

iPerform Maintenance

UTSouthwestern
Medical Center

iPerform: Temporary downtime March 3-17

The iPerform performance management tool will be temporarily offline from **March 3-17** for a system upgrade. During this time, users will not be able to access any part of the iPerform system.

This upgrade is designed to enhance the look, feel, and functionality of the platform to better support employees' professional development. It will include new features to make goal setting, feedback, and performance evaluations more seamless.

Thank you for your patience as these improvements are made. Stay tuned for more details on what's new and how to make the most of the elevated iPerform experience!

If you have any questions, please reach out to hr@utsouthwestern.edu.



Super-agers: What are their secrets to long-lasting memory, stamina?

You probably know an older individual who has the same memory and cognitive function as someone 20 or 30 years their junior, known as a “super-ager,” and have wondered how you can become one too. Read on for some good news!

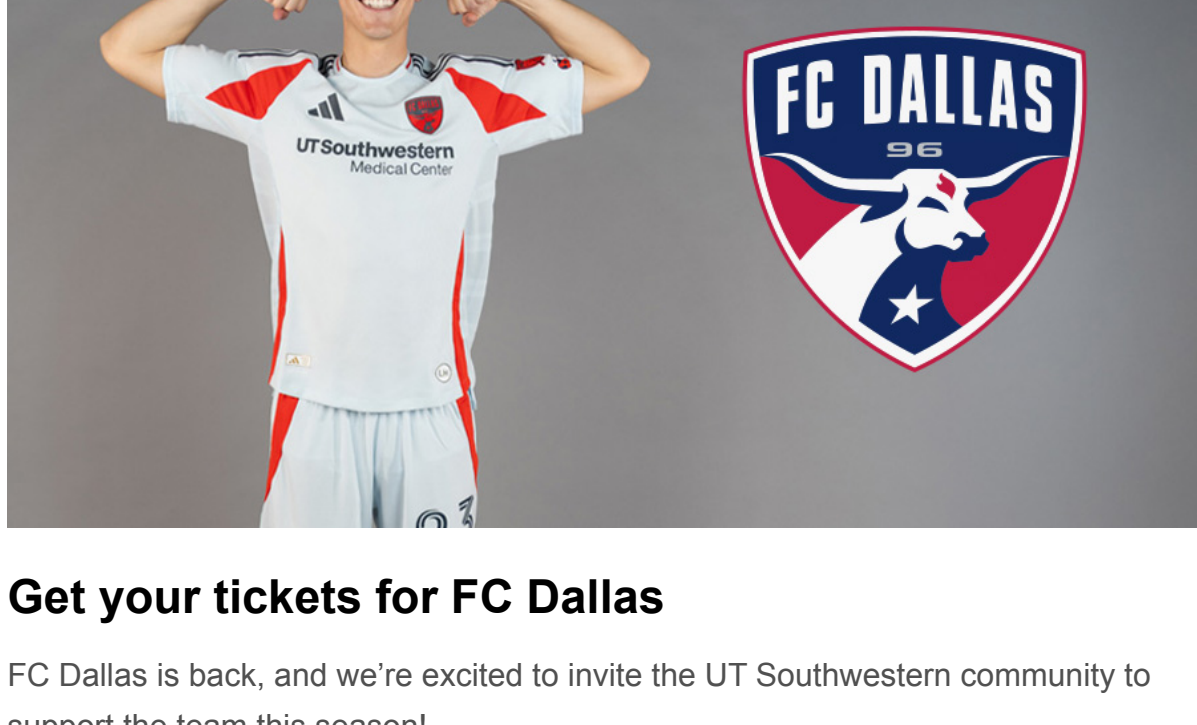
“While genetics likely play a role, studies show super-agers tend to share several similar characteristics and behaviors, all of which you can adopt to put your brain to the test,” said **Namirah Jamshed, M.D.**, Professor of Internal Medicine and Director of the Geriatric Medicine Fellowship Program, in her MedBlog.

So, what traits do super-agers share?

- **Sociability:** Super-agers tend to maintain strong relationships and active social lives, so reaching out to old acquaintances and joining new social spaces can be beneficial.
- **Focus:** The brain, much like muscles, requires regular stimulation to maintain its function, so super-agers challenge themselves with activities that keep their brain and body engaged, such as games, playing an instrument, and painting.
- **Autonomy:** Scientific literature suggests super-agers are more physically independent than average older adults, so regular exercise can be a steppingstone toward better mental and physical health.

Learn steps you can take now to achieve better cognitive and physical health below.

[Read the MedbBog](#)



Get your tickets for FC Dallas

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

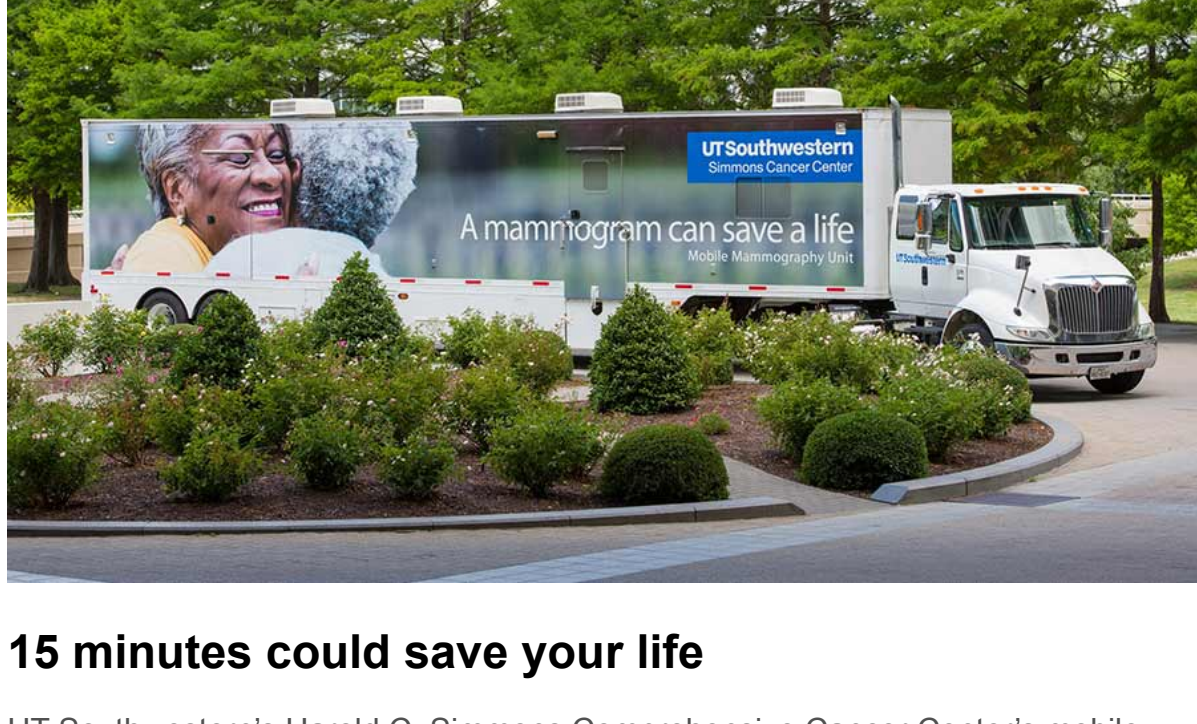
Starting at 3 p.m. today, you can claim a pair of free tickets to select home games from March to June via the link below. We'll share news about tickets for the second half of the season in a future issue of *Insider*.

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

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 free tickets at 3 p.m.](#)



15 minutes could save your life

UT Southwestern's Harold C. Simmons Comprehensive Cancer Center's mobile mammography unit will be on campus offering 3D screening mammograms to the UTSW community on Friday, March 14, and Wednesday, March 19.

Don't miss the chance to prioritize your health: Early detection is key when it comes to breast cancer. Annual screenings are recommended for women beginning at age 40.

You'll find the unit parked between the Professional Office Building (POB) parking garage and the Outpatient Building (WA) from 8 a.m. to 3 p.m.

To secure your spot, preregister by calling 214-645-2560.

[Details](#)

Insider Guide



Skyline Café buffet

11 a.m.-2 p.m., Feb. 26

T. Boone Pickens Biomedical Building, Skyline Café

Join the Auxiliary Restaurant Group (ARG) at ND14 Skyline Café today for an Asian-inspired feast. Enjoy a delicious selection of dishes, including spicy beef teriyaki stir-fry, garlic orange chili shrimp stir-fry, Korean BBQ chicken stir-fry, fried rice, pickled vegetables, vegetable stir-fry, Thai noodle salad, and Asian slaw – all for just \$12.79 per plate.

[Details](#)



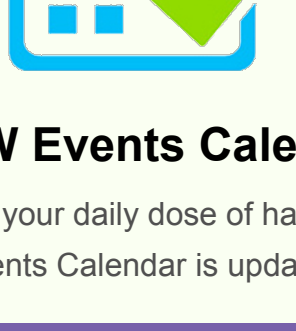
Dallas Zoo for Rare Disease Day

9 a.m.-4 p.m., March 1

Dallas Zoo, 650 S.R.L. Thornton Freeway

Show your support for our Rare Disease team and their research, training, and education efforts by joining us at the Dallas Zoo. Discounted tickets are available for \$15 each (for UTSW faculty, staff, students, their family and friends) and there will be an exclusive photo op at the Giraffe Drawbridge (9-11 a.m.).

[Details](#)



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](#)

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

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