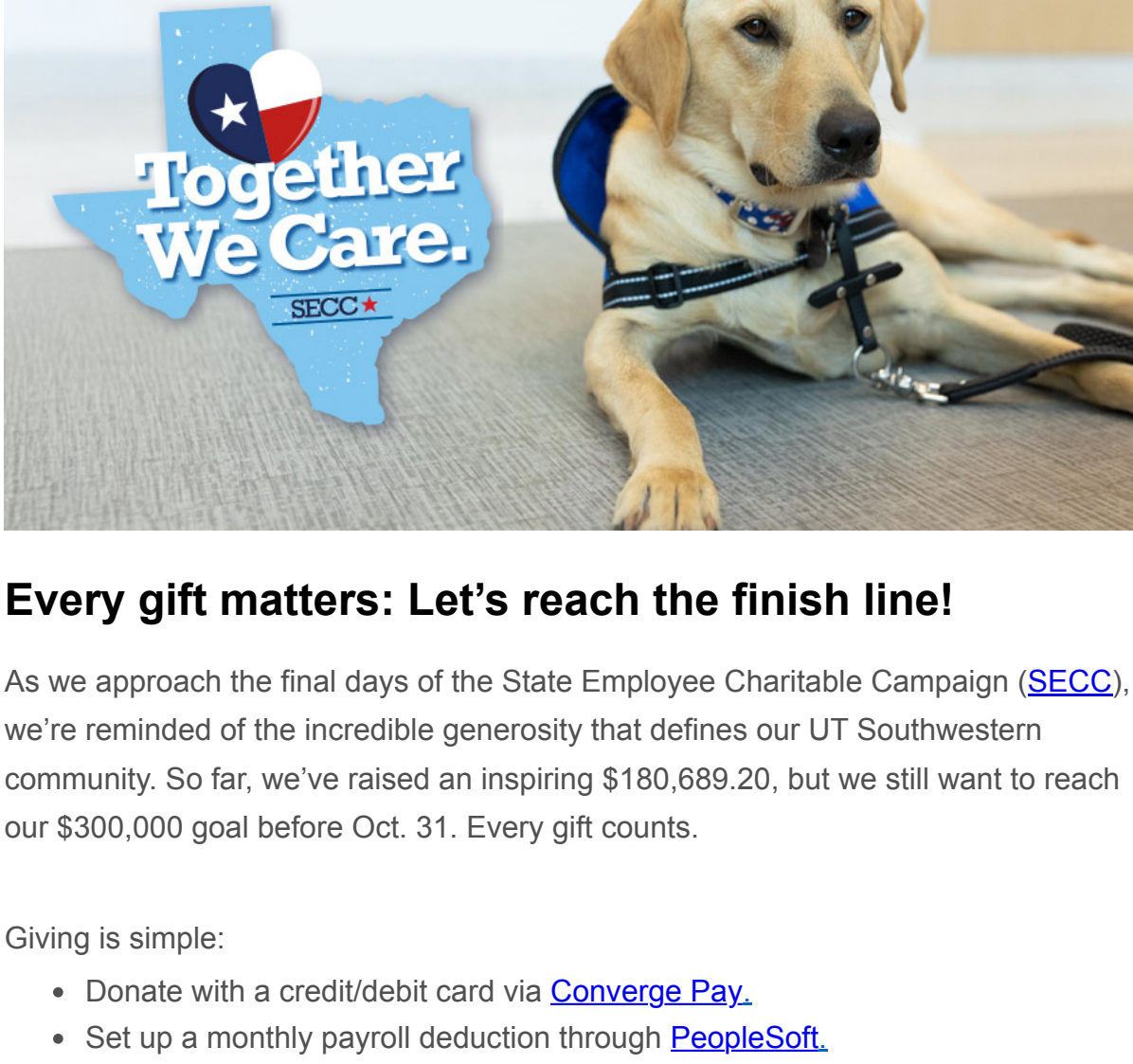




Every gift matters: Let's reach the finish line!

As we approach the final days of the State Employee Charitable Campaign ([SECC](#)), we're reminded of the incredible generosity that defines our UT Southwestern community. So far, we've raised an inspiring \$180,689.20, but we still want to reach our \$300,000 goal before Oct. 31. Every gift counts.

Giving is simple:

- Donate with a credit/debit card via [Converge Pay](#).
- Set up a monthly payroll deduction through [PeopleSoft](#).

Join us at our [final pop-up event](#) Oct. 23 from 11:30 a.m. to 1 p.m. at Clements University Hospital cafeteria, where Tia, our SECC "ambassador," will be on hand to greet attendees. SECC reps will also be there to pass out swag and offer donation assistance.

And don't forget: Your generosity could get you one of [50 exciting prizes](#), from exclusive Dallas Mavericks experiences and autographed basketballs from the 2024-2025 team to UTSW gear, curated gift baskets, and other special items donated by our community.

Help us finish strong!

[How to make your gift](#)

First Nations Heritage Month Celebration

The UT Southwestern campus community is invited to a vibrant celebration of culture and tradition at the First Nations Heritage Month event on Nov. 5.

Come hungry! The event kicks off with a lunch reception at 11:30 a.m. in D1.600 on South Campus, including Native American-inspired dishes like cedar plank chicken, wild rice pilaf, three sisters mash, and maple brûlée squash.

At noon, the ceremony will feature a panel discussion exploring the intersection of Indigenous and Western medicine, with insights from:

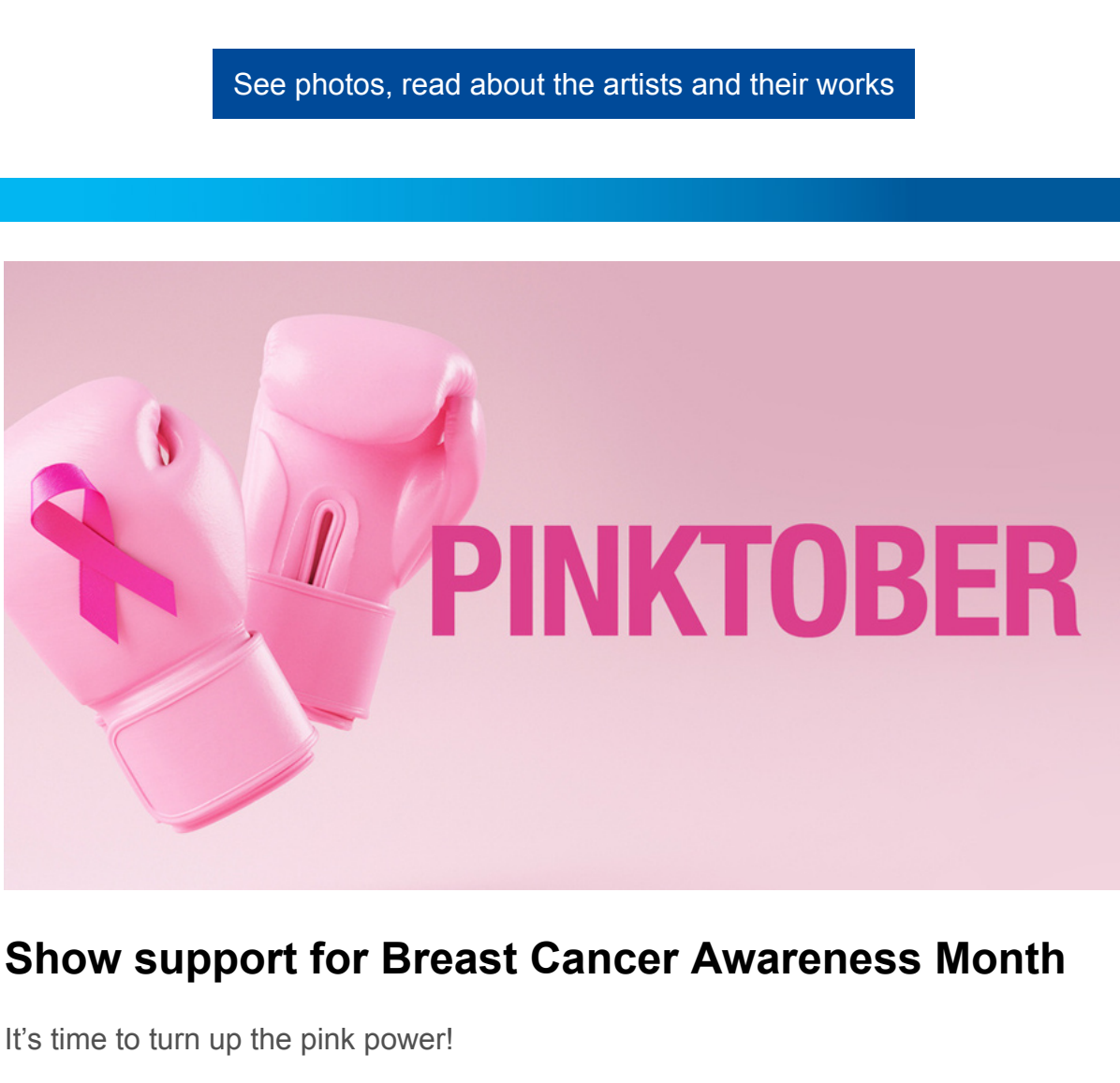
- **Timothy Brown, M.D.**, Assistant Professor of Internal Medicine, UTSW
- **Blake Weaver, M.B.A.**, Associate Director at UnitedHealth Group and a Texas Native Health Board of Trustees member
- **Heath Clayton, M.S.**, Adjunct Professor at SMU Cox School of Business and Executive Director, National Fund for Excellence in American Indian Education, the foundation for the Bureau of Indian Education (BIE)

A special cultural performance will be announced soon, so stay tuned!

This hybrid event is hosted by the Office for Institutional Opportunity and will be livestreamed on UTSW's [YouTube](#) channel for those unable to attend in person.

Please join us in honoring the rich heritage and contributions of First Nations communities. Registration is required.

[Information and registration](#)



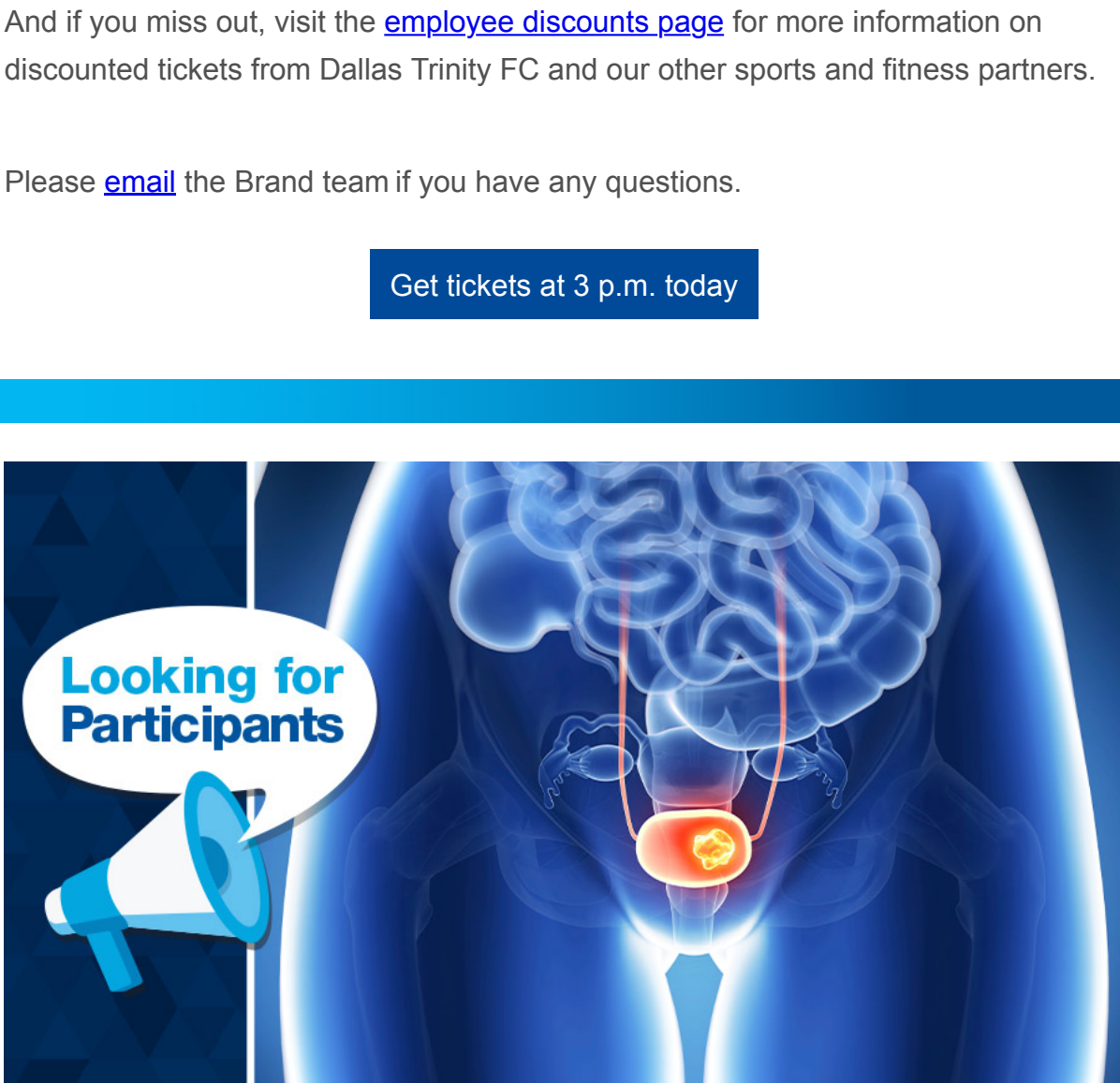
From skyscrapers to spring blooms: Art contest winners

This year's On My Own Time employee art show brought bold contrasts to the canvas and the camera. A black-and-white photo of the New York City skyline and a vibrant acrylic painting of Texas wildflowers took top honors, showcasing the diverse creative talents of UT Southwestern.

Victor Chien, a second-year medical student, earned the Best of Show Award for his striking cityscape photograph *Society, Independence, Liberty*, while the People's Choice Award went to *Bloom Where You're Planted*, a joyful celebration of nature by **Hannah Masters, OTR, MOT, CBIS**, a Professional Development Specialist in Nursing Administration.

With 87 entries ranging from zebras to swimmers mid-dive, this year's exhibit was a powerful reminder that creativity thrives across our campus.

[See photos, read about the artists and their works](#)



Show support for Breast Cancer Awareness Month

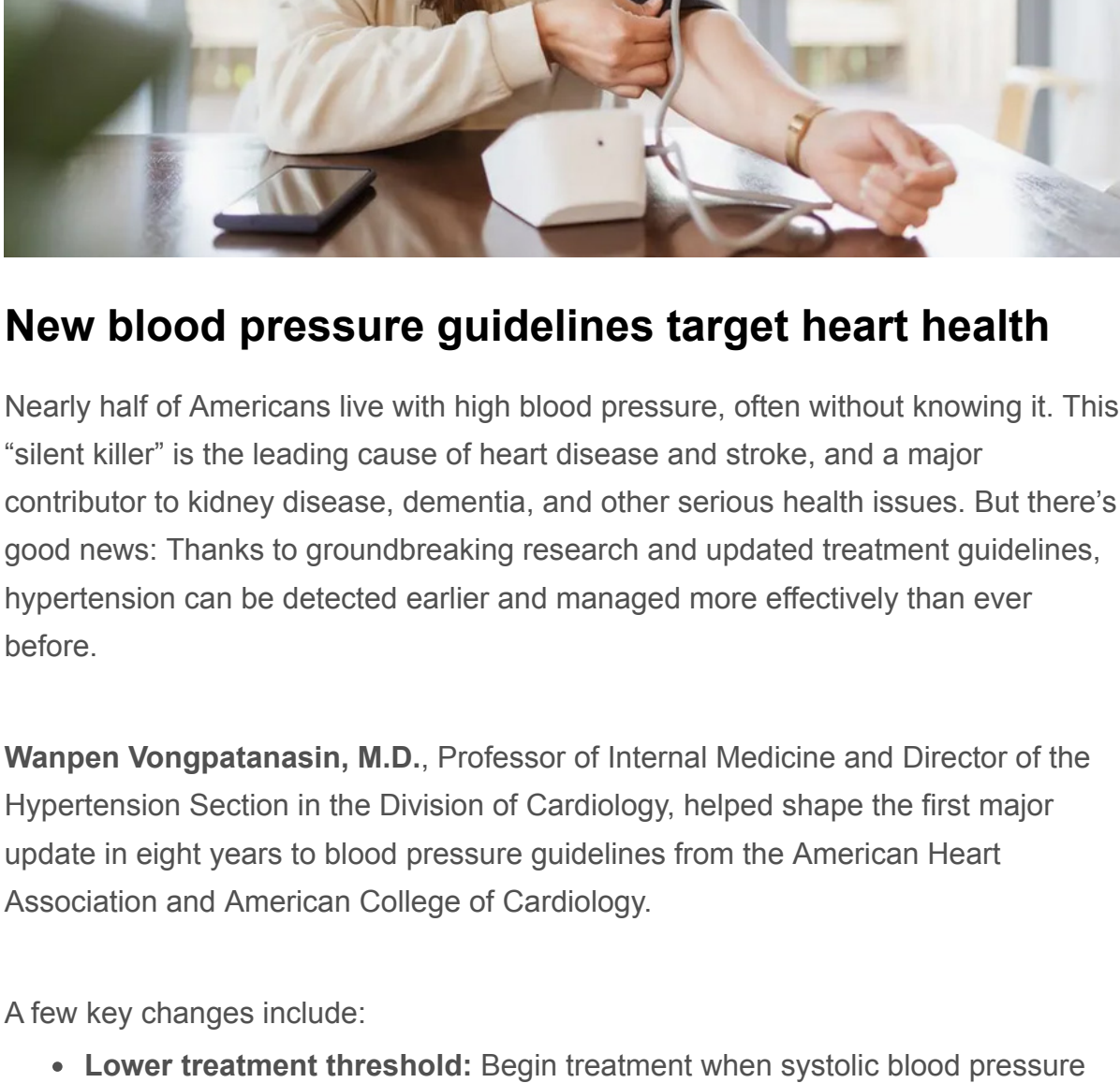
It's time to turn up the pink power!

From Oct. 20-26, the Employee Advisory Council (EAC) is inviting the UTSW community to rock their favorite pink attire in honor of the survivors and families who have been impacted by breast cancer.

Gather your team, strike a pose, and [email](#) your photos. You'll be spreading awareness, *and* you'll be entered to win some cool UTSW swag. Please remember that hospital staff should continue to follow uniform guidelines.

To learn more about the Employee Advisory Council and how to get involved, visit the [EAC SharePoint](#).

[Submit your photos](#)



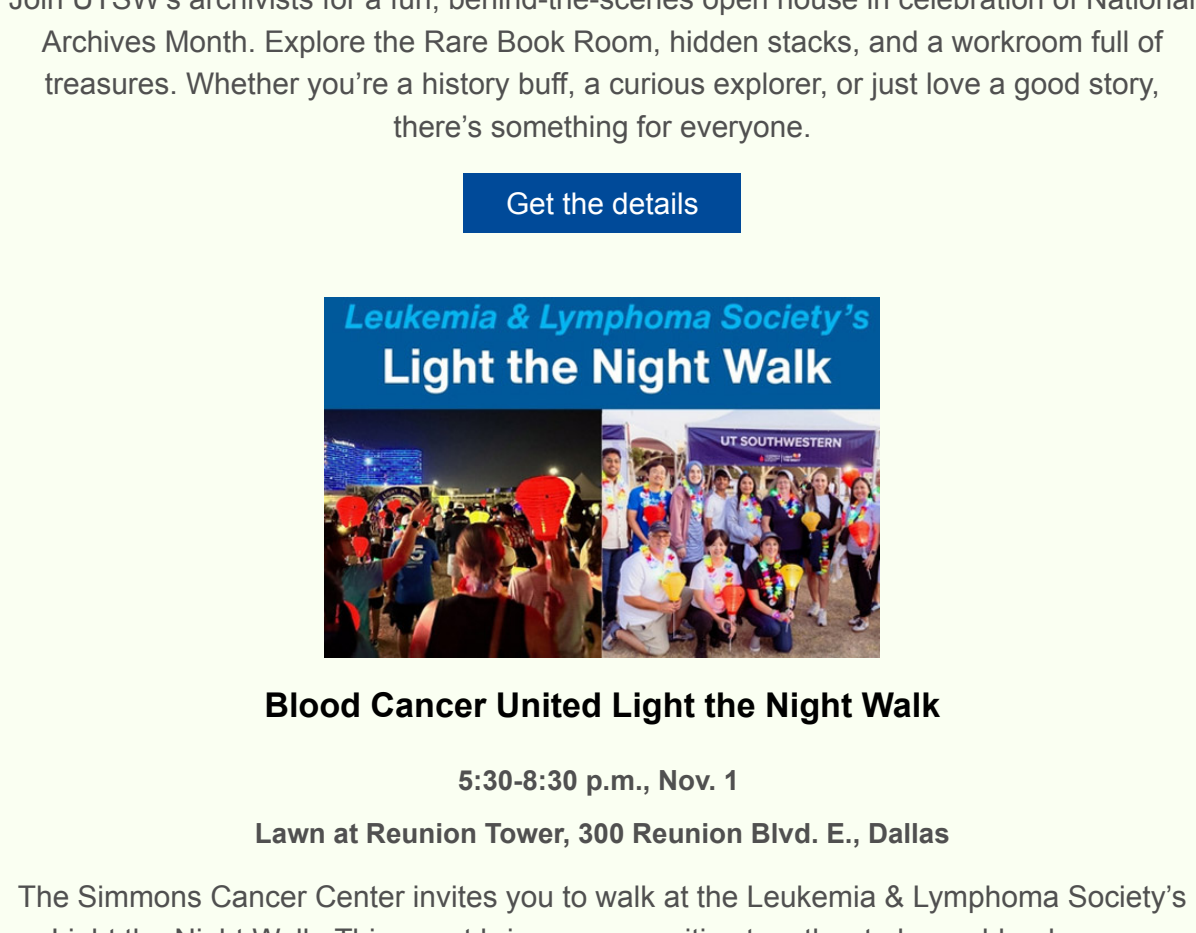
Score! Dallas Trinity FC ticket opportunity

The Dallas Trinity FC season is in full swing, and we want UT Southwestern faculty, staff, and learners to cheer on the home team! **Today at 3 p.m.**, our Brand team is dropping a limited batch of free tickets. Use the link below to claim your pair. They are available on a first-come, first-served basis, so act fast before they're gone!

And if you miss out, visit the [employee discounts page](#) for more information on discounted tickets from Dallas Trinity FC and our other sports and fitness partners.

Please [email](#) the Brand team if you have any questions.

[Get tickets at 3 p.m. today](#)



Join a study on early bladder cancer screening

UT Southwestern's [Department of Urology's research team](#) is conducting a study to evaluate a new method for early bladder cancer detection. Currently, there is no standard screening method for this disease.

Who can participate?

Patients who are at high risk of developing bladder cancer, including:

- Adults over 55 years of age
- Individuals with a history of smoking for more than 15 years (current or past)
- Individuals with significant occupational exposure to industrial chemicals, dyes, or petroleum by-products

Study details:

- Five total visits over two years
- Urinalysis every six months
- Participants will be compensated for their time.

If you're interested in participating in this study, please [email](#) or call 214-645-8787 to find out if you meet the eligibility criteria.

New blood pressure guidelines target heart health

Nearly half of Americans live with high blood pressure, often without knowing it. This "silent killer" is the leading cause of heart disease and stroke, and a major contributor to kidney disease, dementia, and other serious health issues. But there's good news: Thanks to groundbreaking research and updated treatment guidelines, hypertension can be detected earlier and managed more effectively than ever before.

Wanpen Vongpatanasin, M.D., Professor of Internal Medicine and Director of the Hypertension Section in the Division of Cardiology, helped shape the first major update in eight years to blood pressure guidelines from the American Heart Association and American College of Cardiology.

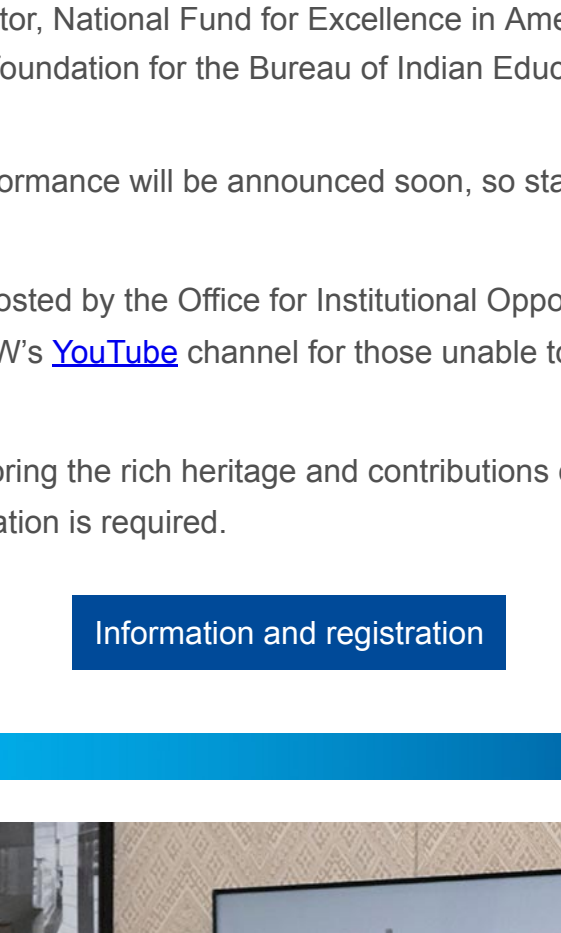
A few key changes include:

- **Lower treatment threshold:** Begin treatment when systolic blood pressure reaches 130, down from 140.
- **Lifestyle focus:** Provide stronger emphasis on minimizing or avoiding alcohol.
- **Special considerations for pregnancy:** Lower blood pressure targets to protect maternal and fetal health.

Learn about other important changes and recommendations on UTSW's MedBlog.

[Keep up to date on your heart health](#)

Insider Guide



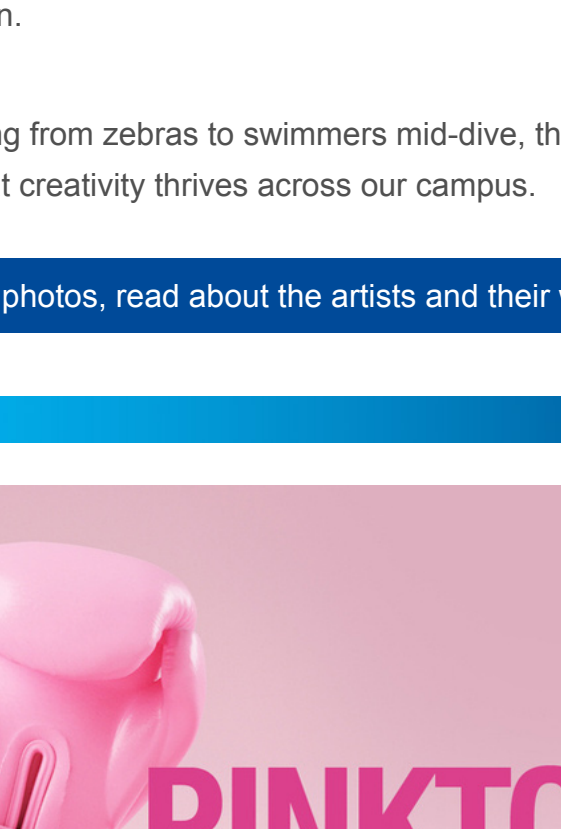
Tour the Special Collections Library & University Archives

4-6 p.m., Oct. 22

Florence Building (E3.314) on South Campus

Join UTSW's archivists for a fun, behind-the-scenes open house in celebration of National Archives Month. Explore the Rare Book Room, hidden stacks, and a workroom full of treasures. Whether you're a history buff, a curious explorer, or just love a good story, there's something for everyone.

[Get the details](#)



Blood Cancer United Light the Night Walk

5:30-8:30 p.m., Nov. 1

Lawn at Reunion Tower, 300 Reunion Blvd. E., Dallas

The Simmons Cancer Center invites you to walk at the Leukemia & Lymphoma Society's Light the Night Walk. This event brings communities together to honor blood cancer patients and survivors, raising awareness and supporting research, education, and care. Come light up the night!

[Sign up to join the team](#)



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](#)