

From: **TCMA** kathy.downie@me.com  
Subject: Vital Signs 10-15-2017  
Date: October 15, 2017 at 11:35 AM  
To: Kitchens Kathy kckitche@hotmail.com

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Travis County



Medical Alliance

WHAT'S COMING UP:

[October 17 - General Meeting](#) (RSVP please)

[October 24 - Chic Ladies Group](#)

[October 25 - Book Club](#)

October 25 - TCMA Family Happy Hour

[November 4 - TCMS Physician Wellness Program](#)

November 13 - TCMA Membership Coffee

[November 15 - Book Club](#)

December 8 - Holiday Luncheon at Westwood Country Club

December 14 - TCMA Membership Coffee

February 23, 2018 - Wonders and Worries

Click on an event to read more!



**Please RSVP to October's general meeting.** We need an accurate head count for the cooking class! Here are the details:

**Let's get Cooking!**  
**General Meeting**  
**October 17th 9:30 am.**





**Have fun during this  
Autumn Cooking Demonstration  
and learn more about the  
**Sustainable Food Center****

**2921 E. 17th St. Bldg. C  
Austin, 78702 512 236-0074  
[www.sustainablefoodcenter.org](http://www.sustainablefoodcenter.org)**

The SFC's mission is  
cultivating a healthy community  
by strengthening the local food system  
and improving access to nutritious, affordable food.

**Please RSVP  
by Monday October 9th!  
to Lara Norris  
at [larisalee1968@aol.com](mailto:larisalee1968@aol.com)**

We will also be collecting items for the



they deliver free care supplies to Cancer patients at home.  
These include items that are not typically covered by insurance.  
1 in 5 Cancer related deaths are preventable,  
related to malnutrition, infection and injuries.

**Please bring one of these items:**

**Electric Heating Pads  
Baby Wipes  
Disinfectant Wipes  
Digital thermometer  
Fleece Blanket for adult ages**

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**PRIZES!!!!**

Don't miss your chance to win a prize at this Tuesday's general meeting!

Here's how:

- 1) Be at the meeting! You must be present to win.
- 2) Get your name on the 'eligible' list for the first prize by signing in to Directory Spot no later than 6pm on Monday 10/16 on either your computer or your phone. (If you have signed in before that counts.)
- 3) Get your name on the 'eligible' list for the second prize by joining the Group "Drawing at October meeting" in Directory Spot no later than 6pm on Monday 10/16. Sign in on your computer, not your mobile device. Access your personal information, select 'Add Group', choose "Drawing at October meeting", and then click on "Save".

If you have questions, please contact Pat Wallis at [patriciaawallis@gmail.com](mailto:patriciaawallis@gmail.com).

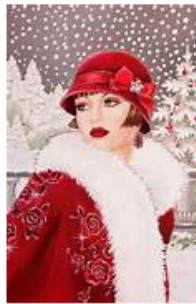
Good luck!

Watch this YouTube video with easy instructions for logging in to Directory Spot:

<https://youtu.be/UYXPO35o26E>

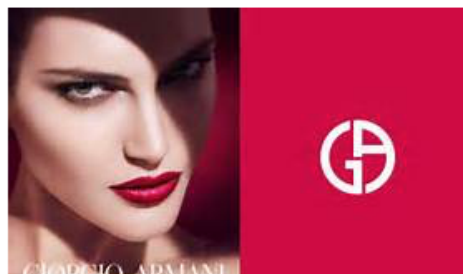
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**Chic Ladies**  
**Are you ready to**  
**Shine for the Holidays?**



**Join us on**  
**Tuesday October 24th 10:30-11:30**  
**at the Domain Neiman Marcus**

**Best of Beauty Event**  
**with Giorgio Armani Cosmetics**



**Learn the latest in  
Cosmetic Trends & Tricks from this  
Classic and Timeless Beauty Brand!**

**Wine, treats and goodies!**

**After our Cosmetic Presentation,  
we will have lunch at the Domain's  
North Italia Restaurant at 11:45  
11506 Century Oaks Terrace, 78758**



**Please reserve your spot  
for the Beauty Presentation  
with Giorgio Armani Beauty Ambassador & Manager  
Donna McGoldrick at 512 719-1200 extension 1464  
Your \$50 reservation will be redeemable for any products!  
Deluxe Free Gift Bag,  
made just for Chic Ladies  
with your purchase!**

**Please Reserve for Lunch by October 18th  
with Lara Norris at [larisalee1968@aol.com](mailto:larisalee1968@aol.com)**



**TCMA Family Happy Hour**  
*Central Market, North Lamar*

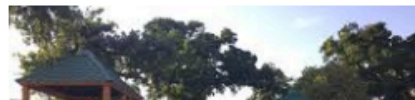
4001 N. Lamar  
Outside deck

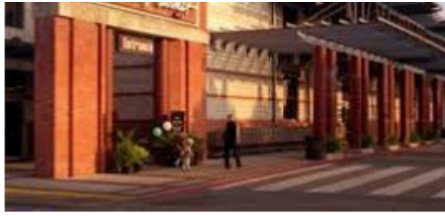
**Wednesday, October 25**

Drop by between 5pm-7pm



Join us if you're a new or current member or if you're interested to learn more.  
Do you have friends who might also be interested in the TCMA? Bring them!  
Do you have kids with you at that time? Bring them!





## Travis County Medical Alliance & Foundation

Since 1924

Please RSVP: [vp-membership@tcmalliance.org](mailto:vp-membership@tcmalliance.org)



The Travis County Medical Society invites you  
to an ethics CME symposium

### ***True North: Restoring Passion, Mission and Meaning to Medical Practice***

Saturday, November 4

8:30 am-12:35 pm

Dell Medical School Health Learning Building

Admission Free, RSVP Required

[tcms@tcms.com](mailto:tcms@tcms.com) or 512-206-1249

\$20 suggested donation to TCMS Physician Wellness Program

#### **Topics**

- "Safe Harbor: A Community of Physicians Caring for Each Other"
- "Creating a Compassionate Culture to Build Resilience"
- "The Ethical Duty of Care"
- "Spiritual Intelligence: Cultivating Resilience and Foster Innovation in the Face of Rapid Change in Healthcare"
- "The Second Victim Phenomenon: Who Will Care for the Caregivers?"
- "Mindfulness Meditation in Healing: Evidence-Based Medicine"

**Wellness Event Program  
Details**



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The **Texas Medical Association's Disaster Relief Program** provides physicians in areas affected by Hurricane Harvey with financial assistance to help restore their practices. Helping our members reopen their practice and get back on their feet will help them take care of their patients as quickly as possible.




This relief program pays for expenses (not covered by insurance or other funding) such as replacing equipment, supplies, and computers; aiding staff; and rebuilding patient records.

Our goal is to raise **\$1 million or more!** We have raised more than \$257,000 as of Sept. 13, 2017.

To make a tax-deductible donation to TMA Foundation, visit **[www.texmed.org/Harvey](http://www.texmed.org/Harvey)**.



## Working Together in Times of Crisis



Donate to the TMA Disaster Relief Program and help reopen doctors' practices affected by Hurricane Harvey. Help Texas physicians get back to doing what they do best — caring for Texas patients.

Make your tax-deductible donation: **[texmed.org/Harvey](http://texmed.org/Harvey)**.



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## Nominations Open for Excellence in Science Teaching Awards for TX Teachers

**Texas Medical Association is giving away \$60,500 in CASH prizes! Please help us to spread the word!** The Ernest and Sarah Butler Awards for Excellence in Science Teaching is a distinguished recognition program that is highly competitive. And the best news this year is that TMA recently increased our awards from \$24,000 annually to \$60,500! This increase is a great testament of Texas physicians' support of science teachers.

TMA's Ernest and Sarah Butler Awards for Excellence in Science Teaching rewards teachers who exhibit a personal commitment and enthusiasm for teaching any area of science! \$60,500 will be given to 12 winning teachers in the following increments.

- Three first-place Texas science teachers will receive \$6,000 each! Their schools will receive a \$2,000 award!
- Three second-place teachers will receive \$4,000 each and another \$1,000 for their science curriculum!
- Three third-place teachers will receive \$2,000 each and another \$1,000 for their science

curriculum!

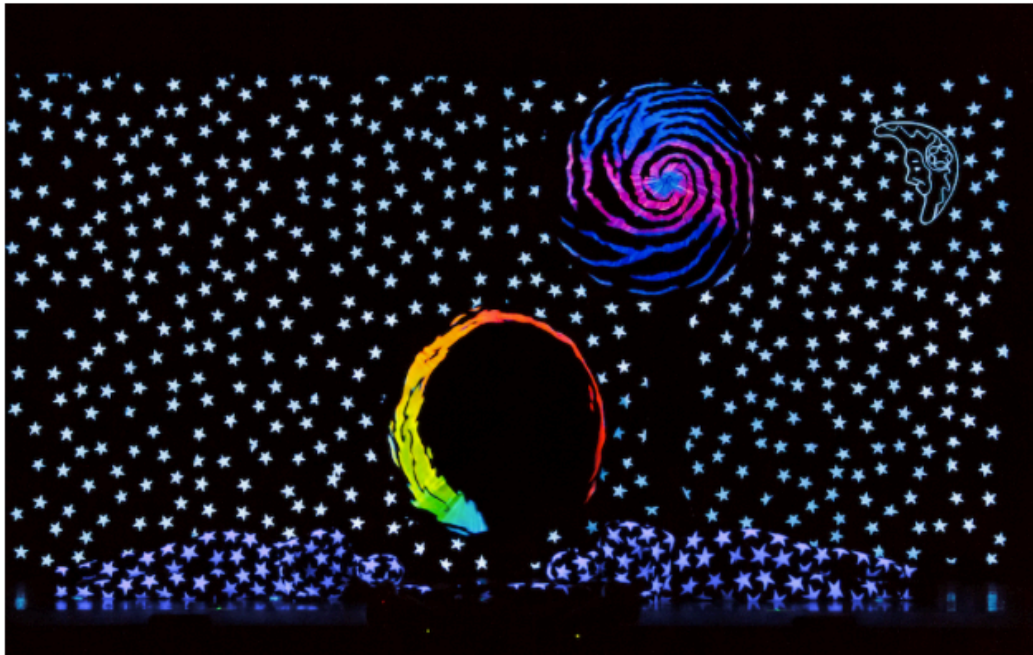
- Three Rookies (< 5 yrs classroom experience) will receive \$1,500 each and another \$1,000 for their science curriculum!
- One OVERALL award will be selected from the first-place winners and will receive an additional \$5,000!

Visit our website at <https://www.texmed.org/teachers/> for details and the nomination/application online forms. For more information contact Gail Schatte at (512) 370-1600 or email [gail.schatte@texmed.org](mailto:gail.schatte@texmed.org).

Who's eligible? All Texas full-time public and private school science teachers with a minimum of two years' completed classroom experience who will return to teach during the 2018-19 school year are eligible. All areas of science are welcome.

To nominate science teachers or to apply, visit our website at [www.texmed.org/teachers](http://www.texmed.org/teachers), where you will find more information and the appropriate forms. The deadline for nominations is Nov. 17 and for applications is Dec. 21. (All nominees will receive an email from TMA asking them to complete an application.)

**Together let's make sure Texas science teachers are well represented! Nominate or apply today!**



*Not Afraid of the Dark--The Show that Glows!® is a great "starter ballet" for young children, ages 2 and older.*

Photo by Tony Spielberg

**Save 20% on The Nutcracker with a**

## Family Time package!

Save big on productions perfect for families when you purchase a [Family Time](#) ticket package and pair two ballets!

SAVE 20 PERCENT on tickets to Ballet Austin's annual production of [The Nutcracker](#) presented by the Georgia B. Lucas Foundation Fund, when you also purchase tickets to [Not Afraid of the Dark--The Show that Glows!®](#) This hour-long production is a great way to introduce young children to the ballet in a colorful, glow-in-the-dark environment that's as fun to share as a bedtime story!



*Ballet Austin's The Nutcracker, now in it's 55th year, is a favorite holiday tradition for Central Texas families.*

Photo by Tony Spielberg

**Save 20% When you Buy  
a Family Time Package**

Buy directly from Ballet Austin and avoid ticket mark-ups!

Tickets that were not purchased directly from Ballet Austin but through third-party websites or ticket brokers may not be valid and may be listed for more than face value. To safeguard your purchase, be sure to buy your tickets at [balletaustin.org](http://balletaustin.org) or call Audience Services at [512.476.2163](tel:512.476.2163) Monday through Friday from 9 a.m. to 5 p.m CT.







Travis County Medical Alliance

## *Holiday Luncheon*

Friday, December 8th, 11am - 1pm  
Westwood Country Club ~ 3808 W. 35th St.  
Austin, Texas 78703

RSVP by December 4th to [www.tmalliance.org](http://www.tmalliance.org)  
or mail a check for \$30 to Christine Dang  
126 Burgess Lane, Austin, TX 78738

\*Please bring a book or  
small donation to BookSpring



SAVE ~~THE~~ DATE



WONDERS & WORRIES

# UNMASKED

FEBRUARY 23, 2018

PRESENTED BY TEXAS ONCOLOGY

## EVENT COMMITTEE

Kelly and Brannon Hyde, *Chairs*  
Shelly and David Bain, *2017 Chairs*  
Meredith Bagan  
Susan Bartlett  
Savanna Bogardus  
Kim Carr  
Roseann Ferraro  
Shannon Livengood  
Rebecca Murphy  
Ashley Ohls

Kristen Patton  
Kathleen Shapiro

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### Book Group

Book Group meets monthly for yummy treats and stimulating discussions. Please join us! You don't have to read the book first, just come and listen. See the upcoming schedule at <http://www.tcmalliance.org/book-review-events>. Contact Pat Wallis with questions at [patriciaawallis@gmail.com](mailto:patriciaawallis@gmail.com).



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Austin, TX 78756  
512-206-1124

[www.tcmalliance.org](http://www.tcmalliance.org) 

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