

Travis County Medical Alliance <webmaster@tcmalliance.org>

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TCMA Vital Signs January 8, 2024

To Deneitra Hutchison <denny@wadealliance.com>

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TCMA Vital Signs January 8, 2023

Happy New Year!

Upcoming Events

TCMA: A Century of Supporting Healthcare

January 9: Executive Board Meeting

January 16: TCMS Conversation with Dr. Brian S. Sayers

January 17: MahJongg

January 22: TCMS Chicken Sh*# Bingo

January 24: Book Review

January 24-26: Texas Two-Step Southern Region/TMAA Regional
Conference

February 27: General Meeting

March 1: Centennial Celebration Party With A Purpose

A Century of Supporting Healthcare

January is the time when we all look to see what new leaf we can turn over moving into the next year. The Alliance plays a part in helping our members start the year off right.

In the 1950's, January was the time when "what to wear" grabbed the attention of our members. The fashion trends of the day? – the wasp waist with full skirt and the slim fitting pencil skirt in desert hues and shades of iris. Simply elegant!

Four Travis County Medical (Auxillary) members shown here, attending the "Celebration of Life Over 60."

Based on the photo, it appears that there was some "planning ahead" involved.

And in 2002 (below) our members learned all about “cooking light,” though I wonder what the standards were considering there’s photo evidence that includes Nilla Wafers, Cool Whip and cans of condensed milk. *(No judgment here!)*

As we enter 2024 and continue to celebrate a century of achievements within the TCMA, this year I encourage every one of you to make your New Year’s Resolution a *New Century’s Resolution.*

Happy New Year!

Christi Dammert

MahJongg

Wednesday
January 17, 2024; 11:30am
Serranos South

Beginner lessons will be taught by Debbie Jones. Please contact Debbie for information, date & time.

Evening play will begin this month. More information to follow. Contact Kathy Thorstad for details.

Book Review

January 24, 2024

10:00am

The White Girl

by

Tony Birch

Review by Shirley Mendelson
at the home of Cathy Thorstad

Register

Dust off your boots and get ready for some line dancing, barbecue, and Texas-themed door prizes at the Texas Two-Step Conference! The joint [AMA Alliance Southern Region/TMAA](#) conference is open to all [#TMAA](#) members. Along with the fun, you'll have personal enrichment and skills-building opportunities, plus time to connect with others who understand a life dedicated to medicine.

Make plans to be in Austin in January. Register today!

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.

Look forward to seeing you there!

Please contact Lara Norris, VP of Programs larisalee1968@aol.com with any questions.

TCMAF Fund Drive

Many thanks to those of you who have donated to our annual FUND DRIVE!

PARTNER (\$1000-\$1499):

Toni Fox Burns

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GOLD (\$500-\$999):

Julie Cowan & Dr. Robert Cowan

Dr. & Mrs. Mark Crozier

Christi & Mark Dammert

Karen Kim & Dr. Stanley Kim

Beth & Kevin O'Farrell

Richard & Susan Redfern

Melissa & Todd Smith (*In Honor of William B. Peterek*)

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Mariette Wroe (*In Honor of Rene Aelvoet*)
OTHER DONORS:
Rasha Madkour & Dr. Ramsey Ashour

**Please contact us with any omissions or corrections.

If you haven't already done so, please consider making a [tax-deductible donation](#) today (**in \$50 increments**) to support our philanthropic efforts during this centennial year! **Paying by check or with bill pay allows the TCMA to receive 100% of your donation without paying a service charge.**

Karen Kim, Fund Drive Chair
karenckim@gmail.com

Call to Action: Support H.R. 6683

Physicians are facing yet another in a series of looming Medicare payment cuts, this time to the tune of 3.37% starting in 2024. But Rep. Greg Murphy, MD (R-NC) has introduced H.R. 6683 the "Preserving Seniors' Access to Physicians Act." Legislation, that if enacted, would completely eliminate the scheduled 3.37% physician payment cut.

The effects of these cuts will be exacerbated in rural and under-served areas, which continue to face significant healthcare access challenges. Medicare physicians and other providers do not receive inflationary updates in the Medicare program, which is partially why eliminating these potential cuts is so crucial.

Contact your members of Congress today and urge them to fix the flawed Medicare physician payment system by supporting H.R. 6683. Congress only has until January 19 to act, avoid a government shutdown and fund programs for the coming year.

U.S. Representative Lloyd Doggett ~ https://doggett.house.gov/zip_authentication?form=/contact

U.S. Senator John Cornyn ~ <https://www.cornyn.senate.gov/share-opinion>

U.S. Senator Ted Cruz ~ <https://www.cruz.senate.gov/contact/write-ted>

TCMS Presents, "In Search of a Safe Harbor: Evolving Concepts of Physician Wellness"

Tuesday, January 16, 2024; 11:30am
Tarrytown Methodist Church, Fellowship Hall
Cost: \$25.00/person (non-refundable)

Join us for lunch and a delightful conversation with Dr. Sayers. Brian S. Sayers, MD is a rheumatologist in private practice. He is a TCMS past president and currently serves as chair of the TCMS Physician Health and Rehabilitation Committee and the Physician Wellness Program.

Register

Ready for a Clucking Good Time? TCMS Chicken Sh*# Bingo is Back!

**Monday, January 22; 6:30 - 9pm
Little Longhorn Saloon, 5434 Burnet Road, Austin**

Only the best for our members. If Texas Monthly says Chicken Sh*# Bingo at the Little Longhorn Saloon should be on your Texas bucket list, then TCMS has you covered. Join us for tacos in a down home, country dive made even more entertaining with the appearance of a live chicken and some lucky Sh*#!

RSVP

Follow Us

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!

Vital Signs and Social Media Submissions

Vital Signs has returned to it's regular Monday distribution. Please submit event/enrichment/meeting content to Deneitra (denny@wadealliance.com) by 5pm, on Friday prior to distribution. Every effort will be made to include items after the deadline, with no guarantee. Content that is date-driven 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.

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