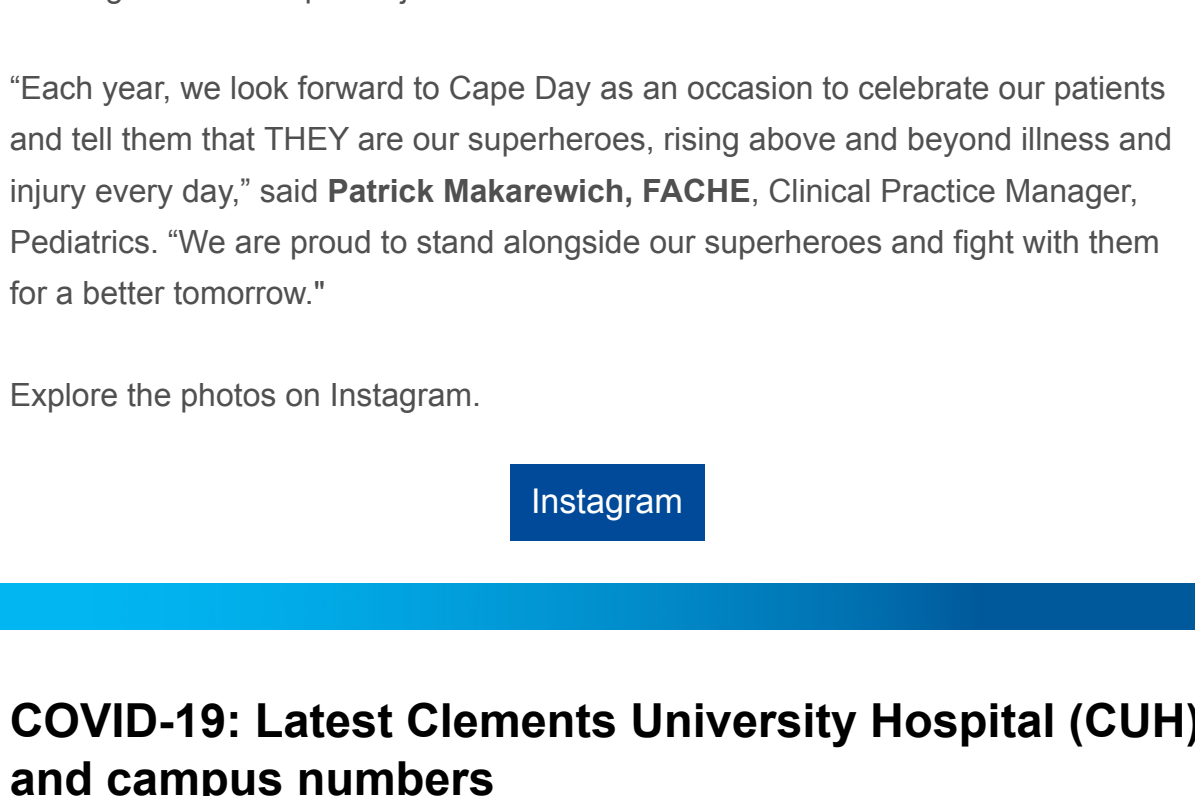


Video: 'Kaylen's Fight'

If you missed the UTSW Health System's Celebration of Excellence last Friday, we'll have a full recap and recordings in the coming weeks. Until then, we want to share one special video highlight from the event. It tells the story of the Kirby family and their emotional journey with twins in our neonatal intensive care unit (NICU), where the faculty and staff rallied around them, becoming like a second family.

When Callie Kirby was still carrying twins, she and her wife learned that one of their daughters had a fatal condition and would not survive past infancy. Following the tragic passing of Kaylen at just 9 days old, the Kirbys have since dedicated themselves to supporting the UT Southwestern NICU through their nonprofit, Kaylen's Fight. Kaylen's twin sister, Kamdyn, spent 63 days in the NICU but is now a thriving, healthy 6-year-old.

[Kaylen's Fight](#)



Capes help our youngest patients' spirits soar

On April 26, team members at UT Southwestern Pediatric Group at Plano celebrated their own version of National Superhero Day by draping 300 capes over the shoulders of patients who came through the doors.

National Superhero Day started in 1995 to honor our favorite comic book icons, but for the past four years, UTSW pediatric caregivers, in collaboration with our longtime partner, Children's Health, have expanded the event to honor the bravery and resilience of our pediatric patients. This annual event – also known as Cape Day – is something care team members have grown to love as much as the kids do, even donning their own capes to join the fun!

"Each year, we look forward to Cape Day as an occasion to celebrate our patients and tell them that THEY are our superheroes, rising above and beyond illness and injury every day," said **Patrick Makarewich, FACHE**, Clinical Practice Manager, Pediatrics. "We are proud to stand alongside our superheroes and fight with them for a better tomorrow."

Explore the photos on [Instagram](#).

[Instagram](#)

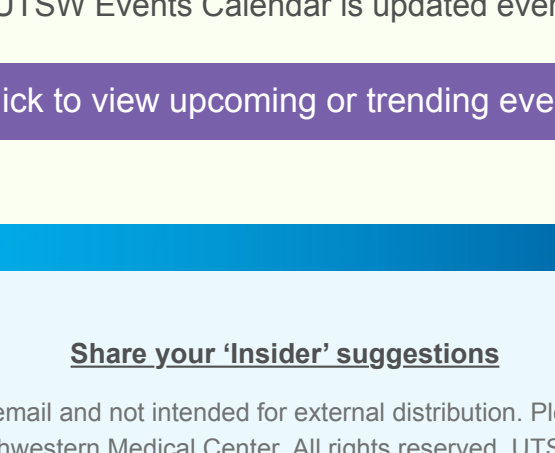
COVID-19: Latest Clements University Hospital (CUH) and campus numbers

UTSW COVID-19 Census Update (CUH)	
April 30, 2024	COVID-19 Hospitalizations March 2020 – Present
Non-ICU	2
ICU	1
Total in CUH	3



UTSW COVID-19 Cases (Campus)		
Source of Infection	Week of 4/5 - 4/25	Cumulative Total 3/1/20 - 4/25/24
Off Campus (Community)	7	14,810
Campus	0	355
Pending Source of Infection	1	1
Total	8	15,166

Insider Guide



Simulation Center Forum

7 a.m.–2:30 p.m., May 8

Eugene McDermott Plaza and Lecture Halls, D1.502

The UT Southwestern Simulation Center will host the 7th Annual Charles Morris Ginsburg Simulation-Based Quality Improvement and [Research Forum](#), featuring keynote speaker **William C. McGaghie, Ph.D.** This event will bring individuals together from broad backgrounds with a common interest in health care simulation quality improvement and research. Registration required.

[Register](#)



Inaugural UT System AI Symposium in Health Care

May 30–31

Zale Foundation Lecture Hall, D1.600

The symposium will delve into the latest advancements in artificial intelligence and explore their impact on health care, biomedical research, and education. Researchers, clinicians, educators, administrators, and trainees are invited to attend. Register now to join the conversation in person or virtually. If you have questions, email UTSystemAISymposium@utsouthwestern.edu.

[Details](#)



UTSW Events Calendar

Looking for your daily dose of happenings?
The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

Share your 'Insider' suggestions

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