



TCMA Vital Signs January 13, 2025

In this Edition

TCMA calendar available [on website](#)

January 22: Book Review Club

January 28: Chic Ladies Birthday Brunch

February 4: TMA First Tuesdays at the Capitol

February 12: Membership Event - Dinner & Dancing

February 18: General Meeting

April 3: Party with a Purpose, SUNSET AT THE STATION

SAVE THE DATE!

Sunset at the Station



Thursday, April 3, 2025

6:30-10:00pm

Springdale Station

Cocktail party celebrating the family of medicine &
benefiting the Travis County Medical Alliance Foundation's
2025 Community Service Grant Awardees



The TCMA Foundation continues raising funds to support our 2025 Community Service Grant Awardees as we ring in the new year. We are humbled by your generous Annual Fund Drive donations and are excited to extend an invitation for you to join us for our annual Party with a Purpose event, **Sunrise at the Station**, Thursday, April 3rd. Funds raised through Annual Fund Drive donations, Party with a Purpose sponsorships, event ticket sales and event night revenue benefit our amazing non-profit partners. We are proud to join them as they serve the local central Texas community and help us achieve our shared mission of Bridging the Gap to a Healthier Austin.

TCMA Foundation Annual Fund Drive

Bridging the Gap to a Healthier Austin

Sustainer

Sarah and Ernest Butler Family
The Foster Family
Leander Pirate Legacy Fund

Champion

Christi and Kevin Bozic Family Fund
Toni Burns
Cecilia Neuhaus Deaton
Ramsey Ashour & Rasha Madkour
Richard & Susan Redfern

Hero

Michael Andreo & Melanie Collins
Dr. & Mrs. Rob Cowan
Doug & Amber Elenz
Lynn Langley & Jim Eskew
Ann & David McFarland
Sherry & Boyd Morgan
Alison & Mark Queralt
Patricia A. Wallis

Ambassador

Margene Beckham
Dr. & Mrs Sean Blaydon
Dr. & Mrs. Jack Carsner
Kimberly Carter
Cathy & Hugh Collins
Dr. Richard & Martha Coons
Dr. & Mrs. James R Cullington
Arnold & Christina Fenrich
Sandy Dunn & Paul Harford
John Hudson
Janie Julian

Elaine & Michael Kasper
Megan Kielt Kressin, MD
Sharon Kronberg
Jonathan & Verlaine MacClements
Kay & Tom McHorse
Shannon & Jeff McNeil
Greg Gottsacker & Dr. Erin Murphy
Lara & Robert Norris
Beth & Kevin O'Farrell
Maryann & Brian Sayers
Beth & Bob Schlechter
Second Edition, LLC
Joe & June Spann
Phyllis Tate, in memory of Dr. Robert A. Tate
Kathy & Zoltan Trizna
Carla Wilkenfeld
Belda Zamora, MD

Contributor

Dr. Kelly & Mrs. Nicole Alberda
Dr. Carolyn Biebas
Byron & Mary Darby
Edie Finch
Charlotte & Sonny Haro, M.D.
Deneitra Hutchinson
Jeni & Gus Lowry
Ann & Hector Morales
Michael & Karen Teneriello
Kathy Thorstad

Mark your calendars and plan to join us for our **2025 Party with a Purpose event, Sunset at the Station on April 3rd**. If you cannot attend, please consider making a tax-deductible Annual Fund Drive donation today.

[Donate Here](#)



Sunset at the Station

Celebrating the Family of Medicine &
benefiting the Travis County Medical Alliance Foundation's
2025 Community Service Grant Awardees

Thursday, April 3, 2025 * Springdale Station, Austin TX * 6:30-10:30pm

Sponsorship Levels & Benefits

Presenting Sponsor \$10,000

- Minimum of 6 social media mentions
- Event tickets for 10 guests, including dinner and open bar
- Name and logo recognition on event invitation, signage, website and community outreach
 - Verbal recognition from event night EMCEE
- Name and logo recognition in ongoing TCMA member communications
- Name and logo recognition in minimum of 4 TCMS member communications

Band Sponsor * Bar Sponsor * Photo Booth Sponsor \$7500 each

- All Gold Benefits
- Event tickets for 8 guests, including dinner and open bar
- Specialty Signage at Band Stage, on Bars (2), or as Frame on Photo Booth photos
- Name and logo recognition in minimum of 2 TCMS member communications

Gold Sponsor \$5000

- Minimum of 4 social media mentions
- Event tickets for 6 guests, including dinner and open bar
- Name and logo recognition on event signage and website
- Name and logo recognition in minimum of 3 TCMA communications

Silver Sponsor \$2500

- Minimum of 2 social media mentions
- Event tickets for 4 guests, including dinner and open bar
- Name and logo recognition on event signage and website
- Name and logo recognition in minimum of 2 TCMA communications

Bronze Sponsor \$1000

- Minimum of 2 social media mentions
- Event tickets for 2 guests, including dinner and open bar
 - Name recognition on event signage and website
- Name recognition in minimum of 2 TCMA member communication

Interested in Sponsoring? Contact Debbie Chilton at
vp-financialdevelopment@tcmalliance.org or 512-426-9780

Sponsorship Forms are available for our 2025 Party with a Purpose, Sunset at the Station. Please forward any corporate and/or service company potential sponsorship leads to Debbie Chilton at vp-financialdevelopment@tcmalliance.org.



TCMA GENERAL MEMBERSHIP MEETING

Mastering Mindfulness Techniques

Tuesday, February 18

11:45-1:15 pm

3902 Petra Path (78731)

Home of Beth O'Farrell

Lunch will be served

RSVP by Friday, February 14

Email CarrieConnerCPA@gmail.com

Fee \$0.00

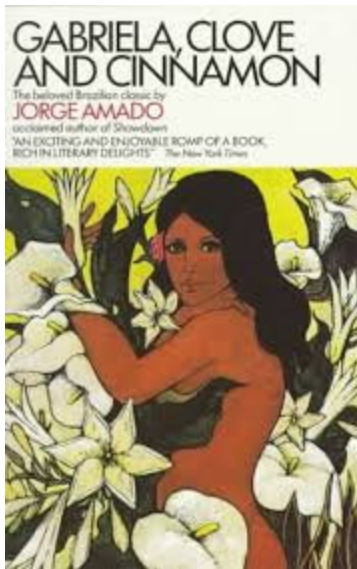
Guest Speaker: Laura Dunworth

Laura will share her powerful and proven techniques to release tension, stress and anxiety, along with steps to improve sleep and connect our emotional state and physical health.

www.lauradunworth.com

For Questions/Info Contact Carrie Conner
210.241.6583, carrieconnercpa@gmail.com





Book Club Review

(Note location change)

January 22, 2025; 10am

**Gabriela, Clove, & Cinnamon
by Jorge Amado**

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



Chic Ladies Birthday Brunch

January 28; 1pm

Kerbey Lane Café - Westlake

701 North Capital of Texas

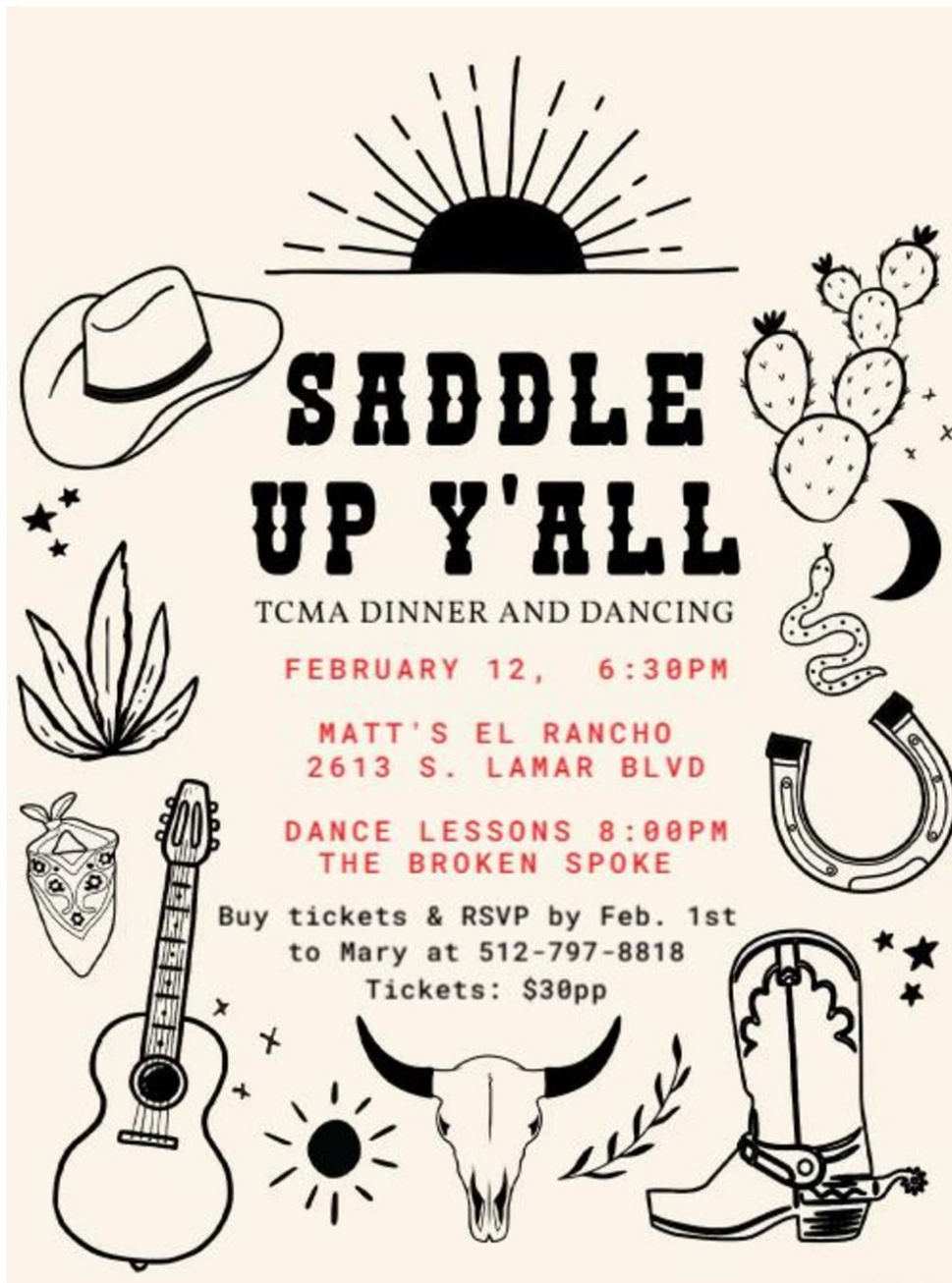


Everyone is invited as we celebrate our next round of birthdays of those born in **November, December and January**. A few of our members are Shannon McNeil, Tera Ferguson, and Cindy Blaydon.

Please let Lara Norris know if you'd like to be added to the list!

RSVP by January 24 to Lara at larisalee1968@aol.com





[By Tickets Here](#)





Registration

The Texas Legislature meets every odd-numbered year for 140 consecutive days and will convene again January 14, 2025. Legislators need to hear from you – their physician, medical student, and alliance constituents – during the session to understand how proposed legislation can potentially impact the practice of medicine in Texas.

Mark your calendar for 2025 First Tuesdays at the Capitol.

- **February 4**
- **March 4 (TMA Alliance and Young Physician Month)**
- **April 1 (TMA Medical Student and Resident Month)**
- **May 6**

Sponsored By TMA Alliance and TMA



Tenth Biennial Legislative Reception

Success

(from Julie Cowan, Reception Chair)

Approximately 30 physicians and spouses, along with TMA and TCMS staff, met on a cold, rainy Thursday evening in the warmth of Dr. Pradeep and Rushmi Kumars' lovely home for the Tenth Biennial Legislative Reception. State Representatives Donna Howard and Vikki Goodwin, along with State Senator Sarah Eckhardt and a staff member from Representative John Bucy's office, were in attendance and shared their thoughts on the upcoming legislative session and answered questions from the medical community.

The evening's success depended on many of our members: Pradeep and Rushmi Kumar and their three children, Karin Foster, Patty Loose, Beth O'Farrell, Chantel Pearson (TCMS staff), Verlaine MacClements, Wendy Propst, Edie Finch, Carrie Connor, Susanne Tetzlaff, Cindy Nelson, Alison Queralt, Patty Loose, Cindy Blaydon, and Inga Ruckman.

This event always takes place in a physician-member home with planning and food provided by Alliance members. We take great pride in hosting an intimate gathering and developing close relationships with our local legislators. We now look forward to the 89th legislative session! Thank you to all who participated. **(See *Week *in* Pictures*)**



Week *in* Pictures



Vital Signs 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.

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.



We want you to share your event and enrichment pictures on Social.

Please send photos and description to Janet Winton,

VP-communication@tcmalliance.org

And don't forget to visit/like/tag/share our

[Facebook](#) and [Instagram](#) pages.

Follow Us



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