

**From:** Cindy Nelson patriciaawallis@pb02.ascendbywix.com  
**Subject:** Vital Signs 11-22-20  
**Date:** November 22, 2020 at 9:30 PM  
**To:** Kathy Downie kathy.downie77@gmail.com

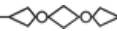


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### What's Happening:

**November 26 - [Deadline to renew membership dues](#)  
and be registered for Park City, UT, vacation  
February 16, 2021 - General Meeting  
April 20, 2021 - General Meeting**



*We hope your families have a safe and relaxing Thanksgiving. We will be off next week.*

*Look for our next Vital Signs edition in your email inboxes on December 6.*



**Note from Christina  
Fenrich,  
TCMA President**

As Thanksgiving approaches and I continue to count my blessings, I am grateful for the opportunity to work, learn, and be inspired by

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TCMA and TCMAF Board members.

Did you know that our volunteer Board meets the second Tuesday of each month, from September to May, to discuss and plan how best to serve the central Texas community and our family of medicine? This does not even take into account the time spent over the summer preparing for the year. It is remarkable to me how this planning is now translating into service and action.

I appreciate that this diverse group, whose commonality is a physician spouse or a physician medical practice, all share the same desire to help our community. Witnessing this work makes me pause and say, “thank you.”



## **TCMA Fund Drive 2020 is under way!**

Thank you to our generous donors. We are approaching 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](http://tcmalliance.org).



### TCMA Annual Fund Drive 2020

**Foundational Believer (\$1,500+)**

Sarah and Ernest Butler

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

David Vander Straten

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

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

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Rob and Julie Cowan (in honor of Christina Fenrich)  
Berenice and Jason Craig  
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. Paul Harford and Sandra Dunn  
Dr. Mike and Elaine Kaspar  
Dr. and Mrs. Shannon Kratzer  
Sharon and Greg Kronberg  
David and Ann McFarland  
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)**

Patrick and Margene Beckham  
Lori and Terrell Benold  
Carolyn Biebas  
Sean and Cindy Blaydon  
Robert Butler  
Jack and Jennifer Carsner  
Gayle Cullington  
Ben and Kathy Downie  
Dr. Elwood and Sue Eichler  
Dr. and Mrs. Bob Frachtman  
Dr. Lowell and Charlotte Haro  
Karen and Stanley Kim  
Jeni and Gus Lowry  
Kay McHorse  
Shannon and Jeff McNeil  
Dr. H.E. and Ann Morales  
Dr. James and Cheryl Robinson  
Dr. Drew and Emy Lou Sawyer  
Maryann and Brian Sayers  
Lisa R. Stanley  
Jenny Stern  
Barbara Tindel (in memory of Dr. Jerry Tindel)  
Pat and Ted Wallis



## 2021 Membership Campaign Continues!

Please renew your Jan – Dec 2021 membership  
We just wouldn't be the same organization without YOU!

If you haven't already renewed your 2021 TCMA and TMAA membership dues, please do so today! You have probably received emails and a snail mail letter from TMAA, reminding you of the membership campaign. But if you've misplaced those items, have no fear.....

Here are three ways to renew:

1. Online at [texmedalliance.org](https://www.texmedalliance.org) (Click *Join Now* in the top right-hand corner to take you to the TMAA form.)
2. By calling the TMA Knowledge Center at (800) 880-7955 (You'll talk with a live person who can help you find pertinent information to complete your registration. Have your credit card ready.)
3. By mailing a membership form and check to TMA Alliance, 401 W. 15th Street, Ste. 101, Austin, TX 78701 (A membership form can be found at [https://www.texmedalliance.org/tmamis/tmaa/assets/mshipforms/Travis\\_2021.pdf](https://www.texmedalliance.org/tmamis/tmaa/assets/mshipforms/Travis_2021.pdf), printed out, and mailed along with your payment.)

Staff are on-call during regular business hours at the TMA Knowledge Center to help you identify your spouse's license number if you don't have it.

***Renew your membership before Thanksgiving, and your name will be entered into a drawing to stay free in a Park City, UT condo for 4 days and 3 nights this summer on dates of your choosing. Pay TEXPAC dues and you'll be entered a second time!***

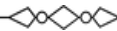




As an Alliance member, you have no required time or volunteer commitments. But, the Alliance does offer many opportunities to enjoy fellowship, learn, socialize, advocate, and support the central Texas community.

We'll be watching for your name to populate our membership renewal list!

If you have questions, please do not hesitate to contact TCMA President Christina Fenrich at [president@tcmalliance.org](mailto:president@tcmalliance.org) [president@tcma](mailto:president@tcma).



## Which activity is riskier: Doing a virtual turkey trot or caroling in a group?

Because of the COVID-19 pandemic – and the social distancing recommended to stop its spread – this holiday season will be anything but normal. TMA has created a chart that ranks various holiday traditions and activities based on how risky they are.

Have a happy and healthy holiday season!



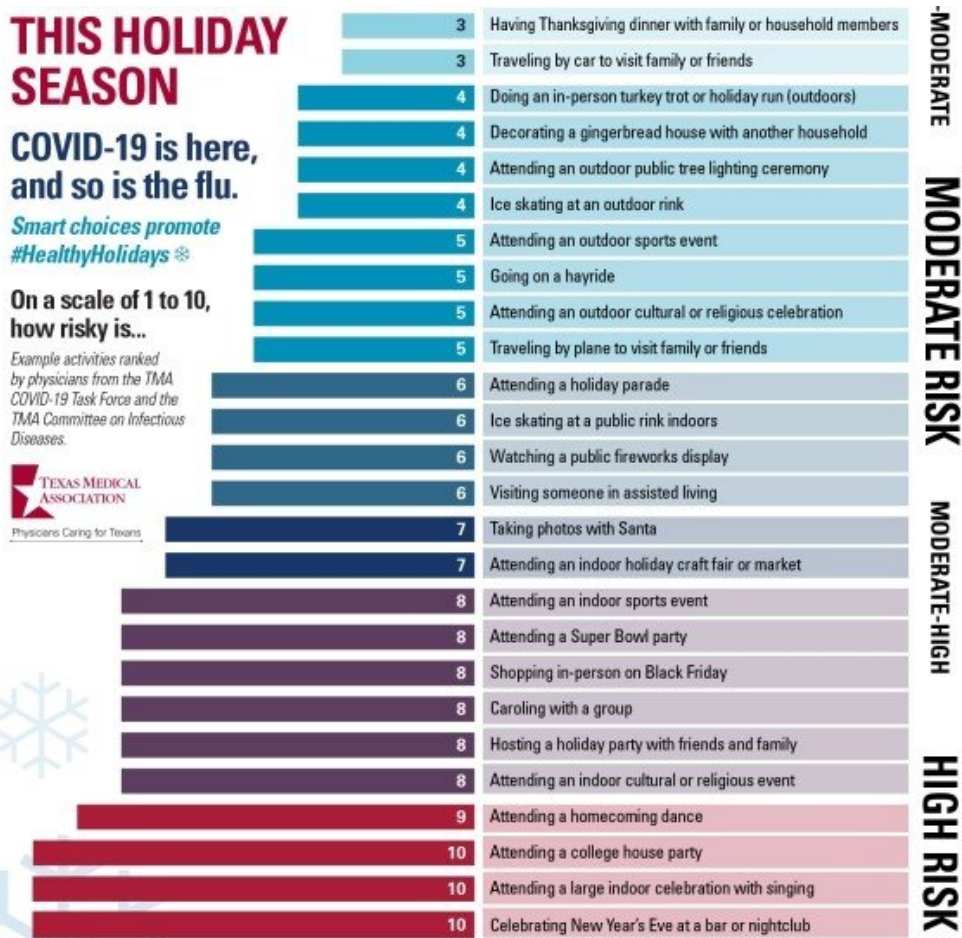
# THIS HOLIDAY SEASON

COVID-19 is here, and so is the flu.

Smart choices promote #HealthyHolidays

On a scale of 1 to 10, how risky is...

Example activities ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.



Please assume participants in these activities are following currently recommended safety protocols, including social distancing, mask wearing, and washing hands frequently. The more people, the closer together, the fewer the masks, the more mingling indoors, the longer the time, the more singing and voice projection, and the more alcohol – the greater the risk.

Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680

www.texmed.org

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#HealthyHolidays

This chart provides general information regarding exposure risks related to certain activities. It does not constitute medical advice and does not substitute for the advice of your physician. Consulting your personal physician is recommended when assessing your risks taking into consideration your medical condition.

## Member Recipe Share

Please share your favorite recipes with Lara Norris at [larisalee1968@aol.com](mailto:larisalee1968@aol.com) for future Vital Signs!

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