

# CONNECTIONS

Connecting employees of UT Southwestern Health System

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## 5 Reasons to Get a Flu Shot: Key Information to Keep You Safe

Despite the 100 + degree weather, flu season is around the corner. Why get a flu shot? Here are a few of the reasons:

- 1. For your health!** The single best way to prevent the flu is to get a flu vaccine each season. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.
- 2. For your family's health.** Everyone 6 months and older should get a flu vaccine each year. This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people.
- 3. For your patients' health.** While everyone should get a flu vaccine each flu season, it's especially important for those who live with or care for people at high risk for developing flu-related complications.
- 4. Flu can sneak up on you.** Persons who get influenza begin to spread the virus before they ever have symptoms. So the best method to prevent spread is to prevent the initial infection with the vaccine.
- 5. You cannot get the flu from a flu shot.** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot.



*"Just a little sting!" Erma Tillman, RN, administers a shot to Taiwan Lewis.*

It's a matter of health...yours, your patients' and your family's. Watch for a schedule of when flu shots will be given in your work area, coming soon. For more information on the flu, visit the Centers of Disease Control website at: <http://www.cdc.gov/flu/>.

## Help Us Reach 1,000 Heart Walk Participants!



The American Heart Association's Dallas Heart Walk is a UT Southwestern Employee Wellness Program / Employee Advisory Council supported walk and we want you to get involved! The Dallas Heart Walk is on Saturday, Sept. 10, in Victory Park. Opening ceremonies begin at 8:30 a.m., followed by the 5K at 9 a.m.

Show your support, your commitment to wellness and help us reach our goal of **1,000 employees, family and friends participating** by joining a UT Southwestern Heart Walk Team.

For details on how to sign up, please go to: <http://www.utsouthwestern.net/intranet/Campus+Connect/2011/Join+the+Dallas+Heart+Walk+Help+Us+Reach+Our+1000+Participant+Goal>

## Birthdays

**September 16** • Courtney Nichols • Lou Ingram • Susana Ytuarte De Mccloskey • Wai-Chung Ng • Alicia Harker • Andrew Bottorff • Rafael Leon • Jacqueline Maier • Eric Ferraris • Darla Abshier • Lesley Anderson • Vincent Wiggins • Joyce Varughese • Elizabeth Ipe • Kimi Jackson • Tamala Davis • Sharisa Sims • Ezequiel Ramirez • Cristina Chavez • **September 17** • Carol Cook • Joan Roberts • Tara Best • Kathryn Sorlie • Mary McNeil • Emily Pickett • Rebecca Saylor • Carla Thomas • Lisa Guin • Jeanette Berry • Kenya Freeman • Anne Leach • Monica Villagomez • **September 18** • Jennifer Dowling • Aster Weldemichael • Lynn Henderson • Shali George • Tiffani Fox • Kamian Steele • Rincey Daniel • Leah Hernandez • Saja Varghese • Chantel Miller • **September 19** • Arthur Colbert • Jerald Reeves • Chance Turner • Roseline Arihi • Angelica Yrigollen • Lisa Blakes • Dorothy Filiberto • Gena Landis • Tiffini Pritchett • **September 20** • John Bazil • Charletta Kilbourne • Tonya George • Dorothy McCutcheon • Rita Ford • Sheila Adams • Jashwanti Parbhoo • Tara Lovette • Yatice May • Liliana Gomez • Natasha Taylor • Phil Beyers • Roshan Premani • **September 21** • Stella Apari • Lorraine Mojica • Candido Perez • Kathy Allen • Tawana Duncan • Johnny Moore • Stana Barden • Marsha Sercy • Tanisha Wilcots • Jacqueline Carmichael • Mary Gutierrez • Mike Molai • Andrea Jackson • Noel Giesecke • Elnita Jones • Kelly Buruca • **September 22** • Paddyson Chidi • Mercy Manojmon • Loretta Peters • Cynthia Palencia Rosa • Maria Moyano • Brendia Brewer • Kim Donoghue • Madell Durham • Judy Slaughter • Toni Halliburton • Veronica Rangel • **September 23** • Mathew Meppurathu • George Fultz • Fatemeh Youssefi • Bina George • Donna Ojeh • Dale Haggerty • Jeremy Gollis • Bridget Burk • Gerri Prince • Carolyn Sutton • Susan Cooley • Terrie Jones • Alyson Barrier • **September 24** • Gwen McCann • Christopher Tromatore • Anibal Zayas • Hector Diaz • Arvin Butler • Jack Hamilton • Tamara Jones • Deborah Scott • Talina Williamson • Jodie Richter • Erin Jones • Sharon Myles • Tristan King • Angela Yancey • Patricia Kaiser • Ernesto Coronacion • Shana Jackson • Donna Lankford • Daniel Porter • Jeanette Wisdom • Cynthia Sanchez • Victoria Thompson • **September 25** • Maronda Burke • Paul Henderson • Angela Sandoval • Danielle Kennedy • Mae Fite • Brianna Pilawski • Anna Munoz • Sherry Lyle • Rania Alshahrouri • **September 26** • Karen Scott • Mercy Chukwueke • James Campbell • Mary Walker • Jennifer Goodman • Anita Cunningham • Patricia Ray • Marion Coleman • Maranda Johnson • Lesly Sherman • **September 27** • Susan Carr • Leslie Green • Thu Pham • Jenny Bui • William Gilfillan • Karon Williams • Terrie Siharath • Daniesha Mosely • Cheryl Ross • Melissa Cunanan • Khoa Tieu • Yolanda Atcherson • Mary Robison • Sherry Hulin • Karen Smith • **September 28** • Alissa Buss • Cynthia Wrenn • Homa Rahmani-Khezri • Elizabeth Perez • Sharla Cannon • Brenda Krieger • Felicia Manu • Carol Steward • Velvora McGriff • Betty Harris • Mark Butler • **September 29** • Shirley Chang • Lizette Lopez • Bryant Cole • Ronda Roberson • Rolando Alcorta • Tracey Martin • Tanya Rumbold • Zenobia Hubbard-Brown • Natalie Rodriguez • Iris Johnson • Tanya Pollard • Brenda Milligan • Alberta Lloyd • **September 30** • Julie Walker-Heard • Jerry Fanning • Kimberly Quattlebaum • Elizabeth Curry • Kyle Thorne • Cheryl Bell • Cherie Henderson • Cessna Houston • Adriana Gloria • Cynthia Heyne • Gloria Alvarez • Nancy Vargas



UT Southwestern  
**SECC 2011**  
The Spirit of Giving

### Want to Help Change A Life?

State Employee Charitable Campaign (SECC) volunteers have an opportunity to inspire colleagues, create teambuilding in their departments and truly change the lives of those less fortunate. Attend the volunteer recruitment event on Aug. 24, 2:30 to 3:30 p.m., South Campus Lecture Hall, D1.602, to learn more and receive an SECC kick-off gift. If you are not able to attend the recruitment event, but would still like to volunteer, send a message to the SECC mailbox at [SECC-Campaign@UTSouthwestern.edu](mailto:SECC-Campaign@UTSouthwestern.edu)

### Bio Bank Study at UT Southwestern

UT Southwestern Medical Center has a new research study focused on finding the genetic risk factors for heart disease and chronic illnesses. All participants will be compensated and will receive a free report of blood pressure, cholesterol, and blood sugar levels. You must be black/African American or Hispanic and at least 18 years of age. Call 8-7663 or email [thebiobank@utsouthwestern.edu](mailto:thebiobank@utsouthwestern.edu).

### Your Words Set in Stone!

Your written reflections for the new University Hospital literally can become part of its very foundation at a special "foundation-laying" event planned for Oct. 11.

Special Journaling cards are being sent to all employees via campus mail or you can cut out the card seen here. Electronic cards also will be available on the campus intranet, *My UTSouthwestern*.

The cards will be placed into cement forms during the foundation-laying ceremony and become part of the cornerstone of the new hospital. One employee will be chosen to attend the ceremony and will have his or her journal card aspiration read. Include your name and department and return to: Mail Stop 9120 by **Monday, Sept.5**.

Building the Future of Medicine	



Contact [Kathy Matthews](#), ext. 54842 with comments or suggestions for Connections.