

From: TCMA patriciaawallis@pb02.ascendbywix.com
Subject: Vital Signs 10-11-20
Date: October 11, 2020 at 8:00 PM
To: Kathy Downie kathy.downie77@gmail.com



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What's Happening:

[October 20 - General Meeting](#)

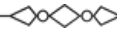
October 21 - Capitol Watch Zoom Happy Hour (RSVP)

[October 28 - Book club](#)

October 29 - Alliance Arts Group (RSVP)

February 16, 2021 - General Meeting

April 20, 2021 - General Meeting



**Note from Christina
Fenrich,
TCMA President**

Thank you to all the members who have renewed their membership and contributed to our [Annual Fund Drive](#). Your renewal and support are vital to our mission of improving the health of Central Texans and supporting the family of medicine. If you haven't renewed or contributed yet, **please do so today!**

October is a busy month for the Alliance

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Don't miss our next General Membership meeting - Virtual Cooking Class on October 20 at 9:30 am.

Also, sign up for our informative Zoom Happy Hour-Capitol Watch Meeting on October 21 at 4:00 pm and learn more about our upcoming election process. (See details below.)

See you all on Zoom,
Christina Fenrich



**General
Meeting
October 20
9:30
on Zoom**

**Join us for a fun virtual
cooking class & demonstration by
Chef Ian Thurwachter from Intero,
one of the hottest new restaurants in Austin!**





Intero
was named the #5 Best Restaurant in Texas
by *Texas Monthly*!



**Chef Ian will teach us
how to make
some Italian sauces
and pesto that you
can add to any dish.**

Zoom information to come.

Please let us know you will be

there with us on Zoom!

**RSVP to Lara Norris:
larisalee1968@aol.com**

**Winners from the
first Zoom General Meeting
trivia contest were:
Betty Stuart, Beth O'Farrell, and Berenice Craig.
Enjoy those \$20 gift cards to Starbucks
and TCMA Mask!
Thanks again to Pat Wallis for her
creativity in making the TCMA masks!**

TCMA Fund Drive 2020 is under way!

As the Covid-19 pandemic continues to impact our community, TCMA's mission to improve the health of central Texans is more important than ever. This year's fund drive will fund grants to three organizations: **The Volunteer Healthcare Clinic** (health care for the working poor and uninsured children), **St. Louise House** (housing and comprehensive support to women with children who are experiencing homelessness), and the **TCMS Physician Wellness Program** (promotes the professional and personal well being of TCMS physicians and their spouses by providing collegial support, educational resources, and confidential counseling services). Funds will also support PPE supply initiatives, a free drive-thru flu vaccination clinic for the uninsured, blood pressure kits for clients of Volunteer Healthcare Clinic, and bike helmet distributions to juvenile patients of People's Community Clinic and CommUnity Care East.

Make your donation by mail or at tcmalliance.org.

Alliance Arts Group Meeting

Thursday, October 29 at 10:45 a.m.

Alliance Arts Group Tour of ACL Live & 3Ten ACL Live, downtown
10:45 am – Check in at ACL Box Office Street Level on 2nd Street between
Guadalupe & Lavaca

11-12:00 pm – Tour (tour details below)

12-1:00 pm – Outdoor Lunch at Trace, next door, inside W Hotel
Suggested Parking at W Hotel at 200 Lavaca Street for Tour/Lunch

Tour Details

Tour the home of the Austin City Limits Television show. See the legendary music photography of Scott Newton & Jim Marshall. Experience Music's Best Address. For your health and safety, masks will be required for tour entry and social distancing will be enforced. Guests must complete a wellness check prior to tour (laser temperature check, health questionnaire). Attendance is limited to 10 participants on a first-come first-serve basis. Cost is \$13/person payable on day of the event.

Contact

Contact Carrie Conner at carrieconnercpa@gmail.com to join the group and RSVP for lunch. Carrie's mobile is 210.241.6583 to have on hand for day of event. There will be a second tour opportunity if there is enough interest. This tour is indoors and compliant with CDC measures. However, please use your personal discretion regarding participation.

On behalf of Alliance members,
we send our deepest sympathies
to Jenny Stern, our President-
Elect, and her family for the loss
of her mother. Our thoughts and
prayers are with you during this



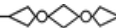
difficult time.



Volunteers needed for St. Louise House!

Please help with making and delivering meals in October for Saint Louise House. Details at the sign up below.

**Click here to
sign up**



Book Club Schedule

October 28 - *The Door* by Magda Szabo, reviewed by Pat Wallis

Book club meetings will be facilitated via Zoom until further notice.

Please reach out to Zoom host Cindy Nelson at webmaster@tcmalliance.org for meeting links and details.



2021 Membership Campaign Underway!

The 2021 Membership Renewal Campaign has begun. **Look for an email** TMAA president, Martha Vijjeswarapu at texmed.org with your personalized auto-login information. Click the link in the email, and you will be directed to your TMAA account to renew your dues.

will be directed to your IMAA account to renew your dues.

[Note: Please do not forward this email to your colleagues as the email is personalized to your account only.]

As an incentive for renewing your Alliance membership by Thanksgiving, you will be entered into a drawing for a FREE stay in Park City, UT for summer 2021!

Join TEXPAC and you will be entered TWICE!

The stay includes four days and three nights in an "Old Town" condo just five minutes walking distance from Main Street.

The condo sleeps six, has a fully-furnished kitchen, large hot tub, and garage parking.

Summer brings warm days and cool nights to Park City and Deer Valley.

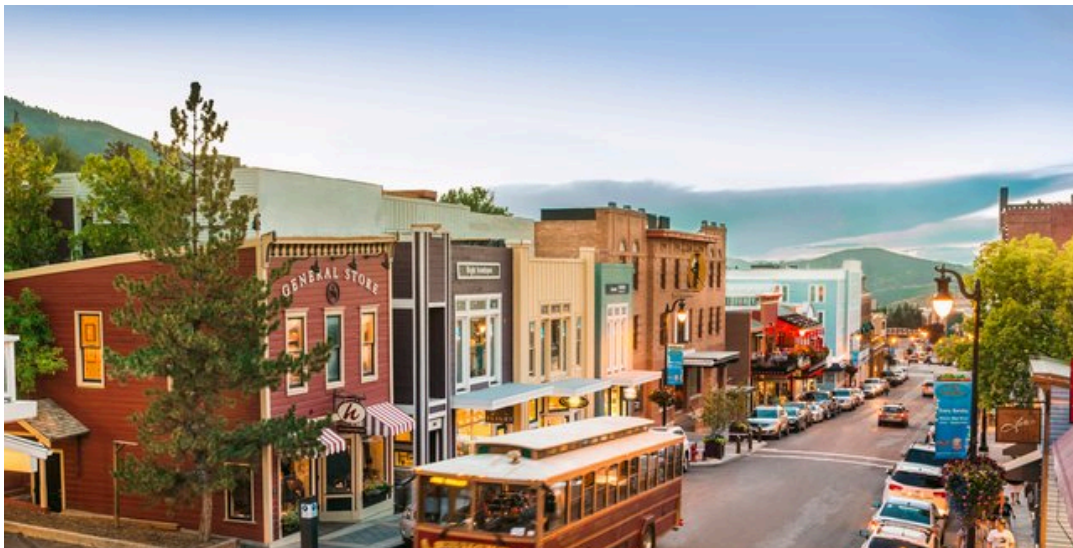
Bike, hike, fish, listen to live music, shop, and eat at fabulous restaurants.

Perfect for a family or a group of girlfriends!

You were going to renew your dues, anyway.....

Why not do so before Thanksgiving?!?!

Good luck!





Here are **three additional ways to renew** membership:

1. Go online to www.texmedalliance.org (click on the blue "Renew" button in the upper-right corner if you're a current member).
2. Call TMA Knowledge Center at (800) 880-7955 with credit card information.
3. Mail an application form or paper statement with a check to TMA Alliance, 401 W. 15th St., Austin, TX 78701.

NOTE: If you did not receive an e-mail notice, you may be signed up for auto-renewal. If you signed up for membership auto-renewal, you should have received confirmation of renewal.

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Capitol Watch Advocacy Committee

VOTE 2020

Are you a political enthusiast?

Do you enjoy following candidates and learning about the issues?

Or maybe you'd like to voice your concerns about Medicine to your legislators?

If you answered **"YES"** to any of these questions, then this is the committee for you! Join us for opportunities to educate ourselves and to advocate for Medicine, physicians, and community health.

Possible activities include: participating in First Tuesdays in the District and/or First Tuesdays at the Capitol; virtual Happy Hour with political pundit/lobbyist; assisting with Biennial Legislative reception; miscellaneous advocacy activities as needed during the legislative session.

To join, go to www.texmedalliance.org, click on "Advocacy" under

to join, go to www.tcm Alliance.org, click on **Advocacy** under the **Committees** tab, then click on “[Join Committee](#).” Or email Beth directly at bofarrell21@gmail.com.

Questions? Contact: Beth O’Farrell, VP Medical Affairs, bofarrell21@gmail.com.

** Capitol Watch is a bipartisan committee. All political persuasions are welcome! **



Capitol Watch Advocacy Committee Virtual Happy Hour!

Do you know who the medicine friendly candidates are? Do you truly understand the Electoral College system? Join us for a **Virtual Happy Hour**, facilitated by Past President and certified Government teacher, **Julie Cowan**, to learn about these topics and more!

**Wednesday, October 21st
4PM**

Contact Beth O’Farrell, bofarrell21@gmail.com, to RSVP or for questions.

You'll be sent an email with the Zoom link after signing up.

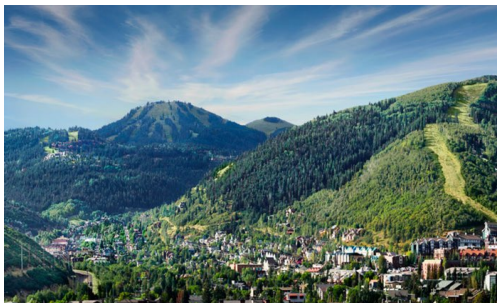
TEXPAC MEMBERSHIP

When renewing your Alliance membership, please also consider joining [TEXPAC](https://www.texpac.org).

TEXPAC is the TMA's bipartisan political arm, helping to elect medicine-friendly candidates at the local, state, and federal level. TEXPAC works to promote TMA's mission, to improve the health of all Texans.

Medicine will be front-and-center in the next legislative session due to the COVID-19 crisis. TEXPAC will work to ensure candidates are elected who understand medicine and support our physicians.

*** If you join TEXPAC when renewing your TMAA membership, your name will be entered twice into the drawing for a summer stay in a Park City condo! ***



**Support the Family of
Medicine.
Join TEXPAC today!
[texpac.org](https://www.texpac.org)**

TCMS Now Taking PPE Requests



We've Got You Covered



TCMS Has You Covered! New Supply of N95 Masks Available

Need gowns, masks, gloves or sanitizer? As a physician practicing in the Austin area, you are eligible to receive the PPE being stored at the TCMS "warehouse." A large shipment of N95 masks was recently received.

Simply complete this [TCMS PPE Request form](#). Once received, TCMS staff will contact you regarding availability* and how you can procure the supplies.

**NOTE: In an effort to distribute our supply to as many physicians as possible, you may not receive 100% of your requested quantity. There may also be items you requested that we currently do not have on hand.*



Physician Wellness Program

Dr. Brian Sayers, Chair of the Physician Wellness Program Steering Committee, provides frequent communications with informative programming and ideas. If you would like to receive these emails, please let TCMS staff Chantel Pearson know by emailing cpearson@tcms.com.



Membership Directory

Do you need to contact a member?

Check out [this link](#) to get to Directory Spot — our TCMA membership directory — along with how to log in and update your information.

Contact our Membership chair at vp-membership@tcmalliance.org if you have questions.



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