

Values in Practice

EXCELLENCE

INNOVATION

TEAMWORK

COMPASSION

SCORE

Your voice is vital: Engagement surveys coming next week

On Sept. 16, UT Southwestern will be launching two important employee engagement surveys: Values in Practice (VIP) and SCORE (Safety, Communication, Operational Risk, Resilience/Burnout, and Engagement).

Many of you are familiar with the VIP survey, administered by Glint, a third-party vendor, which UTSW has historically used to help leaders learn from your experiences. Many nonfaculty and nonclinical employees will once again be asked to share their voice through that valued platform. This year, members of the Health System and those who interact closely with them, including all clinical faculty and clinical researchers, will take SCORE, which was developed by Vizient, a national leader in helping health care organizations deliver consistently safer and more reliable patient care.

Your confidential responses to a variety of questions, ranging from your happiness on the job and confidence in institutional leadership to your ability to strike a work-life balance, inform what is working well and where we should focus our efforts moving forward.

You will only receive a link to your designated survey. Please watch your inboxes on Monday.

For more information, visit the [Engagement Surveys FAQ](#).

New shuttle service between East and North Campus

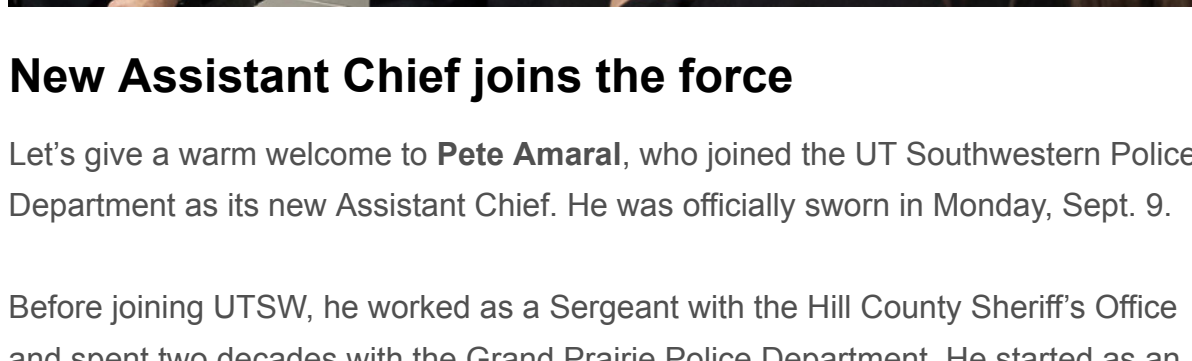
Don't miss the bus! A new campus shuttle route is now available for faculty, staff, and learners traveling between East and North Campus. As part of a pilot program, the shuttle will run for the next three months to help determine if a dedicated route is necessary.

The new route will take approximately 8 minutes round trip, stopping at three locations along Forest Park Road:

- Texas Instruments Biomedical Engineering and Sciences Building (EA)
- T. Boone Pickens Biomedical Building (ND)
- Moncrief Radiation Oncology Building (NF)

Service began this week and runs Monday through Friday, from 7 a.m. to 6 p.m., with a seating capacity of 24. As a reminder, the On Demand shuttle, which services Southwestern Medical Park apartments, should not be used for travel except by students who live there.

For questions, contact Shuttle Services at 214-648-3375 or via [email](#).



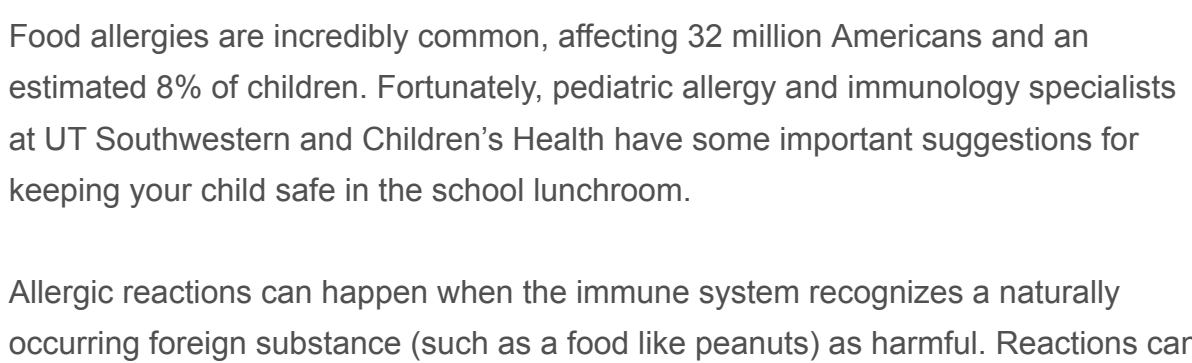
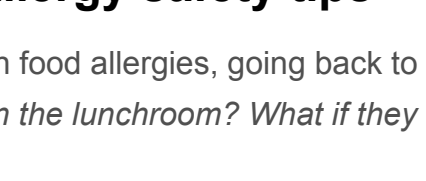
New Assistant Chief joins the force

Let's give a warm welcome to **Pete Amaral**, who joined the UT Southwestern Police Department as its new Assistant Chief. He was officially sworn in Monday, Sept. 9.

Before joining UTSW, he worked as a Sergeant with the Hill County Sheriff's Office and spent two decades with the Grand Prairie Police Department. He started as an officer in 2002 and worked his way through the ranks to become a Detective, a Sergeant, and finally a Lieutenant over field operations and later investigations.

Assistant Chief Amaral said his favorite part of law enforcement work is the sense of satisfaction he feels when helping others solve a problem. He added that he could think of nowhere better to serve than UTSW.

"The culture and staff here are second to none," Assistant Chief Amaral said. "I am beyond proud to join such a strong team."



Back-to-school allergy safety tips

For parents of children with food allergies, going back to school can be a source of anxiety. *Will they be safe in the lunchroom? What if they have a reaction?*

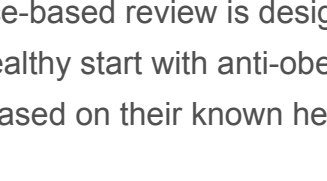
Food allergies are incredibly common, affecting 32 million Americans and an estimated 8% of children. Fortunately, pediatric allergy and immunology specialists at UT Southwestern and Children's Health have some important suggestions for keeping your child safe in the school lunchroom.

Allergic reactions can happen when the immune system recognizes a naturally occurring foreign substance (such as a food like peanuts) as harmful. Reactions can range from mild to severe, and the key to preventing them is working together.

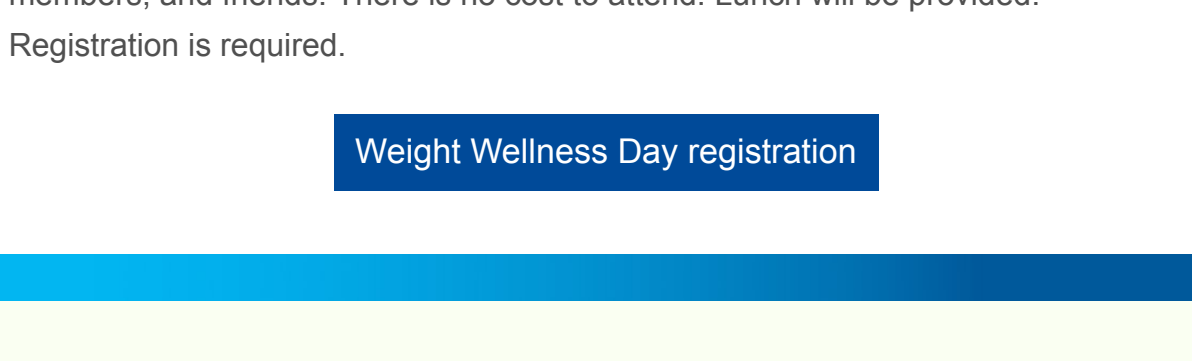
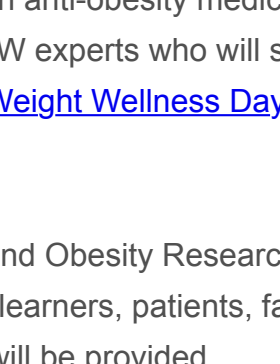
"Families, students, and educators must follow the policies and take them seriously," said **J. Andrew Bird, M.D.**, Chief of the Division of Pediatric Allergy and Immunology. He recommends these strategies to reduce the risk of serious allergic reactions at school:

- Foster open, frequent communication.
- Do not trade or share food.
- Read food labels carefully.
- Teach your child to set boundaries.
- Act quickly at the first sign of a reaction.

Learn more about keeping kids safer at school in Dr. Bird's MedBlog.



Weight Wellness Day



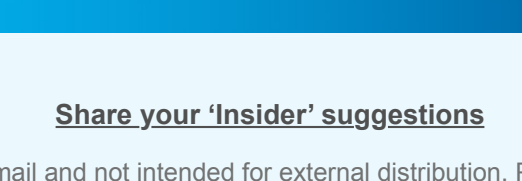
Expert advice and nutrition guide

A common misconception about today's popular weight loss medications is that they provide an easy fix for better health, and it doesn't necessarily matter what you eat when you're taking them. Nothing could be further from the truth, said **Jaime Almandoz, M.D.**, Director of UT Southwestern's Weight Wellness Center.

Collaborating with experts from across the U.S., Dr. Almandoz's team at UTSW has created the first set of [nutritional recommendations for safe, successful anti-obesity medication use](#). Their evidence-based review is designed to guide providers in helping patients get off to a healthy start with anti-obesity medications and achieve sustainable weight wellness based on their known health conditions, nutritional needs, and health goals.

For a closer look at the balanced approach to nutrition with anti-obesity medications, check out the latest [MedBlog](#), and meet some of the UTSW experts who will share their advice and answer questions at the second annual [Weight Wellness Day](#) from 9 a.m. to 3 p.m. Saturday at UTSW.

The event, sponsored by the UT Southwestern Nutrition and Obesity Research Center (NORC), is open to UT Southwestern employees, learners, patients, family members, and friends. There is no cost to attend. Lunch will be provided. Registration is required.



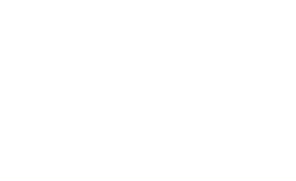
Insider Guide



Mission MSA 5K Sept. 29

10:30 a.m., Sept. 29 | Valley View Park, Dallas

The Department of Neurology invites you to the [Path to a Cure: Mission MSA 5K](#) on Sept. 29 at Valley View Park in Dallas. Mission MSA is an international support group for multiple system atrophy (MSA) sufferers and their families. This in-person walk endeavors to raise money for those affected by MSA and bring hope and support to those impacted by the disease.



UTSW Events Calendar

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



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