

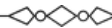
From: TCMA no-reply@test.ascendbywix.com
Subject: Vital Signs June 2020
Date: June 16, 2020 at 1:37 PM
To: kathy.downie@me.com



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What's Happening:
June 24 - Book club
July 22 - Book club
August 26 - Book club
September 23- Book club
October 28 - Book club



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.

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.



With Gratitude to Wendy Propst
Wendy Propst, 2019-21 TCMA President





On behalf of the TCMA Board and our members, I thank Wendy Propst for serving as our 2019-20 President. While her year as president started off as most do, world events forced Wendy to lead us through an unprecedented spring. As the reality of the Covid-19 pandemic became apparent, Wendy made the tough decision to cancel our Party with a Purpose fundraising event and all social gatherings. She was cool and calm when nothing was constant but uncertainty.

Hindsight proved that her decisions were prudent and in the best interest of our members, even before they became official guidelines. And if that wasn't enough, throughout her year as our president and during this turbulent time, Wendy continued her work as a respiratory therapist, delivering direct patient care to Covid-19 patients. I am proud to have served with Wendy and appreciate her mentorship and friendship during my year as President-Elect. I also look forward to her counsel during my term as TCMA president. Please join me in thanking Wendy for her service to the Alliance. It is well-deserved and we are all better for her leadership!

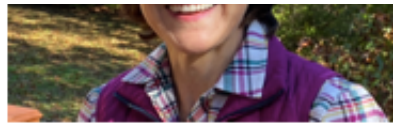
-Christina Fenrich

Note from Christina

Christina Fenrich, 2020-21
TCMA President



As we move into the summer and adapt to our new social reality, I have been busy “zooming” with individual board members to exchange notebooks and plan for the upcoming year. As goals and timelines for the year are being discussed, I am listening and taking note of recommendations from past and current board members, committee chairs, and my advisor.



Because the 2020-2021 year will be different from any year the TCMA has experienced, we are reshaping our strategies for meetings, according to state and county health guidelines, and rethinking how best to serve our community, especially considering the health and economic impact of the pandemic on our central Texas community.

As we navigate uncharted waters, many options are being considered. The Board and I will work to keep you informed as plans are determined. It is a challenging time no doubt, but we have much to anticipate. We can take comfort in the fact that, in spite of unforeseen obstacles ahead of us related to the pandemic, the Alliance remains steadfastly dedicated to our mission of assisting the health needs of Central Texans and supporting the Family of Medicine.

It is a great privilege to serve as your next president. I remain optimistic that the Alliance Board and you, our members, will continue to serve our community in ways that could not have been imagined even six months ago. I'm glad you'll be on this journey with us!



Travis County Medical Society has PPE available for Austin Area
Physicians

TCMS is partnering with the Capital Area Trauma Regional Advisory Council (CATRAC) to procure and distribute PPE to local physicians as supplies are received.

If your spouse or their group needs PPE, please have them complete the [Supply Request Form](#). TCMS will contact them with instructions on where the PPE can be picked-up.

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.

Fit Test by Appointment

TCMS now provides fit-testing of N-95 masks on Thursday afternoons. Physicians can sign up for fit testing [here](#) or, if Thursday afternoons are not convenient, call (512) 206-1249 to arrange a special appointment.

Filtration Testing

TCMS has also purchased a particle counter and is offering mask filtration testing. Physicians who have a mask that they would like to have filter tested, can drop it off or mail it to TCMS at 4300 N Lamar, Austin, TX 78756. Please include at least one mask and the original outer packaging which includes the name, manufacturer, and model number. Also include physician's contact information so that results can be relayed.

The data obtained by this testing are made public and accessible on physiciansselfdefense.org.

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.



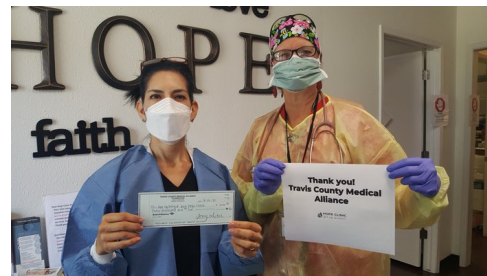
Saint Louise House

"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. 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 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."

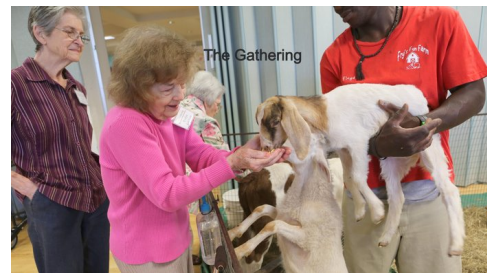
Carol Richards, Grant Coordinator

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



TMA Physicians Award Exceptional Science Teachers

As physicians, epidemiologists, and health care workers lead the fight against a global pandemic, the [Texas Medical Association \(TMA\)](#) named

nine Texas science teachers winners of its 2020 Ernest and Sarah Butler Awards for Excellence in Science Teaching. This program year marks the 30th anniversary of the awards, designed to motivate teachers to inspire future doctors and scientists.

TMA awards teachers at the elementary, middle, and high school levels for playing an instrumental role in stirring students' interest and excitement in science, with the hope they'll enter the medical field. Teachers receive cash prizes, and their schools receive cash resource grants to enhance their science program. Since the awards began in 1990, TMA has awarded more than \$607,000 to 274 exemplary science teachers across Texas.

Among this year's winners, physicians named an overall winner, which confers an additional cash award. TMA also presented awards to three second-place and three rookie award winners. (Rookie awards are given to science teachers with fewer than seven years of teaching experience.)

TMA and TMA Foundation physician leaders presented this year's teacher awards virtually earlier this month because of social distancing guidelines.



Adam Unlu

TMA selected Adam Unlu of Harmony School of Excellence in Laredo as the overall winner. He receives \$5,000 in addition to his first-place prize. [Click here](#) to read about other winners.

TCMA Medical Affairs Update

The Travis County Medical Society Legislative Committee, along with Alliance consultants Julie Cowan and Patty Loose held interviews with two of the candidates for Senate District 14, the position formerly held by Sen. Kirk Watson. Both candidates, State Rep. Eddie Rodriguez and former Travis County Commissioner Sarah Eckhardt, were engaged and impressed the interview panel.

Issues discussed included tort reform, scope of practice, telemedicine, immunizations, Medicaid funding, and more. In its follow up with TEXPAC (TMA's advocacy arm), the Legislative Committee recommended supporting Rep. Rodriguez in this race due to his extensive knowledge of Medicine's policy issues and alignment with them.

The TMA recently published suggestions for safe voting during the COVID-19 pandemic. You can read more about this at <https://www.texmed.org/TexasMedicineDetail.aspx?id=53799>.

If you think you or one of your family members is eligible to vote by mail, find out more information at <https://countyclerk.traviscountytexas.gov/elections/ballot-by-mail.html>. Requests for mail ballots are due by July 2.

To learn details about Travis County polling sites and other races that might be on your ballot, visit <https://countyclerk.traviscountytexas.gov/elections/current-election.html>.

Note that if you voted in the primary election in March, you will be allowed to vote in that same party's run-off election. If you did not

allowed to vote in that same party's run-off election. If you did not vote in the March elections, you may select a party's ballot in July.

The race to fill Sen. Watson's seat has both Republican and Democrat candidates and will be on everyone's ballot since the election is to fill his unexpired term.

YOUR VOTE WILL BE VERY IMPORTANT IN THIS RUNOFF ELECTION BECAUSE SO FEW PEOPLE WILL VOTE. Please be someone who does vote!!

-Julie Cowan

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TCMS Physical Wellness Program

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](#) .

Book Club Schedule

June 24 - *Farewell My Lovely* by Raymond Chandler, reviewed by
Kathy Trinza.

July 22 *The Silent Patient* by Alex Michaelides, reviewed by Cindy
Nelson.

August 26 - *The Storyteller's Secret* by Sejal Badani, reviewed by
Pat Wallis & Diane Broberg

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 Zoom meeting links and details.



The Book Group's May meeting discussing *How To Behave in A Crowd*



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.