

From: TCMA patriciaawallis@pb02.wixshoutout.com
Subject: Vital Signs 01-12-20
Date: January 12, 2020 at 7:14 PM
To: Kathy Kitchens Downie kathy.downie@me.com



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January 22 - Book Group
January 26 - Book Group evening spouse event (rsvp)
January 30 - Saint Louise House meal prep
February 25 - General Meeting - details to follow
February 26 - Book Group



Book Club Happenings

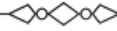
Join us to discuss the following selections:

January 22, 2020: My Antonia by Willa Cather

January 26, 2020: evening meeting with spouses to discuss Boys In The Boat by Daniel Brown. Pot-luck. RSVP required.

February 26, 2020: The Girl And The Tiger by Paul Rosolie

All daytime meetings begin at 10am. All members and potential members are welcome. Please contact Pat Wallis at patriciaawallis@gmail.com with questions.



Saint Louise House Meal Prep

Thursday, January 30th

11 am

At the home of Kelly Hyde

Please join us to prepare a meal for the deserving mothers at the Saint Louise House. All skill levels welcome—you don't need to be a chef! We'll finish by about 12:30; stop by even if you can't stay the whole time.

Contact Kelly Hyde (kahyde@utexas.edu) or Beth O'Farrell (bofarrell21@gmail.com) with questions.



2019-2020 Fund Drive Donors

Thank you to all Fund Drive Donors!

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Volunteer Health Clinic Wishlist!

Besides individually-packaged snacks and drinks, the Volunteer Health Clinic needs office and medical supplies, too!

Check out VHC's Wish List on Amazon and purchase any of the listed supplies; they will be sent directly to the Clinic!

Check out https://smile.amazon.com/hz/wishlist/ls/MFXGTZ06NAHG?ref_=wl_share to donate to their cause!



Did You Know? ...

The TMA has increased membership to more than 53,000 members, keeping TMA the nation's largest medical association.

The TMA has continued to expand its three flagship [community outreach programs](#) - Walk with a Doc, Hard Hats for Little Heads, and Be Wise-Immunize.

The Hard Hats programs celebrated its [25th anniversary](#) of providing bike helmets to Texas children.



2020 Membership Renewal Campaign

The TMA Alliance has launched our 2020 Membership Renewal Campaign with an email renewal notice landing in everyone's inbox. Renew your own membership today, and join the campaign in your county to encourage others to renew, too.

Renew Here



MED BAG PROJECT

Lauren Gill is a young lady in our community who is working to make an impact in the health of those working through the system at the borders in Texas. Please read her letter, attached in the link below, and if you feel inspired, help her create "med bags" for adults and children who are trying to seek asylum here in the US.

MedBag Letter

Join TEXPAC Today for a Special Holiday Gift!



Deck the Halls!

2019 Limited Edition Texas Capitol Ornament

Become a TEXPAC Alliance regular member for \$55 today and receive the 2019 Limited Edition Texas Capitol ornament FREE!

Visit www.TEXPAC.org, or call (512) 370-1363.

Texas Medical Association Political Action Committee (TEXPAC) is a bipartisan political action committee of TMA and affiliated with the American Medical Association Political Action Committee (AMPAC) for congressional contribution purposes only. Its goal is to support and elect promedicine candidates on both the federal level and the state level. Voluntary contributions by individuals to TEXPAC should be written on personal checks. Funds attributed to individuals or professional associations (PAAs) that would exceed federal contribution limits will be placed in the TEXPAC statewide account to support nonfederal political candidates. Contributions are not limited to the suggested amounts. TEXPAC will not favor or disadvantage anyone based on the amounts or failure to make contributions. Contributions used for federal purposes are subject to the prohibitions and limitations of the Federal Election Campaign Act. Contributions or gifts to TEXPAC or any county medical society PAC are not deductible as charitable contributions or business expenses for federal income tax purposes. Federal law requires us to use our best efforts to collect and report the name, mailing address, occupation, and name of employer of individuals whose contributions exceed \$200 in a calendar year. To satisfy this regulation, please include your occupation and employer information in the space provided. Contributions from a practice/business account must disclose the name of the practice and the allocation of contributions for each contributing owner. Should you have any questions, please call TEXPAC at (512) 370-1363.

Do you have news to share in Vital Signs?!

Please send in your news by 5 p.m. Fridays for that Sunday's Vital Signs.

Email Kathy Downie at kathy.downie@me.com.

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