
TCMA Vital Signs 10-6-2019

1 message

TCMA <patriciaawallis@pb02.ascendbywix.com>

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To: Wallis Patricia <patriciaawallis@gmail.com>

Sun, Oct 6, 2019 at 2:28 PM

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WHAT'S COMING UP:

October 7 - Partners In Practice

October 10-11 TMAA Regional Conference - Tyler

October 15 - General Meeting

October 23 - Book Club

October 27 - Toast To Doctors (rsvp required!)

November 7 - Austin Adventures

November 20 - Book Club

December 3 - Science Teacher Nominations due

Click on an event to read more!



General Membership Meeting!
Tuesday, October 15, 2019
The UMLAUF Sculpture Garden & Museum
605 Azie Morton Road / 78704 (formerly Robert E. Lee Road)



Yoga in the Garden 9:30am

An experience for the senses!
Class for all levels led by instructor Brigitte Edery.
Wear comfortable clothing that you can move easily in
& bring a yoga mat if you have one - a limited supply
will be available. Love offerings (donations)
to thank the instructor are welcomed.

General Membership Meeting 10am

Enjoy light brunch fare & TCMA updates.

Tour of the Umlauf 11:30am

A private tour for TCMA members.

Donations to be collected

for The Refuge for Domestic Minor Sex Trafficking
You can help by bringing medical supplies such as:
Ace bandages, Band-Aids, antibiotic ointment, Advil,
Ibuprofen, Benadryl cream, Theraflu packs,
thermometers & covers.



Parking

Free parking is available both at the Umlauf
& across the street.

RSVP by October 13th

To Lori Benold at lori@loribodine.com

Toast to Doctors

Come sample the amazing fusion of flavors at Loro, an Asian smokehouse and bar brought to you by James Beard Award winners, Chef [Tyson Cole](#) of [Uchi](#) and [Aaron Franklin](#) of [Franklin Barbecue](#).

When: Sunday, October 27, 2019 6p-9p

Where: Loro [2115 S Lamar Blvd](#)

What: Toast to Doctors!

[Buy your tickets here!](#)



PARTNERS IN PRACTICE GROUP

meets

October 7th at 11:45am at
ebisu sushi restaurant

Please RSVP to director@treatpainnow.com

Topic is “hiring, firing and keeping your overhead low”



AUSTIN ADVENTURES

We had a wonderful mid-morning hike through the Greenbelt and even got in a Little Rock scramble up the middle of a dry Barton Creek. Thanks to Melissa, Wendy & Karen for joining! Mark your calendars for our next Austin Adventure on Thursday, November 7.

Please email me with any questions or suggestions for future Adventures.

Christi Dammert
Austin Adventures chairperson
Dammert.C@gmail.com



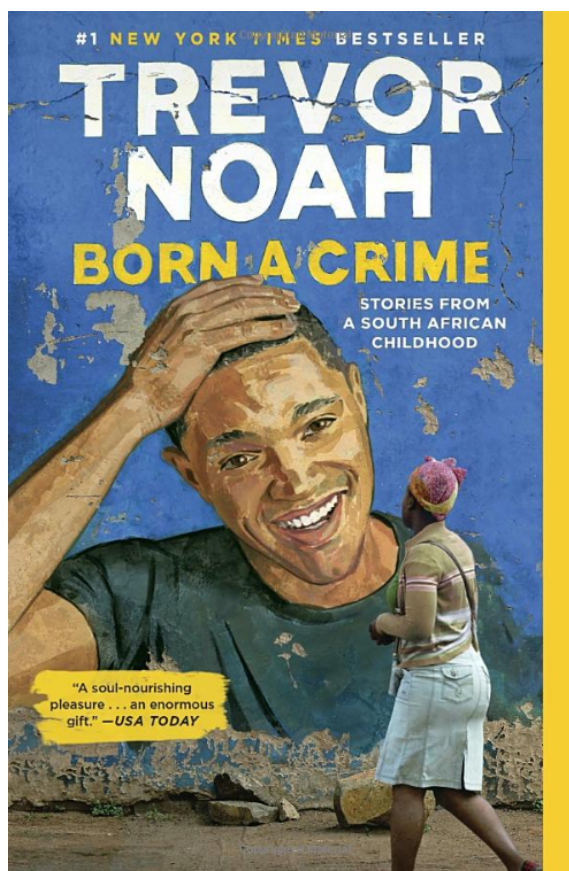
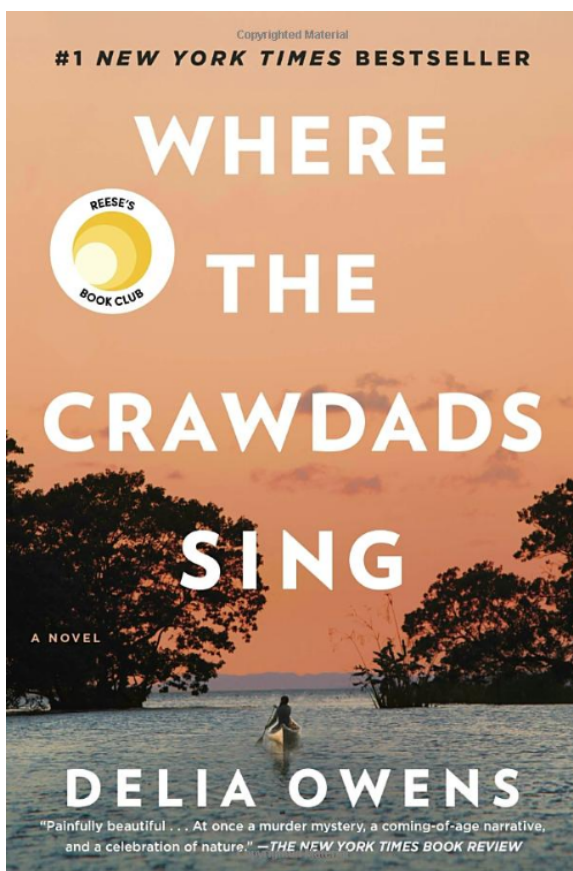
Book Club Happenings

Join us to discuss the following selections:

October 23: Beth Schlecter will review *Born A Crime* by Trevor Noah. Martha Coons will host.

November 20: Kay McHorse will discuss *Where The Crawdads Sing* by Delia Owens. Peggy Russell will host.

All daytime meetings begin at 10am. All members and potential members are welcome. Please contact Kay McHorse at kmchorse8@gmail.com with questions.



2020 Membership Renewal Campaign

The TMA Alliance has launched our 2020 Membership Renewal Campaign with an email renewal notice landing in everyone's inbox. Renew your own membership today, and join the campaign in your county to encourage others to renew, too.

Renew Here



MAH JONGG

The Mah Jongg group began their fall schedule in early September, and will continue meeting the first and third Wednesday's of the month until the end of May 2020. We welcome new players, both experienced and beginners. An email is sent to the group before each play day with the date, time, and place. Please contact me if you would like to join the group and receive emails.

Thanks, Kathy Thorstad
kthorstad@austin.rr.com



HOW TO BE INVOLVED THIS FALL

Fall brings new ways to be engaged in the mission of Saint Louise House. See how you can support Saint Louise House below:



Participate in Trunk-or-Treat

Our 2nd Annual Trunk-or-Treat will take place on October 24th and give families living at Saint Louise House an opportunity to trick-or-treat in a safe environment. You can join in the experience with us by signing up to provide a decorated trunk for children to visit. Email volunteer@saintlouiseshouse.org for more information.

Attend Sips and Salsa Soirée

The Sips and Salsa Soirée will take place on November 2nd at St. Michael's Catholic Academy. The gala style event will feature dinner, dancing, and live and silent auctions. Sponsor a table or buy tickets at www.saintlouiseshouse.org/sipsandsalsa.

Host a Home Away From Home Event

Invite us to share our mission with your employees, members, congregation, friends, or community. If you have a group that would like to learn more about Saint Louise House, reach out to Katie at kmontgomery@saintlouiseshouse.org.

Help with Childcare

Support families growing at Saint Louise House by providing childcare while mothers are participating in Empowerment Workshops on Thursday nights. For more information, email volunteer@saintlouiseshouse.org.

Become a Food Bank Volunteer

We are looking to grow our Food Bank volunteer team. If you have a little bit of extra time on Wednesday mornings or Friday afternoons, a larger sized vehicle, and a little bit of muscle, let us know! Contact volunteer@saintlouiseshouse.org to learn more.

Financial Donations

As families are settling into school schedules and enrolling in extracurricular activities, a financial donation allows Saint Louise House to support our families flexibly. You can donate electronically [here](#) or mail in a contribution to: Saint Louise House, P.O. Box 150637, Austin, TX 78715



TMAA Regional Conference

October 10-11

Temple, Texas



Thursday, October 10

6-9 pm: Welcome Reception at The Grove Kitchen + Gardens ([click for directions](#))

Friday, October 11

7-7:45 am: Walk With a Doc Info Session + Breakfast with Debra Heater, TMA Division of Communication

8:30-9 am: Opening Remarks, Lisa Queralt, TMAA President

9-10 am: What's Your Super Power? Using the StrengthsFinder Assessment to Take your Work and Team to the Next Level, Leslie Wang

10-11:30 am: Membership: Strategies, 2020 Campaign, Tutorials, Reports, & More

11:30 am-12:30 pm: Networking Lunch Buffet

12:30-1:15 pm: Discover the Future of Artificial Intelligence, W. Cannon Lewis II

1:15-2:15 pm: The Mission Matrix: A Powerful Framework for Decision-Making, Leslie Wang

2:15-3 pm: The Power of the Legislative Relationship, Jenny Shepherd

Click [here](#) for details on registration, hotel reservations and more.



Tickets to UT Sports, Formula 1, and More for TCMS members!

Choose from a selection of discounted tickets to UT home football games, soccer and volleyball and don't forget Formula One is right around the corner with Pink and Imagine Dragons headlining! Broadway Austin and the HEB Cedar Park Center have great shows coming up as well. Click on the link below for more information.



SCIENCE TEACHER AWARDS

By now, most Texas schools are back in session, which means plenty of great science teachers have begun educating the next generation of physicians.

You can help those outstanding educators become even better teachers by nominating them for the Texas Medical Association's Ernest and Sarah Butler Awards for Excellence in Science Teaching.

The award was created in 1990 to honor elementary, middle, and high school teachers who share their energy and enthusiasm for science through creative and innovative methods to cultivate student interest in medicine and science.

The awards are open to full-time public and private school teachers who have been teaching in classrooms for at least two years, and are teaching during the 2020-21 school year.

Up for grabs is \$51,500:

- Three first-place Texas science teachers will each receive \$6,000, a \$2,000 resource grant for their school science curriculum, and an all-expense paid trip to TexMed 2020 (TMA's annual conference) in Fort Worth for the award ceremony.
- Second-place winners each receive \$4,000 and another \$1,000 for their schools.
- Rookie awards of \$1,500 plus \$1,000 for their schools are made to teachers who have taught for less than five years.
- One overall winner: TMA will award one first-place winner with an additional \$5,000 teacher award - to be announced at our presentation ceremony.
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Nominations are accepted through Dec. 3.

The awards are made possible with a grant from the TMA Foundation, which is supported through an endowment generously established by Dr. and Mrs. Ernest C. Butler and gifts from physicians and their families.



ANNOUNCING: TMA Alliance Officers for 2020-21

We are pleased to announce the slate of officers for 2020-21. A big shout-out to the TMAA Nominating Committee for their hard work. Congratulations, everyone!

President - Martha Vijjeswarapu (Corpus Christi)

President-Elect - Jennifer Lewis (San Antonio)

VP Membership - Chris McGilvery (Canyon)

VP-Elect Membership - Lori Routh (Dallas)

VP Fiscal Affairs - Martha Howell (Temple)

VP Future Planning - Sue Shackmuth (Abilene)

VP Legislation - Jenny Shepherd (San Antonio)

VP Communications - Lisa Drever (Temple)

VP Community Health - Debbie Massingill (Fort Worth)

Recording Secretary - Kelly Michaels (Tyler)



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.



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www.tcmalliance.org 

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