

From: Cindy Nelson patriciaawallis@pb02.ascendbywix.com
Subject: Vital Signs 11-01-20
Date: November 1, 2020 at 9:00 PM
To: Kathy Downie kathy.downie77@gmail.com

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What's Happening:

November 12 - Capitol Watch Happy House (RSVP)

[November 18 - Book Club](#)

February 16, 2021 - General Meeting

April 20, 2021 - General Meeting



**Note from Christina
Fenrich,
TCMA President**

TCMAF working to improve the health of our community!

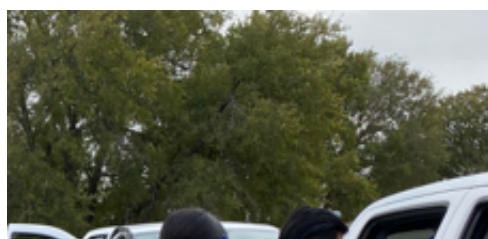
TCMAF coordinated a highly successful and collaborative drive through flu vaccination clinic in Round Rock on Saturday, October 24th.



Two hundred and ninety flu shots were administered free of charge to uninsured and under insured local residents of Williamson and Travis County.

This event could not have been possible without the collaboration and commitment of all the organizations involved:

- 1) TMA Foundation Be Wise-Immunize provided a generous community grant.
- 2) Travis County Medical Society
- 3) Caring for Children Foundation of Texas
- 4) Sacred Heart Community Clinic
- 5) UT School of Nursing Students
- 6) HEB Grocery Store in WestLake and Office Depot on Anderson Lane
- 7) TCMAF and Williamson County Alliance Volunteers





Chair of the event was Angela Helmer. A big THANKS to everyone who contributed time, energy, and donations.



TCMA Fund Drive 2020 is under way!

Thank you to our generous donors. We are more than half way to our goal of \$11,000! Help us achieve our target. Donations support our philanthropic endeavors to support health in our community. Please consider donating now, any amount is appreciated.

Make your donation by mail or at tcmalliance.org.



TCMA Annual Fund Drive 2020

Foundational Believer (\$1,500+)

Sarah and Ernest Butler

Advanced Advocate (\$1,000 - \$1,499)

David VanderStraten

Mission-Driven Partner (\$500 - \$999)

Dr. Richard and Martha Coons (in honor of Ken Kroll, MD)

Rob and Julie Cowan (in honor of Christina Fenrich)

Christina and Arnold Fenrich

Compassionate Supporter (\$250 - \$499)

John and Shannon Abikhaled

Vickie and Guy Blumhagen

Hugh and Cathy Collins

Dr. and Mrs. Mark Crozier

Dr. Byron and Mary Darby

Dr. Robert and Karin Foster

Dr. and Mrs. Shannon Kratzer

Celia Neavel

Kevin and Beth O'Farrell

Beth and Bob Schlechter

Phyllis W. Tate (in memory of Robert A. Tate, MD)

Trusted Friend (\$100 - \$249)

Lori and Terrell Benold

Carolyn Biebas

Sean and Cindy Blaydon

Gayle Cullington

Ben and Kathy Downie

Dr. and Mrs. Bob Frachtman
Dr. Lowell and Charlotte Haro
Karen and Stanley Kim
Kay McHorse
Maryann and Brian Sayers
Lisa R. Stanley
Jenny Stern
Barbara Tindel (in memory of Dr. Jerry Tindel)
Pat and Ted Wallis



Capitol Watch

Post Election Virtual Happy Hour

Thursday, November 12 @ 4pm

Grab a glass of wine and join us for a friendly post election round table! We'll learn from each other as we try to make sense of an election that will surely be one for the history books!

RSVP to Beth O'Farrell, bofarrell21@gmail.com, to receive your meeting Zoom link.

Capitol Watch is nonpartisan. All are welcome!

TCMA Philanthropy Dollars at Work!



Thank you to all of our members who have donated to the annual fund drive! Your generosity helped us buy 15 blood pressure monitors for the Volunteer Healthcare Clinic. The VHC has been seeing patients through telemedicine due to Covid. Their hypertensive patients are struggling to monitor their blood pressures because they do not have access to drop-in facilities for blood pressure checks. These monitors will be given to patients who need daily monitoring of their blood pressure. The VHC was very grateful for our help!



Recipe Share



Enjoy this crock pot soup recipe shared by TCMA Treasurer Janet Schneider on a cold night this fall!

Recipe Link



[Skinny Crock Pot Chicken Enchilada Soup](#)

Adapted from Skinnytaste

Ingredients:

- 2 tsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 3 cups low sodium fat-free chicken broth or stock
- 8 oz can tomato sauce
- 1-2 tsp chipotle chili in adobo sauce (or more to taste)
- 1/4 cup chopped cilantro (plus 2-3 Tbsp more for garnish)
- 15 oz can black beans, rinsed and drained
- 14.5 oz can petite diced tomatoes (with juice)
- 2 cups frozen corn
- 1 tsp cumin
- 1/2 tsp dried oregano
- 2-3 boneless skinless chicken breast, depending on their size
- about 6 scallions, chopped
- shredded reduced fat cheddar or Mexican mix cheese
- fat free sour cream (optional)

Directions:

Heat olive oil in a saucepan over medium heat. Add onion and sauté until soft, 3-4 minutes. Add garlic and cook for about one minute more. Add the chicken broth, tomato sauce and chipotle in adobo and bring to a boil. Add cilantro and remove from heat. Pour into crock pot or refrigerate to put in crock pot the next day.

To the crock pot, add drained beans, diced tomatoes, corn, cumin, oregano and stir.

Add the chicken breasts; cover and cook on low heat for 6-8 hours.

Remove chicken from the crock pot and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste if needed. Stir in about 2 tablespoons more cilantro and about 2/3 of the chopped scallions. Serve in bowls and top with fat free sour cream, cheese, and additional scallions and cilantro.

**Please share your
favorite recipes with**

**Lara Norris for future
Vital Signs at
larisalee1968@aol.com**

2021 Membership Campaign Underway!

The TCMA and TMAA are a month into our membership campaign. Christina's goal this year is for 100% renewal with hopes that we'll also have several new members join us. Have you renewed? Enrichment activities and great general meetings are just two of the benefits!

And, 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.



Book Club Schedule

November 18 - *The Dutch House* by Ann Patchett, reviewed by
Toni Burns

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.



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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