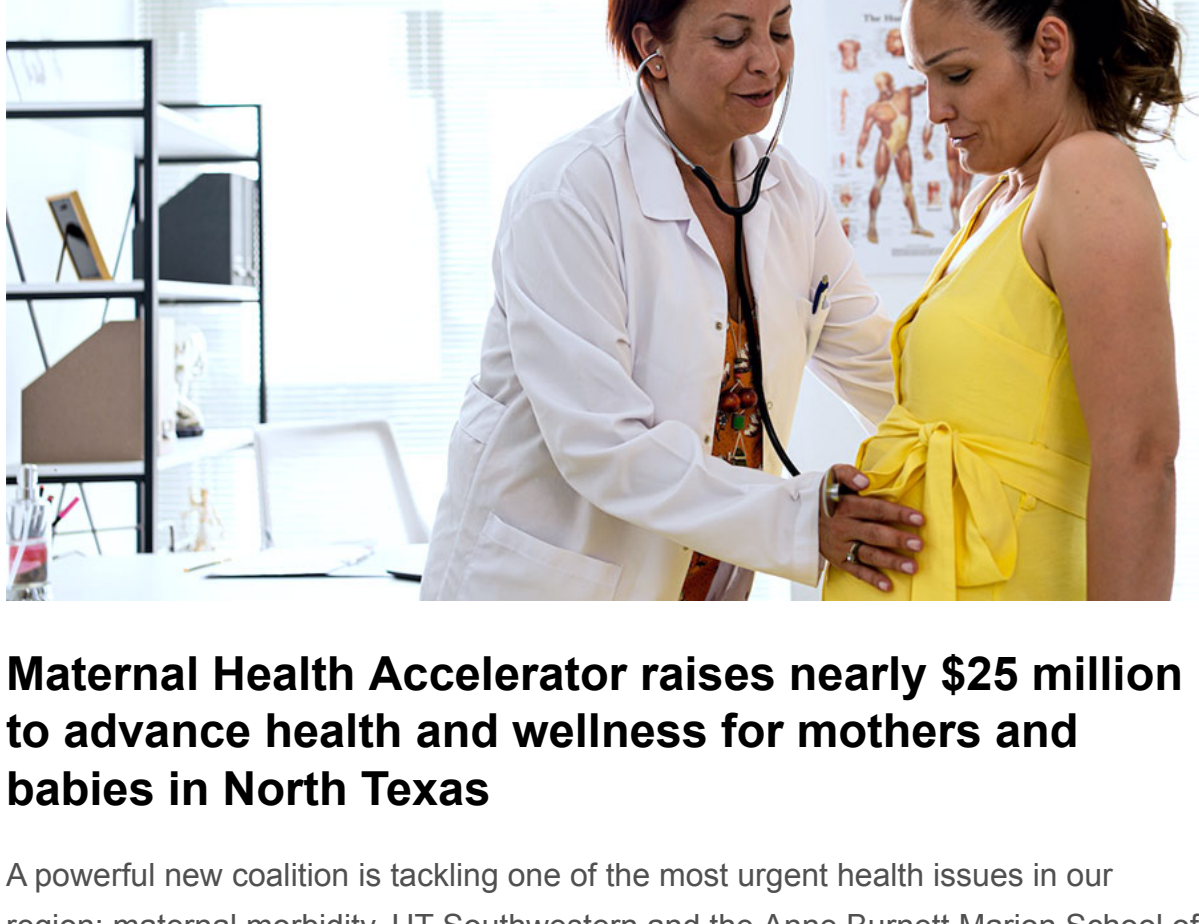




Maternal Health Accelerator raises nearly \$25 million to advance health and wellness for mothers and babies in North Texas

A powerful new coalition is tackling one of the most urgent health issues in our region: maternal morbidity. UT Southwestern and the Anne Burnett Marion School of Medicine at Texas Christian University have launched the North Texas Maternal Health Accelerator (MHA), a groundbreaking initiative aimed at reducing severe obstetric complications and improving outcomes for mothers and babies.

With support from more than 50 partners and nearly \$25 million in philanthropic funding, this effort is uniting hospitals, nonprofits, and government leaders around a shared vision for change. The first initiative? A simple, evidence-based intervention that's already helping moms across Dallas and Tarrant counties.

[Learn more about the MHA](#)



Step into the history of Parkland Memorial Hospital

Are you curious about the roots of one of Dallas' most iconic medical institutions? [The Special Collections Library and University Archives](#) invites you to explore the newest addition to its growing [digital repository](#): Parkland Memorial Hospital.

This is the 12th curated digital feature and offers a compelling look into Parkland's early days and its long-standing connection with UT Southwestern. From vintage photographs to rare documents, each item reveals how Parkland grew and evolved alongside the University, shaping the region's health care legacy.

The images span decades of development, and this is just the beginning. More materials will be added as digitization continues.

We're deeply grateful to the archivists whose dedication brings these stories to life. Their work ensures that our shared history is preserved, remembered, and celebrated.

Stay tuned for future updates as the archive continues to expand.

[Explore the collection now](#)



Relive an unforgettable night with Leaders in Clinical Excellence photos and video

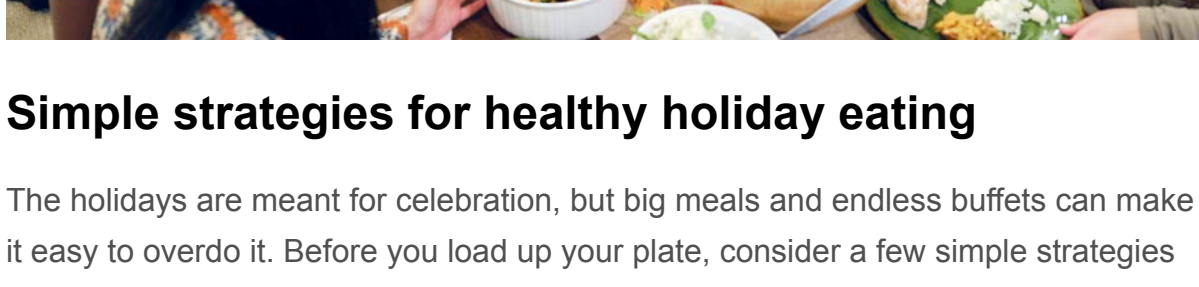
Couldn't join us on Nov. 5 for the Leaders in Clinical Excellence (LCE) Awards? Or maybe you'd like to experience the magic all over again?

We've got you covered with a new storytelling collection now available for viewing on *Center Times Plus*:

- Photo gallery: [Celebration snapshots](#)
- Video recording: [2025 Leaders in Clinical Excellence Awards ceremony](#)

This season of celebrating excellence has been truly inspiring. As we close this chapter, we send our warmest congratulations to every honoree who made this year extraordinary.

Here's to continuing the tradition – see you at the next celebration!



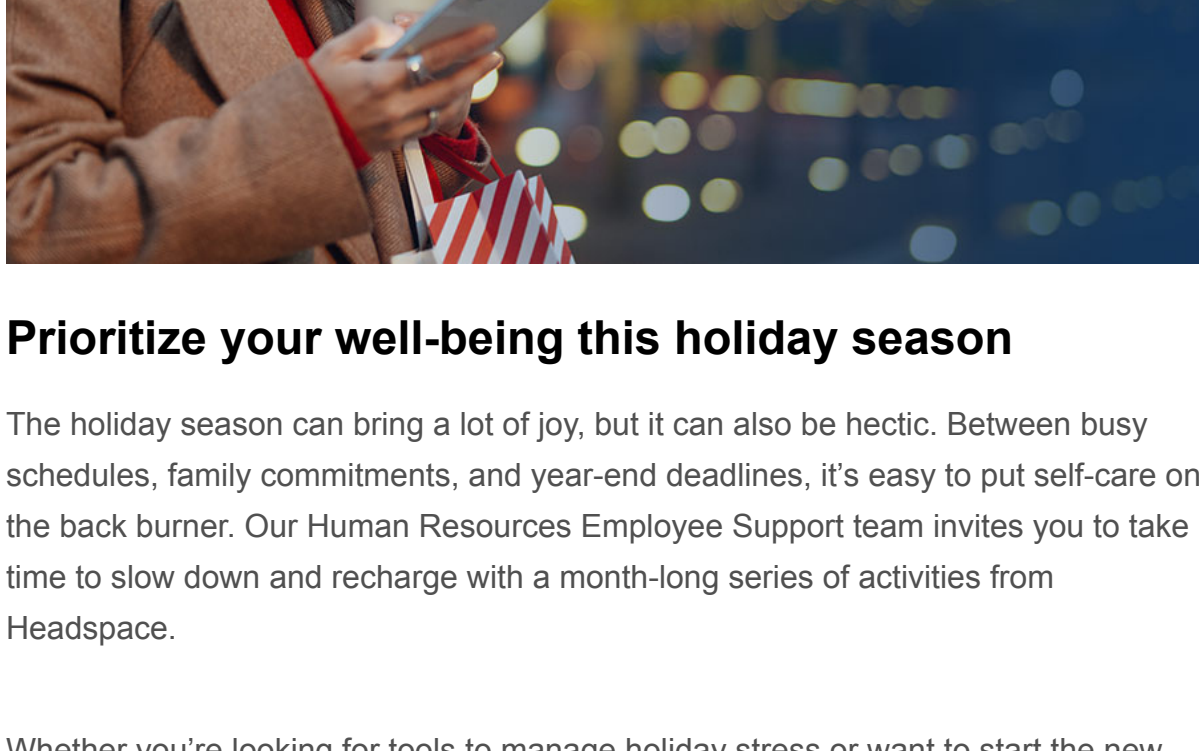
Simple strategies for healthy holiday eating

The holidays are meant for celebration, but big meals and endless buffets can make it easy to overdo it. Before you load up your plate, consider a few simple strategies that can help you enjoy your favorite foods without feeling stuffed or sluggish later.

Lona Sandon, Ph.D., Associate Professor in the Department of Clinical Nutrition and Director of the Master of Clinical Nutrition Coordinated Program at UT Southwestern, shares practical advice for navigating holiday meals, from portion control tips to mindful eating habits.

"Generally, you do not need to eat much to satisfy a craving," Dr. Sandon said. "A half-slice of pie can be just enough. Share with someone."

[Get your holiday eating tips](#)



Prioritize your well-being this holiday season

The holiday season can bring a lot of joy, but it can also be hectic. Between busy schedules, family commitments, and year-end deadlines, it's easy to put self-care on the back burner. Our Human Resources Employee Support team invites you to take time to slow down and recharge with a month-long series of activities from Headspace.

Whether you're looking for tools to manage holiday stress or want to start the new year with renewed purpose, these resources are for you. Each session includes a guided meditation or video to help you reset and refocus.

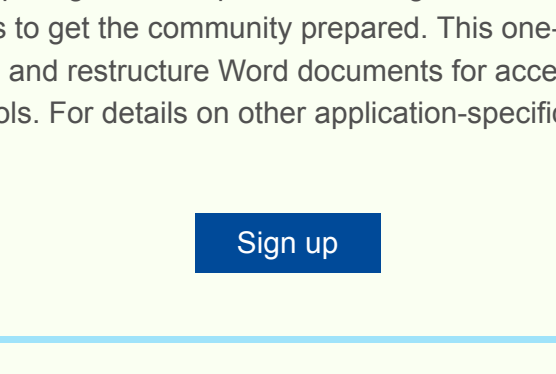
Below is a suggested calendar of activities to take you through the month. If a particular session resonates with you before the listed date, please note that all are available to access at any time. Feel free to build your own wellness activity schedule!

- Dec. 2 – [Managing Holiday Anxiety](#)
- Dec. 4 – [Be Patient with Your Progress](#)
- Dec. 8 – [Hibernation](#)
- Dec. 10 – [Permission to Rest](#)
- Dec. 12 – [Loneliness at the Holidays](#)
- Dec. 16 – [Holiday Perfectionism](#)
- Dec. 18 – [Holiday Gratitude Practice](#)
- Dec. 22 – [Connect with Your Core Self](#)
- Dec. 30 – [Setting Goals](#)
- Dec. 31 – [Approaching Change](#)

Please note: A Headspace membership is required to access these sessions, but you can sign up for free as an [employee/faculty member](#) or [student/trainee](#). Learn more on the [Headspace website](#).

If you have questions or need assistance, please contact Headspace Member Support at 855-420-0734 or via [email](#). You can also reach the UTSW Human Resources team at 214-648-9810 or via [email](#).

Insider Guide

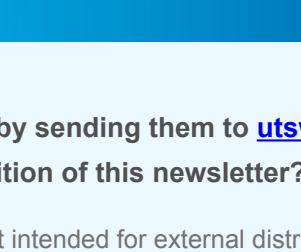


Digital Accessibility: MS Word – Simple Steps to Accessibility

2-3 p.m., Dec. 2 | Virtual

UT Southwestern is preparing to meet updated ADA digital accessibility standards and is offering several courses to get the community prepared. This one-hour session will help you learn how to create and restructure Word documents for accessibility using semantic structure and built-in tools. For details on other application-specific training, please visit [Campus Updates](#).

[Sign up](#)



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 utswinsider@utsouthwestern.edu. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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