

From: Cindy Nelson patriciaawallis@pb02.ascendbywix.com
Subject: Vital Signs 11-08-20
Date: November 8, 2020 at 8:43 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](#)

**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



**Note from Christina
Fenrich,
TCMA President**

November marks the start of the season when we typically begin to plan holiday events and family celebrations.

As your Alliance Board tries to determine how to safely socialize during the pandemic, a rising number of Covid-19 cases in Travis County reminds us this disease remains a persistent threat. We still

find ourselves far from our goal of being able to meet in-person in a large group anytime soon. This reality is never more real than when a family member or friend contracts this dreaded disease.

One of our newest Alliance members, Renee Stanley, and her husband, Dr. Tony Stanley, battled Covid-19 recently. **They kindly agreed to share the story of their experience** as a reminder to not let our guard down during the holidays. Please see their story at the end of Vital Signs. Fortunately, the Stanleys are recovering now.

Supporting the family of medicine is one of our defined missions of the Alliance. If you or any Alliance friend you know contracts Covid-19, reach out and let Pat Wallis, chair of Outreach & Support, know. The Alliance is here to be a source of support.

And before I close, please remember that our **membership drive continues**. Renew your dues by Thanksgiving, which is less than three weeks away, to be included in our drawing for a FREE stay in a Park City condo this summer.

Stay safe, friends!



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 Vander Straten

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

Robert Butler

Gayle Cullington

Ben and Kathy Downie

Dr. and Mrs. Bob Frachtman

Dr. Lowell and Charlotte Haro

Karen and Stanley Kim

Jeni and Gus Lowry

Kay McHorse

Maryann and Brian Sayers

Lisa R. Stanley

Jenny Stern

Barbara Tindel (in memory of Dr. Jerry Tindel)

Pat and Ted Wallis



TCMA Philanthropy Dollars at Work!



A properly fitting helmet can prevent almost all head injuries, up to 85 percent, the most common cause of disability or death in a bicycle crash.

Recently, your generous donations to our annual fund drive allowed the TCMA Foundation to purchase 50 bicycle helmets through the Texas Medical Association Foundation Hard Hats for Little Heads Program, with a 100% helmet-matching contribution.

On September 21, 2020, People's Community Clinic received 100 bike helmets for distribution to families. According to Christine Villarreal-Levy, M.D., "The helmets are always such a joy - both for the child who receives them and for the provider who gives them."

Thank you for giving.





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!



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 (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, 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.

And don't forget, if you renew before Thanksgiving, 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!

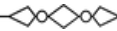
If you have questions, please do not hesitate to contact VP Membership Olguita Santiago at olgitamsantiago@gmail.com or VP Membership-elect Lori Benold

at lori@loribodine.com.



Recipe Share

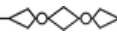
**Please share your
favorite recipes with
Lara Norris for future
Vital Signs at
larisalee1968@aol.com**



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.



Our Very Real Battle with Covid

My name is Renee Stanley, and my husband of 35 years and I moved to Austin 3 years ago on the very day we retired. My husband Tony was a pediatrician with Texas Children's Hospital in Houston for 40 years. On October 8th Tony told me he was a little tired and needed a nap. Naps are not common place in our household. Tony and I are swimmers, and in addition to swimming 2000 yards had walked 5 miles that day. Exercise that day had been a little harder than usual but I didn't think too much of it. It was the next day when Tony

said he felt like he needed another nap that I began to think something might be wrong. The following morning my sweet husband, and love of my life, said “I think I have either the flu or strep throat”. He made an appointment to see our internist in their Sunday after hours clinic. Two short hours later we received the dreaded call that Tony was positive for Covid-19. We were shocked. Covid? How could that be? We could have been the poster children for face masks and hand sanitizer. We always washed our hands when we entered our house. This was truly UNEXPECTED news.

Over the next 48 hours not only did Tony continue to worsen but I also tested positive and became ill. When I say ill, I mean extremely ill. Fever and unrelenting headaches were my reality. Covid is such a terrible virus and so strange in its presentation of symptoms. Everyone is different. Tony and I would be so sick and then for a few short hours think “we may have turned a corner” only to be shoved back in bed with headaches, myalgia and fatigue.

On day eight of Tony’s illness he started to be so weak that even the slightest physical exertion caused him to shake. His fever was constant and he started to develop chest pains. I was so worried and constantly checked his pulse oximeter readings hoping they would go up instead of the downward trend in which he was headed. We both feared going to the hospital because, even though we were both in the medical field, we too had heard the stories of the over 200,000 people who had entered the hospital with covid and never came home.

On the morning of October 18th I awoke to an awful announcement by my husband. Tony felt like he had worsened significantly through the night and wanted me to take him to the Emergency Room. Several minutes later I dropped my very ill husband off at the door of Seaton Hospital. I sat in the car and cried. I stayed in the parking lot for hours because I was afraid to leave him. Fear was overwhelming me. I texted some very close friends to let them know what was going on because I couldn’t pull it together enough to talk on the phone. Many faithful and faith-filled friends started to pray. I felt so alone.

My sweet Tony had a myriad of tests: chest X-ray, CT Scan, blood work, EKG. He had Covid pneumonia. The Radiologist described it as "ground glass infiltrates." That description alone was scary. With all of the test information, the Emergency Room doctor told him that he was "very concerned and although he was on the cusp of the qualifications for admission, he was not quite there." Tony was sent home that afternoon and told that if his symptoms got worse or if his lips turned blue (and no, I am not exaggerating that phrase) he should return to the hospital. Although I was beyond relief that my sweet husband was getting to come home, he was still VERY ill. The next seven days were some of the scariest days we had ever faced. We were both sick and no one could come around us, we had Covid! We made it through the long days and even longer nights and on day 15 started to feel better.

Through this awful experience we have learned a lot. First, even though we were isolated, we were NEVER alone. We had so many wonderful people praying for us, bringing us food to our front door and dropping off treats to help us feel better. Good friend, and fellow Alliance member, Deneitra Hutchinson not only did some of our grocery shopping, her husband Jeff Hutchinson went and picked up medications for us and brought them to our doorstep. That's love in action. Some friends sent Grub Hub gift certificates so that when we felt hungry we could order what seemed appetizing on those nights when we were up to having food delivered.

The second lesson that we learned was one of humility. We thought we wouldn't get Covid because we were so "good" at being safe. We always wore our masks when out in public; not like some of "those" people who refused to "mask up" when everyone knew they should. In retrospect, we see ourselves as prime examples that one can socially distance, wear masks, and practice great hygiene but still catch Covid-19. Through it all we found that being real and open and sharing our struggle with those that loved us gave us a sense of peace, emotional support, and comfort that was irreplaceable.

Finally, we learned that, even though we totally believe in conventional medical science with medical practice occupying a large part of our adult lives, there are times allopathic medicine can offer no more (and probably less) than a friend or a loved one. Covid-19 is a terrible virus.

It can take healthy people and very quickly turn them into weak individuals struggling to breathe. Everyone has a different experience with Covid. This is how it affected the Stanley household. If you should catch Covid-19 be wary. Disease symptoms can deteriorate very rapidly. It is our sincerest hope that your family will not experience the virus as we have. Life is often full of difficulties, but our problems in these days were made a little easier when we opened ourselves up to the healing power of friendships.



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