



Patricia A Wallis <patriciaawallis@gmail.com>

## TCMA Vital Signs Dec 30, 2021

1 message

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Thu, Dec 30, 2021 at 8:27 AM

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Travis County



Medical Alliance



### UPCOMING EVENTS:

- CANCELLED** due to COVID: January 9 - Book Group
- January 11, 2022 - Executive Board Meeting - via Zoom
- February 8, 2022 - Executive Board Meeting
- February 15, 2022 - General Meeting
- February 23 - Book Group, *Wild Swans* by Jung Chang (rescheduled from November)
- March 23 - Book Group, *The Biggest Bluff* by Maria Konnikova
- March 24 - Saint Louise House meal prep
- April 2 - Party With A Purpose - Palm Springs Cool!
- April 19 - General Meeting at Star Hill Ranch!



## Note from TCMA President Jenny Stern

Hello Alliance Friends,

I hope your holiday season has been enjoyable and healthy so far. As the new year approaches and we think about resolutions, I wanted to share this NY Times “Well” column from Dec. 9, 2021 that describes 8 simple healthy habits that can be incorporated into our lives in 2022 without too much effort: [2021 NY Times Easy Healthy Habits](#). Here are a few of the activities that resonated with me:

**Take an “exercise snack”** several times a day – a short burst of exercise such as doing a few lunges, jumping jacks, or wall push-ups, climbing a flight of stairs, or pacing while on the phone. Studies show these exercise bursts can lead to significant gains in fitness and health.

**Take a gratitude photo** once a day of something special in your life, like a pet, a friend, a view, or a meal, then take a moment to appreciate this part of your life, perhaps sharing it on social media. This activity of “savoring” can lead to improvements in happiness and well-being.

**Do a five-finger meditation** - an easy way to calm yourself wherever you are. Start by tracing your hand with the index finger of the opposite hand. Breathe in as you trace up a finger then breathe out as you move down the finger. Trace your entire hand, then switch directions.

**Reduce “friction” to help create a habit.** Friction comes in 3 forms – distance, time, and effort. Try to develop habits that are close to home, convenient, and don’t take much time or effort. For example, set out your exercise clothes the evening before your morning run, or if you want to cook more meals at home and hate grocery shopping, try signing up for a meal kit service.

**Watch the jellyfish.** If you find traditional meditation difficult, try watching this soothing web cam feed of the jellyfish at the Monterey Bay Aquarium. [Watch the jellyfish.](#)

As we move into the new year, we will continue to monitor the ever-changing Covid situation and adjust Alliance activities as necessary based on the APH Covid Risk guidelines, to keep our members and our community as safe as we can. Hopefully the latest surge due to Omicron will be brief.

Jenny

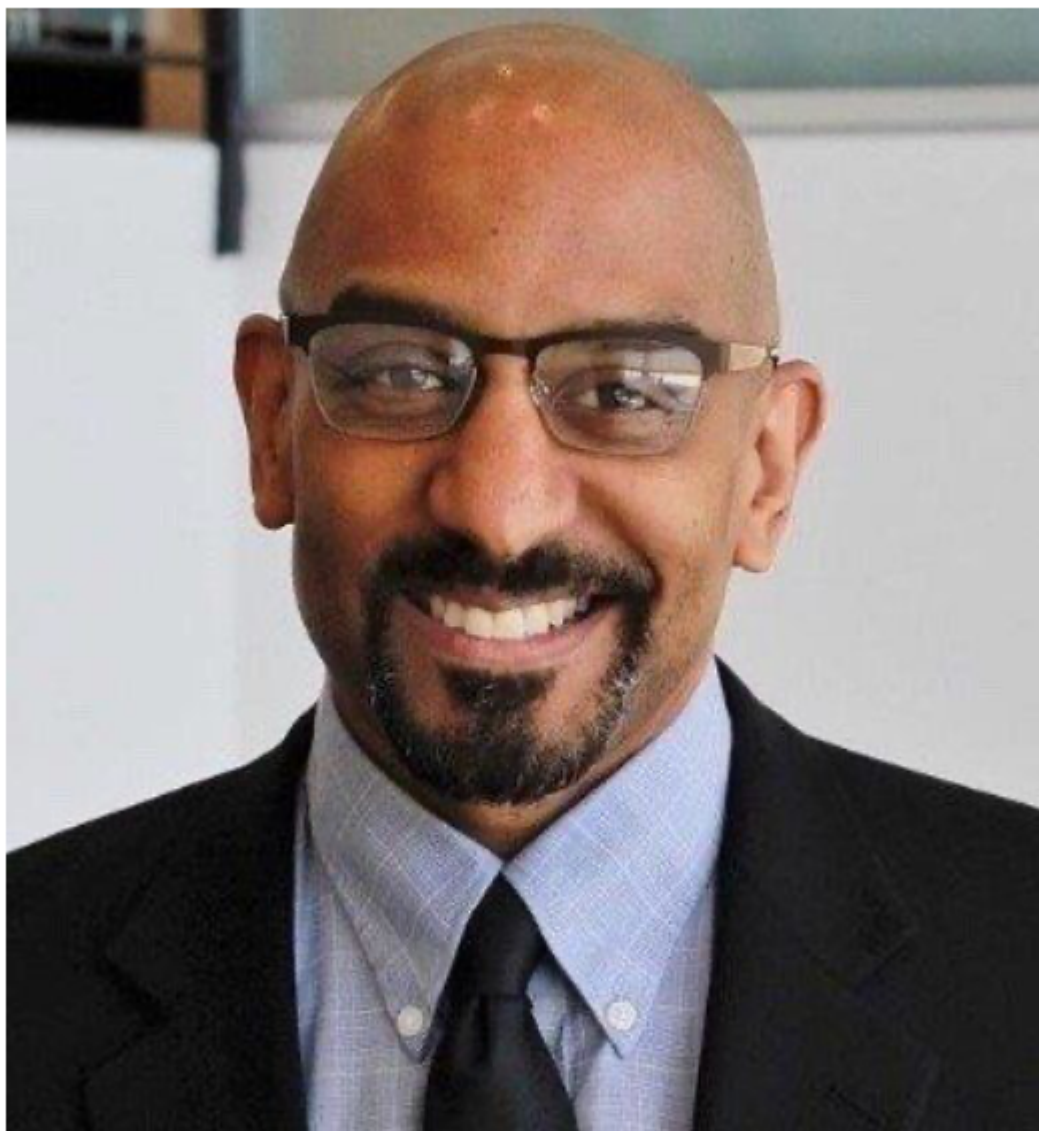


## **Join us for our February meeting!**

Tuesday, February 15th  
9:30 am

The home of Christi Dammert  
[1801 Winter Park Rd](#)  
[Austin, TX 78746](#)

**Speaker: Dr. Jeff Hutchinson**  
Co-Chair of Community Outreach for Austin Black Physician Association



Dr. Hutchinson will be speaking about ABPA's mission to decrease health disparities in underserved communities and how they work to inspire the next generation of Black doctors. ABPA will be one of the TCMAF grant recipients for 2022.



## Community Service

In November, our Community Service project included ordering 50 helmets for the Ghisallo Cycling Initiative of Austin. Children from ages 6 - 18 received helmets on

December 18 -19

at the bike facility as well as bikes donated by other organizations in the community.

GCI was so appreciative in our ability to round out their needs.

December marked the final month for the Texas BookShare Program regarding the TMAA grant of \$2000 that was awarded to the Alliance last April. We had \$1100 dollars left to spend on children's healthcare related books for 4 of our recipient clinics: People's Community Clinic, Hope Clinic, Volunteer Healthcare Clinic, and CommUnity Care: East Austin. Approximately 250 books were ordered; the books will be distributed to the four clinics in late January.

Way to go TCMA - your efforts are being paid forward to the community!

Elaine Agatston - VP-Elect Community Service



## Outreach & Support

Condolences go out to the family and friends of Eugenia Schoch. Eugenia passed away Friday, Dec. 3. She served as the TCMA president 1961-62 and as the TMAA president 1970-71. Eugenia's obituary has not yet been completed, but will be found at [dignitymemorial.com](https://dignitymemorial.com). Eugenia was a month shy of 101 years old.



## **Saint Louise House**

SAVE THE DATE! Next year comes with new possibilities to volunteer and support Saint Louise House. On Thursday, March 24th we have the opportunity to provide a meal for the community. More details to come. Thank you to those that have said already said "Yes" to helping. Stay tuned for more....

Debbie Chilton, chair



## **2022 Party With a Purpose - Palm Springs Cool**

Wondering what was happening on New Year's Eve 1961? Take a look at [Times Square New Year's Eve 1961 - Ben Grauer First Report - YouTube.](#)

See you April 2, 2022 at Party With a Purpose -  
Palm Springs Cool!

We are grateful to our Party With a Purpose - Palm Springs Cool sponsors and in-kind donors. If you or your spouse have a business interested in supporting the good work of the TCMA, please reach out to Patti Hernandez at [pattihernandez120@gmail.com](mailto:pattihernandez120@gmail.com) or Christina Romain at [christinaromain33@gmail.com](mailto:christinaromain33@gmail.com) for further sponsorship details.

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PWAP Chairs:

Julie Cowan 512/659-8593

Christina Feinrich 512/739-4534



The TMA website has many valuable resources on Covid-19 and other Public Health issues – be sure to check out [www.texmed.org](http://www.texmed.org).



**Annual Fund Drive**

Thank you to all of you who have already made your donation to the Annual Fund Drive!

Your generosity is funding the health-improving programs of our grant recipients and our own Community Service initiatives. Go to [www.tcmalliance.org](http://www.tcmalliance.org) to donate online. Any amount is greatly appreciated and thank you in advance!

-Inga Ruckman, Annual Fund Drive Chair

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Kathy and Zoltan Trizna



## Book Group

**January 9, 2022** - evening meeting - **CANCELLED!**

**Feb 23** - *Wild Swans* by Jung Chang ( previously scheduled but canceled)

**March 23** - *The Biggest Bluff* by Maria Konnikova.

To join the Book Group, visit [tcmalliance.org](http://tcmalliance.org) and click on the Book Review tab, under News & Events.



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512-206-1270

[www.tcmalliance.org](http://www.tcmalliance.org) 

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