

## #ICYMI: Listen to the last campus briefing of 2024

IN CASE YOU MISSED IT



Did you miss last week's final campus briefing of the year by President **Daniel K. Podolsky, M.D.**? A [recording](#) is now available online, along with a searchable transcript.

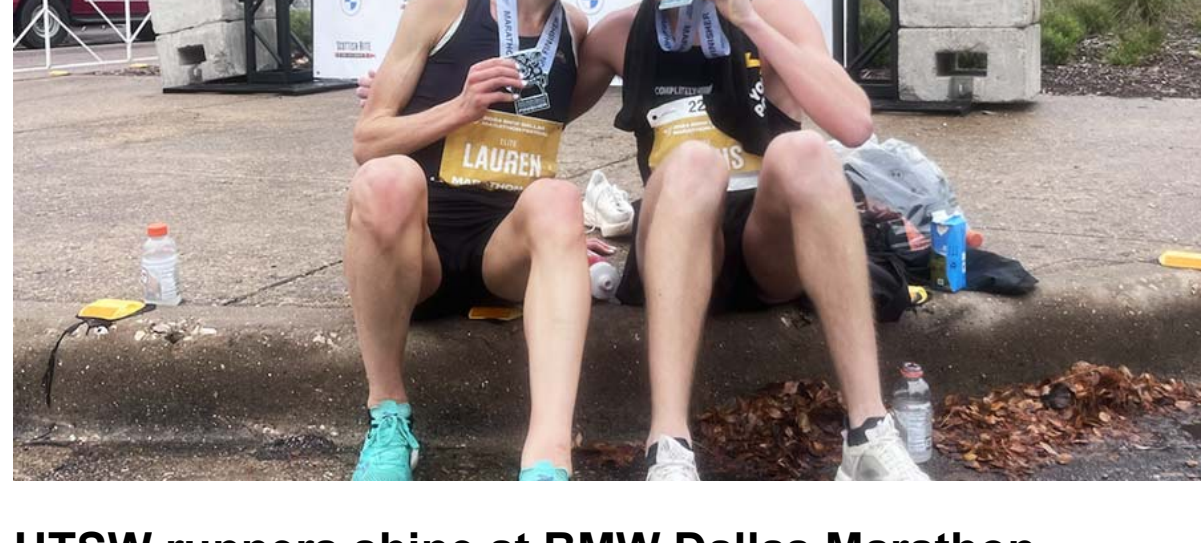
Below are key topics with timecodes to indicate where they appear in the recording.

- Artificial intelligence taskforce (2:50)
- Capital projects and expansion updates (6:05)
- Preparing for the state legislative session (16:30)
- New employee award program preview (21:20)
- Your questions (23:40)

Dr. Podolsky also addressed questions from staff regarding housekeeping services, financial performance, the search for a Chief Executive Officer for Clements University Hospital (CUH), and employee psychological safety policies, among other inquiries.

If you have additional questions or topic suggestions for future campus briefings, email [questions@utsouthwestern.edu](mailto:questions@utsouthwestern.edu). Remember to use "Question for the President" as the subject line. The next quarterly briefing is Wednesday, March 5.

[Listen to the briefing](#)



### UTSW runners shine at BMW Dallas Marathon

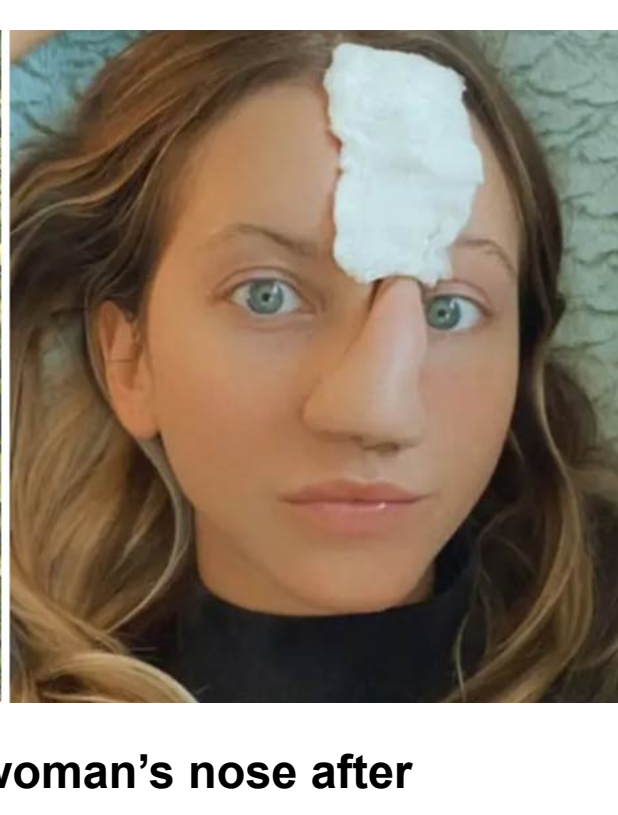
First-year UT Southwestern medical student **Travis Dowd** (pictured right) is making headlines, winning the 2024 BMW Dallas Marathon in his debut run. He crossed the finish line at 2:26:08, beating the second-place finisher by just over four minutes. The race, held in cool weather with light rain and fog, pushed runners to their limits, but Mr. Dowd credited the enthusiasm of the spectators with keeping him going.

"I'm just so blessed. I ran in college and never had a race with this much support," he told the *Dallas Morning News*. "Every single time I felt like I was about to die, I went by a crowd [gesturing for crowd support] and they're all screaming for me."

One other current student and a UTSW alumna also had an impressive showing. First-year medical student **Lauren Abruzzo**, (also pictured above) took second place in the women's marathon, while **Mimi Smith, D.P.T.**, a UTSW Cardiovascular and Pulmonary Physical Therapy residency graduate who is currently a physical therapist at CUH, took first place for the women's half marathon.

Congratulations on these distinctive achievements and to all UTSW community members who participated in Sunday's race!

[Read the full story](#)



### UTSW surgeons rebuild woman's nose after traumatic dog bite

**James Thornton, M.D., FACS**, Professor of Plastic Surgery at UT Southwestern and a specialist in facial and nasal reconstruction, had seen a wide range of trauma in his 25 years in the field. But Jordan Wilson's case was among the most complex and severe he'd ever encountered.

The 25-year-old yoga instructor was at a friend's party in Florida when the host's large dog approached. Rather than moving in for a lick or a pet, in an instant, the dog clamped its jaws across Jordan's nose, refusing to let go. Doctors call it a "total nasal avulsion." Her nose was gone.

She consulted many plastic surgeons throughout Florida, but each one expressed doubt about whether they could help her. Several of them mentioned Dr. Thornton. When Jordan contacted him, she just "knew he was the one for me. ... He seemed to have no doubt that he could do the job."

Read about her amazing journey of recovery and watch the video linked below.

[Read the full story](#)



### Healthy sleep during the holidays

During this busy season, it can be easy to neglect one of the most important aspects of self-care: healthy sleep. The Employee Support team and our partner Headspace offer some tips to help you and your family get the rest you need.

#### Stick to a routine

Unwind at least one hour before bed with a warm bath or shower, light stretching, or meditation exercise. Maintain a consistent sleep schedule, even on the weekends. Engaging in these practices consistently will help signal to your brain that it is time to rest, which can help improve sleep quality.

#### Manage sleep disruptors

A poor sleep environment, caffeine, alcohol, overeating, and too much screen time can all interfere with sleep. Find the right balance to enjoy the holidays without compromising your rest.

#### Travel with familiar items

Healthy sleep can be difficult in unfamiliar environments. Bring familiar items for you and your family members such as a pillow, blanket, or stuffed animal to help you feel more comfortable and relaxed.

#### Headspace resources

Headspace, [UT Southwestern's Employee Support partner](#), also offers a variety of resources to help you build and maintain a healthy routine, including soothing storytelling, sleep sounds/music, wind-down meditations, and guided programs. You can also watch the webinar, [Prioritizing Rest & A Good Night's Sleep](#), and download the [workbook](#).

To access these resources, log in to the [Headspace](#) app, click the "Explore" tab and select "Sleep." Not yet enrolled in Headspace? [Join](#) for free today.

[Continue reading](#)



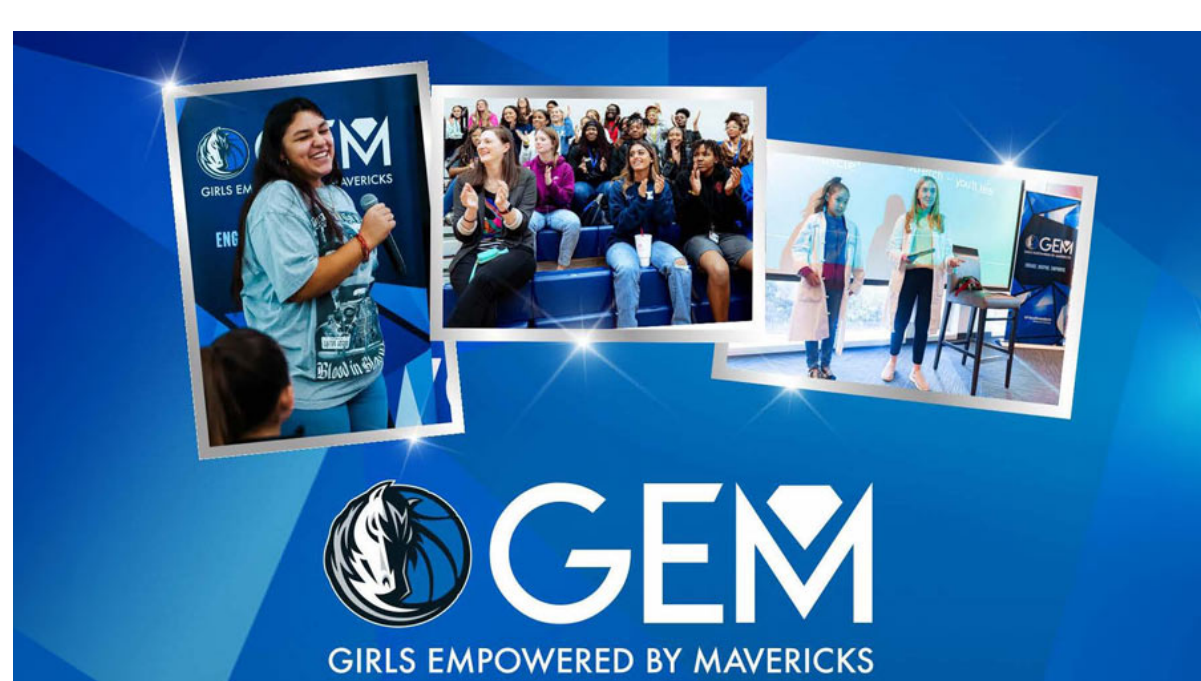
### Let your holiday cheer shine!

Show off your holiday spirit with the Employee Advisory Council (EAC)'s Holiday Cheer Challenge. From your dazzlingly decorated office to your ugliest sweater or department's celebrations, we want to see your holiday spirit shine bright.

[Email](#) your seasonal snapshots by Dec. 26 for your chance to win UTSW-themed prizes. Winners will be announced by email in early January. A friendly reminder: Make sure your displays align with university policy and guidelines set by the Office of Safety and Business Continuity. We encourage employees involved in decorating their workspaces to review the [Holiday Decorating Safety webpage](#).

Want to see the holiday fun happening across campus? Follow UTSW's social media channels for photos from your colleagues, and, who knows, you might even see your own photo featured very soon!

[Visit LinkedIn](#)



### Score big with Dallas Mavericks camps

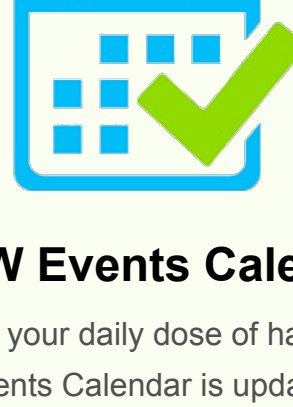
As the Official Health Care Partner of the Dallas Mavericks, UT Southwestern is being offered an exclusive 30% discount on registration for the Girls Empowered by Mavericks (GEM) Camp.

GEM aims to engage, inspire, and empower girls ages 7 through 18 through continued development and success.

[Register](#) and use the code UTSW30 for the discount. Please note, this code only applies to GEM Camps. Additional camp dates will be added to the website throughout the year.

For questions, [contact](#) UTSW's Brand team.

[Register](#)



### 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](#)