

**From:** TCMA webmaster@tcmalliance.org  
**Subject:** Vital Signs 09-15-19  
**Date:** September 15, 2019 at 7:09 PM  
**To:** Kathy Kitchens Downie kathy.downie@me.com



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### WHAT'S COMING UP:

- [September 17 - General Meeting](#)
- [September 19 - Austin Adventures](#)
- [September 24 - Chic Ladies Event-RSVP](#)
- [September 25 - Book Club](#)
- [October 7 - Partners In Practice](#)
- [October 10-11 TMAA Regional Conference](#)
- [October 15 - General Meeting](#)
- [October 23 - Book Club](#)
- [October 27 - Toast To Doctors](#)
- [November 20 - Book Club](#)

Click on an event to read more!



**General Membership Meeting!**  
**Tuesday, September 17, 2019**  
**10am – 12noon**



**Austin Central Library**  
**in The Gallery**



710 W. Cesar Chavez St. / 78701

- ◆ Brunch buffet
  - ◆ TOUR Austin's beautiful new library!
- Tour begins after the meeting at apx. 11:30am and will last 30-45 minutes.

Please note:

Library parking garage opens at 9:30am

Library doors open at 10am

Parking:

Library parking garage entrance is off West Ave.

Cost: \$9 for 2-4 hours

<https://library.austintexas.gov/central/parking>

To find The Gallery from the Parking Garage:

Take the South Elevator (near W. Cesar Chavez St.)

Go to the 2<sup>nd</sup>. Floor (Library Main floor)

The Gallery will be to your right

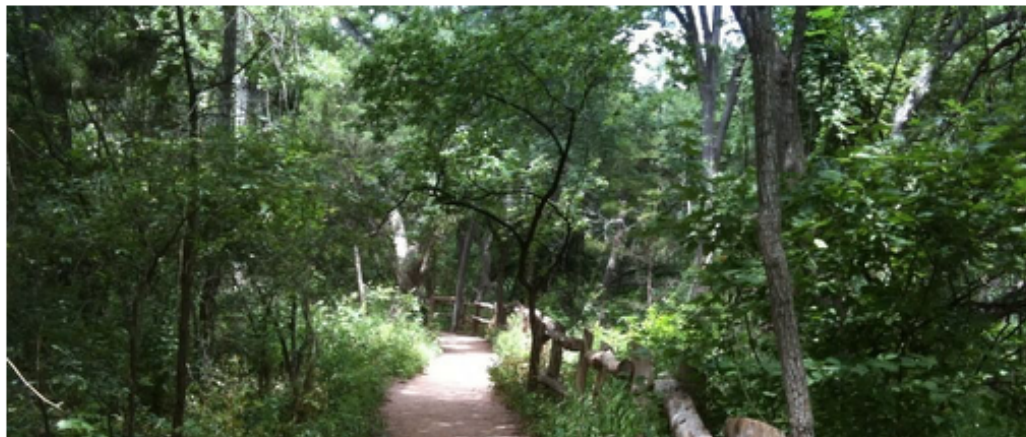
To find The Gallery from the Main Entrance:

Ask for directions from the Circulation Desk

Please RSVP to Lori Bodine at [lori@loribodine.com](mailto:lori@loribodine.com) by September 15th.



# ***Austin Adventures***





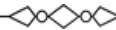
**•Barton Creek Greenbelt, Violet Crown Trail Walk •  
•Lunch at TacoDeli•**

**Thursday, September 19 @ 10:30am**

**Meet at 10:30 at the intersection of Spyglass & Barton Skyway**

**We will follow the Violet Crown Trail, the walk to Barton Springs is about 1 mile. We may or may not make it that far before we get hungry and head back for lunch at TacoDeli.**

RSVP to Christi Dammert: 512-965-6449 or [dammert.c@gmail.com](mailto:dammert.c@gmail.com)



# **CHIC LADIES**



## **Beauty Brunch & Share**





**Tuesday  
September 24  
10 am**

**Kerbey Lane Cafe  
Westlake location  
701 S. Capitol of TX Hwy 78746**

**Please bring a \$10-20 favorite  
Beauty item for the Grab Bag.**

**We will also share our best  
"Deals and Steals"  
Shopping Online or  
In-Store secret!**

**Please RSVP to Lara Norris  
by Friday September 20th  
at [larisalee1968@aol.com](mailto:larisalee1968@aol.com)**



**Book Club Happenings**



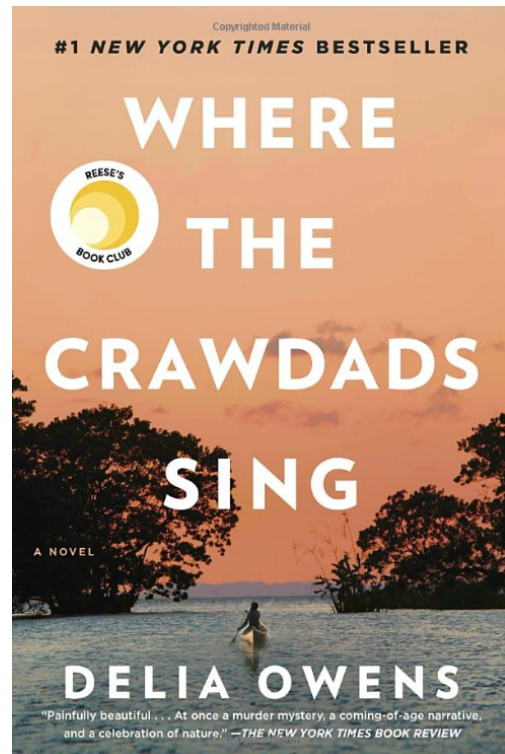
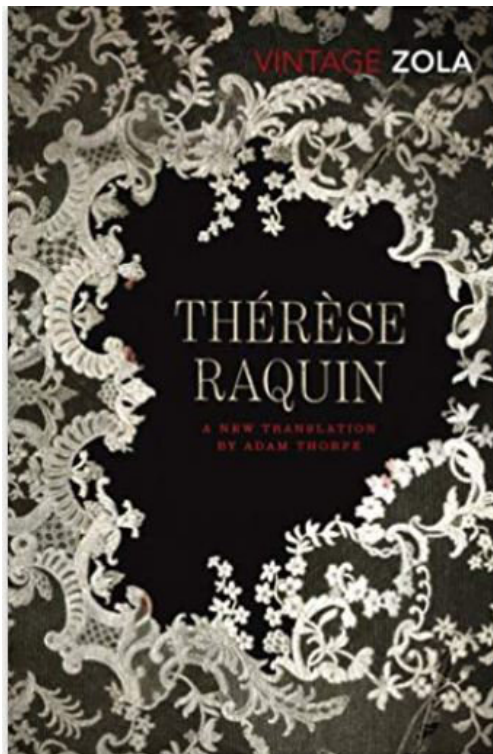
Join us to discuss the following selections:

**September 25:** Pat Wallis will lead our discussion of *Therese Raquin* by Emile Zola. Please read the translation of your choice. Ann Morales will host.

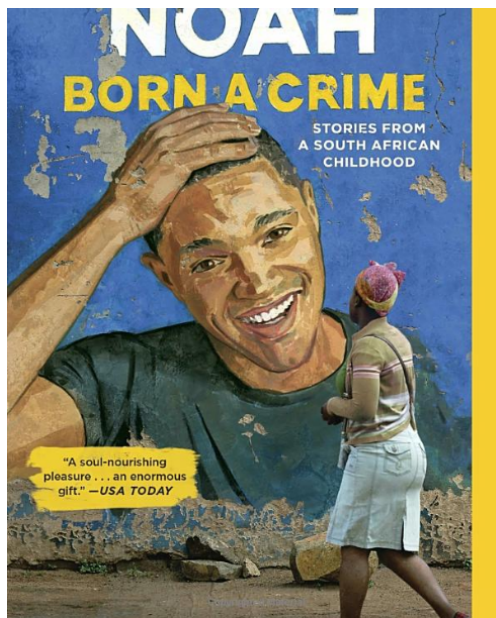
**October 23:** Beth Schlecter will review *Born A Crime* by Trevor Noah. Martha Coons will host.

**November 20:** Kay McHorse will discuss *Where The Crawdads Sing* by Delia Owens. Peggy Russell will host.

All daytime meetings begin at 10am. All members and potential members are welcome. Please contact Kay McHorse at [kmchorse8@gmail.com](mailto:kmchorse8@gmail.com) with questions.



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questions.



## **PARTNERS IN PRACTICE GROUP**

*meets*

October 7th at 11:45am at  
ebisu sushi restaurant

Please RSVP to [directir@treatpainnow.com](mailto:directir@treatpainnow.com)

Topic is "hiring, firing and keeping your overhead low"



## **MAH JONGG**

The Mah Jongg group began the fall schedule Wednesday, Sept. 4th, and will continue the first and third Wednesday's of the month until the end of May 2020. We welcome new players, both experienced and beginners. An email is sent to the group before each play day with the date, time, and place. Please contact me if you would like to join the group and receive emails.

Thanks, Kathy Thorstad  
[kthorstad@austin.rr.com](mailto:kthorstad@austin.rr.com)

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## ALOE FOUNDATION UPDATE AND AUCTION

The Aloe Foundation was a 2019 TCMA Grant Recipient and has an upcoming fundraiser to continue support of their work. The Aloe Foundation has a full calendar this fall with wellness clinics at the Breast Cancer Resource Center, Safe, Camp Mabry, Ronald McDonald House and a special event at Saint Louise House. They look forward to sharing comfort, care and healing to those dealing with pain or trauma at each of their partner sites.

**Mark your calendars for Friday, September 20th to browse, bid and buy for goods**

**in the their biggest fundraiser of the year!**

Please support their online auction where you will find unique items from local Austin businesses, ACL and other special event tickets, fun getaways and staycations, everyday necessities and much more! Auction starts at noon on Friday, September 20th and ends at 9:00pm Wednesday, September 25th at <https://www.32auctions.com/aloeffoundation2019>.

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### 2019 Grant Recipient Spotlight



"stroke recovery one word at a time"

For clients of Austin Speech Labs, every word learned, every sentence read is a small victory as they recover from the devastating effects of a stroke. Please

click [this link](#) to watch an incredible video of one client, Liz, read a sentence for the first time since her therapy!! ASL is very thankful for TCMA's support, which helps make these exciting moments possible.

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## TMAA Regional Conference

October 10-11  
Temple, Texas



Thursday, October 10

6-9 pm: Welcome Reception at The Grove Kitchen + Gardens ([click for directions](#))

Friday, October 11

7-7:45 am: Walk With a Doc Info Session + Breakfast with Debra Heater,  
TMA Division of Communication

8:30-9 am: Opening Remarks, Lisa Queralt, TMAA President

9-10 am: What's Your Super Power? Using the StrengthsFinder Assessment to



Take your Work and Team to the Next Level, Leslie Wang  
10-11:30 am: Membership: Strategies, 2020 Campaign, Tutorials, Reports, &  
More

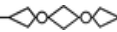
11:30 am-12:30 pm: Networking Lunch Buffet

12:30-1:15 pm: Discover the Future of Artificial Intelligence, W. Cannon  
Lewis II

1:15-2:15 pm: The Mission Matrix: A Powerful Framework for Decision-  
Making, Leslie Wang

2:15-3 pm: The Power of the Legislative Relationship, Jenny Shepherd

Click [here](#) for details on registration, hotel reservations and more.



## TCMA General Meeting

October 15

[Umlauf Sculpture Garden](#) 9:30am-12:00pm

9:30am Beginner yoga lesson for anyone who would like to participate

10am short meeting and docent tour of the garden

More details to come



## **Toast to Doctors**

Come sample the amazing fusion of flavors at Loro, an Asian  
smokehouse and bar brought to you by James Beard Award winners,  
Chef [Tyson Cole](#) of [Uchi](#) and [Aaron Franklin](#) of [Franklin Barbecue](#).

**When:** Sunday, October 27, 2019 6p-9p

**Where:** Loro 2115 S Lamar Blvd

**What:** Toast to Doctors!

[Buy your tickets here!](#)





## **A PAPER DIRECTORY ...**

**...is coming your way...**

**IF you are a current paid member!**

**Be sure your dues are up-to-date by contacting Pat Wallis  
([patriciaawallis@gmail.com](mailto:patriciaawallis@gmail.com)).**

**Only the names of current members will be IN the directory.  
Don't miss out!**




## **Do you have news to share in Vital Signs?!**

Please send in your news by 5 p.m. Fridays for that Sunday's Vital  
Signs.

Email Kathy Downie at [Kathy.downie@me.com](mailto:Kathy.downie@me.com) .



www.tcmalliance.org 

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