

From: TCMA webmaster@tcmalliance.org
Subject: Vital Signs 05-31-19
Date: May 31, 2019 at 9:52 PM
To: Kathy Kitchens Downie kathy.downie@me.com

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WHAT'S COMING UP:

June 18 - St. Louise House volunteer opportunity (RSVP)

[August 28 - Book Club Meeting](#)

[September 25 - Book Club Meeting](#)

[October 23 - Book Club Meeting](#)

Click on an event to read more!



Saint Louise House Apartment Set-Up

Help transform an empty apartment into a warm, welcoming home for a SLH family!

Tuesday, June 18

9:00 a.m. to noonish

Set-up includes: assembling and arranging furniture, hanging pictures, decorating, making beds, and putting away bath and kitchen items.

We'll also be gathering new and gently used household items for use in the apartment, so please consider donating: pots and pans, bath linens, silverware, glassware, rugs, bed linens (twin beds only), decor and more. *Please let Beth O'Farrell know what you are donating so we have an accurate inventory. Pickup of items can be arranged if you will not be at the event.*

**** Apartment address will be given upon RSVP.****

To RSVP or for questions, contact: **Beth O'Farrell**, bofarrell21@gmail.com

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.



First Tuesday at the Capitol

We had our last First Tuesday on Monday at the capitol. Thank you to all

we had our last First Tuesday on May 7 at the capitol. Thank you to all who participated in First Tuesdays this year. It was a lot of fun and a great experience! A special thank you to Patty Loose, Julie Cowan, and Carla Wilkenfeld - our wonderful legislative leaders!



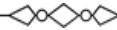
A PAPER DIRECTORY ...

...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).**

**Only the names of current members will be IN the directory
too.
Don't miss out!**



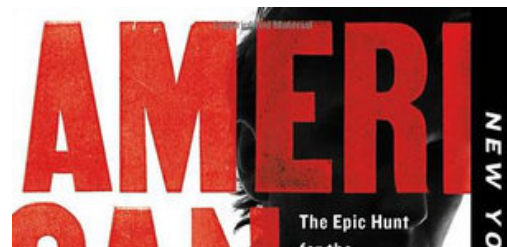
Book Club Happenings

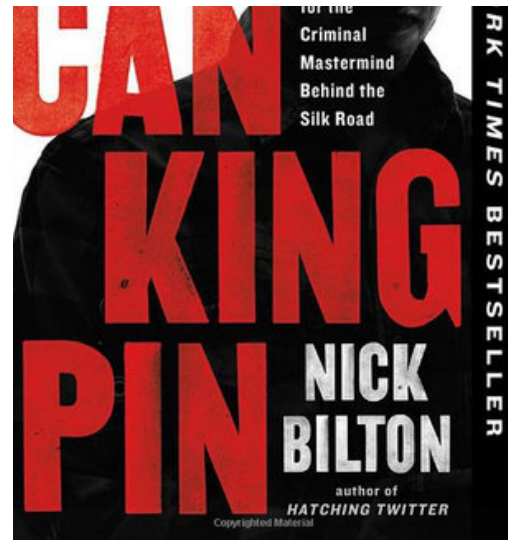
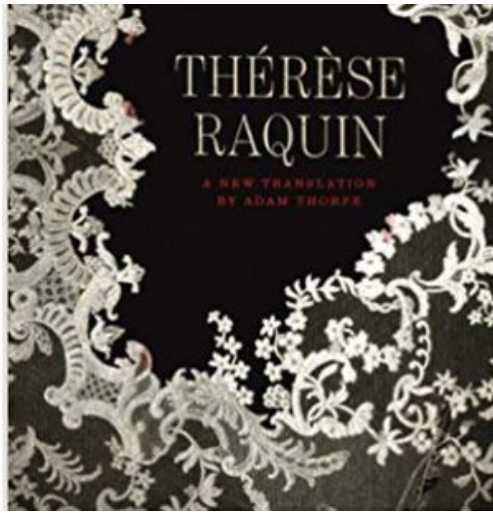
Book group had a great meeting yesterday! What a way to end the season!
Thanks to Peggy Seaquist for opening her lovely home to us and to Kathy
Trizna for her usual outstanding review.

Consider joining us in the fall for these books and discussions:

August 28: Suzanne McFarlane will lead our discussion of *American
Kingpin* by Nick Bilton.
Hosted by Sarah Butler.

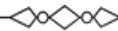
September 25: Pat Wallis will lead our discussion of Emile Zola's *Therese
Raquin* (read the translation of your choice). *Host needed.*





All members and prospective members are welcome. You don't have to read the book to join in the meeting. We often have coffee and snacks and time to visit before we begin book discussion.

For addresses of meeting locations, please join the committee or contact Pat Wallis at patriciaawallis@gmail.com or [512-327-7505](tel:512-327-7505).



St. Louise House Grant Report for 2018

The TCMA has long been a proud supporter of the St. Louise House, as volunteers and through community service grants. Maria Kiehn, Community Engagement and Grants Manager, recently shared this list of some of the specific needs that TCMA funds have been used for this past year:

- Eye glasses for a child after an eye doctor provided a free eye exam;
- Bilingual counseling for a mother who had lost her job and was experiencing significant stress and depression;
- Counseling co-pays for a mother, supporting her mental health so that she could be a more stable, consistent parent and employee;
- ADD medication for a child so he could be more successful in school;

- Medication for a mother whose medical condition was impacting her ability to work;
- Pay off previous balance at Seton so a mother could see her doctor about some cardiovascular irregularities;
- Diapers when Austin Diaper Bank has been unable to meet the full need for diapers for the 14 children under the age of three

"Without TCMA support, these needs would have gone unmet, endangering mothers' ability to work and parent successfully and endangering children's health and success in school. We are so grateful for our partnership with the Travis County Medical Alliance!"

Maria Kiehn

...empowering women with children to overcome homelessness




DO YOU HAVE A SMALL BUSINESS?

You can place an advertisement in the paper directory that will be mailed to alliance members at the end of the summer. Ads will be business-card sized on the inside front and back covers 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.

**** First to pay gets the top spot! Call Pat with questions [512-327-7505](#). ****



Here is the roster of incoming TCMA officers for 2019-2020:

President: Wendy Propst

President-Elect: Christina Fenrich

Secretary: Wendy Kratzer

Treasurer: Amy Whited
Treasurer-Elect: Janet Schneider
VP Communications: Kate Paul
VP Financial Development: Tugba McCage
VP Financial Development-Elect: Ronsey Chawla
VP Programs: Lori Benold
VP Membership: Shannon McNeil
VP Membership-Elect: Olguita Santiago
VP Medical Affairs: Carla Wilkenfeld
VP Community Service: Beth O'Farrell
VP Community Service-Elect: Jenny Stern
VP Enrichment: Lara Norris



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 deadlines to Kathy Downie at Kathy.Downie@me.com :

June publication submission deadline: June 7th

July publication submission deadline: July 5th

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 .



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

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