
TCMA Vital Signs Sept 12, 2021

1 message

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To: Patricia Wallis <patriciaawallis@gmail.com>

Sun, Sep 12, 2021 at 8:29 AM

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Travis County**Medical Alliance****UPCOMING EVENTS:**

September 14 - Executive Board meeting via Zoom

September 21 - General Meeting - Zoom

September 22 - Book Group (*Hamnet* by Maggie O'Farrell)

October 7 - St Louise House meal prep (moved from 9/30)

~~October 17 - Toast to Doctors - rescheduled - see below~~

October 19 - General Meeting - TBD

October 12 - Executive Board meeting

October 27 - Book Group (*This Tender Land* by Wm Krueger)November 17 - Book Group (*Wild Swans: Three Daughters of China* by Jung Chang)

Note from TCMA President Jenny Stern

I listened to a podcast on finding happiness today, as I walked around my neighborhood. One proven method of improving contentment is keeping a gratitude journal, which helps to prevent us from taking so many wonderful things for granted, both small and large. Today I would write in my journal that I am so grateful for all the Alliance members whom I have talked with, emailed, texted, met on Zoom, or seen in person in the past month, who have been so generous in every way - with time, talents, donations to various Alliance endeavors – the list goes on, all of them making the Alliance the wonderful organization that it is. And I am grateful to our entire Board and our committee chairs, and all of you who attend our meetings and keep up your membership. Thank you! I appreciate you!!

Keep being safe as we are still in Covid risk Stage 5. Enjoy the “cool” morning temperatures, and I hope to see you at our first general meeting on September 21, via Zoom.

Jenny



Have you signed up for Directory Spot, our membership directory? Be sure to add the cell phone app version too - you'll be glad you did!



Laptop or Desktop Instructions:

Current members can now access the TCMA directory on Directory Spot at www.directoryspot.net. Only ACTIVE members, whose emails are part of the group, can sign in. Log in using the email you use to receive the TCMA Vital Signs newsletter.

1. Please verify your contact information.
2. Feel free to add other information that you would like to share with the group: children's names, hobbies, other groups you belong to, etc.
3. Please verify that the committees listed are those you want to participate in and make corrections if needed.
4. Don't forget to download the **Directory Spot app to your cell phone**. You will have access wherever you go!

Please contact patriciaawallis@gmail.com with questions or comments. Thanks.



Outreach and Support

The Alliance wishes Peggy Russell a speedy recovery after her recent knee surgery.

Good luck to Inga Ruckman as she sets off to complete the San Francisco Marathon on Sept. 19!

Julie Cowan
512/659-8593 cell



September General Meeting

General Program – Change in plans!

Tuesday, September 21

Zoom Presentation

9:30am General Business Meeting

10am Speaker Presentation

(Zoom link information will be sent the week before the meeting)

Join us as we go in search of inner peace.

Sensei Jonathan Hewitt is the founder of Life Ki-do Martial Arts & Life Education and an award-winning author. He combines ancient wisdom with modern psychology to help all ages discover and build upon their inner strength.

Sensei Jonathan will be discussing meditation and other methods as ways to:

- Find a well of inner calm to draw on when so much feels out of control
 - Learn to flow with all of life's joys & challenge
 - Find a place of rest and trust within yourself

Please make note, once we can finally meet in-person, we need all attendees to be vaccinated. As a group that aims to improve the health and well-being of our community we must start by vaccinating ourselves.



New *Guest Speaker added* to TMAA Fall Conference following TMAA Awards Ceremony, Friday, September 17

As you may know, last month the Texas Medical Association Alliance made the difficult decision to cancel all Fall Conference activities, including our in-person awards brunch. While we were greatly looking forward to seeing everyone again, we are going to do our best to have a fun virtual event to celebrate our award-winning chapters.

The TMAA Awards Celebration will be held over Zoom on Friday, Sept. 17 from 10 – 11:30 am. In the first part of the meeting, we will be presenting awards to our winning counties. Afterwards, we are proud to announce that best-selling author Anne Grady will be joining us for a 1-hour presentation. [You can read more about Anne here.](#) She is a dynamic, engaging speaker and we are so excited to have her speak with our Alliance members.

Please register for the TMAA Awards Celebration here:

<https://texmed.zoom.us/meeting/register/tJYtcOivpj8iGNQ0cPE-r1QZ3DqhUpj5baV0>

We hope to see you there!



TCMA membership renewal emails are coming soon...

September 21

Your opportunity to renew your TCMA membership is close at hand!

On September 21st, be on the look-out for an email from a @texmed.org email address. It's the easy way to renew because the email will include your personalized auto-login information. All you'll need to do is click on the link and it will take you directly to your TMAA account to renew your dues. If you don't receive the email, it may be because you've set up to be on auto-pay. If that's the case, your dues will be automatically by charged on 10/2. For physician TCMA members, your invitation to renew TCMA membership will come after the one for TMA in January (but you'll be able to renew at any time – more instructions to come).

We're looking forward to your continued membership in 2021-22!



Saint Louise House – UPDATE

With Fall fast approaching, I wanted to provide a quick update and offer some opportunities for thought.

- *Thursday, October 7th is the new date for **meal prep day**, still awaiting details.*
- *Tentative plans for doing a **Dresser Drive** as the storage room for apartment set up is dwindling.*
- *Possible **Trunk or Treat** to help celebrate Halloween with costumes, candy, fun and more.*
- *Consideration of a **book drive** in the upcoming months.*

If one are all of these opportunities looks of interest to you, join the committee! Just message me and I will add you to the list. Likewise, if you are looking to shift your focus within TCMA to another committee, please contact me as well so that I can remove your name from the committee list.

Thanks,
Debbie Chilton
512-426-9780



Toast to Doctors Update

We were being optimistic when the last issue of Vital Signs was published. After further consideration, and in keeping with protecting the health of our own Family of Medicine, we have decided to cancel the 2021 Toast to Doctors party. It is so important that the medical community stay safe and set a good example for the rest of Central Texas. We are grateful to George Shashoua for offering his home for a second time. Thank you all for being so patient as the Toast committee works through this deliberation and moves on to considering future events.

Julie Cowan 512/659-8593 cell
Christina Feinrich



Supporting our Covid Healthcare Workers

If you are looking for a way to help our overburdened and stressed Austin healthcare workers, consider these options:

Donate to the **Seton Foundation Covid Relief Fund** <https://supportseton.org/covid-19/> - click on "Ascension Seton Gift." This fund helps patients as well as staff members. You may also drop off items/food/snacks for distribution to Seton Main staff members to Ascension Seton Medical Center, [1201 W. 38th St](#), Attention Brandy Lorenz, Executive Assistant. You must bring items for at least 100 staff members (for example 100+ Cliff bars).

Baylor Scott and White Foundation has a **#Food4Caregivers** campaign. Donate via <https://ctxfoundation.bswhealth.com/Food4Caregivers>. For more info or to deliver meals from a specific vendor to specific BSW facilities, contact Chelsey Gold at Chelsey.Gold@bswhealth.org.

For St. David's Healthcare Covid response, contact Abbi Miller at abbi.miller@stdavids.com.

If you have ideas about getting together to make a donation from the Alliance, contact Jenny Stern at president@tcmalliance.org. Thank you so much for your generosity!



Book Group

Sept 29, 2021 *Hamnet* by Maggie O'Farrell
reviewed by Kay McHorse & Toni Burns


October 27, 2021 *This Tender Land* by William Kent Krueger
Renda King & Peggy Russell will review

November 17, 2021 *Wild Swans: Three Daughters of China* by Jung Chang
Lynn Langley will review

To join the Book Group, visit tcmalliance.org and click on the Book Review tab, under News & Events.



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