
Vital Signs 12.8.2019

1 message

TCMA <no-reply@test.wixshoutout.com>

Reply-To: patriciaawallis@gmail.com

To: patriciaawallis@gmail.com

Sun, Dec 8, 2019 at 9:44 AM

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December 10 - VHC Suffing 11-12am

December 17 - Chic Ladies Annual Holiday Gift Card Exchange (rsvp by 12/10)

December 19 - TCMS/TCMA Family Social -

Zilker Trail of Lights (rsvp by 12/12)

January 3 - Anson Jones MD Award deadline

January 22 - Book Group

January 26 - Book Group evening spouse event (rsvp)

**VOLUNTEER HEALTHCARE CLINIC
HELP NEEDED!**

Help stuff envelopes at the clinic on Tuesday,

December 10

from 11-12

Contact Stacy Jones with questions

stacybjonesrn@yahoo.com

TCMS/TCMA Family Social

Thursday, December 19

Zilker Park Trail of Lights

Experience this Austin tradition without the hassles of parking and crowds!

Bring your family for fresh baked holiday cookies, hot cocoa, a fully furnished and decorated party tent, special parking and early admission to the Trail before the holiday mob.

Date: Thursday, Dec 19

Where: Zilker Park Trail of Lights

Cost: \$25 per person (kids 5 and under are free) Includes one parking pass

Tickets: must be purchased by 12/12. No refunds.

Time: 6 pm to 9 pm

RSVP: tcms@tcms.com or 512-206-1249



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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.

Chic Ladies

Annual Holiday Gift Card Exchange Luncheon

Tuesday
December 17th
11:30

Join us at
Cafe Blue
Galleria
[12800 Hill Country Blvd.](#)
[Bee Cave, 78738](#)

Please bring a
\$20-25 Gift Card
to one of your favorite stores
to play our Holiday Game!

Please RSVP by
Tuesday December 10th
for your reservation
to Lara Norris at
larisalee1968@aol.com



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 26, 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 like to join the group and receive emails.

Thanks, Kathy Thorstad
kthorstad@austin.rr.com

HOLIDAY LUNCHEON



MED BAG PROJECT

Lauren Gill is 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.

MedBagLetter




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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