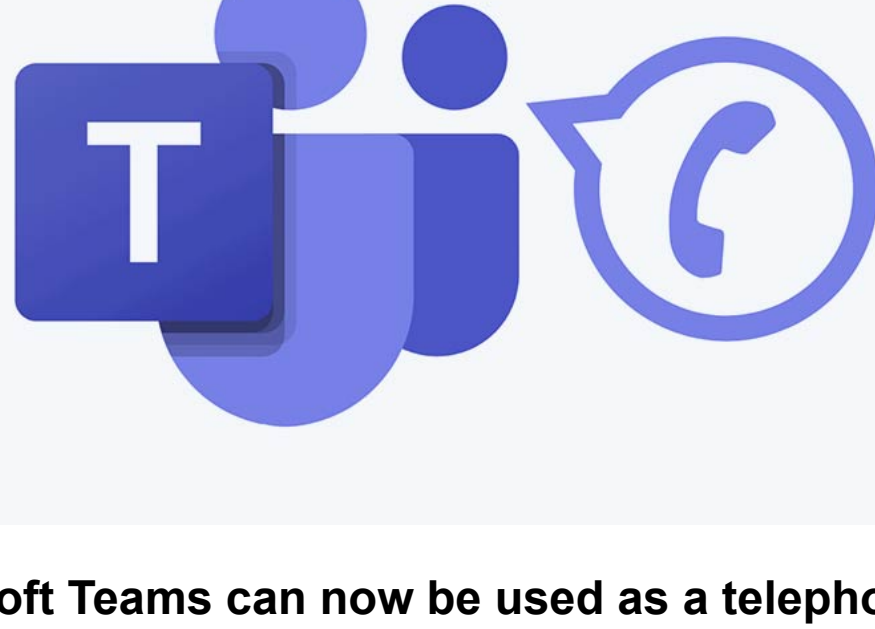




Microsoft Teams can now be used as a telephone

Microsoft Teams is being integrated with UTSW's telecommunications system. This integration enhances our communication capabilities by allowing you to make and receive phone calls directly through Teams using your UTSW phone number.

What this means for you:

- **Unified communication:** Place and receive external and internal calls via Microsoft Teams on your desktop, laptop, or mobile device.
- **Same phone number:** Continue using your current UTSW phone number through the Teams interface. For new hires, departments have the option to have an MS Teams number assigned without a physical phone.
- **Increased flexibility:** Use your UTSW phone line anytime, anywhere – ideal for remote work, on-campus mobility, or hybrid arrangements.
- **Voicemail and call history:** Access voicemail, missed calls, and call logs directly within Teams.

Interested in setting up Teams for your calling needs? Access a comprehensive job aid to explore essential features and helpful resources, including calling requirements, procurement portal steps, FAQ, and training videos. Click the button below to get started.

For assistance, contact the [UTSW Telecom Customer Service Team](#).

[Complete Teams calling guide](#)

On-campus network or VPN connection required.



Discover nature's hidden gem on North Campus

Take a stroll through the newly added pollinator garden and fruit orchard in the O'Donnell Grove on North Campus! It's not just a pretty space: It's a buzzing, blooming example of what happens when beauty meets purpose.

Our Landscape and Sustainability teams designed this space using a variety of native plants with low-water needs to attract pollinators. This project was made possible by volunteers from the Green Champions group and your co-workers, who rolled up their sleeves and got their hands dirty. Check out photos from the event on [UTSW's Instagram](#).

If you're interested in helping with future green projects on campus, [contact](#) the Office of Sustainability, and join the Green Champions [Teams chat](#) where you can learn more about building a sustainable garden at home!

[Peek at the pollinator garden](#)



Together we shine: Explore Employee Appreciation photo memories

Last week, the Employee Advisory Council (EAC) concluded the 2025 Employee Appreciation celebrations. Now it's time to revisit those fun moments!

To make it easy to view photos snapped at the events across campus, a slideshow of pics is now available on the [EAC SharePoint](#). There you'll also find the [Employee Appreciation photo booth](#) – a shared folder of photos collected from Brookriver to Zale Lipshy Pavilion, and all stops in between. We encourage you to click through, download, and share photos of you and your colleagues. The SharePoint will also keep you up to date on upcoming EAC events.

If you have any questions, please reach out to the [EAC via email](#).

[Picture perfect moments](#)



Beyond eggs: Protein sources that strike the right balance

Eggs have long been a versatile and inexpensive go-to protein in the American diet for breakfast, lunch, and dinner, but with the recent fluctuations in price and availability, are there any comparable protein options? The answer is yes.

In her MedBlog, **Bethany Agusala, M.D.**, Assistant Professor of Internal Medicine, discusses the basics of what our bodies really need, the best sources of protein, and why it's important to include a variety of proteins in your meals.

"Protein carries oxygen through our bloodstream, gives us energy, builds muscle, and keeps all of our cells healthy," Dr. Agusala said. "As protein is digested, it breaks down into 20 different amino acids that our bodies require for specific jobs within our vital organs and life-sustaining systems."

Through the link below, you can learn more about the benefits of protein and how to make a plan that works for you. Plus: Test your knowledge in a challenging protein pop quiz!

['Beyond eggs' MedBlog](#)

Insider Guide



Lunch and Learn: "How to Manifest Your Professional Destiny"

Noon-1 p.m., June 26

Virtual event

The UTSW African American Alliance Business Resource Group is hosting a training session aimed at helping employees take charge of their professional development. The webinar will provide practical strategies to gain clarity in your career path, set intentional goals, develop a growth mindset, and identify opportunities that align with your purpose and passion.

[Learn more and register to attend](#)



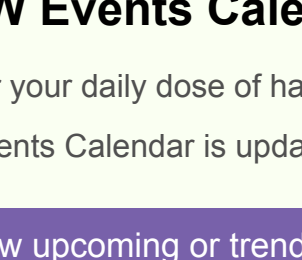
Skyline Café buffet

11 a.m.-2 p.m., July 2

T. Boone Pickens Biomedical Building, Skyline Café

Head to the ND14 Skyline Café next week for Southern comfort food. Savor classic flavors while enjoying lovely views. Cost is \$12.79 per plate, not including tax.

[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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