

From: TCMA patriciaawallis@pb02.wixshoutout.com
Subject: Vital Signs 12-29-19
Date: December 29, 2019 at 8:54 AM
To: kathy.downie77@gmail.com



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January 3 - Anson Jones MD Award deadline
January 22 - Book Group
January 26 - Book Group evening spouse event (rsvp)
February 25 - Book Group



MED BAG PROJECT

Lauren Gill is a young lady in our community who is working to make an impact in the health of those working through the system at the borders in Texas. Please read her letter, attached in the link below, and if you feel inspired, help her create “med bags” for adults and children who are trying to seek asylum here in the US.

MedBag Letter



MORE HOLIDAY LUNCHEON PHOTOS!











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A Thanks from BookSpring for TCMA Donations



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Our sincere thanks for your support throughout the years.

With gratitude,

Emily Cicchini
Executive Director

Submit a Nomination for the Anson Jones Awards

Seen or heard top-notch health and medical news in your local or other Texas-based media this year? If so, share the stories with TMA so we can enter them in the Anson Jones, MD, Awards that recognize outstanding health reporting.

[Nominations](#) are due Jan. 3, 2020.

DECEMBER 7 HARD HATS EVENT







Book Club Happenings

Join us to discuss the following selections:

January 22, 2020: My Antonia by Willa Cather

January 26, 2020: evening meeting with spouses to discuss Boys In The Boat by Daniel Brown. Pot-luck. RSVP required.

February 25, 2020: The Girl And The Tiger by Paul Rosolie

All daytime meetings begin at 10am. All members and potential members are welcome. Please contact Kay McHorse at kmchorse8@gmail.com with questions.



2020 Membership Renewal Campaign

The TMA Alliance has launched our 2020 Membership Renewal Campaign with an email renewal notice landing in everyone's inbox. Renew your own membership today, and join the campaign in your county to encourage others to renew, too.

Renew Here



MAH JONGG

The Mah Jongg group began their fall schedule in early September, and will continue meeting 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

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




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.



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