
Fwd: Vital Signs 10-14-18

1 message

kathy kitchens <kathy.downie@me.com>
To: kathy.downie77@gmail.com

Fri, Feb 15, 2019 at 11:20 AM

Sent from my iPhone

Begin forwarded message:

From: TCMA <webmaster@tcmalliance.org>
Date: October 15, 2018 at 12:06:09 AM CDT
To: Kathy Kitchens Downie <kathy.downie@me.com>
Subject: Vital Signs 10-14-18
Reply-To: webmaster@tcmalliance.org

Can't See This Message? [View in a browser](#)**WHAT'S COMING UP:**

[October 16 - General Meeting \(buy ticket\)](#)
[October 18 - TCMS Foundation Lecture & Dinner \(RSVP\)](#)
[October 24 - Book Club](#)
[November 14 - Book Club](#)
[November 28 - Book Club Brunch](#)

Click on an event to read more!



[Buy your ticket here](#) to reserve your spot at the upcoming TCMA General Meeting

General Meeting October 16th



Join us for a Central Market Fall Cooking Class!

10:00 am-12:00 pm

**Central Market
(Upstairs above Cafe)
4001 North Lamar Blvd. 78756**

**Limited Spaces Available!
Reserve Your Spot ASAP!
\$15 per person**

**Go to www.tcmalliance.org
On the Home page, under Upcoming Events
to purchase your ticket.**



Toast to Doctors Recap



Thank you to all the members who attended Toast To Doctors! The event was held on Sunday, September 30 at the Dogwood in the Domain. It was a lively crowd and we had a great turnout! Thank you to all the doctors who attended and for all your hard work throughout the year. A BIG thank you to our wonderful member Lindy Brand who chaired this event!!



MAH JONGG GROUP

Interested in learning mah jongg? Want to play with a fun group?

We will begin teaching new or interested members to play once a month! Our group is excited to start a monthly learning session, and we welcome any and all who want to learn, those who feel unsure about their level of play, or who may be hesitant to join the group.

Please contact Kathy Thorstad at kthorstad@austin.rr.com for details or to be added to the Mah Jongg email list.



TCMS Foundation Lecture & Dinner

10.18.2018

Austin Country Club
4408 Long Champ Drive

6:30 pm

Reception

7:30 pm

Dinner/Presentation

RSVP

email: tcms@tcms.com
call: 512-206-1270
mail: 4300 N Lamar Blvd
Austin TX 78756

**\$20 per person
suggested donation.**

Travis County Medical Society Foundation
TCMS Physician Wellness Program
in collaboration with the
American Medical Association
presents a CME program

**Emerging Concepts and Strategies for
Physician Wellness**
Michael Tutty, PhD

Thursday, October 18

These are difficult times for doctors. Physicians nowadays are often likened to the canary in the coal mine, sick to the point of dying and calling out for help. Increasingly, people are coming to the realization that while the canary is sick, it's the coal mine that's toxic.

It's time to stop blaming physicians for burnout and rethink our practice environment.

Join your colleagues for an evening with Dr. Michael Tutty, AMA Group Vice President, Professional Satisfaction & Practice Sustainability, as we take a look at organizational/institutional factors that are fueling the burnout epidemic and possible pathways to improvement.

Spouse/partner welcome.

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

Here are the Book Group's fall selections:

Our next meeting will be on **Wednesday, October 24** at 10:00 at the home of Marina Sifuentes.

Peggy Russell will explain Thomas Mann's *Magic Mountain*.

You won't want to miss this one! I can't wait!

Our November meeting will be early in the month, on **Wednesday, November 14**, at 10:00. Carla Wilkenfeld will lead our discussion of *The Know-It-All Book* by A. J. Jacobs. This one will be light and fun! Hostess TBD.

Also in November, our annual pot-luck brunch and gift-book idea exchange will be on
Wednesday, November 28 at the home of Kay McHorse.

Addresses are available to current members on Directory Spot, or contact Pat Wallis
at patriciaawallis@gmail.com with questions! See you soon!

TMAF 26th Annual Gala!

Save The Date!

Friday, May 17, 2019

6:30-10:30 p.m.

Hilton Anatole Dallas



4300 North Lamar Boulevard
Austin, TX 78756
512-206-1270

www.tcmalliance.org 

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