



Happy birthday, New Year's baby!

Please join us in welcoming baby Phoebe not only to the world, but also to the UT Southwestern family! Congratulations to **Juanzhu Yan, Ph.D.**, an Assistant Instructor in our Department of Cell Biology, and Yumeng Zhang, parents of Phoebe – the first baby of 2026 to be born at Clements University Hospital.

Born at 4:37 a.m. Jan. 1, Phoebe tipped the scale at 8 pounds, 8.2 ounces and measured 20.47 inches long. Above, she is pictured modeling her first outfit, a onesie provided by the Dallas Mavericks. UT Southwestern is the Official Health Care Partner of the Mavs.

“Our daughter is a gift, and my wife is incredibly strong,” Yumeng said.

Phoebe is the second child for the couple, who are also proud parents to a 14-month-old daughter, who is excited to be a big sister.



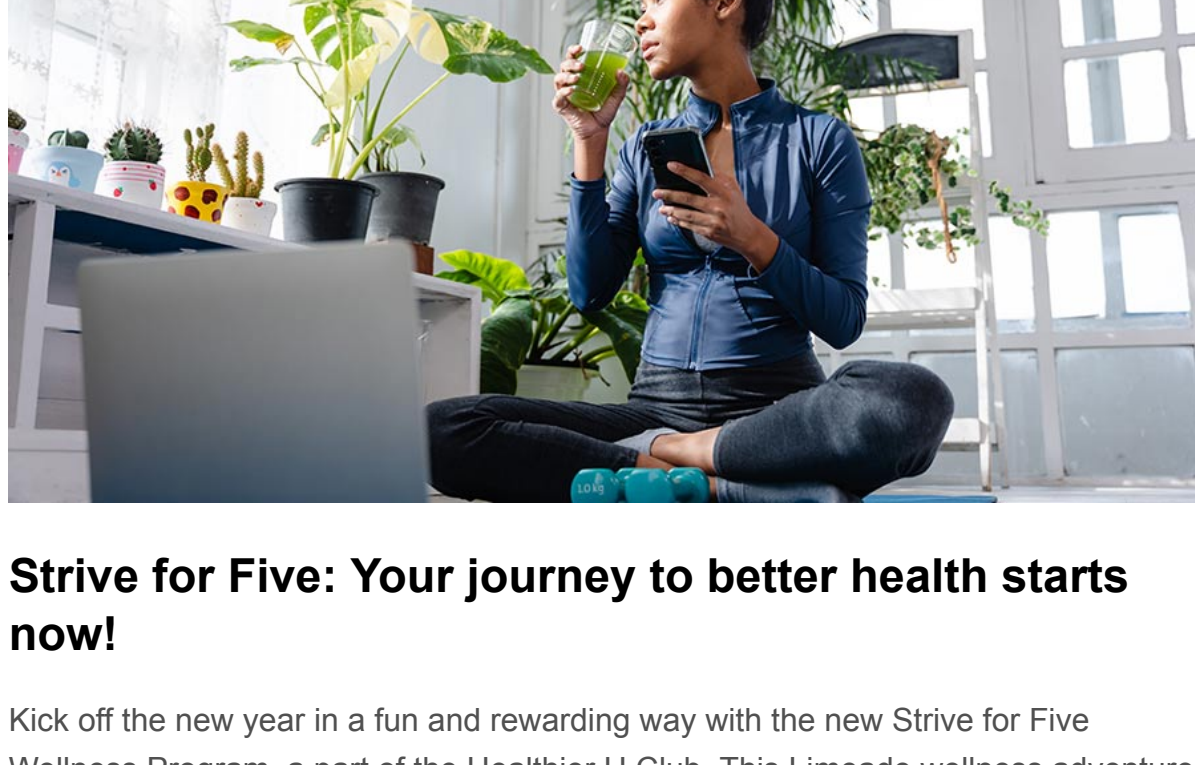
Texas' bold push for science is paying off

When voters approved a multibillion-dollar investment to fight cancer, they set Texas on a transformative path. That decision launched the Cancer Prevention and Research Institute of Texas (CPRIT), an initiative that has fueled discoveries, attracted global talent, and positioned UT Southwestern as a leader in cancer research.

With a commitment to recruiting the most promising scientists from the U.S. and abroad, UTSW is building on its legacy of excellence and ingenuity. From pioneering therapies to breakthroughs in RNA biology, the ripple effects of this investment are reshaping medicine and saving lives.

*Pictured above, from left: **Ralf Kittler, Ph.D.**, Associate Professor in UTSW's Eugene McDermott Center for Human Growth and Development, and **Robert Bachoo, M.D., Ph.D.**, Associate Professor of Neurology, have studied ways to treat glioblastoma, a tumor that affects the brain and spinal cord.*

[Read the story behind this game changer](#)



Strive for Five: Your journey to better health starts now!

Kick off the new year in a fun and rewarding way with the new Strive for Five Wellness Program, a part of the Healthier U Club. This Limeade wellness adventure runs through Aug. 31 and focuses on five key wellness areas:

- Hypertension
- Diabetes
- Lower back pain
- Asthma
- Heart health

These areas represent some common health challenges and improving them can help make a big difference in your overall well-being.

To get started, log in to the [Limeade platform](#), complete a quick Well-Being Assessment, and then explore the wellness areas that matter most to you. Each area offers five to seven activities you can identify by the name “Healthier U Club” on the activity. They are designed to deepen your understanding of these various conditions and provide practical tools to improve your health. As you progress through the Healthier U Club activities, you'll unlock prizes, including branded tumblers, duffle bags, large totes, Bluetooth speakers, and more!

[Strive for Five Wellness Program](#)



‘She Talks’ speaker nominations open for Women’s History Month Celebration

Is there a UT Southwestern female leader whose insight and encouragement have made a meaningful impact on you or your team? Consider nominating her to present at the next “She Talks” event.

The Office for Institutional Opportunity is seeking speaker nominations for the March 11 “She Talks,” a dynamic annual event where UTSW’s women leaders share inspiring stories, experiences, and advice in honor of Women’s History Month in March.

Help spotlight an extraordinary leader by submitting your nomination by **Jan. 9**.

Pictured above, from left, are the 2025 “She Talks” speakers: Briana Witherspoon, D.N.P., APRN, ACNP-BC, Assistant Director of Advanced Practice Providers for the Peter O'Donnell Jr. Brain Institute; Holly Crawford, M.B.A., Executive Vice President for Business Affairs; Tamia Harris-Tryon, M.D., Ph.D., Associate Professor of Dermatology and Immunology; and Melanie S. Sulistio, M.D., Professor of Internal Medicine.

[Nominate a speaker](#)

Insider Guide



UTSW Toastmasters

5:30-6:30 p.m., Jan. 8
Woodview Tower, LE8.110
1349 Empire Central Drive, Dallas

Are you interested in improving your public speaking and communication skills? Then don't miss UTSW's Toastmasters program, which offers a supportive, fun, and self-paced environment to refine your skills. Open to all employees and students, the club meets on the second Thursday and fourth Tuesday of each month. To join or visit as a guest, please contact [Lisa Farmer](#).

[Get the details](#)

UTSW Events Calendar

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

[View upcoming or trending events](#)

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