



**TRAVIS COUNTY MEDICAL ALLIANCE**

*A Century of Supporting  
Healthcare in Central Texas*

## **TCMA Vital Signs July 16, 2024**

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### **Upcoming Events**

**June 17:** Saint Louise Meal Prep

**August 3:** VHC Healthy Kids Day

**September 6:** TCMAF Grant Applications Due

**September 8:** Membership Pool Party - **SAVE THE DATE**

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### **Can You Make a Meal for SLH?**



**SAINT LOUISE HOUSE**

Build. Believe. Become

Saint Louise House needs help providing a couple of meals to two families. It's

**Meal Prep with a Twist:**

you make a meal at home and deliver it **July 18, between 9am-noon**. This is a great way to get the kids away from the electronics and involved in helping.

If interested, please contact Rachel at [rwalsh@saintlouiseshouse.org](mailto:rwalsh@saintlouiseshouse.org)

*P.S. Don't forget to snap a couple of pictures for Vital Signs.*

## VHC's Annual Backpack & School Supplies Drive



***Pictured above: Wendy Propst and Marcie Roe, VHC Executive Director***

On Saturday, August 3, VHC will host its annual "Healthy Kids Day" to help kids prepare for the upcoming school year, and VHC needs our help. In addition to back to school supplies, the kids will receive sports physicals, well-child exams, dental screenings, and reading materials from BookSpring. VHC will distribute backpacks filled with school supplies and healthy snacks to approximately 30 kids.

**There are three ways to help:**

- Donate directly to VHC, using the link [here](#)
- Drop off directly to VHC (4215 Medical Parkway)
- Drop off at the home of Verlaine McClements (7913 Cobblestone) by July 31.

**Shopping List**

**New Backpacks - #10 for elementary kids; #20 for middle & high school kids**

***(a mix for boys/girls or gender neutral)***

**Spiral Notebooks - #90 Needed**

**Loose-leaf Paper - #60 packages Needed**

**Folders - #120 Needed**

**Black Pens - #60 Needed**

**Elmer's Glue - #30 Needed**

**Crayons - #20 Needed**

**Healthy Snacks - #30 of each item (nutrition bars, fruit gummies, tangerines, etc.)**

You can also donate online using the Donate button below. Just select the 'Backpack Drive' option under the section "Apply My Donation To" and VHC staff will be happy to purchase these items.

If you have questions, contact [Verlaine MacClements](#)  
Help us prepare VHC kids for a great school year ahead!

**Donate**





**SAVE THE DATE:**

**TCMA Members Pool Party**

Sunday, September 8  
10:30am - 12:30pm

**Westover Hills Club Pool**



**Week \*in\* Pictures**

Summer may be heating up, but TCMA members aren't slowing down.

Shown here: Julie Cowan, Rasha Madkour, Deneitra Hutchinson, Karin Foster and Greg Gottsaker after assembling 150 summer learning kits for Lirios patients.





## Vital Signs Submissions

Please submit event/enrichment/meeting content to Deneitra ([denny@wadealliance.com](mailto: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.



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