

Travis County Medical Alliance <webmaster@tcmalliance.org>

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TCMA Vital Signs May 6, 2024

To Deneitra Hutchison <denny@wadealliance.com>

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TRAVIS COUNTY MEDICAL ALLIANCE

*A Century of Supporting
Healthcare in Central Texas*

TCMA Vital Signs May 6, 2024

Upcoming Events

May 7: Board Retreat (*by invitation only*)

May 8: Morning Meet-Up

May 8 & 9: AISD Physicals - **VOLUNTEERS NEEDED**

May 9: Mixology Happy Hour - Home of Wendy & Tony Propst

May 15: **Final** Mah Jongg until September

May 22: **Final** Book Review until Fall

May 22: **Final** Morning Meet-Up

May 22: **Final Weekly** Vital Signs until September

President's Notes

This week TCMA members will be assisting the TCMS with the AISD school physicals. Having our two organizations come together to support the health of our community's kids harkens back to the Health Fairs of the 1980s. It looked like so much fun! (BTW, bonus points if you can find Minnie Mouse sneaking into an ambulance.)



The TCMA's Spring Family Party at Pinballz. It was a big hit for families from both the Alliance and Society. The "bigs" had as much fun as the "littles"!



The AMA Alliance Physician Family magazine is spotlighting the Travis County Medical Alliance for our Centennial Celebration. Jump to **page 36** to check it out. Also, while you're perusing the magazine check out **page 21** to read about the Texas Two Step conference that took place here in January.

<https://www.physicianfamilymedia.org>



In Memoriam

Past President Judy Hitt (1981-82) passed away on April 12th. Judy and her husband Dr. Curtis Hitt moved to Austin in 1977, where she joined the TCMA in 1978.

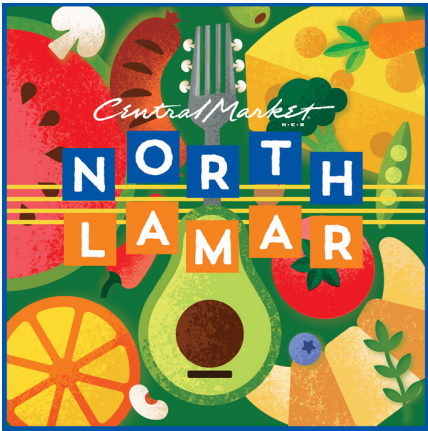
Pictured here is Judy working at the Garage Sale in 1981. Her [obituary](#) is linked.



Judy Hitt



Morning Meet-up



Wednesday, May 8 (RSVP not required)

Hosted by Inga Ruchman

Gather your crew and join TCMA members
for a relaxing and informal morning at

Central Market

4001 North Lamar Blvd

10-11am

Look for the patio table with the colorful tablecloth; your Pop-UP! host will meet you there. There's lots of open space, covered seating, picnic tables and a kid's playground. Fur babies are welcome too. Café snacks are available for purchase.

FINAL DATE: May 22



Mah Jongg

Wednesday, May 15



May 15 will be the last Mah Jongg game until September. We will meet on **May 15** at La

Madeleine: 14028 North 183.

Lunch at 11:30am followed by play.

All are welcome to join.

Contact Kathy Thorstad

kthorstad@austin.rr.com

for more information.

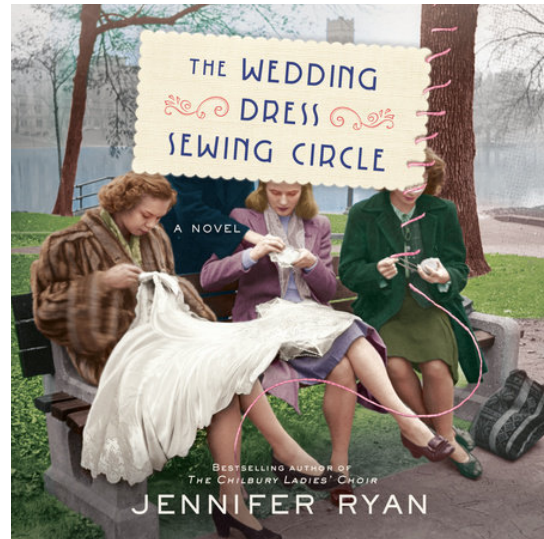
Book Review

May 22, 2024

10am

The Wedding Dress Sewing Circle
by Jennifer Ryan

Review by Kathy Trizna
at the home of **Cindy Nelson**



TCMA Mixology Happy Hour



cheers!

TCMA LET'S GET
TOGETHER TO
CELEBRATE A FANTASTIC
CENTENNIAL YEAR!

THURSDAY, MAY 9TH

6:00 - 8:00PM

HOSTED BY
WENDY & TONY PROPST

4121 MEK DRIVE
AUSTIN, TX 78731

Members and potential members are welcome!

Contact Inga Ruckman with any questions.
RSVP Required, limited space available
vp-membership@tcmalliance.org



SCHOOL SPORTS PHYSICALS



Each year, **TCMS partners with AISD Student Health Services to provide FREE athletic physicals to AISD students** who have financial restrictions and other barriers to health care.

Volunteers are needed to assist with taking height and weight; chaperoning; directing students to various stations; and providing snacks. Spanish speaking is a plus.

To volunteer for the 2024 physicals (May 8th or 9th), please register below.

[Register Here](#)

Week *in* Pictures

VP of Community Service co-chair, Wendy Propst presents grant check to Executive Director, Kim Updegrave at Mother's Milk Bank.



Don't forget to visit/like/tag/share our [Facebook](#)
and [Instagram](#) pages.
Social media is your #1 source for updates on our
Centennial Year!

Follow Us



Vital Signs and Social Media Submissions

Please submit event/enrichment/meeting content to Deneitra (denny@wadealliance.com) by 5pm, on Friday prior to Monday distribution. Every effort will be made to include items after the deadline, with no guarantee. Date-dependent content will appear in the newsletter until expiration.

Content for the public Facebook and Instagram pages may be submitted to the email address above or to Deneitra at communications@tcmalliance.org. No deadlines apply.

To submit information/content:

Share within the body of the email or attach a Word document (**.doc**) file.

Attach images (**JPEG, PNG or PDF**) or include within body of email.

Alternatively, content may be shared with Google Drive if link is provided.

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