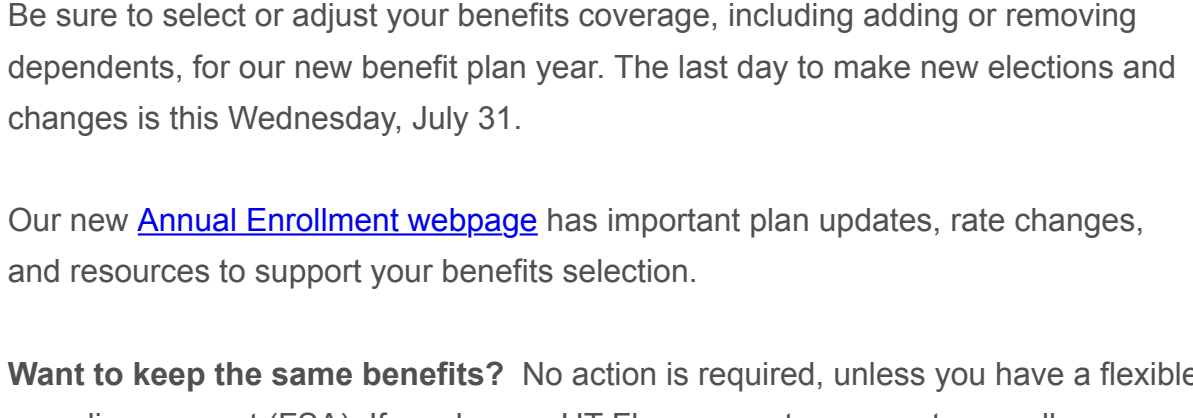




Open Enrollment

July 15-31



Two days left for Annual Benefits Enrollment

Be sure to select or adjust your benefits coverage, including adding or removing dependents, for our new benefit plan year. The last day to make new elections and changes is this Wednesday, July 31.

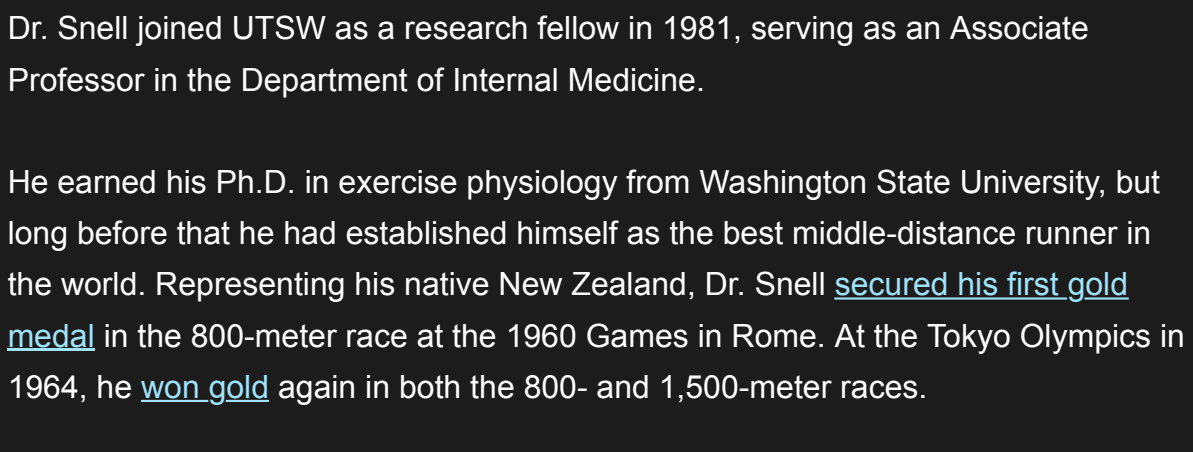
Our new [Annual Enrollment webpage](#) has important plan updates, rate changes, and resources to support your benefits selection.

Want to keep the same benefits? No action is required, unless you have a flexible spending account (FSA). If you have a UT Flex account, you must reenroll every year.

Want to review or change your benefits? Visit the My UT Benefits page, select The University of Texas Southwestern Medical Center, and follow the prompts.

Please note: Any benefit changes outside of the Annual Benefits Enrollment period require a qualifying event (e.g., loss or gain of group health insurance, change in marital status, birth/adoption of a child, etc.). Changes to your plan will go into effect Sept. 1.

Have questions or want more information? HR's Benefits team is here to support you. Send an [email](#) or give them a call at 214-648-9830.



Did you know ...

When three-time Olympic champion **Sir Peter Snell, Ph.D.**, wasn't busy setting the world record for a mile run (twice!), he was studying *how* he did it as the former Director of UT Southwestern's Human Performance Center.

Dr. Snell joined UTSW as a research fellow in 1981, serving as an Associate Professor in the Department of Internal Medicine.

He earned his Ph.D. in exercise physiology from Washington State University, but long before that he had established himself as the best middle-distance runner in the world. Representing his native New Zealand, Dr. Snell [secured his first gold medal](#) in the 800-meter race at the 1960 Games in Rome. At the Tokyo Olympics in 1964, he [won gold](#) again in both the 800- and 1,500-meter races.

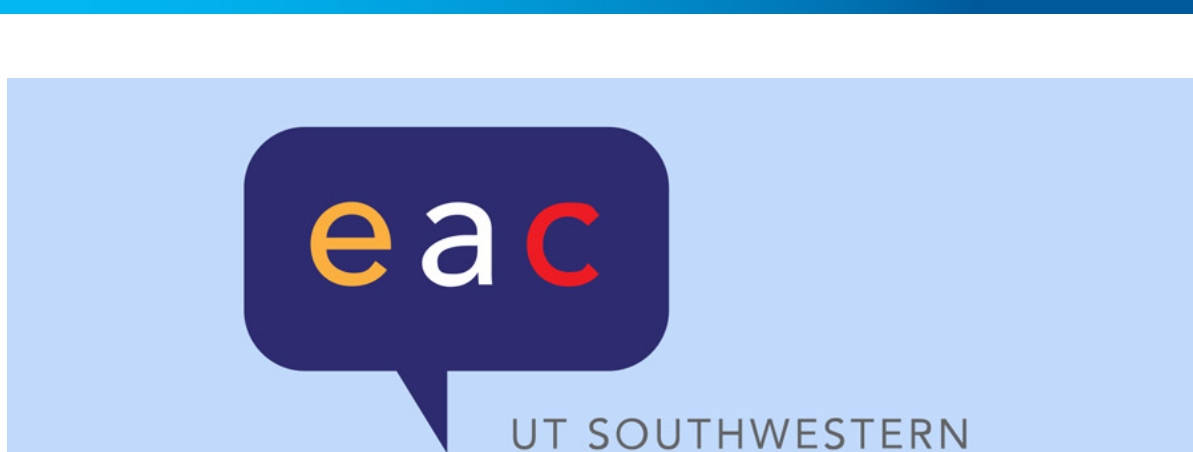
Between Olympic victories, he set world records in the 800 meters and the mile twice.

Among his many honors, Dr. Snell appeared on a New Zealand postage stamp to commemorate the 2004 Olympic Games. Posthumously, he was named his country's Sports Champion of the 20th Century and was knighted. Sir Peter Snell died at his Dallas home in December 2019, days before his 81st birthday.

As the 2024 Olympics shift into high gear this week, let's raise a torch to UT Southwestern's three-time gold medalist.

The images above are courtesy of the UTSW Special Collections Library and Archives.

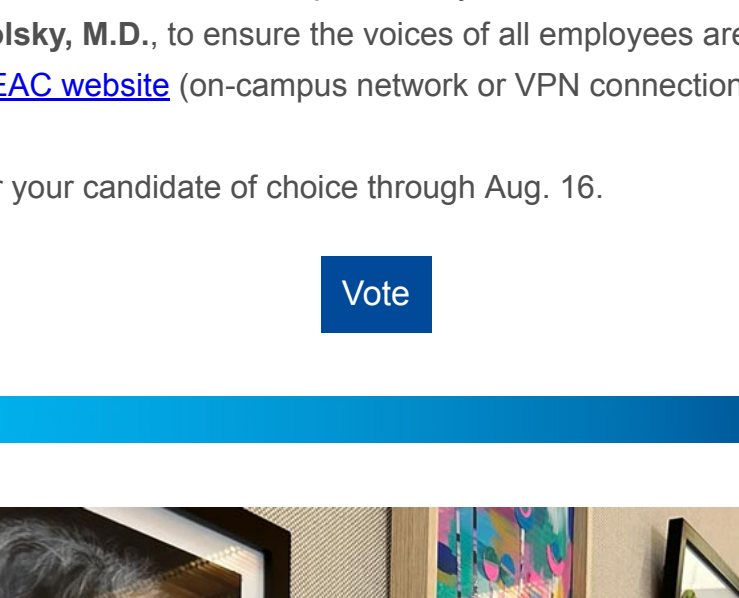
[More on Instagram](#)



Happening today: South Campus art installation

A new sculpture will be installed on South Campus today outside the Cecil H. and Ida Green Science Building (L) adjacent to Seldin Plaza. From 7 a.m. to 5 p.m., the east sidewalk along the L building and part of one lane of Kay Bailey Hutchison Drive will be closed. We appreciate your patience as we further enhance Seldin Plaza!

If you have questions, please contact [Guy Hunsaker](#).



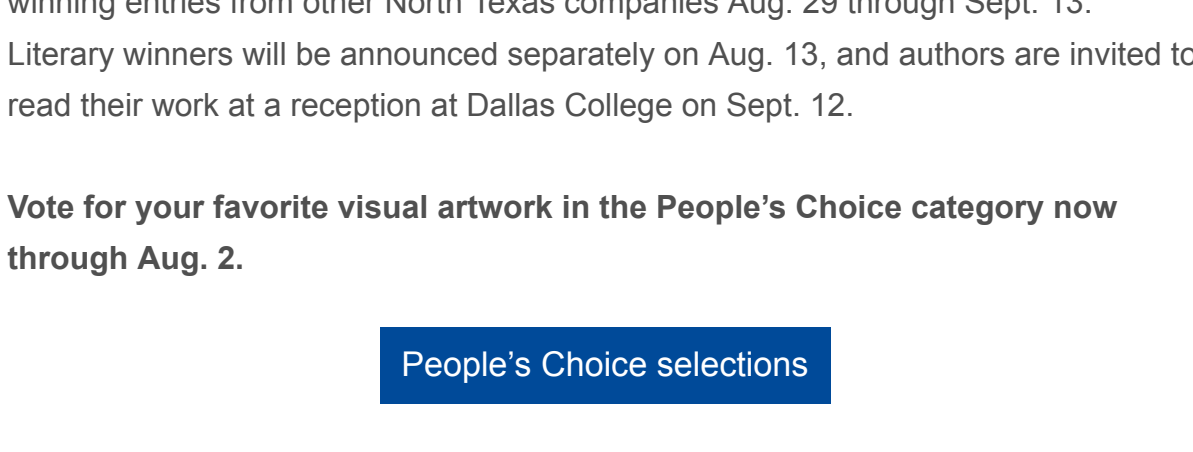
Time to vote for EAC FY25 representatives

Nominations are in and now it's time to select colleagues who will represent your district on the Employee Advisory Council (EAC).

The EAC is a peer-nominated group that helps enhance communication, promote employee commitment, and build community. Council members, representing five different districts across UTSW, meet periodically with UT Southwestern President **Daniel K. Podolsky, M.D.**, to ensure the voices of all employees are heard. To learn more, visit the [EAC website](#) (on-campus network or VPN connection required).

Cast a ballot for your candidate of choice through Aug. 16.

[Vote](#)



Artistic talent abounds at On My Own Time show

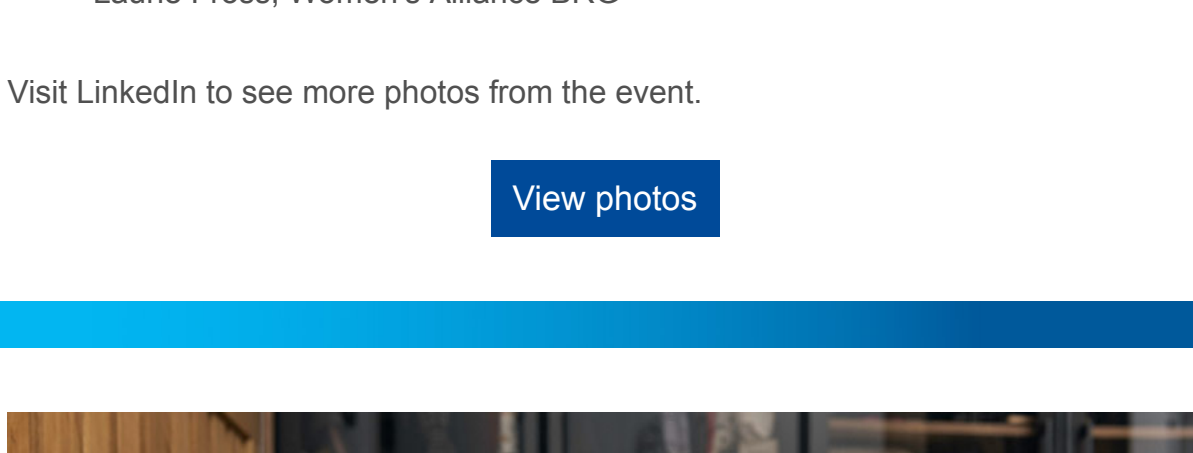
This is one of the best times of the year for a visit to the A.W. Harris Faculty-Alumni Center in the Florence Building (E) on South Campus. The space is now filled with your watercolors, oil paintings, sculptures, photographs, multimedia works, and more – all part of the annual On My Own Time (OMOT) employee art show, which runs through Aug. 16.

The entire campus community is invited to join in celebrating the creativity of your co-workers. You can also immerse yourself in this year's [visual](#) and [literary](#) works online.

This is the 23rd year UTSW has participated in the Business Council for the Arts' OMOT competition. Winners from the visual art categories will be announced during a reception on Aug. 15 at the Faculty Club. Best in Show, People's Choice, and First Place entries in each category will be displayed at NorthPark Center alongside winning entries from other North Texas companies Aug. 29 through Sept. 13. Literary winners will be announced separately on Aug. 13, and authors are invited to read their work at a reception at Dallas College on Sept. 12.

Vote for your favorite visual artwork in the People's Choice category now through Aug. 2.

[People's Choice selections](#)



BRG Awards honor outstanding commitment of UTSW community members

Members of UT Southwestern's Business Resource Groups ([BRGs](#)) were recently recognized for their remarkable contributions during the annual BRG Appreciation and Keystone Award Ceremony.

BRGs, which are open to the UTSW community, help cultivate an inclusive environment and foster a sense of community and support on campus. The yearly event honors members who show exceptional leadership and dedication to advancing the mission and vision of their respective BRGs.

"The Keystone Award is not just a recognition of past achievements, but an opportunity of the potential each recipient holds to lead and inspire others," said

Sungman "Tyler" Kim, Ed.D., Program Manager for the Office for Institutional Opportunity.

"These awards encourage members to continue to strive for greater heights and foster an environment where everyone feels empowered to contribute their best," he added.

This year's award winners were:

- Capriana Oyedeji, M.B.A., African American Alliance BRG
- LoAn Pittman, M.H.A., Asian-Pacific Islander Alliance BRG
- Sonnie Hoots, EquallyAble Alliance BRG
- Roland Brunette, First Nations Intertribal Alliance BRG
- Andrea Askins, M.S., SPHR, RACR, Hispanic-Latino Alliance BRG
- Jacob Hopgood, M.H.S.A., M.P.H., LGBTQIA Alliance BRG
- Quetrenia Hogans, Veterans Alliance BRG
- Laurie Fross, Women's Alliance BRG

Visit [LinkedIn](#) to see more photos from the event.

[View photos](#)



Sleep apnea patients more likely to develop heart disease

People who suffer from obstructive sleep apnea (OSA) – including those younger than 40 – have a higher risk of developing cardiovascular disease, according to UT Southwestern researchers who analyzed data from the National Health and Nutrition Examination Survey.

OSA causes patients to have recurrent episodes of partial or complete upper airway obstruction while sleeping. Obesity is the biggest risk factor for the common disorder.

"Our research highlights the need for OSA screening in primary care settings, especially for younger adults who can benefit the most from early intervention," said study leader **Bhaskar Thakur, Ph.D.**, Assistant Professor of Family and Community Medicine, Emergency Medicine, Physical Medicine & Rehabilitation, and in the Peter O'Donnell Jr. School of Public Health. "Discussion of sleep quality and a review of OSA symptoms should be a regular part of every adult patient's annual physical, regardless of age."

Researchers also found that young adults with OSA were three times more likely to have experienced a cardiovascular event than those without.

[Read the full news release](#)



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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