

From: TCMA webmaster@tcmalliance.org
Subject: Vital Signs - AUGUST 2019
Date: August 23, 2019 at 12:34 PM
To: Kathy Kitchens Downie kathy.downie@me.com

CN

Can't See This Message? [View in a browser](#)



WHAT'S COMING UP:

August 27 - CANCELLATION - Directory-Stuffing party

[August 28 - Book Club](#)

[August 31 - Yoga for Physicians](#)

[September 17 - General Meeting](#)

[September 25 - Book Club](#)

[October 15 - General Meeting](#)

[October 23 - Book Club](#)

[October 27 - Toast To Doctors](#)

[November 20 - Book Club](#)

Click on an event to read more!



Book Club Happenings

Join us to discuss the following selections:

August 28: Suzanne McFarlane will lead our review of *American Kingpin* by Nick Bolton. Sarah Butler will host.

September 25: Pat Wallis will lead our discussion of *Therese Raquin* by Emile Zola. Please read the translation of your choice. Ann

Morales will host.

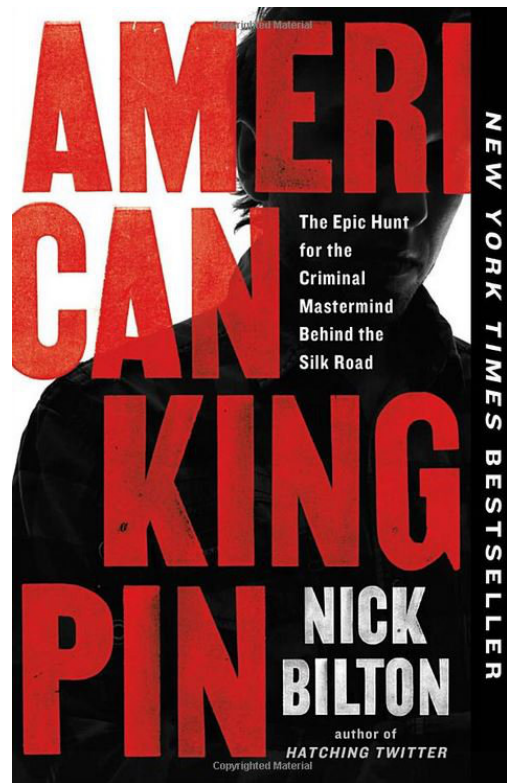
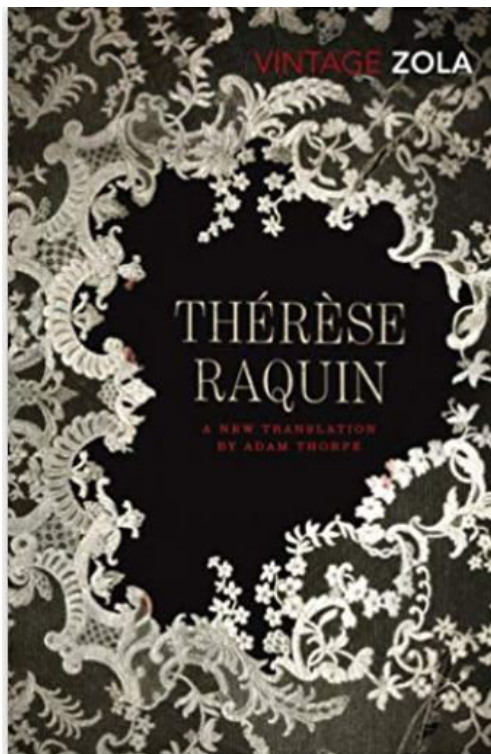
October 23: Beth Schlechter will review *Born A Crime* by Trevor Noah.

Martha

Coons will host.

November 20: Kay McHorse will discuss *Where The Crawdads Sing* by Delia Owens. Peggy Russell will host.

All daytime meetings begin at 10am. All members and potential members are welcome. Please contact Kay McHorse at kmchorse8@gmail.com with questions.



SUMMER IS ENDING! DID YOU MOVE?

If you moved during the summer break, please be sure to send your new address to Pat Wallis at natriciaaawallis@gmail.com ASAP!

Thanks!

2019 Grant Recipient Spotlight



"stroke recovery one word at a time"

For clients of Austin Speech Labs, every word learned, every sentence read is a small victory as they recover from the devastating effects of a stroke. Please click [this link](#) to watch an incredible video of one client, Liz, read a sentence for the first time since her therapy!! ASL is very thankful for TCMA's support, which helps make these exciting moments possible.

Yoga for Physicians

Aug 31: Restorative yoga



*All levels welcome.

*Please bring yoga mat for all sessions.

*For Aug 31 session, bring pillow/cushion & blanket along w yoga mat.

7756 Northcross Drive, Suite 203 - Sports and Spine Associates

9:30 - 10:30 am, (please arrive at 9:15 am)

Door will be propped open. Thanks to Dr. Wasserburger for donating the location.

TCMS Members and spouses Free.

RSVP or more information: dr.nadia@themindfulmdmom.com.



TCMA GENERAL MEETING SEPTEMBER 17

AUSTIN CENTRAL LIBRARY - GALLERY ROOM
10AM TO NOON

A light breakfast will be served, and we'll tour the library after the meeting.

Park at City Hall parking or onsite (\$9 for 2 - 4 hours).

Hope to see you there!





Central Library

710 W. César Chávez St.



Save the Date: Toast to Doctors

Come sample the amazing fusion of flavors at Loro, an Asian smokehouse and bar brought to you by James Beard Award winners, Chef [Tyson Cole](#) of [Uchi](#) and [Aaron Franklin](#) of [Franklin Barbecue](#).

When: Sunday, October 27, 2019 6p-9p

Where: Loro 2115 S Lamar Blvd

What: Toast to Doctors!

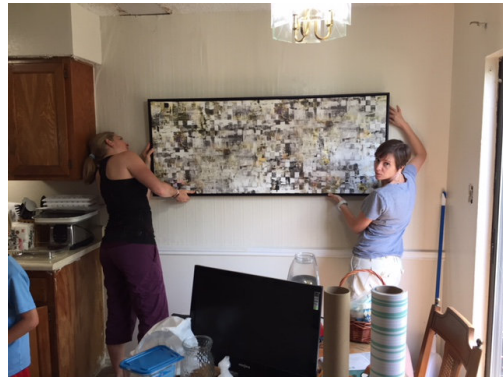


Saint Louise House Apartment Set-Up Update

Many thanks to all the volunteers who helped set up the SLH apartment on June 18. We had a fantastic, hard-working crew that transformed an empty apartment into a welcoming, well-appointed home with amazing speed! Thanks also to everyone who donated furniture, bedding, and housewares!



Karen Teneriello & Berenice Craig



Wendy Propst and Kathy Downie





A PAPER DIRECTORY ...

...is coming your way at the end of the summer...

IF you are a current paid member!

**Be sure your dues are up-to-date by contacting Pat Wallis
(patriciaawallis@gmail.com).**

**Only the names of current members will be IN the directory
too.**

Don't miss out!



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 .



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

www.tcmalliance.org

