

Travis County Medical Alliance <webmaster@tcmalliance.org>

1/29/2024 8:01 AM

TCMA Vital Signs January 29, 2024

To Deneitra Hutchison <denny@wadealliance.com>

Can't see this message? [View in a browser](#)



TRAVIS COUNTY MEDICAL ALLIANCE

*A Century of Supporting
Healthcare in Central Texas*

TCMA Vital Signs January 29, 2024



100
1924 2024

TRAVIS COUNTY MEDICAL ALLIANCE & FOUNDATION

Centennial Celebration

6:30 PM
FRIDAY, MARCH 1ST
2024

VUKA
5540 North Lamar

Music by:
Love & Happiness

Cocktail Attire
Dinner & Open Bar

Tickets \$150
www.tcmalliance.org

A Century of Supporting Healthcare in Central Texas



Help us reach our goal of \$20,000 this Centennial Year. Donate to the Fund Drive here.

Upcoming Events

February 7: MahJongg

February 13: Executive Board Meeting

February 27: General Meeting

February 28: Book Review

March 1: Centennial Celebration Party With A Purpose

A Century of Supporting Healthcare

The Centennial Celebration Party With A Purpose is quickly approaching!

Did you get your invitation in the mail yet?

The Texas Medical Association Alliance provided our Centennial Celebration invitations so let's raise a toast to TMAA for this and the countless other ways they support the TCMA. (Did I mention that this toast will need to be on Friday, March 1st at Vuka with a French 75 while dancing to **Stevie Wonder's Signed, Sealed Delivered?**)



Plans being under way for the Woman's Auxiliary is the Travis County Medical Society's benefit card party, chairman of the event, Mrs. F. Murphy Nelson, left; Mrs. Frank Brown, right; and Mrs. R. A. Owens, administrative secretary, TMA Building, are checking equipment for serving refreshments at the party. Mrs. John Boston, (not shown) is also a chairman for the Feb. 16 fundraising event.

In 1960 our member's large fundraising event was held on the morning of February 16 at the Texas Medical Association Building in downtown Austin. They each brought their own deck of cards and score pads to play cards, win prizes and raise money for nursing scholarship funds.





The **2006 Gala** was a "sophisticated cocktail" event at One World Theatre. The evening was Under The Stars both in name and in experience. Local businesses, medical practices and a few TCMA members helped sponsor the party, including Patty and Isaac Loose who helped sponsor these table decorations. Could those flowers be any prettier? Check out all these dazzling party guests.



In 2012 our members were again in downtown Austin but this time it was for the **"Diamond Disco Ball"** at the Omni Hotel. Check out the always glamorous Lara & Bob Norris who chaired the event; and check out the Gala Committee Members who were sipping on their signature cocktail, the **"Solid Gold-Tini."**

(Side note: before you start getting annoyed about the photo quality, remember that it's more fun to share a fuzzy picture than no picture at all!)



Texas Two-Step Conference Wrap-Up

Everyone is in agreement: **the Southern Region/TMAA Texas Two-Step Conference was one for the record books!** TCMA members joined fellow Texas alliances, along with American Medical Association Alliance members from across the country for a leadership conference that was above and beyond. And, since Beverly Kerbow is also an AMAA Southern Regional Representative, we were proud to have her representing TCMA on a national level.



Dine-arounds in the Rainey Street area



Lori Benold; registration table; TCMA/AMAA Rep. Beverly Kerbow & TMAA Past Pres. Libby White; and panel discussion



Group photo; line dancing and TCMA members meeting members from other alliances



Here are Christi's top takeaways:

1. Being part of the Family of Medicine connects us all.
2. Life satisfaction for a physician's spouse is significantly higher for those who are part of a medical alliance than those who are not.
3. When a physician is experiencing burnout, a physician's spouse is also at high risk for anxiety, depression and traumatic stress.
4. Doreen Steenland's workshop was an in-depth examination into managing burnout and the stressors that are unique to being a physician's spouse. We examined our individual reactions to stress and how to turn them into opportunities for growth and freedom instead of burnout. **Doreen will be back for a deeper dive at the ALLMED convention this May in Dallas.** I strongly encourage you attend!



MahJongg

This lively, long-standing group of TCMA invites seasoned and new members to join them on the **1st & 3rd Wednesdays of each month** for this ancient Chinese strategy game. Please contact Kathy Thorstad kthorstad@austin.rr.com for location and information.

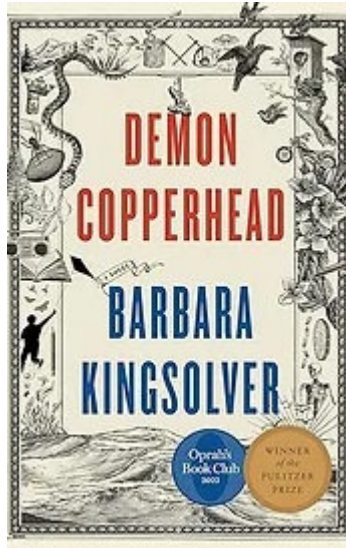


If you don't have time to play Mahjong during the day, and would like to enjoy an evening of fun and fellowship, here's an opportunity.

To express interest in a **monthly evening Mahjong**, please contact Verlaine MacClements: verlainemacc@gmail.com.



Book Review



February 28, 2024

10am

Demon Copperhead
by Barbara Kingsolver

**Reviewed by Karin Foster
at the home of Karin Foster**



General Meeting

February 27; 10:30am

6 Rock Way Cove, Austin

Home of TCMA Past President Shannon McNeil

Please join us for our next General Meeting with special guest speaker, **Robert Whitfield, MD**. Dr. Whitfield has been a plastic surgeon for 26 years and is a sought after provider for his HARP, Holistic Accelerated Recovery Program, and his "No-Cut" Facelift, as well cutting edge Wellness Spa treatments.

He will discuss the latest technologies in facial aesthetics.



In addition, **we will be collecting paper products for Lirios Pediatrics**, a 2024 TCMA grant recipient and TMAA Medical Community Grant recipient. Please bring toilet paper/facial tissues/tri-fold paper towels (for dispensers) to the General Meeting.



Looking forward to seeing you there! Please contact Lara Norris, VP of Programs larisalee1968@aol.com with any questions.



TCMAF Fund Drive

Thank you, Fund Drive Donors!

SPONSOR

Sarah and Ernest Butler Family Fund
Dr. Jim Eskew and Lynn Langley

PARTNER

Paul and Toni Burns
Bob and Karin Foster
Cecilia Neuhaus Deaton (*In Memory of Russell W. Neuhaus, MD*)

GOLD

Martha and Richard Coons
Julie Cowan and Dr. Robert Cowan
Bere and Jason Craig
Dr. and Mrs. Mark Crozier
Christi and Mark Dammert
Karen Kim and Dr. Stanley Kim
Beth and Kevin O'Farrell
Alison and Mark Queralt
Richard and Susan Redfern
Inga and Richard Ruckman
Melissa and Todd Smith (*In Honor of William B. Peterek*)
Carla Wilkenfeld

ASSOCIATE

Margene Beckham
Dr. and Mrs. James R. Cullington
Patricia Garcia
Dr. Mark and Patti Hernandez
Elaine and Michael Kasper
Sharon and Gregory Kronberg
David and Ann McFarland
Shannon and Jeffrey McNeil

Phyllis Tate

Patricia A. Wallis

CONTRIBUTOR

Dr. Carolyn Biebas

Dr. and Mrs. Sean Blaydon

Vickie and Guy Blumhagen

Jack and Jennifer Carsner

Mary and Byron Darby

Doug and Amber Elenz

Maggie Falvey and Dr. Thomas Falvey III

Arnold and Christina Fenrich

Edie Finch

Sherrie and Dr. Robert Frachtman

Dr. Paul Harford and Sandy Dunn

Charlotte and Sonny Haro

Deneitra Hutchinson

Janie Julian

Brian and Jemy Kim

Polly and Marcus Lines

Ike and Patty Loose

Dr. Gus Lowry and Jeni Lowry

Kay McHorse

Ann and Hector Morales

David and Cindy Nelson

Shelly and Erol Ozdil

Michael and Christina Romain

Maryann and Brian Sayers

Beth and Bob Schlechter

Lydia and Tony Soldano

Jenny Stern

Betty Stuart and Todd Scharnberg

Michael and Karen Teneriello

Willis and Kathy Thorstad

Barbara Tindel

Dr. Zoltan Trizna

Mariette Wroe (*In Honor of Rene Aelvoet*)

OTHER DONORS

Rasha Madkour and Dr. Ramsey Ashour

**Please contact us with any omissions or corrections.

Every donation takes us one step closer to fully funding our grant recipients.

If you haven't already done so, please consider making a [tax-deductible donation](#) today.

To make a donation online (**in \$50 increments**) click [here](#)
or contact Karen Kim to pay by check.

Karen Kim, Fund Drive Chair

karenckim@gmail.com





TRAVIS COUNTY MEDICAL ALLIANCE & FOUNDATION

Centennial Sponsors

GOLD STAR

Austin Regional Clinic	Clinical Pathology Associates
Capitol Anesthesiology Association	Travis County Medical Society

SILVER STAR

Austin Anesthesiology Group

BRONZE STAR

Sarah and Earnest Butler Family Fund

Open Envelope Studios Landscape Design & Build	Texas Medical Association Insurance
PNC Bank	TOC Eye and Face
Texas Fertility Center	The Wade Alliance, LLC

BRIGHT STAR

Eye Institute of Austin

Grant Recipients

HERITAGE RECIPIENTS

Saint Louise House
Volunteer Healthcare Clinic
TCMS Physician's Wellness Program

RECIPIENTS

Any Baby Can	Half Helen
Austin Center for Grief and Loss	Memory Caregiver Academy of Austin
Casa Marianella	Mother's Milk Bank at Austin

A Century of Supporting Healthcare in Central Texas



Volunteer with Lirios

Lirios needs two volunteers to assist with data entry and hand write "thank you" notes to donors. **SHOUT OUT!!**
to Rasha for agreeing to volunteer



Opportunity will follow Amplify Austin (March 6-7). If interested, please email [Deneitra](#). You will be notified when additional information is available.

Don't forget to visit/like/tag/share our [Facebook](#) and [Instagram](#) pages.
Social media is your #1 source for updates on our

Centennial Year!

Follow Us





Vital Signs and Social Media Submissions

Please submit event/enrichment/meeting content to Deneitra (denny@wadealliance.com) by 5pm, on Friday prior to Monday distribution. Every effort will be made to include items after the deadline, with no guarantee. Date-dependent content will appear in the newsletter until expiration.

Content for the public Facebook and Instagram pages may be submitted to the email address above or to Deneitra at communications@tcmalliance.org. No deadlines apply.

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.

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

www.tcmalliance.org



This email was sent from [this site](#).

If you no longer wish to receive this email, change your email preferences [here](#).