

**JANUARY - APRIL
2026**

CENTRAL CALIFORNIA OPTOMETRIC SOCIETY

WELCOME TO OUR

Monthly Newsletter

Sight Gags by Scott Lee, O.D.



VISIT OUR WEBSITE AT : WWW.CCOSOCIETY.ORG

2025-2027 CCOS BOARD



**DIANNA INTHAVONG, OD
PRESIDENT**



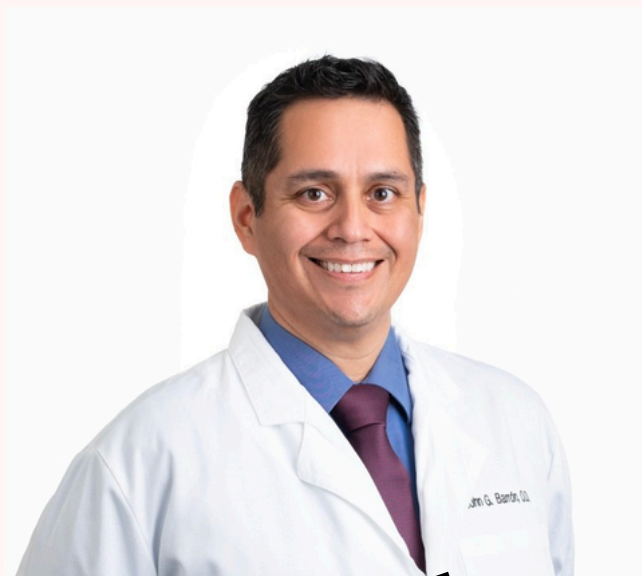
**ANTHONY CHAVEZ, OD
PRESIDENT-ELECT**



**ALYSSA YAMAMOTO, OD
IMMEDIATE
PAST-PRESIDENT AND EVENT
CHAIR**



**JOANN ADAMS, OD
SECRETARY**



**JOHN BARRÓN, OD
TREASURER**



**LAUREN FERNANDEZ, OD
MEMBERSHIP CHAIR**



**ANDREA HUERTA, OD
COMMUNICATIONS CHAIR**



**DIANE LEE RAMIREZ, OD
SPONSORSHIP
CHAIR**



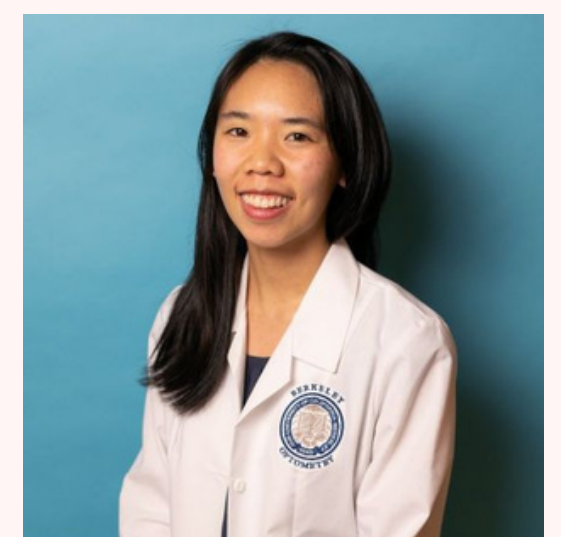
**MICHAEL MENDOZA, OD
PUBLIC
AFFAIRS/AWARENESS**



**CRYSTAL TOM, OD
MEMBER AT LARGE**



**ALNASHMI ABUMAALI, OD
MEMBER AT LARGE**



**DIANNE LEE, OD
MEMBER AT LARGE**



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PRESIDENT'S MESSAGE

HELLO FELLOW CCOS MEMBERS,

HAPPY NEW YEAR! A LOT HAS HAPPENED IN THIS FIRST QUARTER. WE KICKED OFF THE YEAR WITH A FUN WINTER SOCIAL EVENT AT THE FARMER & THE BOOTLEGGER. WE HAD A FANTASTIC CE DINNER WITH THE VA RESIDENTS AND DR. SHAH AT THE PALMS. A FEW MEMBERS AND I ATTENDED COA'S HOUSE OF DELEGATES IN SAN DIEGO. CCOS WON WEBSITE OF THE YEAR! CONGRATS TO DR. CHRIS FISHER ON HIS NEW COA BOARD POSITION AS SECRETARY-TREASURER! I WAS ON THE SLATE FOR THE COA TRUSTEE ELECTION. I DIDN'T WIN...BUT THERE'S ALWAYS NEXT YEAR. SHORTLY AFTER THAT, WE HAD LEG DAY IN SACRAMENTO AND CAPITOL HILL IN D.C.

MOST OF YOU ALREADY KNOW MY GOALS ON HOW I WISH TO SHAKE UP THE SOCIETY. FOR THOSE WHO DON'T KNOW YET, I'M DOING A HARRY POTTER THEMED YEAR PART 2. NEW YEAR, NEW HOUSES, NEW GROUPS. THE FOUR NEW OPTOMETRY HOUSES ARE JAVAL, PURKINJE, HELMHOLTZ, AND FUCHS. LIKE THEY DO IN HARRY POTTER, WE WILL BE COMPETING WITH ONE ANOTHER TO SEE WHO WILL WIN THE MOST POINTS BY THE END OF THE YEAR. THE HOUSE WITH THE MOST POINTS WILL WIN THE HOUSE CUP AT THE CCOS BANQUET ON NOVEMBER 13, 2026. I WILL ALSO PRESENT AN AWARD TO TWO INDIVIDUALS THAT HAVE EARNED THE MOST POINTS OVERALL REGARDLESS OF THEIR HOUSE: (1) CCOS YOUNG OD OF THE YEAR AWARD & (1) CCOS OD OF THE YEAR AWARD.



VISIT OUR WEBSITE AT : WWW.CCOSOCIETY.ORG

PRESIDENT'S MESSAGE

HOW TO EARN YOUR POINTS? ATTEND CCOS/COA/AOA EVENTS!

ATTEND MEETINGS

15 PTS: CCOS SYMPOSIUM

20 PTS: COA IN-PERSON EVENTS

30 PTS: AOA IN-PERSON EVENTS

ATTEND SOCIALS

10 PTS: CCOS SOCIALS

PTS: EVENT PARTICIPATION

VOLUNTEERING

1000 PTS: EVERY 4 HOURS OF VOLUNTEERING

I'M ALREADY KEEPING TRACK OF EVERYONE'S POINTS! PLEASE EMAIL ME AT INTHAVONG.OD@GMAIL.COM ABOUT YOUR COA OR AOA ATTENDANCE, OTHERWISE YOUR POINTS WON'T COUNT.

I HAVE SEVERAL EVENTS PLANNED THIS YEAR. STAY UP TO DATE ON OUR (AWARD-WINNING) WEBSITE. HOPE TO SEE YOU AT OUR NEXT EVENT!

**SINCERELY,
DIANNA INTHAVONG, OD
CCOS PRESIDENT**



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FAREWELL!

HI CCOS FAMILY!

I WANTED TO TAKE A MOMENT TO EXPRESS MY SINCERE GRATITUDE TO THIS INCREDIBLE COMMUNITY. SERVING AS COMMUNICATIONS CHAIR HAS BEEN A TRULY REWARDING EXPERIENCE. I AM THANKFUL FOR THE OPPORTUNITY TO CONTRIBUTE TO OUR SOCIETY AND STAY CONNECTED WITH SUCH DEDICATED AND PASSIONATE COLLEAGUES.

IT HAS BEEN AN HONOR TO HELP SHARE YOUR ACHIEVEMENTS, EVENTS, AND VOICES. WHILE I STEP AWAY FROM THIS ROLE, I CARRY FORWARD MANY MEANINGFUL EXPERIENCES AND CONNECTIONS. I LOOK FORWARD TO SEEING CONTINUED GROWTH AND SUCCESS OF THE SOCIETY. THANK YOU FOR ALLOWING ME TO BE A PART OF THIS AMAZING COMMUNITY AND FOR MAKING THE CENTRAL VALLEY FEEL LIKE ANOTHER HOME.

I'LL BE MOVING TO SAN JOSE, SO IF YOU EVER NEED A FRIEND IN THE BAY AREA, I'M YOUR GIRL!

SIGNING OUT,
ANDREA HUERTA :)
FORMER CCOS COMMUNICATIONS CHAIR

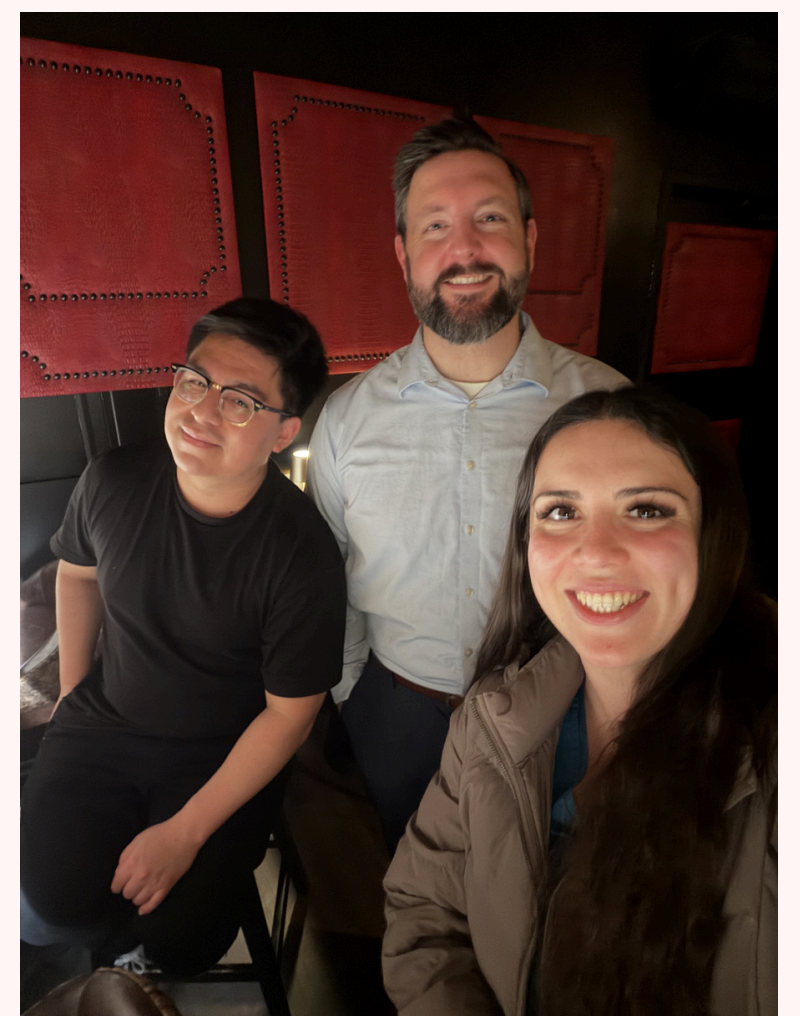


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RECENT EVENTS

CCOS WINTER SOCIAL

JANUARY 29, 2026

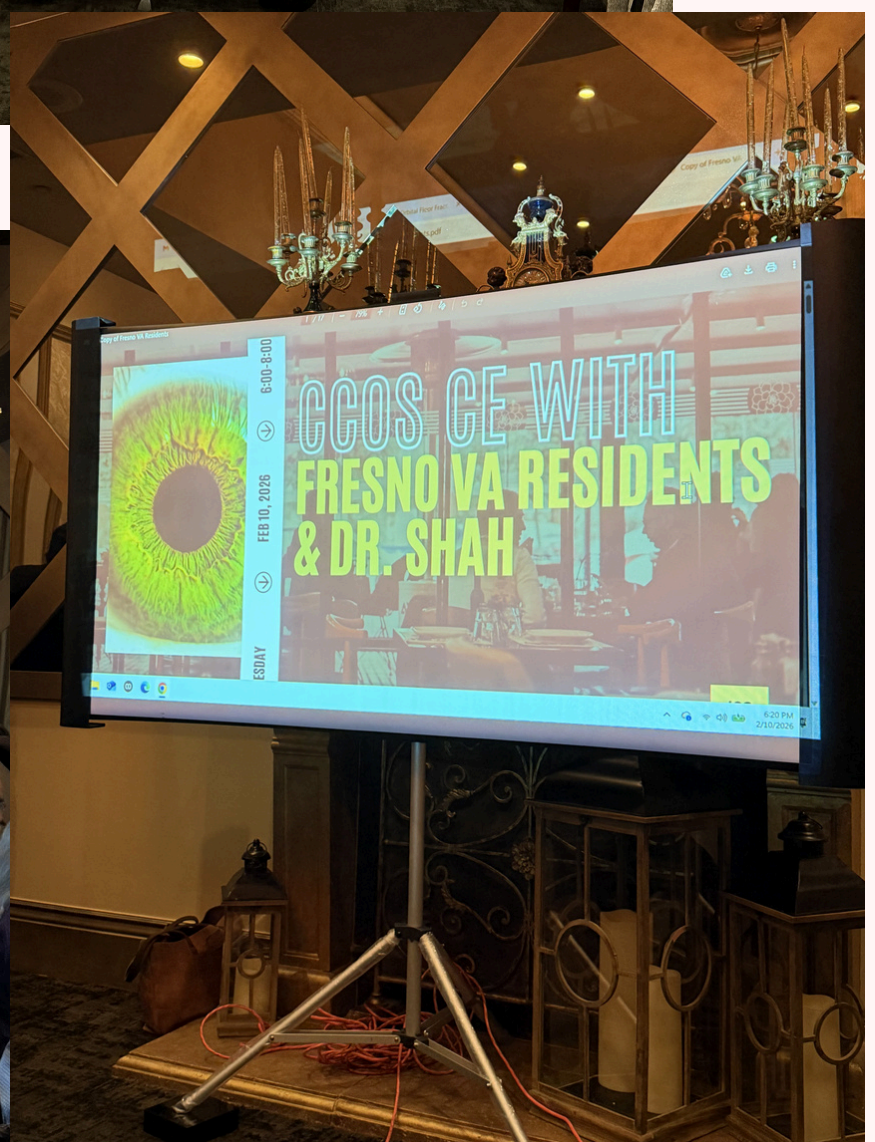


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RECENT EVENTS

FRESNO VA RESIDENTS' TALKS WITH DR. SHAH

FEBRUARY 10, 2026

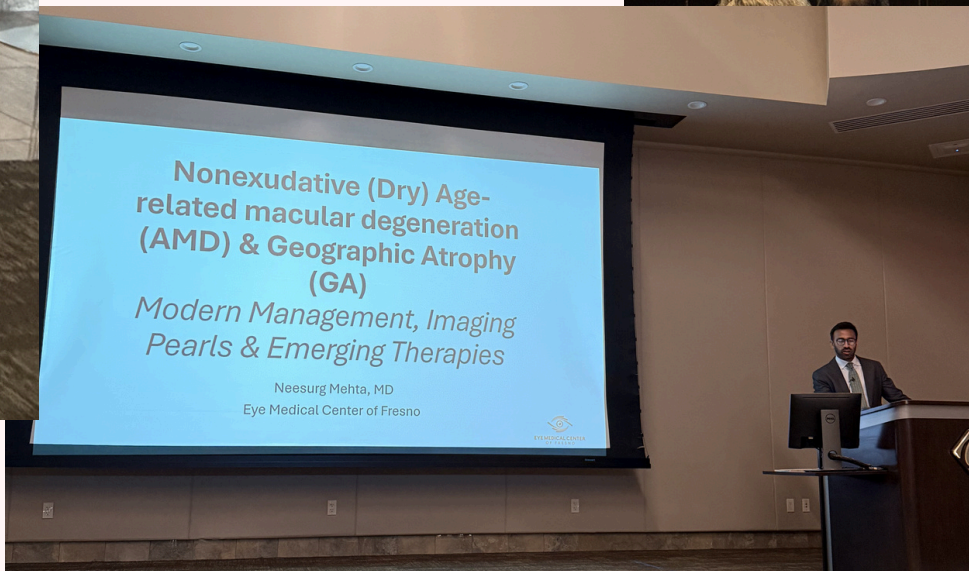
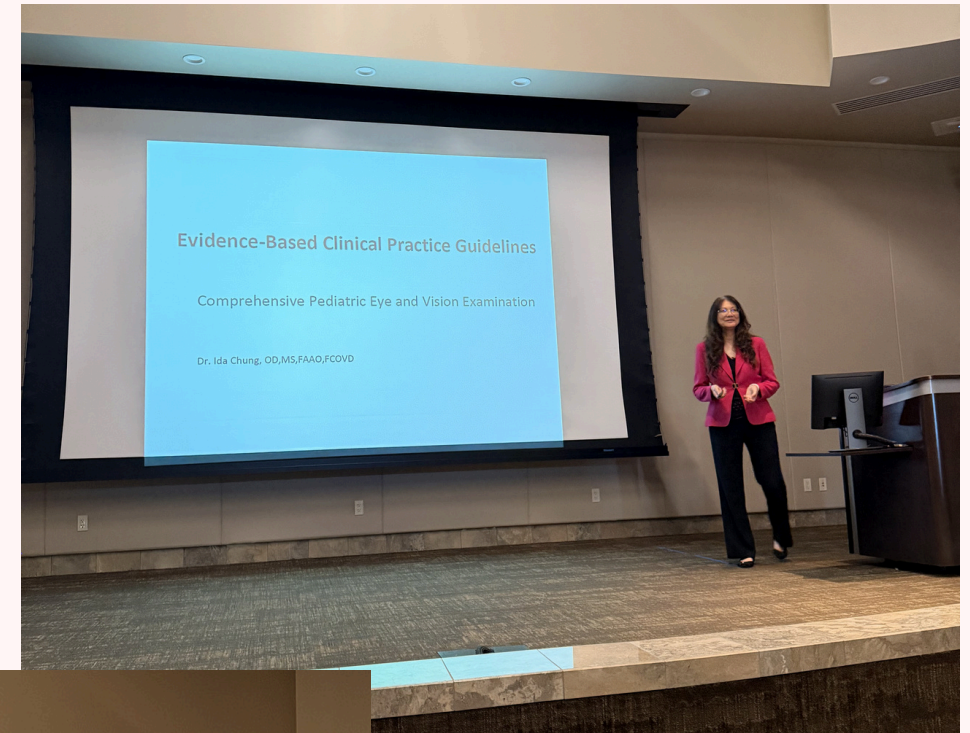


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RECENT EVENTS

CCOS SPRING SYMPOSIUM

APRIL 11, 2026



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UPCOMING EVENTS IN 2026

~~JANUARY 21~~

~~CCOS BOARD MEETING~~

~~JANUARY 29~~

~~CCOS WINTER SOCIAL & HOUSE SORTING~~

-

~~FEBRUARY 10~~

~~FRESNO VA RESIDENTS' CE~~

~~APRIL 11~~

~~CCOS SPRING OCULAR SYMPOSIUM~~

MAY 7

CCOS SPRING SOCIAL

JUNE 6

FRESNO VA RESIDENTS' CE

AUGUST 21

GRIZZLIES GAME & SCAVENGER HUNT

SEPTEMBER 8

FRESNO VA RESIDENTS' CE

NOVEMBER 13

CCOS HOUSE CUP AND HOLIDAY BANQUET



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UPCOMING EVENTS IN 2026

WE NEED YOU!

Volunteer Optometrist

May 2, 2026 [Saturday]
9:00 AM - 1:00 PM

Location: TBD in Fresno, CA

Fresno Tzu Chi Mobile Clinic serves the low-income, underserved, and uninsured communities in the Central Valley through no-cost services.

Join us in our mission to increase accessibility to vision care services by providing free eye exams and single vision glasses on the spot.

IF YOU ARE INTERESTED OR HAVE ANY INQUIRIES, PLEASE CONTACT:

E-mail: olivia.chung@tzuchimedical.us

Tel: (559) 291-8800 / (559) 475-0704



Scan For
Contact Info:



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SCOPE

SYMPOSIUM EXHIBITORS

 TARSUS

B+L
BAUSCH + LOMB



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COA LEGAL CONSULTATION

COA MEMBERS ARE ALLOWED UP TO ONE-HALF HOUR (30 MINUTES) OF TELEPHONE AND RESEARCH WORK PER MONTH WITH AN ATTORNEY AT NO COST.

**CALL WILKE FLEURY AT
916-441-2430**

SERVICES OFFERED ARE:

- **BUSINESS TAX ISSUES**
- **BUSINESS OWNER SUCCESSION PLANNING**
- **CAL/OSHA/PROP 65 ISSUES**
- **CONTRACT ISSUES**
- **EMPLOYMENT LAW**
- **LICENSURE ISSUES**
- **PRACTICE OWNERSHIP AND ORGANIZATIONAL STRUCTURE**
- **REGULATORY AND ADMINISTRATIVE LAW**
- **CALIFORNIA STATE BOARD OF OPTOMETRY RULES AND ENFORCEMENT ISSUES**



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FOLLOW US!



@CCOS.OPTOMETRY



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OPTOMETRIC SOCIETY**



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