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**Vital Signs 11.24.2019**

1 message

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TCMA <no-reply@test.ascendbywix.com>

Sat, Nov 23, 2019 at 10:01 AM

Reply-To: patriciaawallis@gmail.com

To: patriciaawallis@gmail.com

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WHAT'S COMING UP:

December 4 - Book Group pot-luck luncheon (rsvp)

December 6 - Holiday Luncheon (rsvp by 11/30)

December 7 - Hard Hats event

December 17 - Chic Ladies Annual Holiday Gift Card Exchange (rsvp by 12/10)

December 19 - TCMS/TCMA Family Social -

Zilker Trail of Lights (rsvp by 12/12)

January 22 - Book Group

January 26 - Book Group evening spouse event (rsvp)



# TCMS/TCMA Family Social

## Thursday, December 19

### Zilker Park Trail of Lights

Experience this Austin tradition without the hassles of parking and crowds!

Bring your family for fresh baked holiday cookies, hot cocoa, a fully furnished and decorated party tent, special parking and early admission to the Trail before the holiday mob.

**Date:** Thursday, Dec 19

**Where:** Zilker Park Trail of Lights

**Cost:** \$25 per person (kids 5 and under are free) Includes one parking pass

**Tickets:** must be purchased by 12/12. No refunds.

**Time:** 6 pm to 9 pm

**RSVP:** [tcms@tcms.com](mailto:tcms@tcms.com) or 512-206-1249



# 2019-2020 Fund Drive Donors

Thank you to all Fund Drive Donors!

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Sarah & Ernest Butler

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### CONTRIBUTOR (\$100 - \$249)

Charlotte & Sonny Haro, MD  
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**DONATE HERE**



# Chic Ladies

## Annual Holiday Gift Card Exchange Luncheon

Tuesday  
December 17th  
11:30

Join us at  
Cafe Blue  
Galleria  
[12800 Hill Country Blvd.](#)  
[Bee Cave, 78738](#)

Please bring a  
\$20-25 Gift Card  
to one of your favorite stores  
to play our Holiday Game!

Please RSVP by  
Tuesday December 10th  
for your reservation  
to Lara Norris at  
[larisalee1968@aol.com](mailto:larisalee1968@aol.com)



# Chic Ladies

at lunch in November!



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## Book Club Happenings

Join us to discuss the following selections:

**December 4:** Annual pot-luck lunch and book-suggestion exchange.

Kay McHorse will host. RSVP please.

**January 22, 2020:** My Antonia by Willa Cather

**January 26, 2020:** evening meeting with spouses to discuss Boys In The Boat by Daniel Brown. Pot-luck. RSVP required.

**February 26, 2020:** The Girl And The Tiger by Paul Rosolie

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.

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# 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



# MED BAG PROJECT

Lauren Gill is young lady in our community who is working to make an impact in the health of those working through the system at the borders in Texas. Please read her letter, attached in the link below, and if you feel inspired, help her create “med bags” for adults and children who are trying to seek asylum here in the US.

**MedBagLetter**

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## Hard Hats for Little Heads

The TCMA Foundation, together with the Texas Medical Association, is again providing free children's bicycle helmets at the Junior League's Coats for Kids Community Fair on Saturday, December 7, 2019, through our Hard Hats for Little Heads program. The fair takes place at the Palmer Event Center patio, [900 Barton Springs Road](#), from 8:30 am to 1 pm. The Fair is a very popular and important event, where families can prepare their children for the winter season and take advantage of the many health and educational resources that will be there.

We are looking for volunteers to help at the TCMAF table, fitting and distributing helmets, and educating families on proper helmet use. Volunteers should arrive by 8am and we will stay until all the helmets are gone (typically by 11am). Ability to speak Spanish is a plus, but not necessary!

Please contact Jenny Stern, VP Community Service Elect, at 704-578-3999 or at [jstern117@gmail.com](mailto:jstern117@gmail.com) to volunteer or for more information.

Thank you!



## 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).



4300 North Lamar Boulevard Austin, TX 78756 512-206-1270

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

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