



TCMA Vital Signs September 2, 2025

In This Edition

TCMA calendar available [on website](#)

September 3: TCMA Board Meeting

September 9: Tango Pop-Up!

September 16: TCMA General Meeting

September 24: Book Club Review

September 28: Toast to Doctors

October 1: TCMA Grant Applications Due

December 4: Holiday Luncheon **SAVE THE DATE**

A Message from the President

Dear Members and Friends,

It is my pleasure to welcome you to a new year, and to extend my heartfelt gratitude for your continued support of the TCMA and Foundation. I hope everyone enjoyed a fun and relaxing summer.

Our Annual Fund Drive will be kicking off soon. Please look for your renewal letter in the mail. Each year, your membership renewals and generous contributions allow us to fulfill our philanthropic mission and meet the growing demand for grants. In 2024, we received 21 applications and proudly awarded funding to nine organizations. Following the October 1st submission deadline, this year's grant selection process will begin again.

As we look ahead, I warmly invite you to renew your membership and consider an additional gift to the Foundation. Membership dues not only sustain our programs but also strengthen the bonds of fellowship among our medical community and their families. Your partnership is what makes our work possible—and together, we can ensure a healthier, stronger Family of Medicine.

Finally, I encourage you to stay engaged! Join us for fellowship and fun at Mahjong, book club, coffee connections, walks in the park, Toast to Doctors, and so much more. Invite friends, bring colleagues, your spouse or partner and help us grow our vibrant community. Be sure to follow us on Facebook and Instagram so you don't miss a thing.

With gratitude and excitement,

Inga Ruckman



TCMA GENERAL MEMBERSHIP MEETING

Kick-off to Fall & Good-Bye Travel Nightmares

Tuesday, September 16, 9:30 am
8720 Chalk Knoll Drive (78735)
Home of Elaine Agatston

RSVP by Friday, September 12
eagatston@gmail.com

Guest Speaker: Carrie Conner
TravelToolsTips Owner, TCMA Member

Carrie has a gold mine of Travel Hacks to share with her fellow TCMA members. Good-bye travel nightmares – hello bubbles and bliss! Pay less – get more. That's covered too. Leave with tips that are sizzling hot and guaranteed to ramp up the travel experience. Carrie is a Shopping & Education Guru for the Expert Traveler, Bullseye Packing Fanatic, and Points/Award Expert.

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For Questions/Info Contact Elaine Agatston 512.810.1253
eagatston@gmail.com



Toast to Doctors



We're bringing it back! Keep an eye on the mail for your invitation to the Toast to Doctors: **Sunday, September 28**. It will be a casual, fun Tropicana Night with music and cocktails. So be sure to buy your ticket and help us celebrate and reward our local physicians for all they do in the medical community. Any questions, please contact Lara Norris at larisalee1968@aol.com.

Purchase Tickets

TANGO Pop-Up!

Hosted by Inga Ruckman

Join this intro drop in class on September 9th.

NO PARTNER needed! Plenty of parking!

No RSVP required. Contact Inga with questions: 210-887-8585



**SENIOR
TANGO**

No partner needed | Two left feet welcome

**EVERY TUESDAY
1:00PM - 2:00PM**

CLASS BY DONATION
ESQUINA TANGO IS 501C3
NON PROFIT ORG. EST. 2006

 **209 PEDERANLES
ST AUSTIN, TX 78702**

Applications Deadline Closing Soon



The TCMAF grant cycle is open until the **October 1st** deadline.
Health and healthcare-related 501(c)3 nonprofits are encouraged to apply.
Those providing and/or supporting direct patient care are preferred.
Grant amounts are generally up to \$5,000, with some exceptions.
Money will be awarded at the TCMA Grant Recipient Luncheon in **April 2026**.

For more details, visit <https://www.tcmalliance.org/grant-application> or contact Janet Schneider: vp-communityservice@tcmalliance.org



Everything's coming up roses in Tyler, and you'll want to be there to see the roses in bloom – and attend the TMA Alliance Fall Gathering. All members are welcome to come experience a TMAA meeting where you can make friends with fellow alliance members from across the state, learn together, and have fun.

Register



Vital Signs Submissions

Summer newsletter distribution runs through August. Regular distribution resumes September 2. Please submit newsletter content to Deneitra (denny@wadealliance.com).

To submit information/content:

Share within the body of the email or attach a Word document **(.doc)** file.

Attach images **(JPEG, PNG or PDF)** or include within body of email.

Alternatively, content may be shared with Google Drive if link is provided.





We want you to share your event and enrichment pictures on Social.

Please send photos and description to Kate Juprasert:

communications@tcmalliance.org

And don't forget to visit/like/tag/share our

[Facebook](#) and [Instagram](#) pages.

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