

From: TCMA patriciaawallis@pb02.ascendbywix.com
Subject: Vital Signs 09-06-20
Date: September 6, 2020 at 11:21 PM
To: Kathy Downie kathy.downie77@gmail.com



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What's Happening:

[September 15 - General Meeting](#)

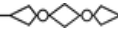
[September 23- Book club](#)

October 20 - General Meeting

[October 28 - Book club](#)

February 16, 2021 - General Meeting

April 20, 2021 - General Meeting



General Meeting

**September 15th
9:30 am**

**Join us for our
General Meeting
on Zoom!**





**Guest speaker
James Butler
Austin ISD
SEL Mindfulness Specialist**

James was awarded the AISD
2014 Teacher of the Year.
Studies have proven that mindfulness,
in both adults and children,
improves both mental and physical health.
James will give us some mindfulness
techniques for managing stress,
and also how to help our children
learn and cope with the
changing world today.

**Watch our Zoom General Meeting
Invitation Video**

You just might see yourself in it!

Be one of the first 10 members to answer
this question from the end of the video.
***What is behind Past President Wendy Propst
when she is speaking?***
Email your answer to Lara Norris at

larisalee1968@aol.com to WIN a prize!

To watch the video, just click the link below!

<https://youtu.be/UUyrv-8MMIY>



Note from Christina

Christina Fenrich, 2020-21 TCMA
President



Welcome, Alliance Friends,

At last, we have rain and cooler temperatures on the way as we kick off our 2020-21 year. Please join our first General Membership Meeting on Tuesday, September 15, at 9:30 am via Zoom. **Look for the meeting zoom link coming to your inbox soon.**

Alliance members have been busy assisting Travis County Medical Society by delivering PPE to medical offices and clinics throughout the Central Austin area. **A big thank you to our volunteers:** Sandy Dunn, Jenny Stern, Wendy Propst, Deneitra Hutchinson and husband Dr. Hutchinson, Renee Stanley, and husband Dr. Stanley, Beth O'Farrell, Vickie Blumhagen, Julie Cowan, Elaine Kasper, and Cindy Nelson. Your dedication helps to keep our physicians and their offices safe and protected. If you would like to **join the team and help deliver PPE, please contact Mandy Clare** at mclare@tcms.com

Our **Community Service will continue this fall with a Drive Through Flu Shot Clinic** scheduled on October 24th in Round Rock, Tx. With the assistance of a TMA Foundation Be Wise Immunize Grant, the Alliance will partner with Sacred Heart Community Clinic, CareVans, UT Nursing School and Williamson County Alliance to host this event. Decreasing the risk of illness and hospitalizations related to seasonal Flu infection is especially crucial during this Covid-19

Seasonal flu infection is especially crucial during this Covid-19 Pandemic. The flu shots will be free to the uninsured members of the surrounding community. **Thank you to Angela Helmer for chairing this event!**

September begins our membership renewal campaign! Please look for a personal email reminder on September 9 with a direct link to renew. Your membership renewal is vital to support the work we do for our medical community. Renew right away and help us continue our mission to improve the health of our community.

And finally, in the interest of keeping our members safe during this Pandemic, we have no in-person social events planned at this time. The Austin area continues to be in Stage 3 of Covid-19 Risk-Based Guidelines, which recommends avoiding social gatherings of greater than ten people. Stay safe Friends, and remember social distancing is only physical distancing. Don't hesitate to reach out to friends with calls, text, or emails especially during this time.



Help Christina reach her #1 goal to have 100% member retention.

Membership Renewal Campaign begins Now!

Look for an email from TMAA with your personal link to your account for easy renewal.

Other ways to renew are to call the TMA Knowledge Center at (800) 880-7955, or mail a check to TMA Alliance, 401 W. 15th St., Austin, TX 78701.

Help us continue to advocate, and support the family of Medicine and work for a healthier Central Texas!

Active Members \$95/yr Widowed/Retired Members \$68/yr



Yes, these are challenging times – but some challenges can be fun. Join us in [TMA Alliance's Fall Fitness Challenge](#) Sept. 1 through Nov. 30, where you can track your progress toward a healthier, more resilient you.

This free challenge is open to all TMAA members. You can compete in a step challenge or an activity challenge (or both, if you're feeling ambitious; you choose the activity). We will use the **MoveSpring app**, which allows you either to enter your data manually or to connect

to a fitness tracker. Leaderboard winners will receive a very "cool" prize (a YETI cooler). Trust us, you won't want to miss out on this!

Registration is open now. Use the buttons below to register for one or both challenges. Then, on Sept. 1, make sure you log in to begin tracking steps and activity, or use your fitness tracker to sync your activity for each day.

Step Challenge

Activity Challenge

We also will release a cookbook filled with recipes submitted by our very own alliance members. Please email your healthy(ish) recipes to [Sasha](#). We'd love to see pictures of your dishes as well, so get those cameras ready and **send in your recipes by Nov. 30**.

We will make the cookbook available for free to all alliance members after the contest.



Book Club Schedule

September 23 - *Issac's Storm* by Erik Larson, reviewed by Peggy Russell

October 28 - *The Door* by Magda Szabo, reviewed by Pat Wallis

Book club meetings will be facilitated via Zoom until further notice.

Please reach out to Zoom host Cindy Nelson at webmaster@tcmalliance.org for meeting links and details.



Travis County Medical Society has PPE available for Austin Area Physicians

Physicians practicing in the Austin area are eligible to receive PPE being distributed by TCMS. If you know of an office needing PPE,

please ask them to complete the [TCMS PPE Request form](#). Once received, TCMS staff will contact them regarding availability* and how to procure the supplies.

*NOTE: In an effort to distribute supplies to as many physicians as possible, they may not receive 100% of the requested quantity. There may also be items requested that are not available.



Medical Affairs Update

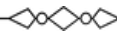
Former Travis County Judge Sarah Eckhardt now represents SD 14 in the Texas Senate. She replaces Kirk Watson, who resigned to take an academic position at University of Houston. Sen. Eckhardt will serve two years before having to run for re-election. For more information, [click here](#).

The general election will be Nov. 3, with early voting from October 13 to 30. In this election we will vote to fill many offices, from President to judges to school board to city council. It is an important election, and everyone should make their voices heard. Visit [the League of Women Voters website](#) for extensive election information, including candidate comparisons, discussions of the issues, and what will be on your ballot.

[Go here](#) for ways to check registration or register.

You must be registered by Oct. 3 to vote in the November election. The deadline to apply to vote by mail is October 23rd.

And in follow-up regarding the TCMS and TCMA's efforts to stay in touch with current legislators, another round of "First Tuesdays in the District" meetings will soon be scheduled by physicians. This effort was initiated by the TMAA and is meant to create deeper relationships with our local legislators. TCMS staff is assisting with the project and will set up Zoom meetings or conference calls in this round.



Hello from Austin Adventures!

Dealing with Covid doesn't mean you can't get out to see all the great things Austin has to offer. Here are some suggestions you may want to check out, click on the links in blue to learn more. I hope someday soon we'll have our next another Austin Adventure together!

- *Christi Dammert, Austin Adventures Chairperson*

Local and state parks are open and by reservation only

[Austin City Parks](#)

- Barton Creek Greenbelt (all access points)
- Commons Ford Ranch
- Emma Long Metropolitan Park
- Walter E. Long Metropolitan Park

[Texas State Parks](#)

Below is a list of some of my favorite state parks that are worth a day trip and have water access (since it'll be hot well into September):

- McKinney Falls
- Pedernales Falls
- Blanco State Park (You may see me & my family splashing in the river there on Sunday, September 6!)
- Inks Lake
- Enchanted Rock (There's no water here but it is such a beautiful sight it's worth getting out there for an early morning hike.)

Other things you may want to check out.

[Keep Austin Beautiful](#)

Outdoor volunteer opportunities, including a nature preserve clean-up event on the first Saturday of every month.

[Blanton Museum of Art](#)

Reopened with limited reservations only.

[Drive-in movies](#)

Leave your sofa to watch a movie and keep your distance.



membership directory

Do you need to contact a member?

Check out [this link](#) to get to Directory Spot — our TCMA membership directory — along with how to log in and update your information.

Contact our Membership chair at vp-membership@tcmalliance.org if you have membership questions.



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