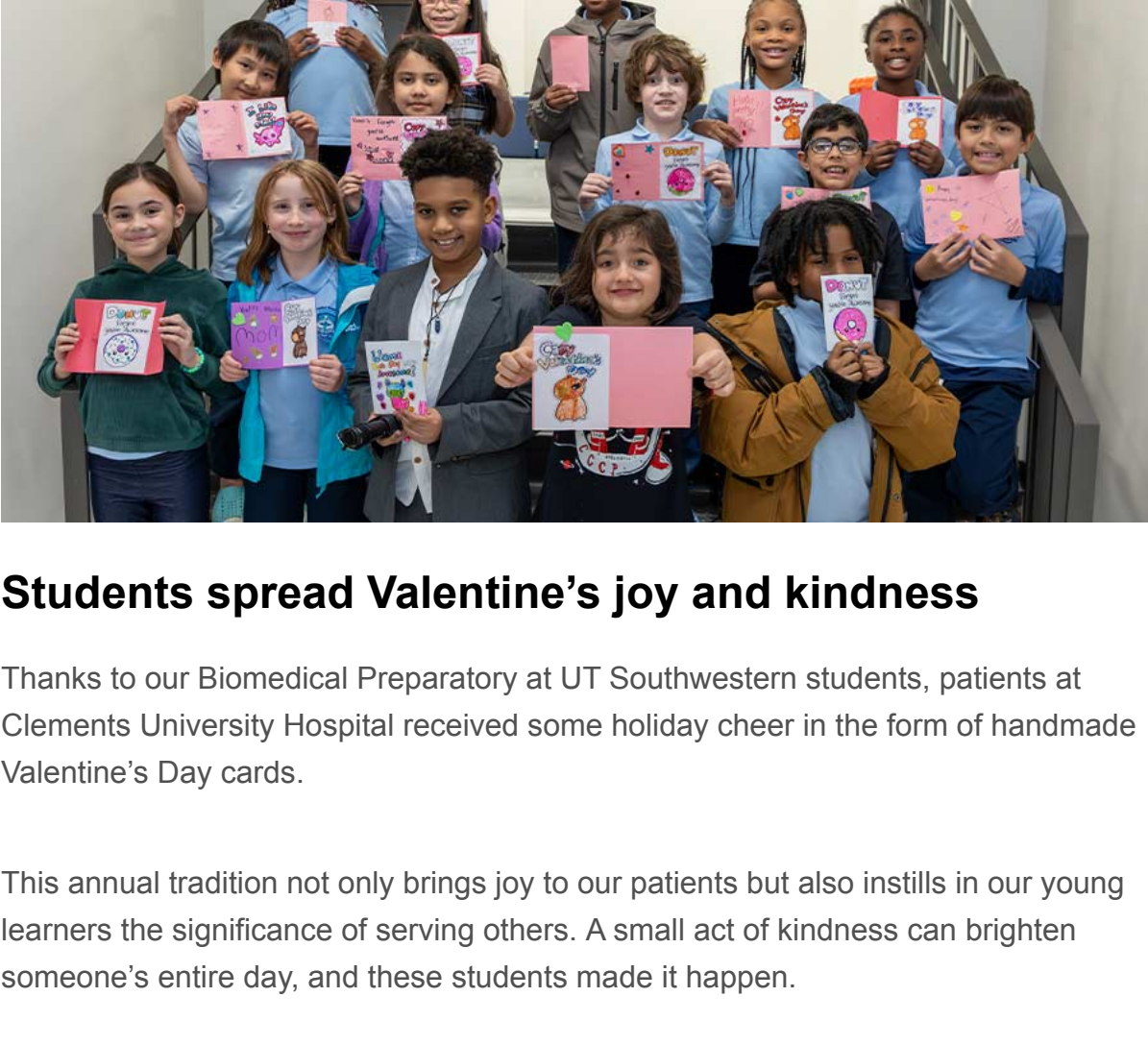


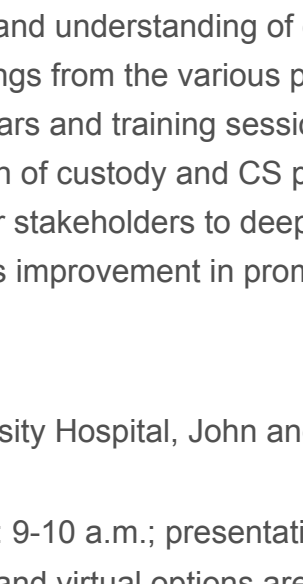


Students spread Valentine's joy and kindness

Thanks to our Biomedical Preparatory at UT Southwestern students, patients at Clements University Hospital received some holiday cheer in the form of handmade Valentine's Day cards.

This annual tradition not only brings joy to our patients but also instills in our young learners the significance of serving others. A small act of kindness can brighten someone's entire day, and these students made it happen.

[Check out the students' amazing work](#)



Opioid Safety Awareness Event

Putting opioid safety into practice

The fourth annual Opioid Safety Awareness Event will be held March 4, and all are welcome to attend.

Designed to enhance learning and understanding of opioid safety, the daylong conference will reinforce learnings from the various projects of the Opioid Safety Team (OST) and feature webinars and training sessions, including best practices on controlled substance (CS) chain of custody and CS policy adherence. The event also provides an opportunity for stakeholders to deepen their knowledge as UTSW maintains its path of continuous improvement in promoting safe practices for patients and employees.

- **Where:** Clements University Hospital, John and Ginny Eulich Pavilion, UH Pavilion 01.701
- **When:** Learning stations: 9-10 a.m.; presentations: 8 a.m.-3 p.m.
- **Registration:** In-person and virtual options are available, and registration is required by emailing summera.zaheer@utsouthwestern.edu.
- **Agenda:** For a detailed agenda, please visit the [Opioid Safety Awareness Event SharePoint page](#).

This activity is eligible for symposium credit for Clinical Ladder and NCPD (Nursing Continuing Professional Development) hours.

For additional information, email summera.zaheer@utsouthwestern.edu.

[Register today](#)



Your pathway to new skills and certifications

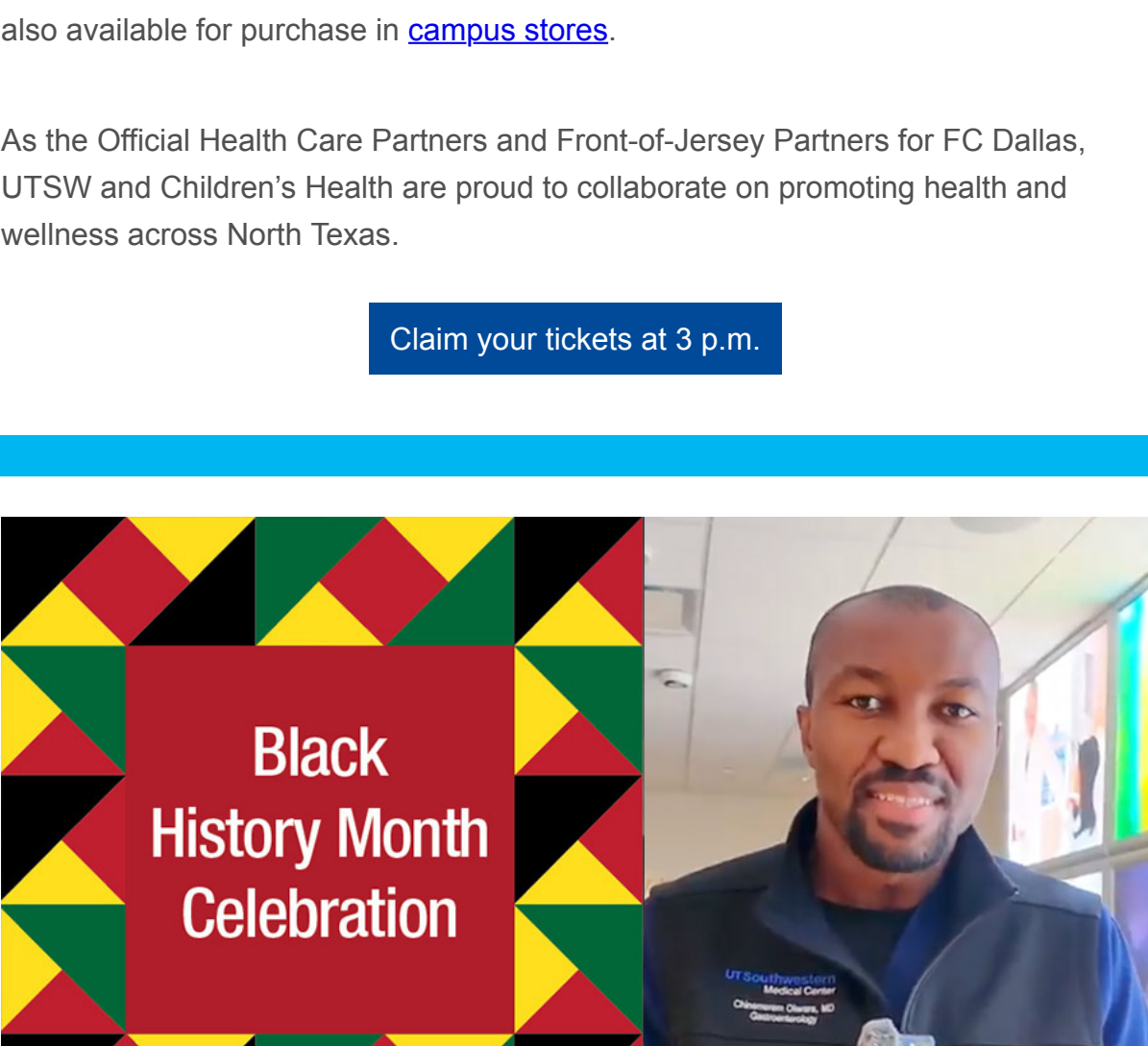
Skillsoft Percipio is an online training resource for employees, offering both self-paced and instructor-led trainings on a variety of topics.

This platform features powerful tools to help you organize and focus your learning goals, and you can move through coursework at your own pace.

- **Skill interests:** Select topics of interest and receive customized course recommendations.
- **Skills benchmarks:** Discover your strengths and identify skill gaps to help focus your efforts.
- **Aspire journeys:** Get a detailed blueprint that offers structured, clear pathways to advance your career development.
- **Certifications:** Use prep courses to study for and practice taking certification exams for over 20 different organizations.
- **Codecademy from Skillsoft:** Develop the technology and programming skills you need to keep up, add more value to new and existing projects, and reach your career goals with interactive, flexible learning.

Employees can also access their accounts and training resources via a mobile app ([iOS](#) or [Android](#)) to learn on the go or in a [Microsoft Teams app](#). Learn more about Skillsoft Percipio in [this video](#).

[Explore Skillsoft Percipio](#)



Study links circadian rhythm changes to higher dementia risk

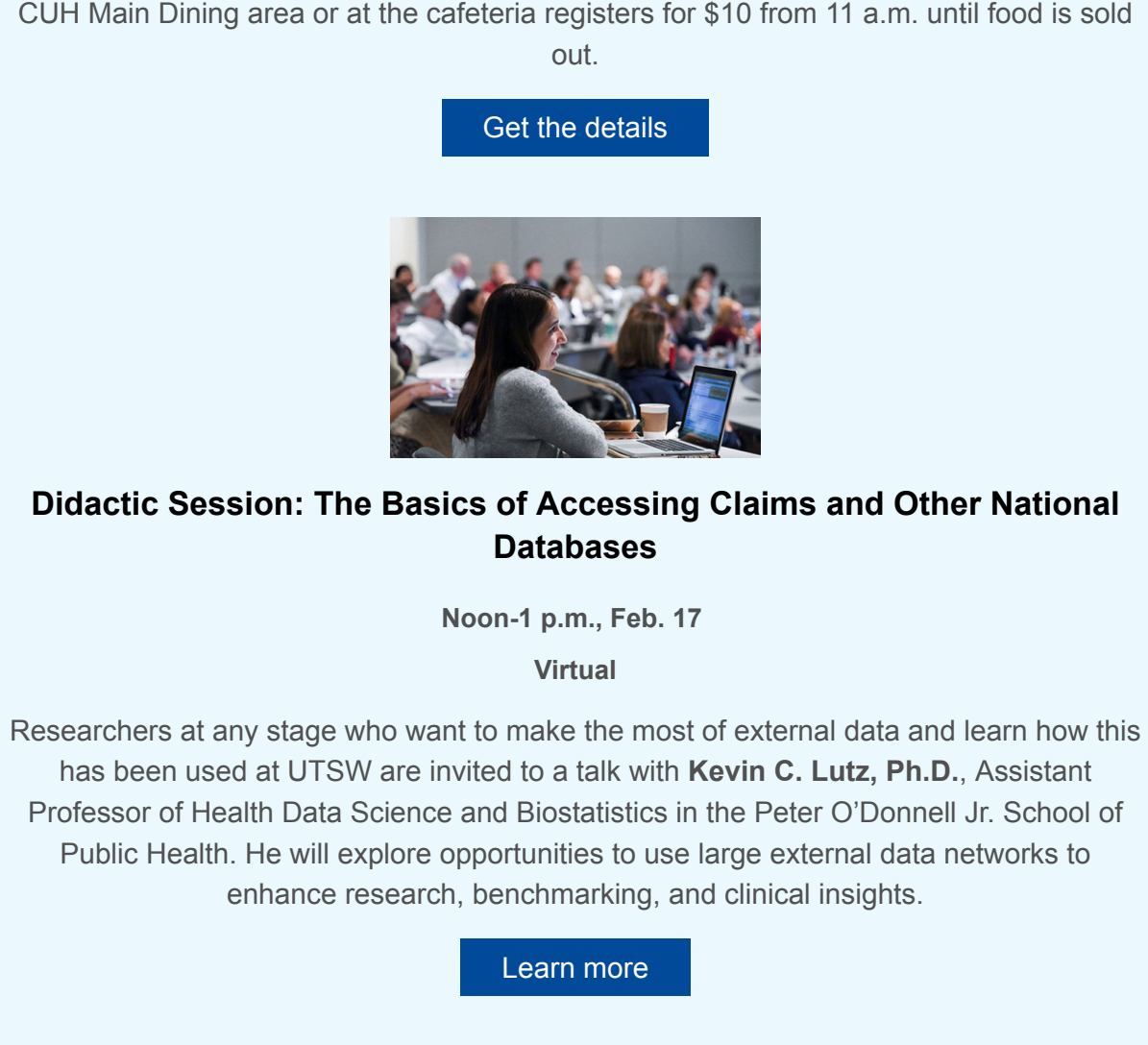
Changes in the body's internal clock that regulates physiological functions over a 24-hour cycle may be linked to increased dementia risk in older adults, according to a study by researchers in the Peter O'Donnell Jr. School of Public Health.

"Disruptions in circadian rhythms may alter various processes, such as the regulation of oxidative stress or inflammation, which may ultimately lead to dementia," said lead researcher **Wendy Wang, Ph.D., M.P.H.**, Assistant Professor of Epidemiology.

Dr. Wang and colleagues from several other academic medical institutions analyzed data from the Atherosclerosis Risk in Communities (ARIC) study, which included more than 2,000 participants who had not been diagnosed with dementia. The participants wore a chest-mounted ambulatory electrocardiogram (ECG) heart monitor for up to two weeks to measure rest-activity patterns, markers of circadian rhythms.

Over an average follow-up period of about three years, the team monitored dementia diagnoses to determine how they related to the activity patterns measured at the start of the study.

[Learn what the follow-up showed](#)



Ready for spring soccer? Claim your FC Dallas tickets

FC Dallas is back, and we're excited to invite the UT Southwestern community to support the team this season.

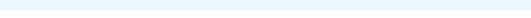
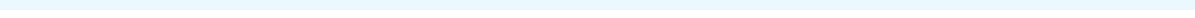
Starting at 3 p.m. today, you can claim a pair of free tickets to select home games from February to May via the link below. We'll share news about tickets for the second half of the season in a future issue of the *UTSW Insider*.

UTSW employees can access discounted tickets for most FC Dallas and North Texas Soccer Club home games this season by visiting the [Employee Discounts page](#).

Looking to gear up for the game? Show your ID badge at the stadium to receive a 20% discount on UTSW jerseys and FC Dallas merchandise. UTSW jerseys are also available for purchase in [campus stores](#).

As the Official Health Care Partners and Front-of-Jersey Partners for FC Dallas, UTSW and Children's Health are proud to collaborate on promoting health and wellness across North Texas.

[Claim your tickets at 3 p.m.](#)



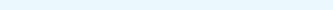
What drives Dr. Okwara's commitment to care

Ever wonder what keeps physicians grounded on the most challenging days? In honor of Black History Month, hear directly from **Chinemerem Okwara, M.D.**, Assistant Professor of Internal Medicine in the Division of Digestive and Liver Diseases.

In this short video, he reflects on the forces that guide his work – illuminating how dedication and representation continue to inspire his path in medicine.

Follow us on [LinkedIn](#) to catch more Black History Month features.

[Discover what keeps Dr. Okwara going](#)



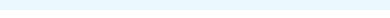
Lunar New Year Celebration and Luncheon

11 a.m.-2 p.m., Feb. 17

William P. Clements Jr. University Hospital (CUH) Main Dining area

Join the Asian-Pacific Islander Alliance BRG and Nutrition Services for a Lunar New Year Celebration as we welcome the Year of the Horse with a festive luncheon, meaningful traditions, and joyful celebrations. A curated menu will be available for purchase at the CUH Main Dining area or at the cafeteria registers for \$10 from 11 a.m. until food is sold out.

[Get the details](#)



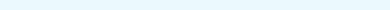
Didactic Session: The Basics of Accessing Claims and Other National Databases

Noon-1 p.m., Feb. 17

Virtual

Researchers at any stage who want to make the most of external data and learn how this has been used at UTSW are invited to a talk with **Kevin C. Lutz, Ph.D.**, Assistant Professor of Health Data Science and Biostatistics in the Peter O'Donnell Jr. School of Public Health. He will explore opportunities to use large external data networks to enhance research, benchmarking, and clinical insights.

[Learn more](#)



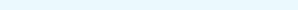
M.S.N.H. program open house

6-7 p.m., Feb. 17

Virtual

Applications are open for the Master of Science in Nutritional Health (M.S.N.H.) online program offered by UTSW's School of Health Professions, and you're invited to learn more and take the next step in your career. This program is designed for graduate students, registered dietitians, and health care professionals seeking an advanced degree to deepen their nutrition expertise.

[Register today](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[View upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utsuinsider@utsouthwestern.edu. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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