



TCMA Vital Signs February 18, 2025

In this Edition

TCMA calendar available [on website](#)

February 18: General Meeting - **TODAY**

[February General Meeting Agenda](#)

February 18-22: Greater Austin Regional Science & Engineering Fair

February 26: Book Club Review

February 28: Past Presidents Luncheon

March 4: TMA Alliance First Tuesday

March 26: Book Club Review

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

April 24: Grant Awards & Luncheon, Westwood Country Club

SAVE THE DATE!

Sunset at the Station



Travis County Medical Alliance
Party with a Purpose

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

www.tcmalliance.org/2025party



The TCMA Foundation continues raising funds to support our 2025 Community Service Grant Awardees. 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: **Sunset 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
Flaine & Michael Kasner

Liane & Michael Kasper
Megan Kielt Kressin, MD
Sharon Kronberg
LIEVE by Lieve Sarther
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
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

If you cannot attend the 2025 Party with a Purpose, 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.

The background of the central section is a light pink color with a pattern of overlapping hearts in various shades of pink and red.

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.

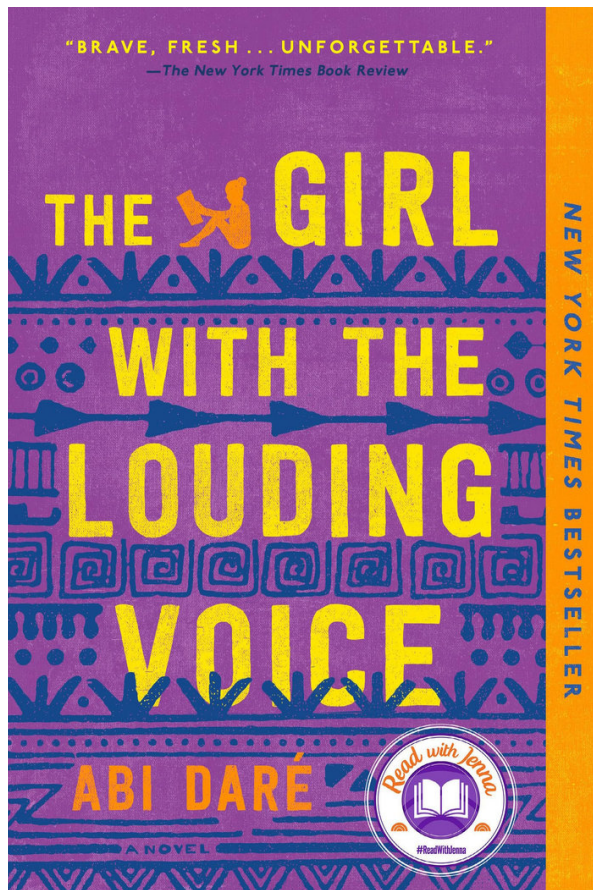
www.lauradunworth.com

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



2025-2026 Board Slate

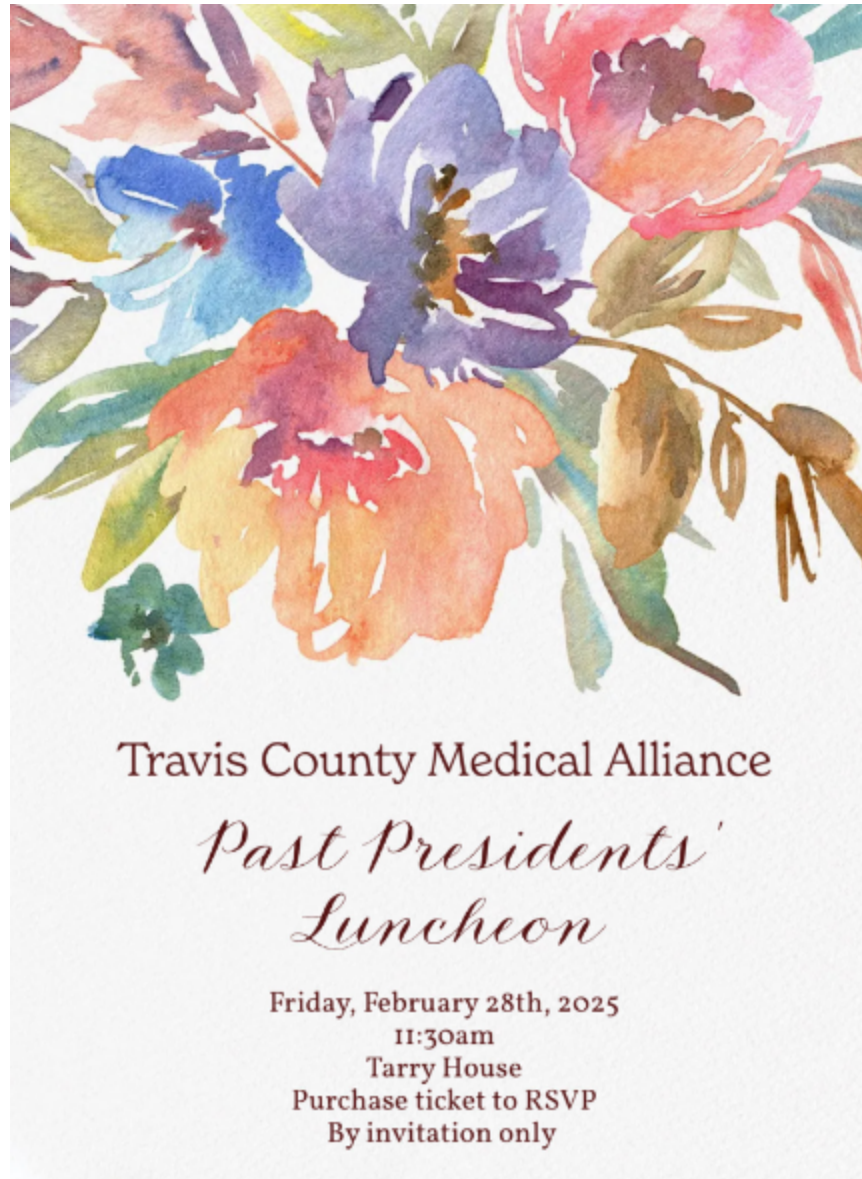
President - Inga Ruckman
President Elect - Lindy Brand
Secretary - Mia Rebal
Communications - Kate Juprasat
Treasurer - Kathy Trizna
Treasurer Elect - Jemy Kim
Programs - Elaine Agatston
Membership - Kathy Downie
Enrichment - Lara Norris
Medical Affairs - Cindy Blaydon
Financial Development - Greg Gottsacker
Partner Relations (*new*) - Alison Queralt
Parliamentarian - Karin Foster



Book Club Review

February 26, 2025; 10am
The Girl with the Louding Voice
by Abi Dare

Reviewed by Karin Foster
at the home of
Sharon Kronberg
2205 Island Wood Road
512-426-1913



St Louise House Wants to be Your Valentine



The mothers and children of Saint Louise House are in need of essential hygiene products and household items this month. The goal is to fully stock the inventory room with items from their **Amazon Wish List** and have them last through the end of March.

If you'd like to contribute, you can donate items directly to: [SLH's Hygiene Wish List](#)



You're invited to put advocacy into action with your fellow TMA Alliance members during [First Tuesdays at the Capitol](#) on **March 4** in Austin. First-time First Tuesday attendees will receive a beautiful TMAA scarf or tie, given in honor of the 20th anniversary of First Tuesdays in 2023 by then-TMAA President Libby White. And the alliance with the most members in attendance will receive one free ALLMED registration.

First Tuesdays Schedule

6:30am – Registration, TMA Building, Thompson Auditorium (401 W. 15th St., Austin)

7am – Breakfast and issues briefing, Thompson Auditorium

8am – Visits with legislators, State Capitol

Noon – Lunch, Thompson Auditorium

Afternoon – More visits with legislators or head home

For the TMAA Day, we encourage you to come Monday, March 3, for some special events. A private tour of the Capitol will begin at 3pm, followed by a reception in the TMA building at 5pm. If you plan to attend the Capitol tour, please [RSVP](#) so we have an accurate count. Register today for March First Tuesdays.

Register



Week *in* Pictures



Membership Event: Dinner at Matt El Rancho
Dancing at the Broken Spoke



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,

communication@tcmalliance.org

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

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

Follow Us



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