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TCMA Vital Signs April 10, 2022

1 message

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TCMA Vital Signs April 10, 2022



UPCOMING EVENTS:

- April 12 - Executive Board Meeting
- April 13 - Austin Adventures- Walk & Talk around Lady Bird Lake.
- April 19 - General Meeting at Star Hill Ranch and Grant presentations
- April 27 - Book Group, *Lincoln Highway* by Amor Towles
- April 28-29 - ALLMED in Houston - register now!
- May 3 - Board Retreat 10am
- May 17,18,19 - TCMS Athletic Physicals
- May 25 - Book Group
- June 22 - Book Group
- July 27 - Book Group



Note from TCMA President Jenny Stern

Hello Alliance Friends,

My favorite month in the Alliance calendar is April, when so much of our year's work comes to fruition - our fabulous Party With a Purpose on April 2 (chaired by Julie Cowan and Christina Fenrich), our final push for sponsorship donations (led by Development VPs Patti Hernandez and Christina Romain), and the presentation of our grant awards by Community Service VP Deneitra Hutchinson to deserving non-profits at our general meeting on April 19. This year's general meeting, planned by Christi Dammert and Lara Norris, will be extra special as it will be held at the fascinating Star Hill Ranch, on April 19 at 10 am, starting with brunch.

In addition, other community service projects are continuing, including the preparation of a delicious and much appreciated meal for Saint Louise House residents on April 7 (organized by Debbie Chilton), the distribution of bicycle helmets (thanks to VP Community Service Elect Elaine Agatston), and providing home BP monitors for patients at the Volunteer Healthcare Clinic, coordinated by Melissa Smith. Our social activities are returning in full swing (as long as our Covid risk stays low)– we had a beautiful Past Presidents' Luncheon on April 8 to welcome Shannon McNeil as our incoming Alliance president, planned by Christina Fenrich. A "Walk and Talk" around Lady Bird Lake is scheduled for next Wednesday morning led by Christi Dammert, and our monthly book group meetings are ongoing and very popular, chaired by Peggy Russell and Kathy Trizna. And our membership chairs, Lori Benold and Renee Stanley, are still working to recruit and retain members by planning a spring membership event, date TBD.

I am so grateful for this year's very accomplished board and committee chairs, and for all those who donated to the Annual Fund Drive or bought PWAP raffle tickets, and to all who joined or renewed their membership in the Alliance. We can be proud of the work we are doing to improve the health of our community.

With appreciation,

Jenny

president@tcmallince.org



TCMA General Meeting

Tuesday, April 19 @ 10am

Star Hill Ranch



Join us for our biggest meeting of the year!
Installation of the 2022/23 Executive Board
Grant Awarding Ceremony



Show off your favorite pair of cowboy boots!

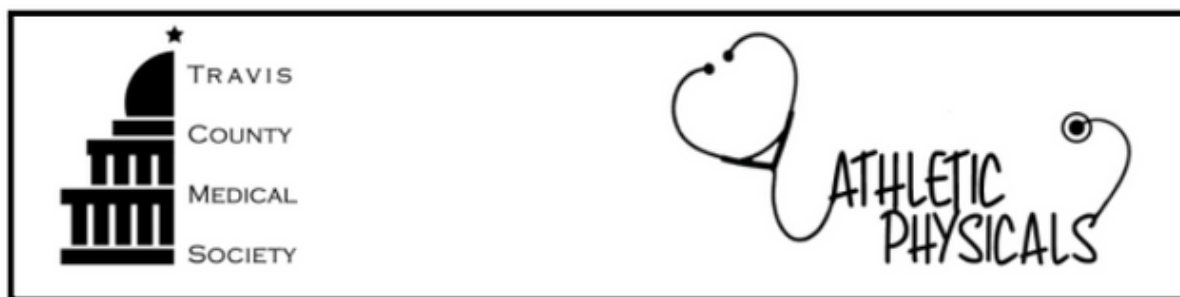
*****BRUNCH*****

*****DOOR PRIZES*****

Star Hill Ranch
1500 Hamilton Pool Road
Austin, TX 78738

Star Hill Ranch is an amazing venue and a must see! This is an "Old West Main Street" with dozens of carefully restored homes, business, a church and a school. The brothers Matt and Adam Woolley have done their best to make Star Hill Ranch authentic not only as an homage to their multigeneration Texan family but also because it is the backdrop to many tv shows and movies. When you wander the property you might recognize some scenes from Yellowstone, The Walking Dead, The Alamo and even from the opening credits of Queer Eye Austin.

Many Austin locals also recognize Star Hill from weddings of friends and family. It's a very popular venue with its unique atmosphere. We are so fortunate to be able to have the run of Old Main Street and have our biggest meeting of the year in the Old School House. Owner Matt Woolley will be there with us to tell stories of the buildings' histories and restorations. He might also share a few stories of what's been filmed there. Make sure to get there on time to experience Star Hill to the fullest!



Each spring, TCMS partners with AISD to provide athletic physicals for over 1,000 underinsured students. TCMS is again asking for Alliance volunteers, in addition to TCMS physicians. Nurses and physicians can assist with blood pressure taking and other exams, and non-medical volunteers can serve as chaperones, take height and weight, direct students to various stations, and provide snacks. Spanish speaking is a plus. Three sessions, starting at 5:30pm, will take place at the Burger Center (MOPAC & Hwy 290) on

Tuesday, May 17; Wednesday, May 18; and Thursday, May 19.

Here is the form to volunteer: [Athletic Physical volunteer form](#). For more information, contact Chantel Pearson, TCMS Director of Programs and Publications, at cpearson@tcms.com or 806-640-4553.

New Covid Risk-Based Guidelines from Austin Public Health

Our current Covid-19 community level is **LOW**. Up-to-date Travis County Covid data can be found at [Travis County Key Indicators & Community Risk Level](#)

COVID-19 Risk-Based Guidelines Chart

Hospitals, nursing homes and congregate facilities including jails and shelters follow APH guidelines—or—the facilities’ regulatory policy.

COVID-19 Community Levels	Gatherings		Dining		Shopping	
	Up to date	At risk	Up to date	At risk	Up to date	At risk
Low						
Medium <small>Mask when social distancing is not possible.</small>						
High						

Places that require vaccines and masks may pose a lower risk.

Masks optional, continue washing hands and other hygiene precautions. People may choose to mask at any time. Respond with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask according to CDC guidance.

Take precaution measures: wear a mask, wash your hands and social distance following CDC guidelines.

CDC's COVID-19 Community Level recommendations do not change current travel requirements, including the requirement to wear masks on public transportation and indoor to U.S. INTERNATIONAL FLIGHTS.

Up to date: A person has received all recommended COVID-19 vaccines and boosters.

At risk: Talk to your doctor to determine whether you are at risk.

Source: <https://www.texas.gov/covid-data/tracker/RateTracker.html>

2022 Party With a Purpose - Palm Springs Cool

At the 2022 Party With a Purpose, local and state medical leaders shared short videos of gratitude to our Travis County physicians. [Take a look!](#)

And.....check out our Facebook and Instagram pages for more PWAP photos!

Julie Cowan (jscowan@aol.com) and Christina Fenrich (cafenrich@gmail.com)
PWAP *Palm Springs Cool* co-chairs

TRAVIS COUNTY MEDICAL ALLIANCE
2022 PARTY WITH A PURPOSE

PALM SPRINGS COOL

SPONSORS

GOLD STAR

ARA Diagnostic Imaging
Austin Regional Clinic
Ascension Seton
Austin Area Ob-Gyn & Fertility

Capitol Anesthesiology Association
a division of US Anesthesia Partners
Clinical Pathology Associates
Code 4 Emergency Services
Travis County Medical Society

SILVER STAR

Austin Anesthesiology Group
a division of North American Partners in Anesthesia
St. David's HealthCare

BRONZE STAR

Austin Cancer Centers/Dr. Douglas Rivera
Dr. & Mrs. Ernest & Sarah Butler
Dr. & Mrs. Mark & Patti Hernandez
TMA Insurance Trust

BRIGHT STAR

EXP Realty - Jamie Armstrong
Eye Institute of Austin
Texas Fertility Center

RISING STAR

Austin Retina Associates
Dr. Michael Romain/Austin Diagnostic Clinic

IN-KIND DONORS

Austin Classical Guitar
Barton Creek Country Club
Bola Pizza
Julie & Rob Cowan
Christina & Arnie Fenrich
Esther's Follies
Fighting 69th Irish Whiskey
French Connection Winery
Freytag's
Gusto Italian Kitchen + Wine Bar
HEB
Home Depot
New Waterloo/South Congress Hotel

Orvis
Perla's
Portico Place #12 Deer Valley
Inga & Richard Ruckman
Sikara & Co.
Renee Stanley
Tony Stolfa, Filmmaker
Total Wine & More
Trader Joe's
WineShop At Home by Dawn McDaniel
David Yurman - Domain
Zach Theatre



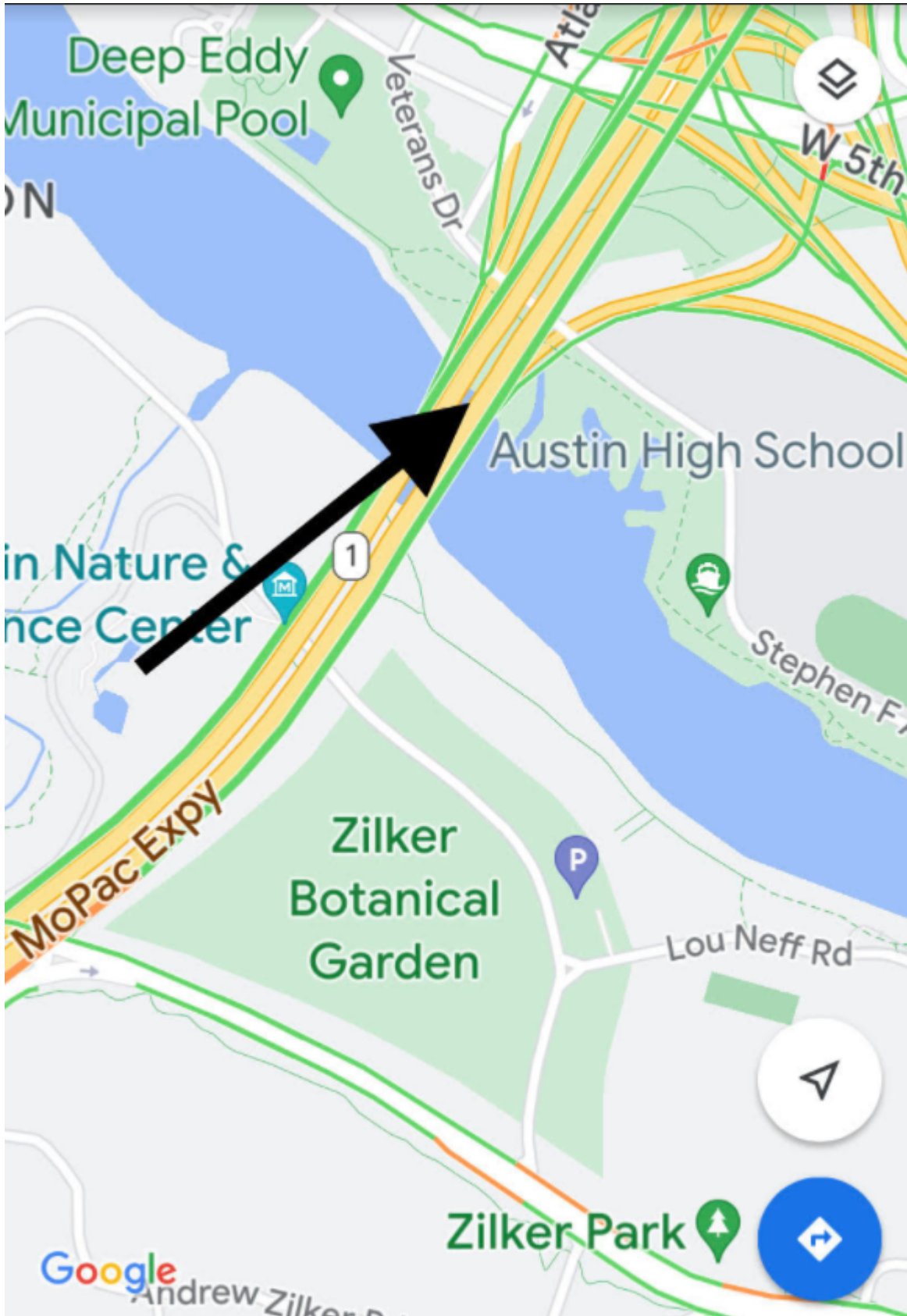
Austin Adventures

Walk & Talk Town Lake Trail

Wednesday, April 13th

9:00 am

Let's meet at "The Rock" under Mopac Bridge, on the north side. Parking options are on the street near The Rock or in the parking lot on the south side of Mopac. We will walk the loop via the 1st St Bridge which will be about 1 hour. We're excited to get the chance to catch up and get a little fresh air and a little exercise all at the same time!





Take Yourself to the Ball Park for Round Rock Express Baseball

TCMS has discounted tickets to two April RR Express games. Get your tickets now to enjoy being outside watching the Triple-A affiliate of the Texas Rangers.

Friday, April 22, 7:05 pm

RR Express plays the Albuquerque Isotopes (Colorado Rockies)

Fireworks and a History of Hip Hop themed show after the game

Sunday, April 24, 1:05 pm

RR Express plays the Albuquerque Isotopes (Colorado Rockies)

Kid's Day by HEB

[Get Tickets Here](#)

Also available are tickets to Broadway Austin, Formula 1 and UT games.



PAST PRESIDENTS



TCMAF Past Presidents met on Friday for the Annual Luncheon at the TarryHouse to convey support and congratulate President-Elect, Shannon McNeil. The future of our Alliance is in great hands. Congratulations Shannon!



Please join us at ALLMED in Houston April 28-29! It's going to be a worthwhile experience of growth and fellowship.

[ALLMED Information](#)



Book Group

April 27 -Carla Wilkenfeld will review *Lincoln Highway* by Amor Towles

May 25 - Pat Wallis will review 2 books, You can read both, either or neither.

Waiting for the Barbarians and/or

The Life and Times of Michael K both by J.M. Coetze.

Both are very short.

June 22 - *The Last Dance on The Starlight Pier* by Sarah Bird, this book won't be available until 4/12,2022.

July 27 - *The Nature of Oaks* by Doug W Tallamy, Kathy Trinza will review.

To join the Book Group, visit tcmalliance.org and click on the Book Review tab, under News & Events.



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