



Patricia A Wallis <patriciaawallis@gmail.com>

TCMA Vital Signs Jan 30, 2022

1 message

TCMA <patriciaawallis@pb02.ascendbywix.com>
Reply-To: patriciaawallis@gmail.com
To: Patricia Wallis <patriciaawallis@gmail.com>

Sun, Jan 30, 2022 at 10:15 AM

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Travis County



Medical Alliance



UPCOMING EVENTS:

- February 8 - Executive Board Meeting
- February 15 - General Meeting - Speaker Jeffrey Hutchinson, MD via Zoom
- February 15 - Party and raffle tickets go on sale for PWAP - Palm Springs Cool!
- February 23 - Book Group, *Wild Swans* by Jung Chang
- March 3 - Joint Installation of TCMS and TCMA Boards at the Oasis
- 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 and Grant presentation
- April 28-29 - ALLMED in Houston



Note from TCMA President Jenny Stern

Hello Alliance Friends,

I attended an inspiring TMAA Zoom presentation last Friday, led by Charles Neal

I attended an inspiring TMAA zoom presentation last Friday, led by Charles Vogl, author of *The Art of Community*. Vogl defines community as a group of individuals who share a **mutual concern** for one another's welfare, as opposed to a "mirage community," which is often just a list of members, such as a trade group or supporters or a museum. He was a very engaging speaker, and shared a number of ideas on how to engage our Alliance members to form a stronger community.

Vogl described two broad types of group experiences and compared the likelihood of each creating meaningful connections among the participants. One type is a "**campfire**" experience, which is conducive to intimate conversations that build connections, as opposed to a larger "**arena**" event, where connections are often difficult to achieve - think of a large wedding or convention lecture. He pointed out three characteristics that are necessary for a campfire experience:

- Proximity – people are physically close enough together, in small groups (5 or fewer), to facilitate an intimate conversation.
- Permission – attendees are free to have conversations on topics of their choice, without a set agenda.
- Lack of distractions – conditions that are distracting are removed, such as loud music, cell phones, and video screens.

Examples of Alliance activities that are in the campfire category would be things like small groups having coffee, taking a walk around the lake, making a meal for Saint Louise House, or stuffing envelopes together. Note how inexpensive and simple these activities can be. Arena-type events would include galas, and luncheons with large tables and speakers, where distractions and lack of proximity make true connecting difficult. These larger events can be wonderful and serve a necessary purpose, but we should realize that without opportunities for intimate conversations, they might not build as much community as we would hope.

Another point Vogl stressed was the importance of making newcomers feel welcome at gatherings. This can be achieved by an experienced member (an "elder") engaging them in conversation and by making sure they hear their name said aloud. He went on to say how important **nametags** are, as they give everyone access to a potential connection.

As we plan our Alliance events, I hope we can keep these principles of community building in mind, by offering a mix of campfire and larger events, and striving to incorporate opportunities for connection within these larger events whenever possible. And don't forget the nametags!

We're still in COVID risk Stage 5, so keep staying safe.

Jenny

president@tcmalliance.org



Join us for our February meeting!

Tuesday, February 15th
9:30 am

via **ZOOM!**

Check next week for the Zoom link.

The general membership will be **VOTING on the slate of officers** for the 2022-2023 Executive Board at the start of the meeting.

Please be sure to attend so we will have a quorum and to support our new board!

A Party With A Purpose sponsor, Fighting 69th Irish Whiskey, is donating a bottle of whiskey as a door prize for one lucky attendant for our February meeting.

Speaker: Dr. Jeff
Hutchinson
Co-Chair of Community
Outreach for Austin Black
Physicians 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.

The COVID-19 pandemic and the recent instances of racial injustice have called special attention to a problem we have always known: the lives of African-Americans are being cut short both by health disparities rooted in systemic racism and police brutality. While there are multifaceted factors contributing to the health disparities of African-Americans, there is evidence to suggest that high levels of stress, poor access to health care (especially primary care), low-income status and chronic illness play vital roles in the increased risks associated with COVID-19 among this population. The limited demographic data available reveals that the coronavirus is infecting and killing Black Americans at a disproportionately high rate and much more information needs to be collected to inform public health efforts.

There are ABPA members on the front lines caring for patients, and we are grateful for their commitment and service during this historical crisis. At ABPA, we see ourselves as healers and advocates for our patients and our community. We envision a more just and equitable healthcare system where there are no barriers to access, all patients are treated fairly, and can expect equitable health outcomes. We invite you to join us in our mission.



We Are Blood is facing a blood shortage due to the Omicron surge – please consider donating blood if you are able. Contact We Are Blood at 512-206-1266 or visit the [We Are Blood](#) website for more information.

Proposed 2022-2023 TCMA & Foundation Executive Board

*Be sure to attend the general meeting on February 15 to
elect these new officers! We can't do it without you!*

I am pleased to announce the 2022-2023 slate of executive board members to be presented to our general membership for approval on February 15, 2022, at the general membership meeting. We thank our members who have agreed to stay on the board another year and welcome our new members. A heartfelt thanks to all for your contributions and dedication to our mission.

President	Shannon McNeil
President Elect	Christi Dammert
Secretary	Debbie Chilton
Treasurer	Verlaine MacClements
Treasurer-Elect	Open
VP Financial Development	Christina Romain
VP Financial Development-Elect	Cathy Thompson
VP Membership	Renee Stanley
VP Membership-Elect	Inga Ruckman
VP Community Service	Elaine Agatston
VP Community Service-Elect	Patti Hernandez
VP Communications	Karen Teneriello
VP Medical Affairs	Karin Foster
VP Programs	Treva Horwitz
VP Enrichment	Lara Norris
Parliamentarian	Jenny Stern

Christina Fenrich - Nominating committee chair



Outreach & Support

Condolences go to the family of Dr. Charles W. and Sue Bailey, who lost Bill's mother, Mary Love Bailey, last week. Her obituary can be found at <https://www.statesman.com/obituaries/p0184606>.

Sympathy to the family of James Eskew, MD and Lynn Langley. Lynn's mother passed away earlier in January.

Julie Cowan
512/659-8593 cell



MEMBERSHIP

Renew. Invite. Connect!

Please note - Renewal deadline is March 31 - renew today!

Membership is on track, but we do have some people who haven't yet renewed. Now that the holiday season is wrapped up, we encourage these valued members to go to the <https://www.tcmalliance.org/> website and look for the "Membership" tab. You'll find instructions on how to renew online, by mail or by phone. If you need assistance, please contact Lori Benold at 361-813-0693 or vp-membership@tcmalliance.org. Take advantage of the many benefits of TCMA membership. And please be sure to invite qualified friends and associates to join. We need YOU!



DIRECTORY SPOT

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



VOLUNTEER HEALTHCARE CLINIC NEEDS

Gently Used EKG Machine with interpretation needed by the Volunteer Healthcare Clinic, one of the organizations the TCMA has worked most closely with and supported for many years. If you or your partner's practice has such an item, the VHC would be very grateful for the donation.

Please contact Marci Roe, Executive Director of the VHC, at mroe@volclinic.org, or 512-459-6002 Thank you!



2022 Party With a Purpose - Palm Springs Cool

When we begin selling tickets to Party With a Purpose - *Palm Springs Cool* on Feb. 15, please also consider buying tickets for some "outta sight" raffle packages. More details to come, but here's a quick peek at what will be available....

Two-night stay for two in Fredericksburg at Longneck Manor + outings

Two-night stay for two at South Congress Hotel + outings

Men's Night In with whiskey and card games + sundries

Ladies' Night Out with jewelry and wine + extras

Wine tasting for 20 at Total Wine & More

Five-day, four-night stay for up to 6 in Park City

Fashion in the '60s

Fashion had a way of defining the 1960s. Much was inspired by the cultural revolution that occurred, encouraging people to dress more freely. Some of the trends of the '60s include shift dresses, mini skirts, patterned tights, knee-high boots, bell bottoms, leopard print, empire waist dresses, tuxedo jackets for men and women, pant suits, turtlenecks, pillbox hats, bikinis, paisley, plastic raincoats, tie dye t-shirts, kitten heels, jumper dresses, tweed coats, fur trimmed coats, bright colors, poor boy sweaters, colored fishnet stockings, Carnaby jackets, chain belts, vests, gaucho pants, native American headbands, Nehru jackets, floral patterns, and peace signs.

[Visit 30 Iconic Fashion Trends From the 1960s \(alot.com\) to gather inspiration for what you'll wear to this year's Party With a Purpose - Palm Springs Cool!](#)

PWAP Chairs:

Julie Cowan 512/659-8593

Christina Fenrich 512/739-4534

Gold Star Sponsors

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ARC - Austin Regional Clinic
Ascension Seton
Austin Area OB/GYN & Fertility
Capitol Anesthesiology Association - a division of US Anesthesia Partners
Clinical Pathology Associates
Code 4 Emergency Services
Travis County Medical Society

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TMA Insurance Trust

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Eye Institute of Austin

Rising Star Sponsors

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Renee Stanley
Total Wine & More
WineShop At Home by Dawn McDaniel



AUSTIN AREA OBSTETRICS
GYNECOLOGY & FERTILITY



CLINICAL
PATHOLOGY
ASSOCIATES



Medical Affairs

Ballot by Mail

If you plan to vote via mail-in ballot this primary election, you will need to apply to get an application. The current ballot by mail application form is available online from the Texas Secretary of State by [clicking here](#). The completed application form needs to be received by the Travis County Clerk by February 18. It can be mailed to Travis County Clerk - Elections Division, P.O. Box 149325, Austin, TX 78714-9325 or you can hand deliver the form to the Travis County Clerk's office at 5501 Airport Blvd, Suite #100.

You are eligible for mail-in ballot voting if you are 65 years or older, sick/disabled at any age, out of the county on election day and during the period for early voting by personal appearance, due to give birth within three weeks before or after election day, or be incarcerated yet still eligible to vote.

When completing the form, be sure to fill in both your Texas Driver's License number and the last four digits of your social security number (unless you can remember which of those you used when you first registered to vote). If you desire to vote in the March 1 primary, also be sure to designate your political party so you will receive the correct ballot.

To confirm your submitted form has been received, email ebbm@traviscountytx.gov or call 512-854-4996 to speak to a call center representative.

Julie Cowan



2022 ALLMed in Houston

Great news – the TMA Alliance state convention is meeting **IN PERSON April 28-29** in Houston. ALLMed includes our annual business meeting, special speaker presentations, leadership development, fellowship, networking, and fun. Reserve your room now. AllMed is for all TMA Alliance members, and we especially encourage attendance by those in leadership positions and those who want to pursue a leadership position in their county alliance. Look for more details later this month on the [TMAA website](#).



The Annual Fund Drive is still ongoing!

Thank you to all who have donated already.

Go to [Donate to Annual Fund Drive](#) to contribute online and to [2021-2022 Fund Drive Donors](#) to see the complete list of donors. Any amount is greatly appreciated and supports our grants program and community service initiatives.

Newest Donor:

Compassionate Supporter (\$250-499)

Melissa and Todd Smith

Inga Ruckman, Annual Fund Drive Chair



Book Group

Feb 23 - *Wild Swans* by Jung Chang

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

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



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

www.tcmalliance.org 

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