

From: TCMA patriciaawallis@pb02.ascendbywix.com
Subject: Vital Signs 09-13-20
Date: September 13, 2020 at 5:00 PM
To: Kathy Downie kathy.downie77@gmail.com



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



What's Happening:

[September 15 - General Meeting](#)

[September 23- Book club](#)

October 20 - General Meeting

[October 28 - Book club](#)

February 16, 2021 - General Meeting

April 20, 2021 - General Meeting



General Meeting is Tuesday!

September 15 at 9:30am

Below is your Zoom/Link Information to join in.

Looking forward to seeing you there!

<https://us02web.zoom.us/j/81623808661>





**Guest speaker
James Butler
Austin ISD
SEL Mindfulness Specialist**

James was awarded the AISD
2014 Teacher of the Year.
Studies have proven that mindfulness,
in both adults and children,
improves both mental and physical health.
James will give us some mindfulness
techniques for managing stress,
and also how to help our children
learn and cope with the
changing world today.

**Watch our Zoom General Meeting
Invitation Video**

You just might see yourself in it!

Be one of the first 10 members to answer
this question from the end of the video.

***What is behind Past President Wendy Propst
when she is speaking?***

***Email your answer to Lara Norris at
larisalee1968@aol.com to WIN a prize!***

To watch the video, just click the link below!

<https://youtu.be/UUyrw-8MMIY>



2021 Membership Campaign Underway!

The 2021 Membership Renewal Campaign has begun. **Look for an email Sept. 15** from our TMAA Alliance 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.

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

Alliance members now have **three 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.



[Texas Medical Association](#) is giving away \$62,000 in **CASH prizes! Please help us spread the word!**

- ✓ One Texas science teacher will be awarded the Grand Prize of \$20,000 and a \$5,000 resource grant for their school science curriculum.
- ✓ Three Distinguished winners will each receive \$7,000 and another \$3,000 for their schools.
- ✓ One rookie award of \$5,000 plus \$2,000 for their schools are made to teachers who have taught for less than seven years.
- ✓ All winners will be granted an all-expense-paid trip to TexMed for the award ceremony.

Each year, [TMA's Ernest and Sarah Butler Awards for Excellence in Science Teaching](#) recognizes and rewards schoolteachers at the elementary, middle, and high school levels who share their energy and enthusiasm for science with their students. We do this because innovative teaching supports the basic premise of medicine, that of healthcare having a scientific foundation.

Who's eligible? All Texas state-certified, full-time public and private school science teachers with a minimum of two years' completed classroom experience who will return to teach during the 2021-22 school year are eligible. All areas of science are welcome.

To nominate a science teacher or to apply, visit our website at www.texmed.org/teachers, where you will find more information and the appropriate forms. The deadline for nominations is Dec. 4 and for applications is Jan. 4. (All nominees will receive an email from TMA asking them to complete an application.)

**Together let's make sure Texas science teachers are well represented!
Nominate or apply today!**

The Butlers are from Austin. Sarah Butler is a former TCMA President, and she and her husband are great philanthropists for the arts and medicine.

Questions? Contact Azalia Perez at TMA at azalia.perez@texmed.org.



Be Wise, Immunize Campaign



Vaccines Defend What Matters
A new TMA campaign reminds
Texans of the many ways



vaccinations defend us – our health, our jobs, and our families. TMA's [Be Wise – ImmunizeSM](#) invites you to **share** the [first ad](#) and [second ad](#) on your personal or your practice's social media accounts (and remember to tag TMA). The ads debuted in August on select cable TV channels in Dallas-Fort Worth, Houston, and San Antonio.

◇◇◇

Invitation to Circle of Hope: A Special Tour of the Refuge Ranch

The Refuge for DMST (Domestic Minor Sex Trafficking) has graciously extended an invitation to TCMA members to be their guests at the upcoming online event, **Circle of Hope: A Special Tour of The Refuge Ranch, on Wednesday, September 23rd at 12:30pm**. This will be their first ever open house tour of the Refuge Ranch and will be hosted by Brooke Crowder, CEO and Founder. Besides staff and residents, very few people are allowed onto the Ranch campus, so this is a special opportunity to learn more about The Refuge and "see" their impressive facility.

To register for your complimentary ticket, [visit the Refuge website](#), scroll down to the picture of the campus, and click on "Buy Tickets". Proceed as if you will be buying a ticket, but use promo code: **HopeGrants** to waive the ticket cost.

The Refuge for DMST is a 2020 TCMA Foundation grant recipient. Funds awarded will be used to purchase equipment and supplies for their on-site medical clinic. This allows them to provide care for residents on campus, rather than having to make trips to outside providers and facilities.

For questions or help with registration, contact: Beth O'Farrell

For questions or help with registration, contact: Beth O'Farrell,
bofarrell21@gmail.com.



Yes, these are challenging times – but some challenges can be fun. Join us in [TMA Alliance's Fall Fitness Challenge](#) Sept. 1 through Nov. 30, where you can track your progress toward a healthier, more resilient you.

This free challenge is open to all TMAA members. You can compete in a step challenge or an activity challenge (or both, if you're feeling ambitious; you choose the activity). We will use the **MoveSpring app**, which allows you either to enter your data manually or to connect to a fitness tracker. Leaderboard winners will receive a very "cool" prize (a YETI cooler). Trust us, you won't want to miss out on this!

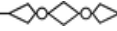
Registration is open now. Use the buttons below to register for one or both challenges. Then, on Sept. 1, make sure you log in to begin tracking steps and activity, or use your fitness tracker to sync your activity for each day.

Step Challenge

Activity Challenge

We also will release a cookbook filled with recipes submitted by our very own alliance

~~We also will release a COOKBOOK~~ filled with recipes submitted by our very own alliance members. Please email your healthy(ish) recipes to [Sasha](#). We'd love to see pictures of your dishes as well, so get those cameras ready and **send in your recipes by Nov. 30**. We will make the cookbook available for free to all alliance members after the contest.



Book Club Schedule

September 23 - *Issac's Storm* by Erik Larson, reviewed by Peggy Russell

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.



Travis County Medical Society has PPE available for Austin Area Physicians

Physicians practicing in the Austin area are eligible to receive PPE being distributed by TCMS. If you know of an office needing PPE, please ask them to complete the [TCMS PPE Request form](#). Once received, TCMS staff will contact them regarding availability* and how to procure the supplies.

*NOTE: In an effort to distribute supplies to as many physicians as possible, they may not receive 100% of the requested quantity. There may also be items requested that are not available.



Medical Affairs Update

Former Travis County Judge Sarah Eckhardt now represents SD 14 in the Texas Senate. She replaces Kirk Watson, who resigned to take an

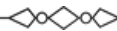
academic position at University of Houston. Sen. Eckhardt will serve two years before having to run for re-election. For more information, [click here.](#)

The general election will be Nov. 3, with early voting from October 13 to 30. In this election we will vote to fill many offices, from President to judges to school board to city council. It is an important election, and everyone should make their voices heard. Visit [the League of Women Voters website](#) for extensive election information, including candidate comparisons, discussions of the issues, and what will be on your ballot.

[Go here](#) for ways to check registration status or register.

You must be registered by Oct. 3 to vote in the November election. The deadline to apply to vote by mail is October 23rd.

And in follow-up regarding the TCMS and TCMA's efforts to stay in touch with current legislators, another round of "First Tuesdays in the District" meetings will soon be scheduled by physicians. This effort was initiated by the TMAA and is meant to create deeper relationships with our local legislators. TCMS staff is assisting with the project and will set up Zoom meetings or conference calls in this round.



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 membership questions.



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

www.tcmalliance.org 

You've received this email because you are a subscriber of [this site](#)
If you feel you received it by mistake or wish to unsubscribe, [click here](#)