

From: TCMA patriciaawallis@pb02.ascendbywix.com
Subject: August Vital Signs 2020
Date: August 16, 2020 at 10:50 PM
To: Kathy Kitchens Downie kathy.downie@me.com



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What's Happening:

[August 26 - Book club](#)

[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

**September 15th
9:30 am**

**Join us for our
General Meeting
on Zoom!**



**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?***

when she is speaking:
Email your answer to Lara Norris at
larisalee1968@aol.com to WIN a prize!

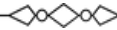
To watch the video, just click the link below!

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

There are many ways to stay connected
and up to date with all things TCMA!

Have you checked out our website?

www.tcmalliance.org



Note from Christina

Christina Fenrich, 2020-21 TCMA
President



Help Christina reach her #1 goal to increase membership!

The TMAA is inviting those members who have fallen away from the Alliance to pay their dues before Sept. 1, 2020 and be considered dues-paying through Dec. 31, 2021.

As a current TCMA member, won't you reach out to your longtime medical community friends and invite them back to our wonderful organization?

Read on for more details and then forward on to your friends.

Membership Special for Non-Renewing Members:

A One-Time Special Offer is provided to Alliance members who did not renew their 2020 membership!

From now through Sept 1, when members renew their 2020 dues, they will get their membership paid through December 2021!

The easiest ways to renew are to call the TMA Knowledge Center at (800) 880-7955, or mail a check to TMA Alliance, 401 W. 15th St., Austin, TX 78701.

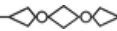
Active Members \$95/yr Widowed/Retired Members \$68/yr



Travis County Medical Society has PPE available for Austin Area Physicians

Physician's practicing in the Austin area are eligible to receive the 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.

If you are not registered to vote (or unsure) , [go here](#) for ways to check registration 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.



Hello from Austin Adventures!

Dealing with Covid doesn't mean you can't get out to see all the great things Austin has to offer. Here are some suggestions you may want to check out, click on the links in blue to learn more. I hope someday soon we'll have our next another Austin Adventure together!

- Christi Dammert, Austin Adventures Chairperson

Local and state parks are open and by reservation only

[Austin City Parks](#)

- Barton Creek Greenbelt (all access points)

- Commons Ford Ranch

- Emma Long Metropolitan Park

- Walter E. Long Metropolitan Park

[Texas State Parks](#)

Below is a list of some of my favorite state parks that are worth a day trip and have water access (since it'll be hot well into September):

- McKinney Falls

- Pedernales Falls

- Blanco State Park (You may see me & my family splashing in the river there on

Sunday, September 6!)

- Inks Lake

- Enchanted Rock (There's no water here but it is such a beautiful sight it's worth getting out there for an early morning hike.)

Other things you may want to check out.

[Keep Austin Beautiful](#)

Outdoor volunteer opportunities, including a nature preserve clean-up event on the first Saturday of every month.

[Blanton Museum of Art](#)

Reopened with limited reservations only.

[Drive-in movies](#)

Leave your sofa to watch a movie and keep your distance.



Book Club Schedule

August 26 - *The Storyteller's Secret* by Sejal Badani, reviewed by Pat Wallis & Diane Broberg

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.



****New Facebook group for TCMA Members only****



The "TCMA Book Review" group will:

* discuss the selected Book Review books

after the presentation

* suggest books to read

- ∩
- * request books from other members
 - * buy, sell or trade books
 - * anything book related

The group is searchable on Facebook or contact Cindy Nelson for a link to be invited. Happy reading!



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.



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