

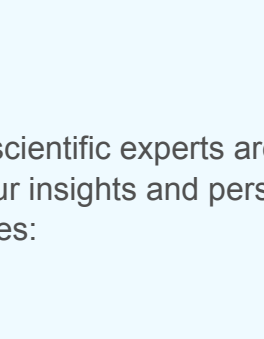
Where we've been, where we're headed

The start of the 2023-24 academic year provides the perfect backdrop to reflect on UTSouthwestern's most significant achievements from the past year and to look ahead to how we'll build on our momentum across all mission areas. UTSW President Daniel K. Podolsky, M.D., recently shared a message with the campus highlighting our many milestones, including:

- **The hiring of two new Department Chairs** and the Dean of the Peter O'Donnell Jr. School of Public Health, UTSW's first new school in more than 50 years.
- **UTSW joining the Honor Roll of the nation's top 20 hospitals** in the annual *U.S. News & World Report* survey. In addition, William P. Clements Jr. University Hospital is tied for No. 1 hospital in Texas, and 11 of our specialties are nationally ranked.
- **Our ranking as the top-rated public institution for published research** in the 2023 Nature Index and No. 3 among global health care institutions.

You can review Dr. Podolsky's message and chart our plans for sustained progress in the rolling [Six-Year Strategic Plan](#) (network connection or VPN required).

[President's message](#)



Ask your questions

Mark your calendars for 9 a.m., Sept. 27, and listen to Dr. Podolsky's next campus briefing. Share what's on your mind.

Email: questions@utsouthwestern.edu

UTSW in the News

UT Southwestern's clinical and scientific experts are often featured in the news, with media outlets turning to us for our insights and perspectives. "UTSW in the News" will highlight some of those stories:

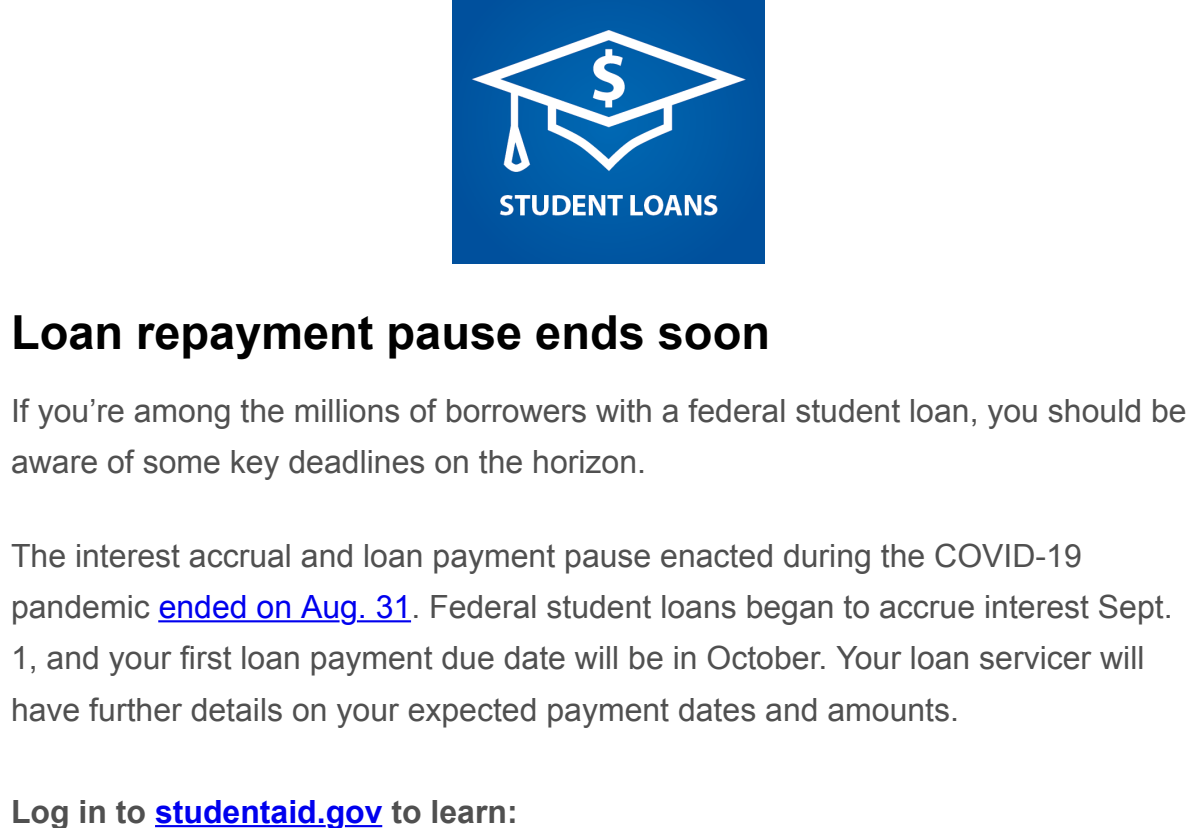
The Washington Post

[Marketers overstate fish oil claims for heart health, study shows](#)



A new UTSW study, co-authored by preventive cardiologist **Ann Marie Navar, M.D., Ph.D.**, challenges the perceived health benefits of popular fish oil supplements. "It is true that omega-3 fatty acids are present in the brain and are important for all sorts of brain functions," Dr. Navar told *The Washington Post*. "What has not been consistently shown with high-quality trials is that taking more of it in the form of a fish oil supplement leads to improved performance or prevention of disease."

[Read more about the research](#)



Chair yoga session: Stretch your body and mind

On average, Americans spend more than 6½ hours a day sitting at their workstations – that's an increase of an hour a day from 15 years ago.

If that compels you to stand and stretch, we have a little something to help. In honor of National Yoga Awareness Month, please enjoy a 9-minute virtual chair yoga session, developed by **Annamma Johns**, Clinical Pastoral Education Resident Chaplain at UT Southwestern.

Ms. Johns is also a certified instructor who teaches in UTSW's Mindful Movement yoga and meditation program, which is designed to enhance the well-being of our employees and learners.

For more information about the program, please contact [Rachel Kelley](#).



Loan repayment pause ends soon

If you're among the millions of borrowers with a federal student loan, you should be aware of some key deadlines on the horizon.

The interest accrual and loan payment pause enacted during the COVID-19 pandemic [ended on Aug. 31](#). Federal student loans began to accrue interest Sept. 1, and your first loan payment due date will be in October. Your loan servicer will have further details on your expected payment dates and amounts.

Log in to studentaid.gov to learn:

- How to contact your servicer(s)
- Which repayment options may be available to you
- Other useful information regarding your federal student loan history



Festival de Comida coming up Friday

UT Southwestern's Hispanic and Latino Heritage Month kicks off with a delicious lunchtime celebration Sept. 15 featuring food trucks and traditional Latin flavors. Join the Office for Institutional Opportunity, Office for Access & Title IX, and the Hispanic-Latino Business Resource Group (BRG) at Festival de Comida and get a sneak peek of the rich cultural events that will showcase Hispanic and Latino heritage throughout the UTSW campus over the next month.

When: 11 a.m.–2 p.m., Friday, Sept. 15
Where: The green space behind Professional Office Buildings 1 & 2 on West Campus, 1801 Inwood Road

[See Details on the UTSW Events Calendar](#)

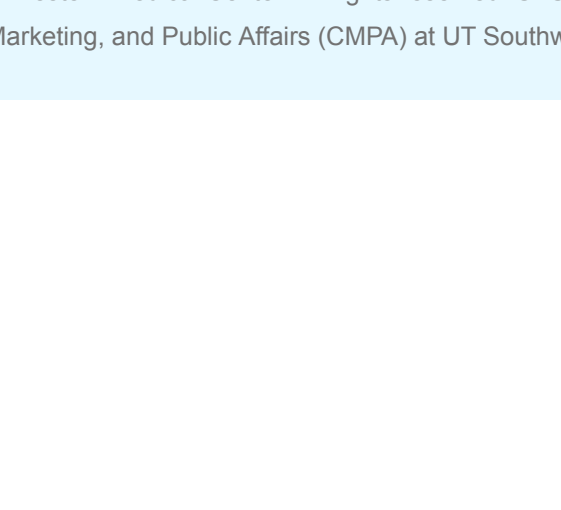


Want to be an FC Dallas player for a night?

As the Official Health Care Partners of FC Dallas, UT Southwestern and Children's Health are offering 10 lucky employees the chance to experience life as a pro soccer player at FC Dallas Fantasy Camp Night on Tuesday, Sept. 26, from 5:30 to 8 p.m.

The fun starts with a tour of Toyota Stadium and the FC Dallas locker room, then each camper will suit up in an FC Dallas jersey and run drills with some players and coaches. Fantasy Camp will also include dinner with some of your UT Southwestern and Children's Health colleagues. Be sure to look for the UTSW Insider email at 7 a.m. Wednesday, Sept. 13, to fill out the entry form. The first 10 employees to complete it will be lacing up their cleats and heading for the pitch on Sept. 26. Go UTSW!

Insider guide



"Precision Rehabilitation"

Tuesday, Sept. 12

Nneka Ifejika, M.D., M.P.H., Chief of Stroke Rehab at UT Southwestern, will provide an inside look at the important research and clinical innovations patients at the Peter O'Donnell Jr. Brain Institute in a presentation to the President's Research Council titled "Precision Rehabilitation: The Next Step in Stroke Recovery." Registration required. **6:15-8 p.m., T. Boone Pickens Biomedical Building**

[Details](#)



UTSW Steps Challenge

Start today!

Warm up for the 2023 Dallas Heart Walk with UTSW's annual 12-Day Steps Challenge, which begins today. Here's how you can participate: Log in to the Living Well Platform below, set a goal, and record your steps. Everyone is encouraged to walk at their own pace, enjoy the benefits of being active, and, of course, [register](#) for the Sept. 23 Dallas Heart Walk if you haven't already.

Sept. 11-22, Living Well Platform "Discover" tab

[Details](#)

UTSW Events Calendar

Looking for your daily dose of happenings? Check out the UTSW Events Calendar, which is updated every day.

[Click to view Upcoming or Trending Events](#)

Keep your feedback coming

Thank you for reading *UTSW Insider* and for sharing your thoughts along the way. We want to continue learning from you to make this publication as valuable to you as possible.

We also wanted to thank those who notified us of a technical glitch that some of you experienced when trying to access hyperlinks in the first issue on our new platform. We appreciate our Information Resources team determining the cause and finding a fix.

Please keep the two-way dialogue going, and let us know how we can enhance your experience.

[Share Your 'Insider' Suggestions](#)