



START THE NEW YEAR OFF RIGHT

Helping Those That Help Us and Others

By Sherry Bogar, CMA (AAMA)

Last week while sitting in the office at work, I noticed an article posted on the wall of the office I was sitting in. It was called "The Benefits of Empathy". A quality that all of us must maintain while in healthcare, but one that runs very short in our profession. With the changes that we deal with day in and day out in clinical, classroom and personal settings the ability to show this feeling towards our patients is getting harder and harder, but this article helped put some thoughts in my head that can help me make a difference.

The article starts out with the following, "Clinical Empathy is defined as a "cognitive attribute that involves an ability to understand the patient's inner experiences and perspective and a capability to communicate this understanding". After contemplating this for a few minutes it made me remember that empathy is something that we in the healthcare are struggling to provide to our patients every day, but also our TEAM MATES and PROVIDERS. Compassion Fatigue and Loss of Empathy are real and it can be a struggle to get those back.



Dr. Sierpina of UTMB wrote a series of articles including the one that is linked below that may be able to help shed light on how many providers are effected by daily stresses and lose their empathy. Check out this article by Dr. Victor Sierpina of UTMB to help get a better understanding of our providers and how we can help them make a change.

Dr. Sierpina has written this article and several other great articles about this and they can be found on the UTMB Website (our sponsor) link below:

[UTMB News](#)



MARK THESE ON YOUR CALENDAR



TSMA Winter (Special) General Assembly Meeting with our Annual Winter Board & Education Meeting
 Inn of the Hills Conference Center
 Kerrville, TX
 Last DAY to register is January 20th!!!

Saturday January 26, 2019
 8:30am - 3:30pm

[AGENDA](#)

Check out our website to
[Learn more](#)

**SAVE
 THE
 DATE**

TSMA 61st Annual Education Conference and General Assembly
 May 3-4, 2019
 Hilton Conference Center College Station

Website will have details as we obtain.
 Hotel rooms available NOW
 We will even have a special off site CEU adventure, Student Session will be from 9-2 on Saturday (watch for more information)

****NEW this Conference****

TSMA Community Service will be collecting donations for local charities in the state of Texas. We will start with

[Scotty's House](#)

(click link above to find out more about them)

We will be collecting Pajamas for older kids, stuffed animals and any additional items listed on this [WISH LIST](#)

[Learn more](#)

Committee and Chapter Leadership Reports will be due 15 days prior Winter and Summer Meeting and 30 days prior to Annual.

It's that time again....Chapters need to submit the following to TSMA Executive Board 45 days PRIOR TO ANNUAL:

- BUDGET INFORMATION (to treasurer)
- CHAPTER CALENDAR (to Vice President)
- CHAPTER GOALS FOR 2019-2020 (NEW-to president)
- ANY CHAPTER EXECUTIVE BOARD CHANGES (to secretary)

Leadership reports for annual conference should include the following:

1. Number of meetings yearly
2. Number of CEUs provided to members
3. Average attendance at meeting
4. Upcoming goals for the year for your membership

Please check TSMA Calendar on website for important dates of upcoming events/due dates
(bottom of page)

[Learn more](#)



Where would you like the next TSMA Annual Education Conference

College Station

Select



Our Gift To YOU!!!!

Congratulations to our newly elected Dallas Leadership!

Plus a thank you for getting your paperwork to your State Leadership in a timely manner (wink)

Vancarlus Tennison, CMA (AAMA)-PRESIDENT
Staci Goodwin, CMA (AAMA)-VICE PRESIDENT
Charlene Couch, CMA (AAMA)-TREASURER
Sandra Alexander, CMA (AAMA)-SECRETARY

Congratulations to the new Bay Area Galveston County Chapter Leadership....

Tammie Hartman, MA-President

Angela Hensley, CMA (AAMA)-Secretary
Sherry Bogar, CMA (AAMA)-Treasurer

A special thanks to Donna Gibbins, CMA (AAMA) long time treasurer for Bay Area chapter- your continued mentoring has allowed us to grow stronger every day and learn new soft skills that only a true veteran and professional can teach!!

Corpus Christi

Select

Cruise Ship (out of Galveston 4-day)

Select

Dallas Area

Select

Houston

Select

New Orleans (join our peers in LA)

Select

San Antonio

Select

Surprise Me

Select

TSMA wants you to know we hear your Voice! Vote NOW

TSMA would like to Thank you for you continued membership and dedication to our growth. The Membership Committee has been hard at work to figure out a way to thank you all year long and for you to never forget how important you are to us.

We are pleased to announce that we have joined forces with Beneplace to offer our great members some statewide discounts. Click below to sign up and start receiving some great discounts.

TSMA Perks

Please note that even though we have partnered with Beneplace, they are the administrators of the new TSMA Perks Program and it is provided as a convenience to all members. TSMA does not endorse, promote or benefit from the products, services or discounts.

WE ARE TRYING TO REACH OUT TO ALL OUR MEMBERS- CHECK US OUT ON SOCIAL MEDIA

We are growing slowly but steadily....we are now present on Instagram. Please check us out by clicking on Instagram logo below.

