

From: TCMA patriciaawallis@pb02.ascendbywix.com
Subject: Vital Signs 05-31-20
Date: May 31, 2020 at 9:33 PM
To: Kathy Downie kathy.downie77@gmail.com



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Vital Signs Summer Schedule

Vital Signs will be published monthly throughout the summer. Please send in your news by 5 p.m. Fridays for that Sunday's Vital Signs. Weekly publications resume in September.

June 14 publication: deadline for submissions June 12

July 12 publication: deadline for submissions July 10

August 16 publication: deadline for submissions August 14

Email submissions to Kathy Downie at kathy.downie@me.com.



2020 Grant Recipients

The TCMA Board is pleased to present our 2020 Community Service Grant Recipients. These organizations were chosen from a pool of 22 applicants and were thoroughly vetted by our grant selection committee. By supporting them, we are furthering our mission to enhance the health of Central Texans. We are eternally grateful to all our donors, without whom these grants would not be possible.



Saint Louise House



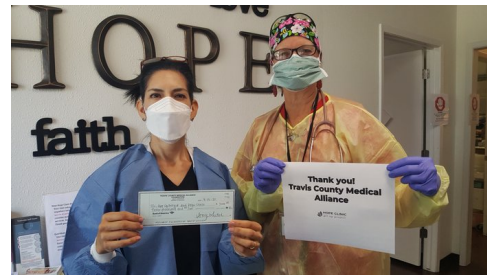
"We received the check from the Travis County Medical Alliance and are very grateful. At a time when our budget is overwhelmed meeting the increased need we are seeing among SLH families for food and rent forgiveness, this grant makes it possible for us to still say yes to meeting the healthcare and wellness needs of families at a time when health is more important than ever."

Maria Kiehn, Community Engagement and Grants

Hope Clinic

"Hello and thank you so much for the funds given to Hope Clinic. During this time of COVID-19, free and charitable clinics are more important than ever. The work done by clinics like Hope supports some of the most vulnerable people in our city, helping to keep them on a path to better health and out of local ERs. We appreciate your generosity so much!"

Jodi Schrobilgen, Clinic Coordinator



RED Arena

(Riding Equines for the Disabled)

Pictured is Mrs. Ginger, a therapy horse rescued last December and recently discovered to be pregnant! Rather than purchasing a new therapy horse, funds will be used to care for the surprise baby. With time and training, he/she should become a wonderful therapy horse too



a wonderful therapy horse too.
Check out @REDarenaTX on
Facebook to follow the baby news!

NAMI Central Texas (National Alliance on Mental Illness)

"Please extend our gratitude for this
gift. Amid all of the economic
challenges our community is facing,
we are exceedingly grateful for this
grant."
Karen Ranus, Executive Director

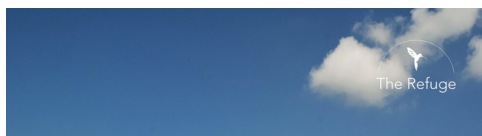


TCMS Physician Wellness Program

"Thank you for the generous
contribution... The Physician
Wellness Program is a valuable
source of help for physicians, both
personally and professionally, while
enhancing patient care and safety."
*Dr. Brian Sayers, Chair, TCMS
Physician Wellness Steering
Committee and Physician Health
and Rehabilitation Committee.*

Volunteer Healthcare Clinic

"Thanks so much! Since TCMA did
not get to hold their annual gala,
this was an unexpected and lovely
surprise. Sincere thanks for your
unwavering support~ most
appreciated in these difficult times."
Marci Roe, VHC Executive Director



The Refuge for DMST

The Refuge Ranch medical clinic,
which our grant helps fund, is
located in the low building between



located in the low building between the chapel and classroom. "We are so very grateful for the grant to go towards helping the girls at The Refuge receive the care they need to recover from the traumas of sex trafficking."

Carol Richards, Grant Coordinator

The Gathering at Westlake Hills Presbyterian Church

Participants of The Gathering, a respite program for people with Alzheimer's disease and similar dementias, enjoy pet therapy with petting zoo animals.

"We all know how difficult this season has been. We're very grateful for your assistance and support."

Debbie Wilder, Director

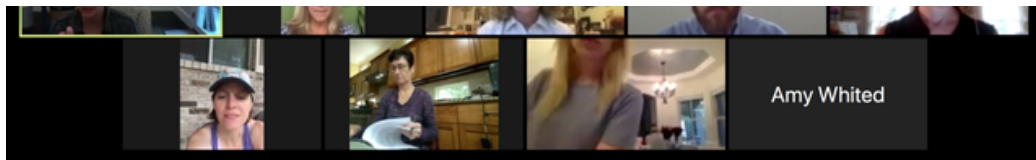


Congratulations to Christina Fenrich, incoming TCMAF

President, and her executive board and general council members for 2020-2021! Thanks to each of you for stepping up as leaders to serve our organization. Christina hosted this impressive group of volunteers at her Virtual Board Retreat on May 12th (see photo below). It was an extremely well organized and efficient meeting.

Plans are well underway for a successful year full of fun and philanthropy. We are lucky to have this impressive team of leaders!





TCMA Medical Affairs Update

Many thanks to Julie Cowan, Past President, for the following update on current political affairs:

It's a busy time for those who follow campaigns, politics and healthcare policy in Central Texas!

Kirk Watson announced his departure from the state Senate earlier this spring to accept a position as the Dean of the University of Houston's Hobby School of Public Affairs. This opens the door for a special election to fill his vacated seat. Gov. Abbott ultimately declared that voters in SD 14, of which we are all residents, would have the opportunity to do so on July 14. The TCMS will be hosting interviews with candidates for this seat in the near future, determining whether the TCMS will endorse a candidate for TEXPAC's support, or decide to stay out of the race. Currently, State Rep. Eddie Rodriguez has filed for the seat. Candidates have until May 13 to file and it is believed that Travis County Judge Sarah Eckhardt, along with Pflugerville City Council Member Rudy Metayer, are considering doing so. Early voting for the election begins June 29.

TEXPAC, the TMA's political action committee, remains busy throughout this extended election cycle. Run-off elections for the March 3 primary were also moved to July 14. The TEXPAC Board has identified and is financially supporting several candidates across the state of Texas in their run-off contests. These are candidates who are committed to understanding and supporting issues important to Texas physicians. TEXPAC welcomes new members through payment of dues. For more information, please visit <https://www.texpac.org/tmaimis/>. Many TCMA members already support TEXPAC, so if you'd like to learn more, let me know!

And because this is an election year, with various representatives being elected in November, it can only mean one thing for us in Texas..... the Legislature will be back in session beginning January 2021. And when legislators gather in our pink dome, so do doctors in white coats. The TCMA will be recruiting you and other physician spouses to join our Capitol Watch Committee. This committee hosts the biennial legislative reception that occurs just as session begins, participates in First Tuesdays in the District this summer and fall, and will visit the Capitol in the spring. We have a lot of fun working with Travis County physicians to educate legislators about the practice of medicine and patient care. Join us!

The Alliance is a powerful organization when our members participate and vote. If you find you, your spouse, or your children are not yet registered to vote, please do so now. To vote in the upcoming special election, you must be registered to vote by June 15. You may learn more at <https://www.votetexas.gov/register-to-vote/index.html>.

Reach out if you have questions or suggestions!

TCMS Physical Wellness Program

Confidential. Free Counseling Program for

Confidential, Free Counseling Program for TCMS Members and Spouses Now Offering Telemedicine/Remote Services

The Physician Wellness Program offers anonymous, [free sessions with TCMS vetted psychologists](#) . So far the program has funded over 500 confidential sessions with our therapists.

As an added benefit of the program, for the next three months, TCMS has a referral list of psychiatrists who have offered to participate in the program. If you feel you would benefit from seeing a psychiatrist in addition to, or instead of, a psychologist, let us know when you call the helpline.

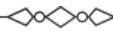
The program can be easily accessed and privacy is strictly protected. A certified Gottman Couples Therapist is now available in addition to individual counselors to help with work, personal, or marital issues.

The cost of the first four sessions is covered by the program. Whatever the issue, this program is your safe harbor. Nothing is reported, no diagnosis made, no insurance billed.

To access the program, call the wellness line at 512-467-5165, or [visit the PWP counselor page](#) .



If you haven't been in a while, check out our [TCMA website!](#) It's easy to navigate and has membership information, committee information, plus lots of fun photos and links, info on members & the work we've done and what we hope to do in the future.

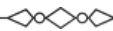


Membership Directory

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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