

**From:** TCMA no-reply@test.wixshoutout.com  
**Subject:** Vital Signs July 2019  
**Date:** August 25, 2019 at 1:19 PM  
**To:** kathy.downie@me.com



Can't See This Message? [View in a browser](#)



### WHAT'S COMING UP:

- July 13 - Yoga for Physicians and Spouses
- July 27- Yoga for Physicians and Spouses
- July 14 - Dell Medical Students Welcome Dinner (RSVP).
- July 28 - TCMS Family Social Movie (RSVP).
- [August 28 - Book Club](#)
- [September 25 - Book Club](#)
- [October 23 - Book Club](#)

Click on an event to read more!



## Yoga for Physicians

- July 13: Hips
- July 27: Neck & shoulders
- Aug 17: Yoga for Increased Flexibility
- Aug 31: Restorative yoga



\*All levels welcome.

\*Please bring yoga mat for all sessions.

\*For Aug 31 session, bring pillow/cushion & blanket along w/ yoga mat

For Aug 31 session, bring pillow/cushion & blanket along w yoga mat.

7756 Northcross Drive, Suite 203 - Sports and Spine Associates

9:30 - 10:30 am, (please arrive at 9:15 am)

Door will be propped open. Thanks to Dr. Wasserburger for donating the location.

TCMS Members and spouses Free.

RSVP or more information: [dr.nadia@themindfulmdmom.com](mailto:dr.nadia@themindfulmdmom.com).



## **Dell Medical Students Welcome Dinner**

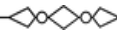
You and your spouse are invited to attend the welcome dinner for incoming Dell medical students at the Hula Hut.

**Date:** Sunday, July 14

**Time:** 6pm - 8pm

**Address:** 3825 Lake Austin Blvd

Please RSVP to [tcms@tcms.com](mailto:tcms@tcms.com) OR 512-206-1249



## **LAST CHANCE TO GET YOUR AD INTO THE DIRECTORY!**

To purchase a business-card sized ad on the inside cover of the directory, mail your business card and a check for \$50 made payable to TCMA

to Pat Wallis, 203 Wallis Drive, Austin, TX 78746.

Or email a jpg of your card and pay the \$50 online! [Click here](#) for online payment.

**\*\* Deadline for publication is August 1! Call Pat with questions 512-327-7505. \*\***

---

◇◇◇◇◇

## TCMS Family Social - Disney's "The Lion King" (new live-action version)

**When:** Sunday, July 28

Doors open at 3pm

Movie starts at 3:30pm

**Where:** Alamo Drafthouse Cinema Lakeline

14028 N. Hwy 183

**Cost:** \$20 per person for 1 movie ticket + 1 food item and 1 non-alcoholic beverage (non-refundable). Children 2 and under are free but will have to share a paid seat.

**RVSP:** [tcms@tcms.com](mailto:tcms@tcms.com) OR 512-206-1270

*Sponsored by the Friends of the Society:*

*TMAIT, Merchants & Professional Collection Bureau, TMLT*

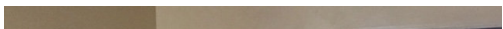
---

◇◇◇◇◇

## Saint Louise House Apartment Set-Up Update

Many thanks to all the volunteers who helped set up the SLH apartment on June 18. We had a fantastic, hard-working crew that transformed an empty apartment into a welcoming, well-anointed home with amazing speed! Thanks also to everyone who donated furniture, bedding, and housewares!

---





Karen Teneriello & Berenice Craig



Wendy Propst and Kathy Downie



Wendy Propst



New member Dee Hutchinson

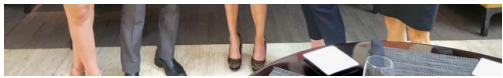
---

◇◇◇◇◇

## ALLMED Update



A big THANK YOU to Wendy Propst, Olguita Santiago, Ronsey Chawla, Christina Fenrich, Kathy Trizna, Sarah Butler, and Patty Loose for attending ALLMED this year! It was a great time full of leadership, laughter, and fun! **The TCMA won the Mary Ann Homer Legislative and ...**



**Political Action Award! We were awarded \$250 from the TMAA and received a certificate of honor signed by the TMAA president. Sarah and Ernest Butler were there to present their awards for excellence in science teaching.**



## **A PAPER DIRECTORY ...**

**...is coming your way at the end of the summer...**

**IF you are a current paid member!**

**Be sure your dues are up-to-date by contacting Pat Wallis  
([patriciaawallis@gmail.com](mailto:patriciaawallis@gmail.com)).**

**Only the names of current members will be IN the directory  
too.**

**Don't miss out!**





---

## Book Club Happenings

As you plan your summer reading, please consider including one of these selections!

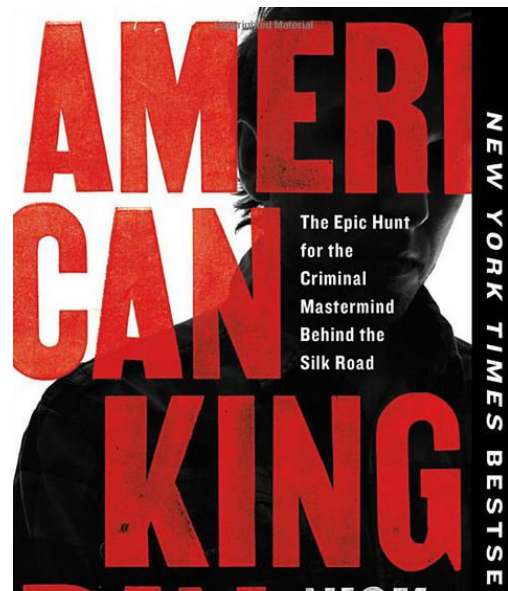
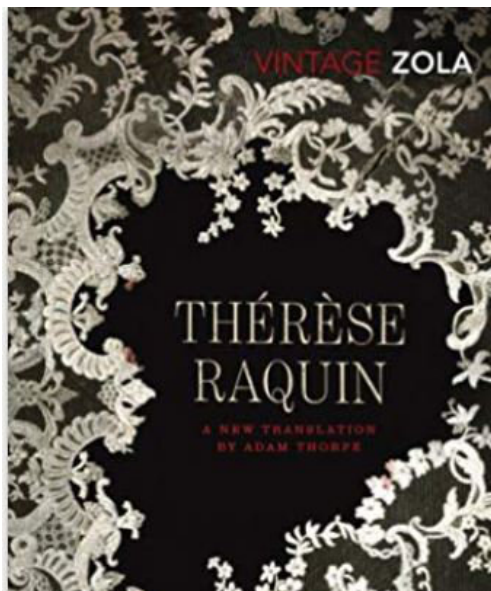
August 28: Suzanne McFarlane will lead our review of *American Kingpin* by Nick Bolton. Sarah Butler will host.

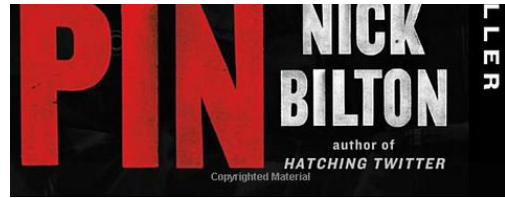
September 25: Pat Wallis will lead our discussion of *Therese Raquin* by Emile Zola. Please read the translation of your choice. **Hostess needed!**

October 23: Beth Schlecter will review *Born A Crime* by Trevor Noah. **Hostess needed!**

November 20: Kay McHorse will discuss *Where The Crawdads Sing* by Delia Owens. Peggy Russell will host.

All daytime meetings begin at 10am. All members and potential members are welcome. Please contact Kay McHorse at [kmchorse8@gmail.com](mailto:kmchorse8@gmail.com) with questions.





---

◇◇◇◇◇

## Vital Signs Summer Schedule

Vital Signs will publish 3 times over the summer: June, July and August.

Please send news, updates, and information for Vital Signs by the following deadline to Kathy Downie at [Kathy.Downie@me.com](mailto:Kathy.Downie@me.com) :

August publication submission deadline: August 8th

\*\*Vital Signs will resume weekly publication schedule on September 1.\*\*

---

◇◇◇◇◇

## 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](mailto:Kathy.downie@me.com) .

---

◇◇◇◇◇

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

[www.tcmalliance.org](http://www.tcmalliance.org) 

You've received this email because you are a subscriber of [this site](#)

