



Central California Optometric Society

August 2026 Newsletter

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2025-2027
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President's Message

Hello fellow CCOS members,

It's the last quarter of the year! My husband and I had a debate the other night regarding the last quarter. He seems to think the weeks drag while I feel like once September shows up, the rest of the year flies by. Maybe it's different as a teacher...or maybe he's just wrong.

Just a quick recap of the last few months: CCOS hosted the Fresno VA and Dr. Tommy Shute CE at The Fresno Chaffee Zoo. We were able to see a lion walk by the window of our room. We also had our summer social at the Grizzlies game in our fancy Executive Lounge. 55 people registered for our social! That's been our largest attended event post-pandemic! Everyone had a good time—we got dino nugget plushies and Grizzlies hats, we had a raffle, and Dr. John Barron caught a foul ball with his hat.

In case anyone is keeping track, here are the current house points:

Javal: 3595 pts

Fuchs: 3815 pts

Helmholtz: 2695 pts

Purkinje: 5050 pts

Our next event is the September CE with a new crop of Fresno VA Residents, followed by Dr. Spencer Adams. It'll be a 2 hour CE at 13 Prime Steak. Registration is now open.

Save the date for the CCOS Holiday Banquet on November 13, 2026. We will be doing an award ceremony to celebrate the winners of the House Cup, CCOS Young OD of the Year, CCOS OD of the Year. After, we will do an ornament white-elephant gift exchange.

See you next week if you're attending the CE event!

Sincerely,

Dianna Inthavong, OD

CCOS President

Upcoming CE Dinner

13 Prime

September 8, 2026

Come out and meet the new Fresno VA residents while they give their first continuing education lecture. Join us for double the CE fun for an additional hour with Dr. Spencer Adams!



Use the link to RSVP by September 4, 2026 [🌐 CCOS September 2026 CE | ccosociety](#)

CCOS/COA members can use code: CCOS9826 for free registration

Socializing and Appetizers begin at 6 PM and presentations will begin at 6:20 PM sharp.

Save The Date

November 13

Holiday Banquet @ DiCicco's Old Town Clovis

Fresno Chaffee Zoo CE

June 6, 2026

On a sunny, Saturday morning, CCOS members gathered at Fresno Chaffee Zoo to listen to presentations from the wonderful 2025-2026 VA Residents: Dr. Natalen Tashjian, Dr. Lenna Nguyen, and Dr. Kayla Caliboso. Eye-O's Dr. Thomas Shute gave insightful glaucoma updates.

After the lectures, CCOS members and families got to explore the zoo and feed the giraffes!



Fresno Chaffee Zoo CE

June 6, 2026



Summer Social

Grizzlies Game at Chukchansi Park

August 22, 2026

On a warm Saturday night, CCOS members and their families gathered at Chukchansi Park for a summer celebration. We enjoyed a Grizzlies WIN over the Stockton Ports. And our very own Dr. John Barron caught a foul ball with just his baseball cap. Excellent form, John!







Upcoming: Volunteer Events

Tzu Chi Mobile Clinic

Thursday September 24, 2026

Thursday October 1, 2026

Saturday November 7, 2026

Tzu Chi is looking for volunteer Optometrists on the above dates to assess refractive error of approximately 25 elementary students from 9 am - 3 pm. All locations will be in Fresno.

If interested or further questions, please contact Olivia Chung at **olivia.chung@tzuchimedical.us**

Helping this population is extremely important for the success of their school year. Please consider volunteering if able.

Check out our CCOS members volunteering with Tzu Chi back in May!



Recap: Volunteer Event

June 26 and 27

Thank you to our CCOS members who volunteered with Healing California in June! The veterans truly appreciated the dedication shown by **Dr. Margie Recalde, Dr. Anthony Baudonnet, and Dr. Chris Fisher.**



House Points Update

FUCHS		HELMHOLTZ	
John Arteaga	Jay Newsome	Jenna Belardinelli	Camilo Garcia
Manjot Batth	Wayne Nishio	Thomas Casagrand	Donna Goebel
Anthony Chavez	Stephanie Phyto	Fernando Chen	Brianna Kebo
Julia Hayward	Diane Ramirez	Kathleen Cochran	Avani Patel
Claire Henry	Trey Sano	Kristine Cole	Marvin Rye
Larry Kebo	Missael Serna	Gloria Draper	Goldie Shahbazi
Protiva Khan	David Sivas	Lauren Fernandez	Marc Sorsky
Diane Lee	Pearl Thai	Chris Fisher	Elizabeth Uribe
Alicia Liao	Crystal Tom	Anna Fong	Kevin Villarama
Daniel Lopez	Alyssa Yamamoto	Isaiah Fuson	Verena Zeng
PURKINJE		JAVAL	
Joann Adams	Ryan Martinez	Nash Abumaali	Nick Kazarian
John Blackburn	Susan Mencarini	John Barron	Jeffrey Krohn
Karisa Borba	Michael Mendoza	Anthony Baudonnet	Marisol Lauri
Heather Bowlin	Gary Mukai	David Carter	Mai Lee
Philip Dixon	Margie Recalde	Donna Chastain	Rachel Magee
Bryan Eidal	Trajan Soares	Lily Chavez	Hartune Neffian
Ralph Handly	Teresa Taylor	Dennis Chinn	Aryan Pazirandeh
Andrea Huerta	Aaron Wiens	Fanny Garcia-Flores	Kimberly Perez-Gutierrez
Dianna Inthavong	Loren Yasunari	Lesly Guerra	Dennis Richardson
Alesha Jensen	Shaw Yorizne	Roger Hayashi	Elmer Wong

Current House Standings:

1st Purkinje: 5050

2nd Fuchs: 3815

3rd Javal: 3595

4th Helmholtz: 2695

Purkinje overtook Fuchs since the last count, how will the houses fare by November?

How to earn points?

- Attend Meetings
 - 15 points: CCOS Symposium
 - 20 points: COA In-Person Event
 - 30 points: AOA In-Person Event
- Attend Socials
 - 10 points: CCOS Socials + # of points for participation (i.e. photo scavenger hunt)
- Volunteering
 - 1,000 points: every 4 hours of volunteering

Member Spotlight

Dr. Susan Mencarini, OD



Dr. Mencarini began her education at American River College and UC Davis before attending SCCO. Why optometry? It brought together math, science, psychology, and learning processes in one profession. And, as she puts it, “It was more practical than training dolphins.”

There was another early clue. Of all the doctor visits she experienced growing up, going to the eye doctor was the most fun. “Dentist anyone?” she jokes.

After graduation, Dr. Mencarini began her career working with Tom Casagrande and Tim Wilkins in vision therapy. A few months later, she joined Eye Medical Center, and about a year after that, she and her husband, Dr. Jay Newsome, opened their own private practice.

Her involvement in the profession soon extended beyond the exam room. She served as the first female president of CCOS in 1998–1999, a particularly interesting time in optometry. The profession had just secured its first therapeutics bill and was continuing to expand its scope of practice. At the same time, health care reform was emerging as a major force, bringing with it plenty of change and, as she describes it, “all the ensuing chaos.”

Over the course of her career, Susan has had a front-row seat to an extraordinary transformation in optometry. She has watched the profession evolve from being focused primarily on vision care, to becoming increasingly diagnostic, then therapeutically oriented, and ultimately much more medically focused.

Some of the changes she appreciates most are the ones that have made everyday patient care dramatically better. Contact lenses are a prime example. Early in her career, lenses came out of vials and were expected to survive for a year or more with elaborate cleaning systems. Today's disposable lenses and improved materials have made the experience much more comfortable and practical for both patients and practitioners.

She also points to OCT and wide-field imaging as game-changing advances. Technologies that can reveal so much more about the eye have transformed both diagnosis and management and are a reminder of just how far the profession has come.

Of course, decades in practice also provide plenty of opportunities to debunk a few myths.

One of her favorites: There is no rule saying that an acuity chart cannot have two of the same letter in a line. She recalls losing an astonishing amount of time when patients became completely preoccupied with the two C's on the RS 30 line. Consider it a small but memorable lesson in the psychology of eye exams.

After decades of watching optometry, and health care as a whole, change, her advice to the next generation is refreshingly straightforward:

Enjoy the ride. Appreciate the value of what we do. Keep your expectations reasonable, because you never know how things may change or play out. Be involved in your professional associations. Don't forget to have a life. And most importantly, have fun.

It's advice that reflects a career marked by curiosity, adaptability, professional involvement, and a healthy sense of humor—all qualities that seem to have served her very well.

Classifieds: Associate Wanted

JOB OPORTUNITY FOR OPTOMETRIST: VISALIA, CALIFORNIA

Looking for a hardworking, outgoing Optometrist with top clinical skills to join our multi-specialty group in this beautiful Central California location. We are located in Visalia, California, which is two hours from surf or snow, yet retains a reasonable cost of living. Our practice consists of one full-time optometrist, one oculoplastic/general ophthalmologist, one LASIK/cataract surgeon, and two general ophthalmologists/cataract surgeons. We are looking to hire a part-time or full-time optometrist to join the team. Our beautiful office is 10,000 square feet with a busy optical dispensary and an on-site ophthalmic surgery center. We have the latest in diagnostic equipment such as the Heidelberg Spectralis OCT, Optos fundus camera and many more. Our two-suite surgery center houses Alcon's LenSx laser, WaveLight EX500, Centurion, and Ngenuity technologies. This is an excellent opportunity for a personable/skilled optometrist looking to join a thriving practice in a beautiful and convenient California location.

SALARY: Base salary with productivity bonus, which could reasonably reach \$160,000, plus full benefits package

For immediate/confidential consideration, please contact: Michael Henry, M.D
drhenry@visaliaeyecare.com Cell phone: 615-337-2943

www.visaliaeyecare.com

COA Sponsored Legal Help

30 minutes of consultation time with an attorney at Wilke Fleury

Representative	Phone	Email
Stephen Marmaduke	916-441-2430	smarmaduke@wilkefleury.com

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