



From MCMS Executive Director



Get Walking Waco!

Attention Doctors! Your MCMS



inaugural “Walk With a Doc” program is **April 19th** and every 3rd Saturday of the month at **Mountain View Park @ 9AM** rain or shine. Let’s gather together and educate our local community for years to come. **Get your FREE T-shirt while supplies last.** See you there!

Waco Women Physicians’ Ladies Night



In case you missed it, International Women’s Day was on March 8th and later this month is National Doctor’s day. Why not celebrate the two together? Our very own Waco physicians, Dr. Elizabeth

Turnage and Dr. Jazbeen Ahmad (both pictured) have coordinated a beautiful evening for female physicians across our community to take a break and connect with one another. Feel free to bring the kids. They can play while you get the much needed time to engage with those who can relate.

Mark your calendars for this come and go event: **Tuesday April 1, 2025 at UNION GROVE (Woodway), 6-8PM.**



Opportunities for Physicians



Are you getting burned out? Does going to work every day and seeing the same patient over and over again (with different faces and names) make you dread clinic? If so, do I have a deal for you! One of the greatest ways to breathe life

into your practice of medicine is to follow the Great Master Hippocrates and “impart the knowledge of the Art” to others. The Baylor University Pre-Medical Department has many opportunities for you to get involved which include hosting shadowers, speaking engagements and teaching pre-med students.

The Baylor University Pre-Medical Practicum (BU-MPP) Program is a great way to get involved. BU-MPP pre-med students are enrolled in a class that teaches them the ins-and-outs of shadowing and clinic operations, and gets them connected for shadowing with physicians in our community. Students arrive to your clinic dressed in a BU-MPP branded polo shirt and khakis, ready to silently observe and learn on their way to becoming physicians. This program enrolls only competitively-selected students, so you can be sure your valuable clinic time is not being wasted.

If you are interested in volunteering as a preceptor for BU-MPP, please contact JoAn Wade at executivedirector@mclennancountymedicine.org or Dr. Sparky Matthews (pictured) at sparky_matthews@baylor.edu. If you are interested in participating with Baylor Pre-meds in a teaching or more intense mentoring engagement (or in any other way), please contact me or Dr. Rich Sanker, the Director of the Baylor Pre-Health Program, at Richard_Sanker@baylor.edu. I assure you, any engagement you have with Baylor Students will be invigorating and highly rewarding! Thank you for your consideration, W.M. “Sparky” Matthews, MD, FAsMA, Past President, McLennan County Medical Society.



If you have any questions about membership and benefits of the TMA, email [MCMS](mailto:admin@mclennancountymedicine.org) at

admin@mclennancountymedicine.org.

Important Resources

- [Life Bridge](#)-Physician Wellness Support
- [TMLT Malpractice](#)
- [Texas Medical Association \(TMA\)](#)
- [Lone Star Caucus](#)
- [MCMS Website](#)

Mark Your Calendars

- **First Tuesdays**
 - **01 APR 2025***
 - 06 MAY 2025

(*April 2025 will be an MCMS organized group trip. Deadline to sign up March 28th)
- **ANNUAL BEHAVIORAL HEALTH UPDATE FOR PRIMARY CARE: ADOLESCENTS AND YOUNG ADULTS** hosted by Waco Family Medicine
 - 29 MARCH 2025

[Register Now!](#)

(up to 6 CE/CME and 1 Ethics credit)
- **MCMS “Walk with a Doc”**
 - 19 APRIL 2025 @9am
- **Tex Med Annual Meeting (San Antonio, TX)**
 - 8-10 May 2025

TEXAS PHYSICIAN WELLNESS MATTERS

If you are struggling with significant psychological, emotional or financial stressors, please utilize **Life Bridge**. According to local physician and MCMS board member Dr. William McCunniff, "Many physicians would sacrifice their own personal health in order to care for their patients when they need us most." Life Bridge was formed in 2019 as a response to the Covid 19 pandemic's impact on physician wellness. The services include counseling sessions with licensed therapists experienced in burnout, chronic stress, depression & addiction. Features -Self-referral only – not punitive or compulsory -Complete confidentiality – not reported for credentialing or licensing renewals-No medical record, diagnosis made or insurance billing -Up to 4 free sessions per year for MCMS members. To schedule an appointment, call or text (254) 457-0433 or email LifeBridge@mclennancountymedicine.org. Click here: [Life Bridge](#)



Waco Docs are headed to Austin Capitol: WE make a difference!



First Tuesdays: All members of McLennan County Medical Society are welcome to load up the van and head to Austin on



Tuesday April 1, 2025. First Tuesdays is an opportunity for you to meet with your elected officials in Austin to discuss important issues as they relate to your practice. We will depart early morning as a group. Drs. Wolf and Holland have met with the staff for our two representatives for McLennan County and endorse their knowledge and interest in engaging with us. Please plan on attending. **Deadline to email us if you plan on attending is Friday March 28th.** admin@mclennancountymedicine.org



24th Annual Gold Headed Cane Award 4 Finalists

Bradford W. Holland, MD
M. Charles Schlecte, MD

J. Mark Rister, MD
D. Jeffrey Young, MD.



Deadline to vote : 18 April 2025.

Vote via email admin@mclennancountymedicine.org or Text (254)723-7828 or Call (254)776-2882.

89th Legislative Session and Advocacy



As physicians, we dedicate our lives to patient care, but the policies that shape our profession and impact our patients are often decided by those who may not fully understand the realities of the practice of medicine. Advocacy can be as simple as staying informed and contacting legislators. All MCMS/TMA members should be receiving the Texas Medicine Today emails. Reach out to get signed up if you are not. Please take time to read each section regarding the legislative session. When needed, calls to action will be requested and a simple link will be provided to drop in your name, TMA/medical related commentary and your own additional comments if warranted. These will be in the TMA Grassroots Action Center under Legislative Action Alerts. Our legislators pay attention to these emails as they are sent directly to their office through the state's website. As we engage our elected representatives, remind them that we are the party of medicine, and we try as best we can, not to be a "Red" or a "Blue" issue. We are trying to propagate what is in the best care of our patients, Texans. [See attached details](#). Bob Wolf, MD, *TEXPAC Board of Directors, Co-Chair Senate District 22, Candidate Evaluation Committee, Texas Orthopedic Association TMA Delegate.*



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Place 2 Bradford Holland, MD

Alt Walter "Sparky" Matthews, MD

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Alt Jeff Manning, MD

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Alt William McCunniff, MD

Place 5 Nadege Gunn, MD

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