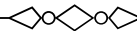




## October 19 - General Meeting



I'm looking forward to the fall and working with the new, talented board – we are going to have a

successful year working together.

Stay safe,  
Jenny



**JUST THE FACTS:  
WHY YOU SHOULD TRUST  
THE COVID-19 VACCINE**

**TEXAS MEDICAL ASSOCIATION**  
Vaccines Defend What Matters  
Physicians Caring for Texans  
@texmed @wearetxma

- Vaccines do not give you COVID-19.**  
None of the vaccines currently available or in development contain a live virus. The mRNA vaccine contains a "blueprint" for a small non-living piece of the virus, which your body will use to build up antibodies against should you ever become exposed to the actual virus.
- There is no evidence vaccines affect fertility or harm an ongoing pregnancy.**  
Clinical data available shows no effect on the health of a pregnant individual or fetus. However, if you get the COVID-19 virus, complications associated with it can pose a serious risk to pregnancy and the mother's health. Those who are pregnant and thinking of getting the vaccine should discuss their concerns with a physician.
- COVID-19 vaccines do not alter your DNA.**  
The mRNA contained in the vaccine does not interact with our DNA in any way. The mRNA is used to act as a blueprint for a small, non-living part of the virus that will be used to help our bodies build up an immune response. That way should the virus ever enter our body, our immune system can act quickly.
- The science behind mRNA vaccines has been around for several years and has been clinically proven to be safe and effective.**  
Neither science nor safety shortcuts were taken in the development of the vaccine. Increased priority, collaboration, and funding contributed to its expedited development.
- COVID-19 vaccines do not contain any microchips, implants, tracking devices, or other questionable substances.**  
COVID-19 vaccines currently available and in development do not contain any ingredients that have not been already used in manufacturing vaccines. The vaccine does not contain any solid implants or fetal tissue.
- COVID-19 vaccines have been deemed safe by the Centers for Disease Control and Prevention (CDC). Serious or dangerous side effects are extremely rare.**  
The most common side effects are sore arm, feeling tired, headache, body aches, or a mild fever. These side effects usually last no more than two days. The symptoms are the result of the vaccine working to strengthen the immune system.  
If you have a history of severe allergic reactions to getting a vaccine, talk to your doctor to see if getting a COVID-19 vaccine is appropriate.
- The vaccines will let us get back to spending time with family and friends.**  
The more people who get vaccinated, the more difficult it would be for the virus to infect others and spread the disease, even to people who are unable to get the vaccine. This is called herd immunity.  
Until we can understand if those who received the vaccine can spread the virus, you should still wear a face mask when around others, practice social distancing, and frequently wash your hands.
- The vaccines can offer longer term protection, even if you have already had COVID-19.**  
People who have had COVID-19 can benefit from the long-term protections from severe complications that can come with the virus, as it is possible to get reinfected.
- Even if you are not at increased risk for severe complications from COVID-19, getting the vaccine may protect others from getting sick. It will also help you return to work or school sooner.**  
To help stop the pandemic, we will need to use all the tools and information available. This includes wearing face masks, practicing social distancing, staying home when you feel sick, and getting the vaccine if you can.

**To learn more about COVID-19 vaccines, visit**  
[cdc.gov/coronavirus/2019-nCoV/](https://cdc.gov/coronavirus/2019-nCoV/)

**Additional Resources for Physicians**  
Talking to Patients About Vaccine vs. Natural Immunity  
Addressing COVID-19 Vaccine Hesitancy in Patients  
[www.texmed.org/Coronavirus](https://www.texmed.org/Coronavirus)



## COVID-19: Update on the Delta Variant

Featuring Lauren Ancel Myers, PhD and Parker Hudson, MD

Please join us Thursday, August 19 for the next virtual town hall for the Travis County medical community, presented by the Travis County Medical Society and Dell Medical School.

Panelists [Lauren Ancel Meyers, PhD](#), an epidemiologist and professor of integrative biology in UT Austin's College of Natural Sciences, and [Parker Hudson, MD](#), an assistant professor of internal medicine and infectious diseases at Dell Med, will provide an update on COVID-19 in Central Texas, including the latest modeling and scientific research related to the Delta variant and its impact.

The event will be moderated by TCMS President [Nancy Thorne Foster, MD](#), and Dell Med [Dean Clay Johnston, MD, PhD](#).

**Date: Thursday, August 19, 2021**

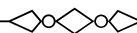
**Time: 12:00 - 1:00 PM**

CME credit is available for this event [Learn More>>](#)

RSVP required: Login information will be sent to those who register for the event. **Please RSVP and submit questions in advance [here](#) »**

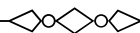
RSVP

([https://www.tcmalliance.org/so/32Ni-wHVU/c?w=cpa2Ek2hgD\\_Kf11rAWDpvoqqWsc79bVxeGBg8m3cHQw.eyJ1ljoiaHR0cHM6Ly9kZWxsbl](https://www.tcmalliance.org/so/32Ni-wHVU/c?w=cpa2Ek2hgD_Kf11rAWDpvoqqWsc79bVxeGBg8m3cHQw.eyJ1ljoiaHR0cHM6Ly9kZWxsbl))



## PHYSICIAN FAMILY DAY

Aug. 28, 2021, is officially Physician Family Day.  
It's a newer companion to Doctor's Day, which is celebrated in March.



## September General Meeting

### General Program – Change in plans!

Tuesday, September 21

Zoom Presentation

9:30am General Business Meeting

10am Speaker Presentation

(Zoom link information will be sent the week before the meeting)

Join us as we go in search of inner peace.

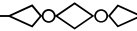
Sensei Jonathan Hewitt is the founder of Life Ki-do Martial Arts & Life Education and an award-winning author. He combines ancient wisdom with modern psychology to help all ages discover and build upon their inner strength.

Sensei Jonathan will be discussing meditation and other methods as ways to:

- Find a well of inner calm to draw on when so much feels out of control
  - Learn to flow with all of life's joys & challenge
  - Find a place of rest and trust within yourself

Please make note, once we can finally meet in-person, we need all attendees to be vaccinated. As a group that aims to improve the health and well-being of our community we must start by vaccinating ourselves.





**TMA-TMAA Fall conference is now virtual,  
September 16-18.**

Due to the rising rates of the COVID-19 Delta variant, the TMA Alliance Board of Directors has made the difficult decision to cancel all in-person events at the Fall Conference. While we were all ready to celebrate being able to see one another again, ultimately, we know that this celebration is not worth the risks to the health of our family, friends, and communities.

Several sessions will be held via Zoom, including the **TMA Alliance Awards Ceremony** on

**Friday, September 17, from 10am to 11:30am.** This meeting is open to all, and we are proud that the TCMA will be receiving an award! Please register for the awards meeting [here](#):

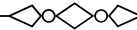
Registration Link (<https://www.tcmalliance.org/so/32Ni-wHVU/c?w=vs-6hFuQkJIRVm1Bppfdb->

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For more information, visit [TMAA Fall Conference](https://www.tcmalliance.org/so/32Ni-wHVU/c?w=TS-) (<https://www.tcmalliance.org/so/32Ni-wHVU/c?w=TS->

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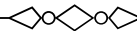
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Im1haWxfbHAlLCJlIjoimDAwMDAwMDAtMDAwMC0wMDAwLTAwMDAtMDAwMDAwMDAwMDAwIn0) .



## Coming in September - Membership Renewal Emails!

If you look around the corner, you'll see fall coming – and that also means your opportunity to renew your TCMA membership is coming up too! In mid-September, you'll want to be on the look-out for an email from a @texmed.org email address. It will have your personalized auto-login information, and all you'll need to do is click on the link and it will take you directly to your TMAA account to renew your dues. We'll keep you posted with the exact date and what to look for so you won't miss the message. You won't want the email to get lost amongst the falling leaves in your clutter file!





## Membership

Cindy Groves won last year's membership contest prize:  
a stay in Julie Cowan's Park City condo.

Here's what Cindy says:

Julie, we had such a fabulous time this past weekend in Park City! Thank you so much for allowing us to stay at your wonderful place. I'm so happy I paid my dues early last year and won this stay. We ate at some fantastic restaurants such as Handle, Firewood, and Silver Star Cafe. We took the lift up the mountain in Deer Park and hiked back down. We went fly fishing in the Provo River and we all caught fish! We walked up and down Main Street shopping, eating, and enjoyed the sites! Thank you for all of your suggestions and thank you again for offering up your lovely condo for us to stay! Fondly, Cindy Groves,

For information about membership this year, please contact  
Lori Benold at 361-813-0693 or by email: [vp-membership@tcmalliance.org](mailto:vp-membership@tcmalliance.org)  
(<https://www.tcmalliance.org/so/32Ni-wHVU/c?w=ckf9nhWeRsfl3g2-kXplmp4Qe3hpuTfJdrUNP->

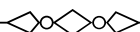
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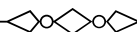
Planning for the 2021 Toast to Doctors party has begun. Dr. George Shashoua has graciously offered his newly constructed home in Clarksville as our location and we are tentatively scheduled to gather on Sunday evening, Oct. 17. (Of course, we will be monitoring the community's covid infection rate to determine whether it is safe to gather and make a determination by early to mid September.) Hoping for the best, an added element of fun is in store for partygoers: a formal tasting of The Fighting 69th Regiment Irish whiskey. See The Fighting 69th Irish Whiskey ([fighting69thwhiskey.com](http://fighting69thwhiskey.com)) (<https://www.tcmalliance.org/so/32Ni-wHVU/c?w=6GdXkxPVdNyqu5Z->

If you'd like to be a part of the planning committee, contact co-chairs Christina Fenrich at [cafenrich@gmail.com](mailto:cafenrich@gmail.com) (<https://www.tcmalliance.org/so/32Ni->

wHVU/c?w=BlnPEdmwRSC3cl\_3BAExKgHXk6QwzGccmatHgymSM2k.eyJ1ljoibWFpbHRvOmNhZmVucmljaEbnbWFBpbC5jb20iLCJyIjoiNjVhNmEwZTAzMzgzc0Y2ZiLWY4ZmQtYTZmOTc5YzcyYTA1IiwibSI6Im1haWxfbHAIcLJlljoimDAwMDAwMDAtMDAwMCAwMDAwLTAwMDAtMDAwMDAwMDAwMDAwMDAwMDAwMDAwMDAwIn0) or Julie

Cowan at [jscowan@aol.com](mailto:jscowan@aol.com) (<https://www.tcmalliance.org/so/32Ni-wHVU/c?w=r5EZMuCoUQtwpKvBpCfedV0->

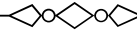
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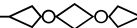
Wow! Dr. Ernest and Sarah Butler are once again supporting the arts in Austin – and in a big way! The Butlers are funding an outdoor space for sound art at the Blanton Museum. It will be known as the Butler Sound Gallery and is expected to be completed in late 2022.

Remember to send news regarding members to Outreach & Support Chair Julie Cowan  
at jscowan@aol.com or call at 512-659-8593.

Margene Beckham  
Julie Cowan  
Christina Fenrich  
Elaine Kasper  
Cindy Nelson  
Kathy Radich  
Jenny Stern, MD  
Cathy Thompson



kareninaustin@aol.com ([https://www.tcmalliance.org/so/32Ni-wHVU/c?w=9Rxp0\\_BfjxNQk3SesmkfoAFBpmyOzzYXfd1OxWjOwJg.eyJ1ljoibWFpbHRvOmthcmVuaW5hdXN0aW5AYW9sLmNvbSlslInliOiJjZDM4YjQwNy0xZmQ0LTQ1M2QtYTM1Mi0zY2YyZjcyMjY5ZDEiLCJtIjoibWFpbF9scCIslmMiOilwMDAwMDAwMC0wMDAwLTAwMDAtMDAwMC0wMDAwMDAwMDAwMDAwMDAifQ](https://www.tcmalliance.org/so/32Ni-wHVU/c?w=9Rxp0_BfjxNQk3SesmkfoAFBpmyOzzYXfd1OxWjOwJg.eyJ1ljoibWFpbHRvOmthcmVuaW5hdXN0aW5AYW9sLmNvbSlslInliOiJjZDM4YjQwNy0xZmQ0LTQ1M2QtYTM1Mi0zY2YyZjcyMjY5ZDEiLCJtIjoibWFpbF9scCIslmMiOilwMDAwMDAwMC0wMDAwLTAwMDAtMDAwMC0wMDAwMDAwMDAwMDAwMDAifQ))

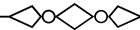








10, 2021.





## Congratulations to our 2021 Nursing Scholarship Recipients!

### Travis County Medical Auxiliary & Society Endowed Presidential Scholarship in Nursing

This scholarship was established in 1991 by the TCMA, and 30 scholarships have been awarded since then to junior students at the University of Texas School of Nursing. **Zoe Jones** is this year's recipient, a junior nursing student from Pflugerville, Texas. She is an active volunteer in Best Buddies, Global Medical Training, and the UT Nursing Students' Association. She is passionate about nursing and plans to work as a neonatal nurse, and one day become a neonatal nurse practitioner.

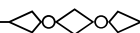
### Bayardo Hispanic Nursing Scholarships

Congratulations to the 2021 Bayardo Hispanic Nursing Scholars, who will attend the University of Texas and Concordia University Schools of Nursing. This award is funded by the TMAF Hispanic Nursing Scholarship Trust Fund of Dr. Roberto J. and Agniela (Annie) M. Bayardo, and is administered by the TCMA Foundation.

**Arleen Gomez** is from Mission, Texas and is a Spring 2021 graduate of La Joya Palmview High School. In addition to her high school diploma, she received an Associate of Science degree in Biology from South Texas College through the Dual Enrollment Medical Science Academy program. She will be attending the University of Texas at Austin School of Nursing in the fall. She plans to work as a Registered Nurse in neurology or pediatrics.

**Daniella Varela** is from Fort Worth, Texas and will be a second-year nursing student at UT Austin this fall. She has enjoyed her professors during her first year, and joined the UT Nursing Students' Association. She is a Gateway Scholar and a member of the University Leadership Network. Daniella volunteered many hours at Cook Children's Medical Center and at Baylor, Scott and White, and was president of her senior class in high school.

**Leslie Rodriguez** is a first-generation college student and graduate of Texas A&M. She will be attending Concordia University in the fall, where she will be working towards her Bachelor's degree in Nursing. She was a volunteer at St. Joseph's Hospital, where she shadowed a general surgeon, and has worked at Accenture, a technology services company. She enjoys hiking, dancing, and working out.



## Party with a Purpose 2021 Sponsors

## Gold Star



AUSTIN  
REGIONAL  
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**Capitol Anesthesiology Association, a division of US Anesthesia Partners**

**CLINICAL  
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**Silver Star**



### **Rising Star**



**Austin Cancer Centers, Dr. Douglas  
Rivera**

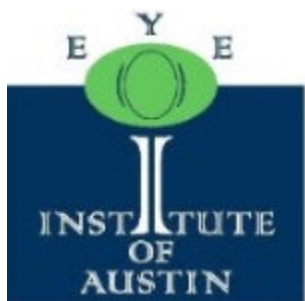
**Sarah & Ernest Butler**

**Arnold & Christina Fenrich**

**Christi & Kevin Bozic**

**Gus & Jeni Lowry**

### **Bright Star**



## Star



## In-Kind Sponsors

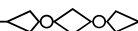
Brown Distributing Co.

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512-206-1270 (<https://www.tcmalliance.org/so/32Ni-wHVU/c?w=9hS7qPDHpwA1Tp15fVBIW5FiJAKl4XZsv9do3rW3dko.eyJ1IjoidGVsOjUxMi0yMDYtMTI3MCIsInliOiJjYmU3MmE2Ny02Y2NjLTQ0OWUtNDdkMS1mMzRiOTJkZjBiYmUiLCJtIjoibWFpbF9scCIsImMiOiIwMDAwM>)

