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**Vital Signs November 3, 2019**

1 message

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TCMA <patriciaawallis@pb02.wixshoutout.com>  
Reply-To: patriciaawallis@gmail.com  
To: Patricia A Wallis <pawallis@wallisenterprises.net>

Sun, Nov 3, 2019 at 12:59 PM

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WHAT'S COMING UP:  
**ANNUAL FUND DRIVE IS UNDERWAY**  
November 7 - Austin Adventures (rsvp)  
November 19 - Chic Ladies (rsvp)  
November 20 - Book Club  
December 3 - Science Teacher Nominations due  
December 4 - Book Group pot-luck luncheon (rsvp)  
December 6 - Holiday Luncheon (rsvp)



# FUND DRIVE

Dear Alliance Friends,

It's finally fall in Texas, and the Travis County Medical Alliance Foundation Annual Fund Drive is underway. For over 90 years, the Travis County Medical Alliance Foundation (TCMAF) has been working to enhance the health of our community. To continue this important work, we urge you to make a donation to our Annual Fund Drive. Contributions support the philanthropic endeavors of the Alliance Foundation and directly impact the lives of those in need in our community. Specifically, your donation supports annual TCMAF service projects including Kids Care Club, Hard Hats for Little Heads and Project Graduation. In addition, annual TCMAF community service grants support worthy local non-profit organizations. The recipients for 2019-2020 TCMAF grants include:

- **The Gathering:** A weekly respite program for people with Alzheimer's disease and similar dementias.
- **Hope Clinic:** A volunteer-driven primary care facility serving the needs of uninsured or under-insured people, with special focus on the needs of resettled refugees in Central Texas.
- **NAMI Central TX (National Alliance on Mental Illness):** Provides education, support and advocacy services to all individuals affected by mental illness.
- **RED Arena (Riding Equines for the Disabled):** A therapeutic riding center that empowers individuals with disabilities through horses.
- **The Refuge for DMST (Domestic Minor Sex Trafficking):** Long-term restoration community with on-site services for young women who have been exploited through sex trafficking.
- **Saint Louise House:** Provides women-led families with stable housing and wraparound services needed to overcome homelessness and build healthy, independent lives.
- **TCMS Physician Wellness Program:** Offers confidential counseling sessions to its members and their spouses/life partners.
- **Volunteer Healthcare Clinic:** The oldest free, volunteer-driven health care clinic in Austin, serving uninsured and low-income children and adults in Travis County.

All contributors to the 2019-2020 Fund Drive will be recognized in our TCMAF Newsletter, TCMAF website and at Alliance events. The Travis County Medical Alliance Foundation is a 501(c)3 charitable organization and Fund Drive contributions are fully tax-deductible. No gift is too small! Recognized levels of giving include:

**Contributor (\$100-\$249)**  
**Associate (\$250-\$499)**  
**Gold (\$500-\$999)**  
**Partner (#1000-\$1499)**  
**Sponsor (\$1500+)**

Sincerely,

Jeni McArthur Lowry Annual Fund Drive Chair  
Wendy Propst TCMAF President

**DONATE HERE**



## **Casa Neverlandia**

-home & studio of local artist James Talbot-

[305 W. Milton Street](#)

(near S. First Street & Annie Street)

**Thursday, November 7**

**Tour starts at 10:30**

**Tour cost is \$15 per person, cash only**

**Lunch at Fresa's after**

RSVP required - space is limited

Christi Dammert

512-965-6449

[dammert.c@gmail.com](mailto:dammert.c@gmail.com)



## **Chic Ladies**



Do you have guests  
coming for the Holidays?  
No need to Stress!  
Let's make your home  
Festive, Fun and Fabulous!

**Holiday Home**  
**Shopping**  
with  
**Breed & Company**  
**Westlake**  
followed by  
**Lunch at**  
**Blue Dahlia**

Tuesday  
November 19th

Meet at Breed & Company Westlake  
([3663 Bee Caves Rd. 78746](#))  
at 10:30 for Holiday Home Shopping  
and at 11:15 we will have  
Lunch at Blue Dahlia.

Please RSVP to Lara Norris  
at [larisalee1968@aol.com](mailto:larisalee1968@aol.com)  
by November 15th



## Book Club Happenings

Join us to discuss the following selections:

**November 20:** Kay McHorse will discuss *Where The Crawdads Sing* by Delia Owens.

Peggy Russell will host.

**December 4:** Annual pot-luck lunch and book-suggestion exchange. Kay McHorse will host. RSVP please.

All daytime meetings begin at 10am. All members and potential members are welcome.

Please contact Kay McHorse at [kmchorse8@gmail.com](mailto:kmchorse8@gmail.com) with questions.



## 2020 Membership Renewal Campaign

The TMA Alliance has launched our 2020 Membership Renewal Campaign with an email renewal notice landing in everyone's inbox. Renew your own membership today, and join the campaign in your county to encourage others to renew, too.

**Renew Here**



## MAH JONGG

The Mah Jongg group began their fall schedule in early September, and will continue meeting the first and third Wednesday's of the month until the end of May 2020. We welcome new players, both experienced and beginners. An email is sent to the group before each play day with the date, time, and place. Please contact me if you would like to join the group and receive emails.

Thanks, Kathy Thorstad

[kthorstad@austin.rr.com](mailto:kthorstad@austin.rr.com)



# HOLIDAY LUNCHEON

Friday, December 6, 2019

11:30-1:30p

Tarry House

3006 Bowman Avenue

Austin, TX 78703

Kindly RSVP by November 30th. You can RSVP by purchasing a ticket for \$30 at [www.tcmalliance.org](http://www.tcmalliance.org)

\*Be sure to bring a new or gently used children's book or small donation for Book Spring



## Do you have news to share in Vital Signs?!

Please send in your news by 5 p.m. Fridays for that Sunday's Vital Signs.

Email Kathy Downie at [kathy.downie@me.com](mailto:kathy.downie@me.com).



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

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