

Vital Signs 08-20-17

1 message

TCMA <kathy.downie@me.com>
Reply-To: kathy.downie@me.com
To: Wallis Patricia <patriciaawallis@gmail.com>

Sun, Aug 20, 2017 at 12:30 PM

[Can't See This Message? View in a browser](#)**WHAT'S COMING UP:**[August 23 - Book Club](#)[September 14 - TCMS Foundation Lecture](#)[September 17 - TCMAF Kids Care Club Event](#)[September 17 - Toast to Doctors](#)[September 19 - TCMA General Meeting](#)[September 23 - Saint Louise House Sips and Salsa Soirée](#)[September 27 - Book Club](#)

Click on an event to read more!

Travis County Medical Society Foundation presents an ethics CME lecture
Flourishing in Turbulent Times: The Current Health Care Environment and the Inner Lives of Clinicians.

You and your spouse/life partner are invited to attend the 2017 Travis County Medical Society
Foundation Lecture.

Ronald Epstein, MD, author of *Attending: Medicine, Mindfulness and Humanity*, professor at the University of Rochester School of Medicine and Dentistry and co-director of its Mindful Practice Programs will speak on using mindfulness as an antidote to physician burnout and refocuses physicians on what matters the most.

Invitees: TCMS members and their spouses/life partners

When: Thursday, September 14

Reception & Book Signing—6 pm

Dinner/Presentation—7:30 pm

Where: Austin Country Club

4408 Long Champ Drive, 78746

Topic: Burnout, Mindfulness and Resilience

Speaker: Ronald Epstein, MD

CME: *1.5 AMA PRA Category 1 Credits™. Also designated for 1.5 credits of education in ethics and/or professional responsibility.

RSVP: tcms@tcms.com or 512-206-1270

Please provide name of guest when emailing or calling.

[Printable Invitation](#)

Donation: \$20 suggested donation to the TCMS Foundation.



Please join the TCMAF Kids Care Club
for the

CASA Superhero Fun Run - Kids 1K

September 17

Domain Central Park, 9:15 am start

Festivities include:

~ Fun Run, Costume Contest, Superhero Activities and Dance Party ~

Proceeds benefit CASA of Travis County.

Check out casasuperherorun.com for more information and to register. You can choose "TCMA Kids Care Club" when registering to be on our team!

Questions: bethofarrell@austin.rr.com

Be a superhero for children who've been abused or neglected!





SAVE THE DATE! ANNUAL TOAST TO DOCTORS

The ABGB

Sunday, September 17th

4p-8p

Outdoor party, great food, craft ABGB beers, ciders and wine

Live music performed by Them Duquaines, there will be dancing!

Ladies, leave the high heels in the closet and wear comfy shoes.

Tickets are \$15 per person and available for purchase at the [TCMA website](#).



Save The Date

You won't want to miss the first TCMA General Meeting of the Year!

Tuesday September 19th, 9:30 am

Held at the new Nordstrom Domain

A Fall Fashion Show starring our very own
TCMA Past Presidents!



Fall Fashion Trends and Tips by
Stylist Raquel Gordian,
voted best image consultant in Austin!

You're invited to the

5th Annual Sips & Salsa Soirée

Join Us!

The Amigas de Saint Louise House will host their
**5th Annual Sips & Salsa Soirée on Saturday, September 23rd,
7:00-11:00pm at Saint Michael's Catholic Academy, Austin, Texas.**

The gala event will feature
dinner, drinks, dancing, and a live and a silent auction, while celebrating the mothers and
children whose lives have been transformed by Saint Louise House.

Funds raised will provide housing and supportive services to women with children
experiencing homelessness in Austin.

More Information

For tickets and reserved tables for sponsors, please visit [TICKETS](#)

For questions, please contact sipsandsalsa@saintlouiseshouse.org

Enrichment Committee Spotlights

Vital Signs is highlighting different enrichment groups throughout the summer so members
can know about various opportunities. Here are two to consider:

MAH JONGG - In 1990 TCMA started a book group. Deborah Jones gave a review of "The Joy Luck Club". For those
who did not know about Mah Jongg, Deborah also brought her Mah Jongg set since it is featured in the book. Several
people were interested in learning. Debbie had not played in many years, so Janie Julian agreed to help start the
group. They played at the library in Tarrytown for many years until they decided to start hosting gatherings in

members' homes. The group still continues; play will resume September 6th. New members are most welcome to join.

Please contact Kathy Thorstad to get on the email list. kthorstad@austin.rr.com



Mah Jongg members playing and visiting

PARTNERS IN PRACTICE GROUP - Do you work at a medical practice? Do you want to learn more about what goes into practice management? Partners in Practice provides networking opportunities and support for Alliance members. We meet bimonthly for lunch. For more information, please contact Karen Kim at karenckim@gmail.com.



TCMA Members represent at the state level

These Travis County Medical Alliance members are all active at the state level. Four (names in **bold**) serve on the 2017-2018 TMAA Board of Directors. Hurray for TCMA!

Sue Bailey - TMA Committee on Physicians Benevolent Fund Co-Chair, Council on Fiscal Affairs

Ann Ballard - President 1990-1991, Council of Past Presidents
Margene Beckham - TMA Committee on Physician Health and Wellness
Vickie Blumhagen - Recording Secretary, Board of Directors, Finance Committee Chair, Budget Subcommittee, Council on Fiscal Affairs, TMA Committee on Physicians Benevolent Fund
Berenice Craig - TMA Council on Health Promotion
Christina Fenrich - Vice President of Fiscal Affairs, Board of Directors, Finance Committee, Budget Subcommittee Chair, Philanthropic Funds Chair, Council on Fiscal Affairs, Nominating Committee
Patty Loose - President 2015-2016, Board of Directors, Advisory Committee, Nominating Committee, Council of Past Presidents, Budget Subcommittee, Council on Fiscal Affairs, Organizational Review and Strategy Committee, Council on Future Planning, Centennial Committee, TEXPAC Board, Council on Legislation
Ann Morales - TMA Committee on Physicians Benevolent Fund, Council on Fiscal Affairs
Eugenia Schoch - President 1970-1971, Council of Past Presidents
Lydia Soldano - Parliamentarian, Board of Directors
Kathy Trizna - TMA Council on Socioeconomics, TMA Council on Practice Management Services, TEXPAC Board, Council on Legislation
Pat Wallis - TMA Insurance Trust Advisory Committee

Summer Schedule for Vital Signs

Vital Signs has been on a monthly publication schedule for the summer, but our weekly publication schedule will resume in September.

4300 North Lamar Boulevard
Austin, TX 78756
512-206-1124

www.tcmalliance.org 

You've received this email because you are a subscriber of [this site](#)
If you feel you received it by mistake or wish to unsubscribe, [click here](#)