

From: **TCMA** kathy.downie@me.com
Subject: Vital Signs 10-22-2017
Date: October 22, 2017 at 8:16 AM
To: Kitchens Kathy kckitche@hotmail.com

T

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

Travis County



Medical Alliance

WHAT'S COMING UP:

[October 24 - Chic Ladies Group](#)

[October 25 - Book Club](#)

October 25 - TCMA Family Happy Hour

[November 4 - TCMS Physician Wellness Program](#)

November 15 - TCMA Membership Coffee

[November 15 - Book Club](#)

December 8 - Holiday Luncheon at Westwood Country Club

December 14 - TCMA Membership Coffee

February 23, 2018 - Wonders and Worries

May 17, 2018 - TMAA Centennial Celebration

Click on an event to read more!



Chic Ladies

**Are you ready to
Shine for the Holidays?**



**Join us on
Tuesday October 24th 10:30-11:30
at the Domain Neiman Marcus**

**Best of Beauty Event
with Giorgio Armani Cosmetics**



**Learn the latest in
Cosmetic Trends & Tricks from this
Classic and Timeless Beauty Brand!**

Wine, treats and goodies!

**After our Cosmetic Presentation,
we will have lunch at the Domain's
North Italia Restaurant at 11:45
11506 Century Oaks Terrace, 78758**



**Please reserve your spot
for the Beauty Presentation
with Giorgio Armani Beauty Ambassador & Manager
Donna McGoldrick at 512 719-1200 extension 1464
Your \$50 reservation will be redeemable for any products!
Deluxe Free Gift Bag,
made just for Chic Ladies
with your purchase!**

**Please Reserve for Lunch by October 18th
with Lara Norris at larisalee1968@aol.com**

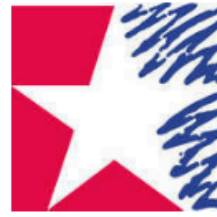


TCMA Family Happy Hour
Central Market, North Lamar

4001 N. Lamar
Outside deck

Wednesday, October 25

Drop by between 5pm-7pm



Join us if you're a new or current member or if you're interested to learn more.
Do you have friends who might also be interested in the TCMA? Bring them!
Do you have kids with you at that time? Bring them!



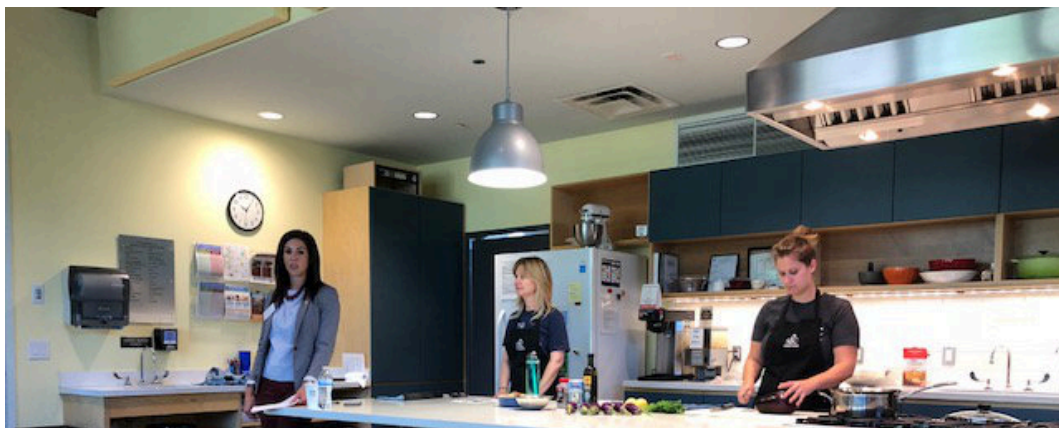
Travis County Medical Alliance & Foundation

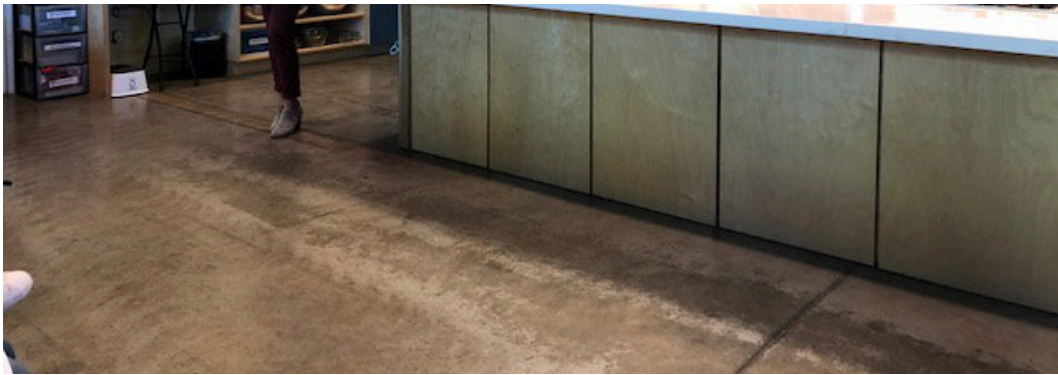
Since 1924

Please RSVP: vp-membership@tcmalliance.org

October General Meeting

The TCMA October general meeting was filled with fall flavors and fellowship. The Sustainable Food Center educated Members on the many ways that SFC promotes healthy cooking and healthy living in our community. Members watched a cooking demo led by the Sustainable Food's staff and enjoyed the seasonal eggplant dip afterward. Wendy Propst, VP of Community Service announced the board's vote to award grants to the following organizations in the coming year: Sant Louise House, Volunteer Healthcare Clinic, Austin Speech Labs, Sammy's House, TCMS Physician Wellness Program, and Catholic Charities of Central Texas. Thanks to Lara Norris for planning this fun fall meeting.





The Travis County Medical Society invites you
to an ethics CME symposium

***True North: Restoring Passion, Mission
and Meaning to Medical Practice***

Saturday, November 4
8:30 am-12:35 pm
Dell Medical School Health Learning Building

Admission Free, RSVP Required
tcms@tcms.com or 512-206-1249

\$20 suggested donation to TCMS Physician Wellness Program

Topics

- "Safe Harbor: A Community of Physicians Caring for Each Other"
- "Creating a Compassionate Culture to Build Resilience"
- "The Ethical Duty of Care"
- "Spiritual Intelligence: Cultivating Resilience and Foster Innovation in the Face of Rapid Change in Healthcare"
- "The Second Victim Phenomenon: Who Will Care for the Caregivers?"
- "Mindfulness Meditation in Healing: Evidence-Based Medicine"

Wellness Event Program Details

Nominations Open for Excellence in Science Teaching Awards for TX Teachers

Texas Medical Association is giving away \$60,500 in CASH prizes! Please help us to spread the word! The Ernest and Sarah Butler Awards for Excellence in Science Teaching is a distinguished recognition program that is highly competitive. And the best news this year is that TMA recently increased our awards from \$24,000 annually to \$60,500! This increase is a great testament of Texas physicians' support of science teachers.

TMA's Ernest and Sarah Butler Awards for Excellence in Science Teaching rewards teachers who exhibit a personal commitment and enthusiasm for teaching any area of science! \$60,500 will be given to 12 winning teachers in the following increments.

- Three first-place Texas science teachers will receive \$6,000 each! Their schools will receive a \$2,000 award!
- Three second-place teachers will receive \$4,000 each and another \$1,000 for their science curriculum!
- Three third-place teachers will receive \$2,000 each and another \$1,000 for their science curriculum!
- Three Rookies (< 5 yrs classroom experience) will receive \$1,500 each and another \$1,000 for their science curriculum!
- One OVERALL award will be selected from the first-place winners and will receive an additional \$5,000!

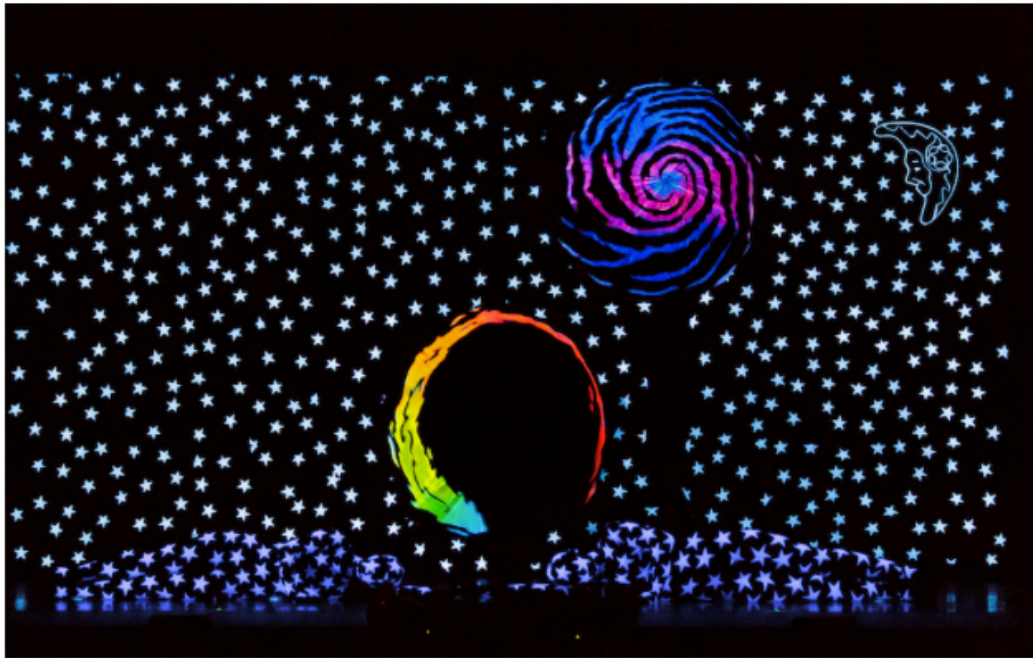
Visit our website at <https://www.texmed.org/teachers/> for details and the nomination/application online forms. For more information contact Gail Schatte at (512)

370-1600 or email gail.schatte@texmed.org.

Who's eligible? All Texas full-time public and private school science teachers with a minimum of two years' completed classroom experience who will return to teach during the 2018-19 school year are eligible. All areas of science are welcome.

To nominate science teachers 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 Nov. 17 and for applications is Dec. 21. (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!



Not Afraid of the Dark--The Show that Glows!® is a great "starter ballet" for young children, ages 2 and older.

Photo by Tony Spielberg

Save 20% on The Nutcracker with a Family Time package!

Save big on productions perfect for families when you purchase a [Family Time](#) ticket package and pair two ballets!

SAVE 20 PERCENT on tickets to Ballet Austin's annual production of [The Nutcracker](#) presented by the Georgia B. Lucas Foundation Fund, when you also purchase tickets to [Not Afraid of the Dark--The Show that Glows!®](#) This hour-long production is a great way to introduce young children to the ballet in a colorful, glow-in-the-dark environment that's as fun to share as a bedtime story!



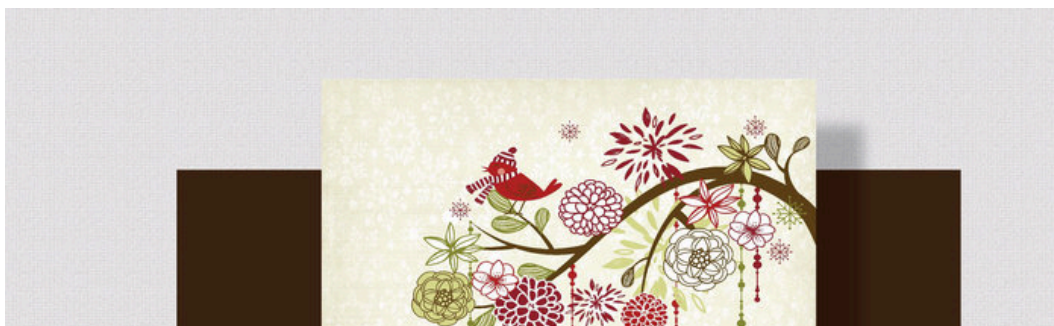
Ballet Austin's The Nutcracker, now in its 55th year, is a favorite holiday tradition for Central Texas families.

Photo by Tony Spielberg

**Save 20% When you Buy
a Family Time Package**

Buy directly from Ballet Austin and avoid ticket mark-ups!

Tickets that were not purchased directly from Ballet Austin but through third-party websites or ticket brokers may not be valid and may be listed for more than face value. To safeguard your purchase, be sure to buy your tickets at balletaustin.org or call Audience Services at [512.476.2163](tel:512.476.2163) Monday through Friday from 9 a.m. to 5 p.m CT.



Travis County Medical Alliance

Holiday Luncheon

Friday, December 8th, 11am - 1pm
Westwood Country Club ~ 3808 W. 35th St.
Austin, Texas 78703

RSVP by December 4th to www.tcmalliance.org
or mail a check for \$30 to Christine Dang
126 Burgess Lane, Austin, TX 78738

*Please bring a book or
small donation to BookSpring



SAVE ~~THE~~ DATE



WONDERS & WORRIES
UNMASKED
FEBRUARY 23, 2018

PRESENTED BY TEXAS ONCOLOGY

EVENT COMMITTEE
Kelly and Brannon Hyde, *Chairs*
Shelly and David Bain, *2017 Chairs*
Meredith Bagan
Susan Bartlett
Savanna Bogardus
Kim Carr
Roseann Ferraro
Shannon Livengood
Rebecca Murphy
Ashley Ohls
Kristen Patton
Kathleen Shapiro



TMAA Centennial Celebration Event

Hotel Reservations: www.tcmalliance.org

Hotel Reservations now open!

If you expect to attend, plan ahead and make your hotel reservations NOW at the beautiful JW Marriott San Antonio Hill Country Resort. Rooms within the TMA block WILL sell out, so remember it is always easier to cancel a reservation than it is to get a room later! The link to reserve your room online is pasted below.

<https://aws.passkey.com/go/TexMed2018EducationalShowcase>



4300 North Lamar Boulevard
Austin, TX 78756
512-206-1124

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](#)