

OCTOBER 2016

VisionNotes & Quotes

Central California Optometric Society

Inaugural Joint Society Meeting CCOS and TKCOS September 8 in Selma

CCOS and TKCOS met in Selma at the Holiday Inn for a 2-Hour CE Dinner Program. We thank Ryan Moore from Optovue for sponsoring our speaker, Dr. Kenneth Ekelund. Julie Andrade, the COA Grassroots Manager, began the program with an update on the latest news from COA. For our first joint meeting with Tulare Kings County Optometric Society, we had a total of 29 doctors attend the event. Awesome turnout! Thank you all for your support.



President's Message

Margie Recalde, OD, FAAO

Top 5 Reasons Why October is Out of This World

1. Feast Your Eyes on Gorgeous Fall Colors



2. Fun & Yummy Seasonal Treats



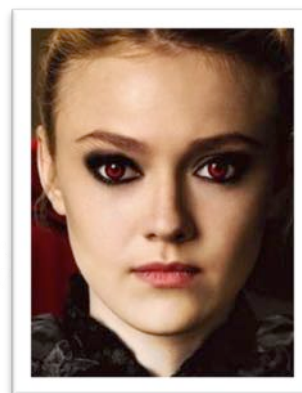
3. Adorable Children Become Impossibly Cuter



4. Ridiculous Costumes On Adults Become Socially Acceptable



5. And Last But Not Least....
ODs Make Costumes Even More Amazing! When it comes to decorative Halloween contacts, raise awareness that you can transform patients' eyes safely.



CCOS Board Member Interview

Jay Newsome, OD

Keyperson – Political Activities Coordinator



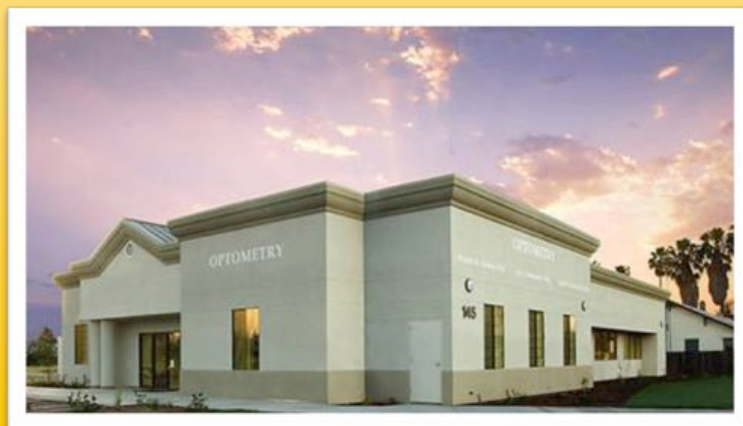
I became interested in optometry around the end of my second year at Fresno State. I was working toward a degree in Enology, and for reasons unclear to me now, a life of making and drinking wine just didn't appeal to me at the time. My dad suggested I



look into being an eye doctor. He had just received his first glasses and was impressed, not with the glasses, but with the clean, well dressed, air-conditioned nature of the profession. So, I applied to optometry school and graduated from SCCO in 1988.

I joined CCOS in 1988 and have been active ever since. I presently serve as political activities coordinator. Optometry is not just a job or career it is a profession. That means we have a responsibility, beyond patient care, to maintain the integrity, independence, and legal standing of the profession. Being a member of CCOS, and participating, is an integral part of that responsibility.

I'm in private practice in Clovis. I share the office and staff with Wayne Nishio. I also work for Wayne in Chowchilla. I practice full scope optometry- including but not limited to payroll, janitorial work, office



supply, general maintenance and motivational speaking. Actually my motivational speaking comprises saying things loudly and ending sentences with "or else!"

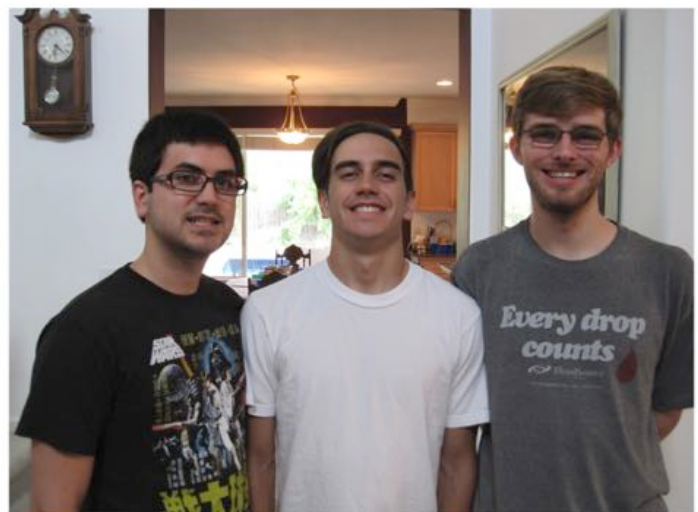
Describe a typical day? As soon as I have one I'll let you know.

I've been married for 27 years to Susan Mencarini, we have three sons- two are biological and the other is by court order. They are all in college and still live at home. My home. Away from optometry I enjoy restoring and maintaining old British car(s), visiting car museums, going to car shows, hunting car parts at swap meets, fly fishing, beer, wine and running.



Susan and I in my 1958 MGA

Nicholas, Cameron, Michael



Member Spotlight Steven Howell, OD

Where do you work and what are your responsibilities? Describe a typical day of work for you.

I am in private practice in Madera. My day consists mostly of general optometry/contact lenses/routine medical eye care, and we see lots of kids. I am a 1982 grad of UC-Berkeley School of Optometry.



What do you like to do on your days off?

Travel, golf, visit kids/grandkids, reading, theater, hiking, geocaching. Enough things that it is time for work to stop getting in the way!

Did you ever consider any other profession other than optometry?

I was a chemistry major, math minor, and would likely have been on a PhD track if I had not gotten accepted to optometry school.

What advice do you have for recent graduates?

Attend national and regional optometry meetings, in addition to local CE – you will get a great perspective on how optometry is practiced in other states which have more up-to-date licensing laws than does CA.

What positions did you have as a CCOS member?

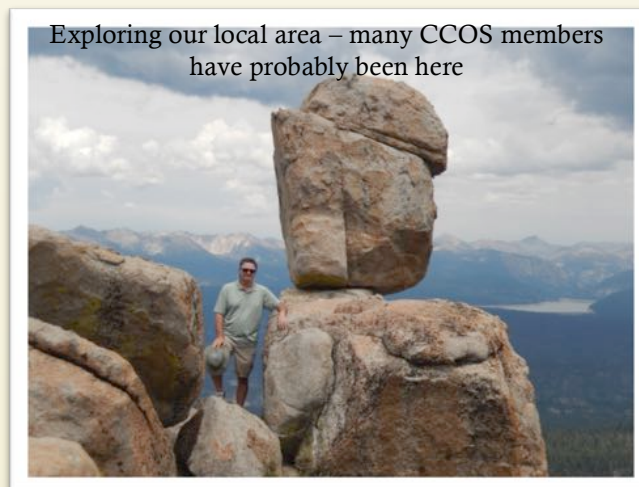
Most of them at one time or another – board member, treasurer, president, political activities coordinator.

What do you like most about being a CCOS member?

Camaraderie, meeting new members / colleagues

What changes would like to see in CCOS, COA or AOA?

Locally, it would be nice to have more frequent meetings or activities for fellowship and as a way for the “new” ODs in town to meet their colleagues (and vice versa).



Niagara Falls



Who are the members of your family and what do you like to do for fun?

My wife is Nadine Brubaker (also an OD, but we have never worked together – we are smarter than that); 4 kids all scattered about. They live in the San Diego area (2), New York City, and Houston. We enjoy visiting them, or meeting them in fun places.

In retrospect, what do you know now that you wish you knew before you began to pursue your education or career?

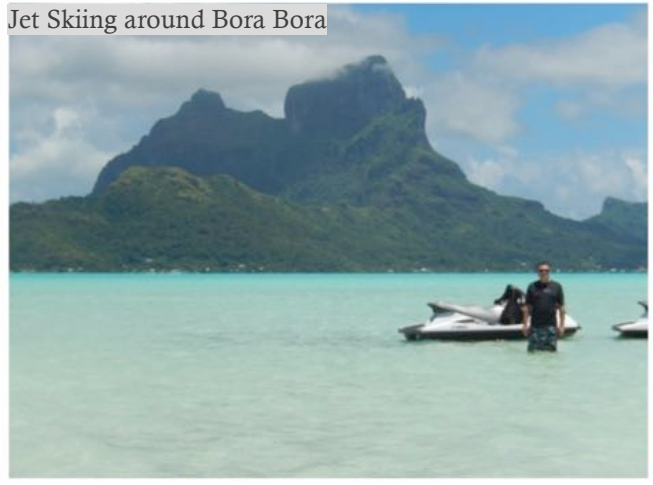
Keep a good work / life balance. I cut back to 4 workdays a week in 1996, and to 3 days last year. I may have been able to retire earlier if I had always worked 5 days/week, but that extra time away from the office was invaluable to me.

Whenever we take time off, we are travelling either to see kids and grandkids, or to see the world. Here are a few examples from the past two years:

Exploring Key West



Jet Skiing around Bora Bora



Hiking "the wave" on the AZ-UT border



My idea of the perfect work day...



Wednesday, Nov. 2 at 6:30pm

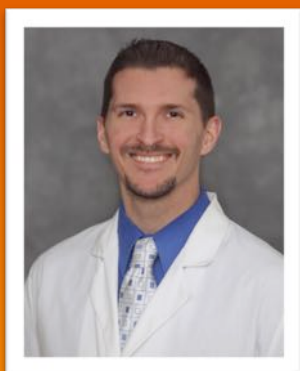
“Amniotic Membranes in the Optometric Practice”

Dinner Program Sponsored by Biotissue
Biotissue Representative: Michelle Sauer

Speaker

Adam T. Shupe, OD
Royo Eye Center
Marysville, CA

Flemings Restaurant
639 East Shaw Avenue, Suite 149
Fresno, CA 93710



Dr. Adam T. Shupe is a glaucoma-certified, VA-trained optometrist practicing in Marysville, CA. He is the primary practitioner at what was formerly an ophthalmology clinic, allowing him the opportunity to manage a variety of ocular pathology cases, including a large glaucoma population. He also has special interest in pediatrics and ocular surface disease.

Dr. Shupe is a California native, although he was raised on the coast of North Carolina. He attended the University of North Carolina at Chapel Hill before graduating with honors from the Southern College of Optometry in Memphis, TN.

Please email your RSVP to ccosociety@gmail.com.

Monterey Symposium November 18-20



Optometrist Position Available

Optometrist needed at multiple correctional facilities in Central California. Pay is competitive at \$65-78 per hour (\$520-624 daily), depending on the location. Immediate openings in Corcoran, Avenal, Delano and Tehachapi. Lodging is potentially provided for anyone interested in traveling and staying overnight in between two clinic days. Speaking from personal experience, working at a correctional facility is, though often challenging, extremely and surprisingly rewarding as you are helping out people who desperately need quality health care. Please contact me at jeffreyburkeod@gmail.com for further information. Thank you and I will look forward to hearing from you.