



UTSW awarded for wellness efforts

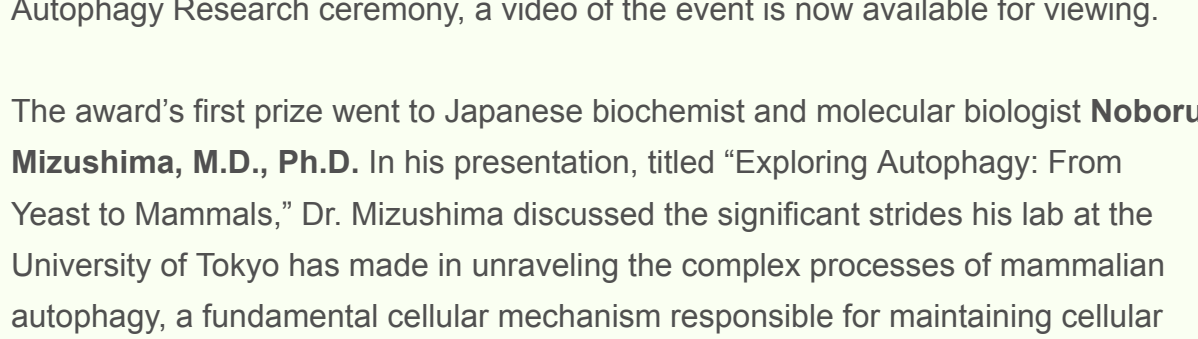
The American Medical Association's 2023 Joy in Medicine Program [has recognized](#) UT Southwestern for its commitment to building a culture of wellness, resilience, and fulfillment among its health care professionals.

UTSW is one of only 10 institutions nationwide to earn the program's Gold status, which honors health systems for their ongoing efforts to reduce work-related burnout and provide a supportive, engaging environment for medical teams and trainees.

Susan Matulevicius, M.D., Associate Dean of Faculty Wellness at UT Southwestern, said by listening to those on the front lines, UTSW has excelled at developing innovative programs and tools to enhance the well-being of our medical workforce, which in turn has a direct effect on the quality of care we provide to patients.

Wellness coaching, counseling, child and elder care, and career growth programs are just a few of the many support services that help put the Joy in Medicine at UT Southwestern.

[Learn more](#)



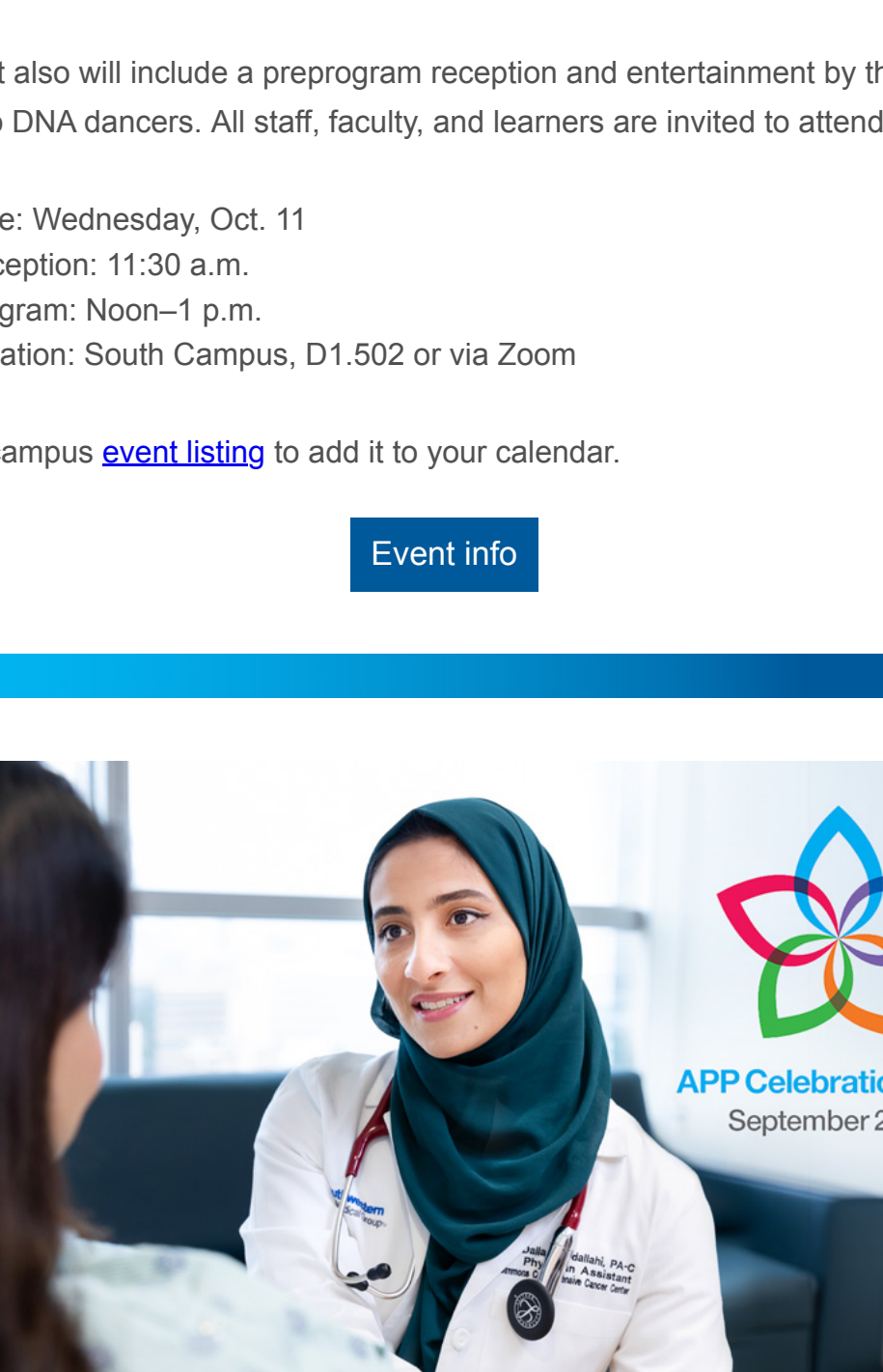
Video: 2023 Levine Prize ceremony

If you didn't get a chance to attend last week's inaugural Beth Levine, M.D. Prize in Autophagy Research ceremony, a video of the event is now available for viewing.

The award's first prize went to Japanese biochemist and molecular biologist **Noboru Mizushima, M.D., Ph.D.** In his presentation, titled "Exploring Autophagy: From Yeast to Mammals," Dr. Mizushima discussed the significant strides his lab at the University of Tokyo has made in unraveling the complex processes of mammalian autophagy, a fundamental cellular mechanism responsible for maintaining cellular health and functionality.

[The Levine Prize](#) was established to honor the legacy of **Beth Levine, M.D.**, a UT Southwestern researcher who was internationally revered for her landmark work in autophagy, a housekeeping mechanism that cells use to dispose of damaged components and maintain cellular health, to regenerate newer, healthier cells.

[Levine Prize video](#)



Celebrate and explore cultural well-being

The keynote speaker for this year's Hispanic-Latino Heritage Month Signature Event is **Gus Hinojosa**, President of The Mexican American Museum of Texas. He will present "Finding One's Cultural Well-Being."

The event also will include a preprogram reception and entertainment by the Flamenco DNA dancers. All staff, faculty, and learners are invited to attend.

- Date: Wednesday, Oct. 11
- Reception: 11:30 a.m.
- Program: Noon–1 p.m.
- Location: South Campus, D1.502 or via Zoom

Visit the campus [event listing](#) to add it to your calendar.

[Event info](#)



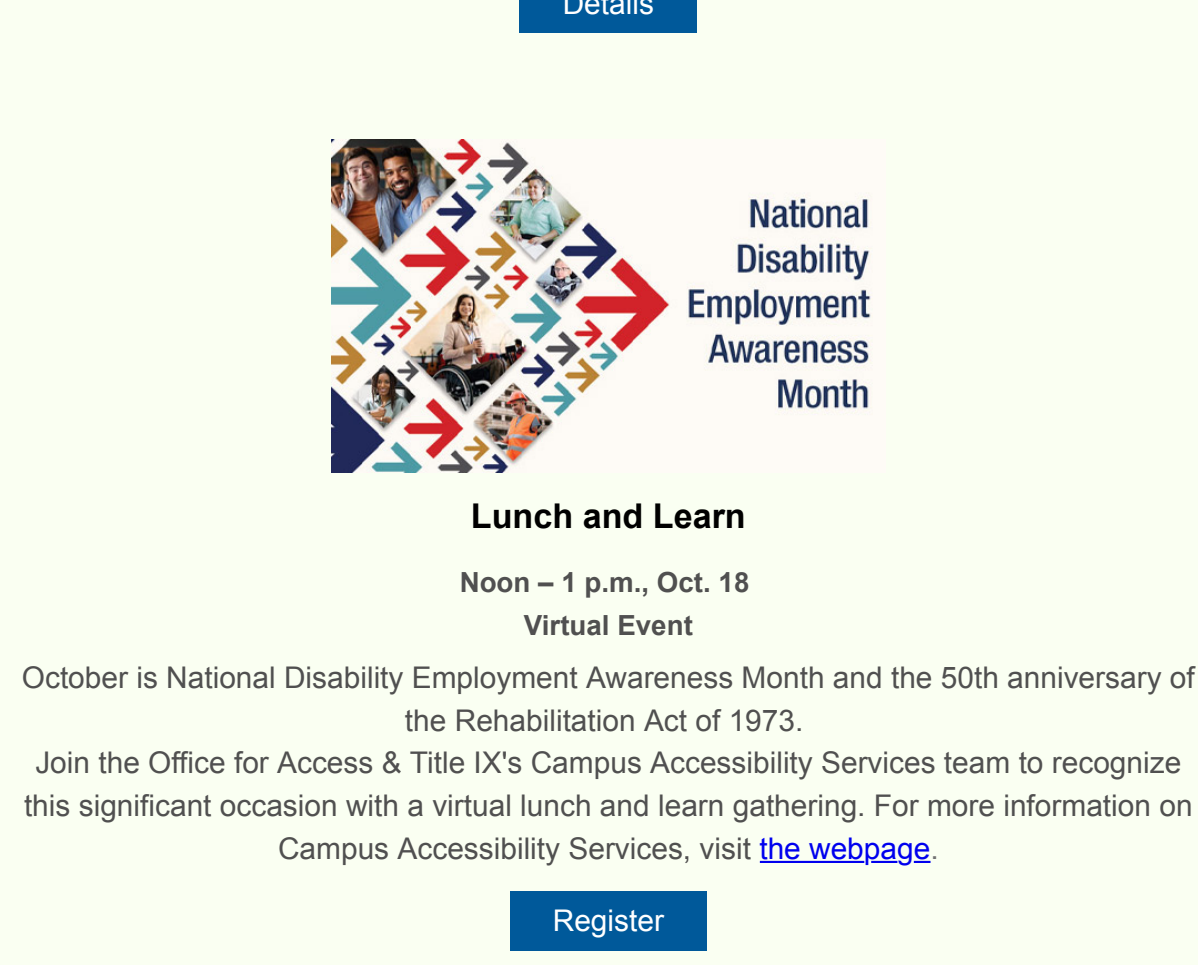
Excellence Awards wrap up APP Celebration Week

Congratulations to the winners of the Advanced Practice Providers (APP) Excellence Awards, who were honored Sept. 29 during the finale of APP Celebration Week.

Five APPs were selected for this year's recognition, along with one physician who was named the 2023 APP Champion. These providers represent the best of their areas as clinicians, leaders, researchers, educators, and mentors.

Find out who they are and why they were selected by reading the story on [Center Times Plus](#).

[APP Excellence Awards](#)



Staying safe online

Now in its 20th year, Cybersecurity Awareness Month continues to highlight the importance of cybersecurity. Follow these simple steps throughout the year:

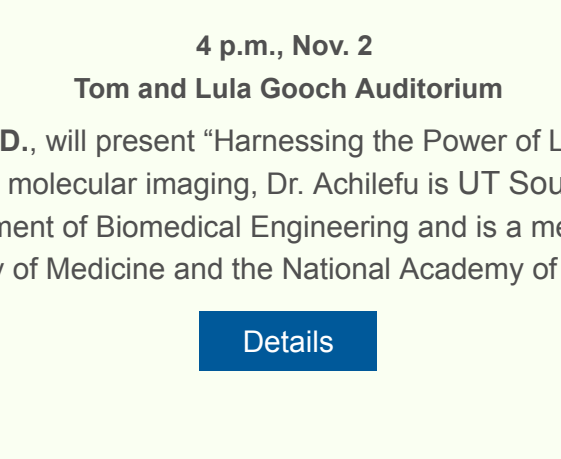
- Choose strong passwords, which are critical to protecting data. They are long, random, and unique. Passwords should not be reused.
- Enable multifactor authentication on all your online accounts that offer it, especially email, social media, and financial accounts.
- Recognize and report phishing attempts. Phishing emails, texts, and calls are the No. 1 way data gets compromised. Be cautious of unsolicited emails, texts, or calls asking for personal information.
- Enable automatic software updates where possible. Keep operating systems, antivirus software, web browsers, and applications up to date.

Stay tuned to *Insider* throughout October for more cybersecurity tips. If you have any cybersecurity questions, please [email](#) Information Security.

Do you have a good system for creating strong passwords?



Insider Guide



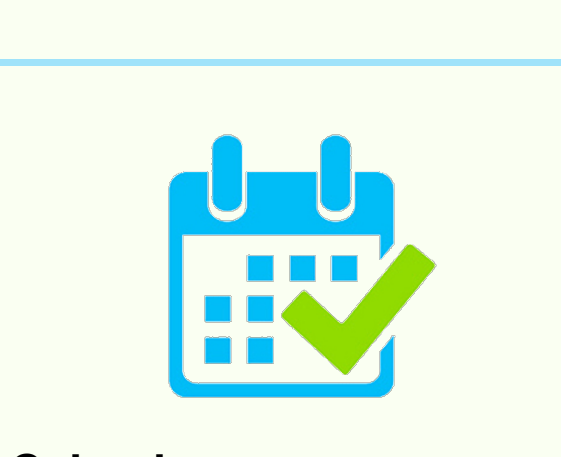
Save the date: President's Lecture Series

4 p.m., Nov. 2

Tom and Lula Gooch Auditorium

Samuel Achilefu, Ph.D., will present "Harnessing the Power of Light to Image and Treat Cancer." An expert in molecular imaging, Dr. Achilefu is UT Southwestern's inaugural Chair of the Department of Biomedical Engineering and is a member of the National Academy of Medicine and the National Academy of Inventors.

[Details](#)



National Disability Employment Awareness Month

Lunch and Learn

Noon – 1 p.m., Oct. 18

Virtual Event

October is National Disability Employment Awareness Month and the 50th anniversary of the Rehabilitation Act of 1973.

Join the Office for Access & Title IX's Campus Accessibility Services team to recognize this significant occasion with a virtual lunch and learn gathering. For more information on Campus Accessibility Services, visit [the webpage](#).

[Register](#)



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](#)

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