

J U N E 2 0 1 6

# Central California Optometric Society Newsletter

## Why Contribute to PAC?

As you all know, optometry is a legislated profession.

Unfortunately, this means local and national politicians have a direct and long-term effect and on how we practice optometry. In addition to influencing our scope of practice, legislators also determine if and how much we get paid for the services we provide to patients each and everyday.

### *How do we protect our profession and move it forward?*

COA's and AOA's political action committees (PACs) give the optometric profession the ability to identify lawmakers who will value and fight to protect our profession. Please do your part by making contributions to COA and AOA PACs to ensure your voice is heard.

Contact COA's Membership Department at 916-441-3990 to make sure you are contributing.



*COA Evening Reception*

*supporting*

**Assemblyman Rudy Salas**

Friday, June 17

5:30-6:30pm

Family Eye Care

162 West "D" Street

Lemoore, CA 93245

Please RSVP to Julie Andrade:

(916) 266-5031 or

[jandrade@coavision.org](mailto:jandrade@coavision.org)

SB 622 is COA's legislation to further expand the scope of practice in California. It creates 3 new certifications that glaucoma certified doctors may obtain for lasers, minor procedures, and immunizations. Senate Business & Professions Committee and Senate Appropriations Committee unanimously supported this bill. It passed the Senate floor by an overwhelming 33-4.

The bill currently sits in the Assembly Business & Professions Committee and will be voted on next month. Assemblyman Rudy Salas is Chair for this committee and therefore holds a strong position. His district stretches from Bakersfield to Hanford. However, all members of COA are invited to this event. Let's show Assembly Member Salas that we support him by attending the June 17 event. Contributions to his campaign are also appreciated.

Save the Date—Scleral Workshop on Aug. 17 at 6:00pm

**Event is for Doctors & Contact Lens Technicians**

Dinner program sponsored by X-Cel Specialty Contacts

Location: EYE-Q Vision Care – Clovis

Invitation and RSVP information will be emailed to all members.

## President's Message by Margie Recalde, OD

It's that time of year when optometry graduates look back and reflect on all their hard work, endless nights of studying and cramming for tests (remember those board exams?), and finally breathe a sigh of relief that their dream of being called a "doctor" is within their grasp. For some of us, those memories are still fresh and bittersweet while for others, it seems like the dark ages since they last wore a cap and gown.

As I look back to those days, I realize that we have come a long way in improving our scope of practice in California. Now we are approaching another major turning point in our optometric profession if legislators pass SB 622. Recently CCOS Board Members voted to have CCOS contribute \$500 to Assemblyman Salas' campaign. Also, several CCOS Board Members will be attending his reception on June 17. The California Medical Association is strongly opposing this bill and is working hard to contact legislators also. That's why we need CCOS members to do their part and contact their assemblyman to support SB 622. How important is it to you to move your profession forward?



## CCOS Board Member Interview: Ari Pazirandeh, OD Immediate Past-President 2014-2016

### *Where do you work and what are your responsibilities?*

I've worked as an associate optometrist at Natural Vision since 2006. I spend the majority of my days seeing patients in the clinic.

### *What do you enjoy most about optometry?*

I mostly enjoy helping patients with all their vision and eye health needs.

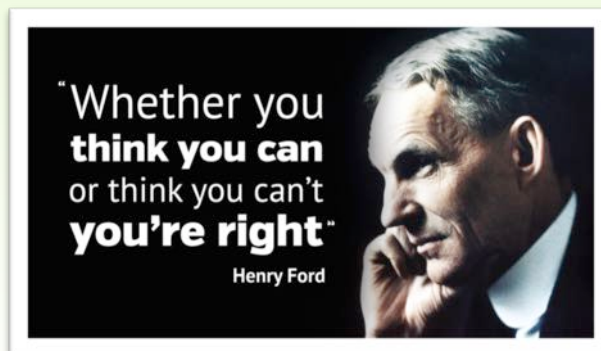
### *Why did you join CCOS?*

I have been a COA member since I graduated in 2003. I've always felt being a COA member was the best way to support my profession.

### *What do you like to do during your personal time?*

I spend most of my free time being active with my kids, running races, and visiting amusement parks.

### Dr. Pazirandeh's Favorite Quote



## CCOS Member Spotlight on Ralph Handly, OD

### *Looking back at your optometric career, what is your biggest accomplishment?*

I retired in September 2013 after being in Clinical Practice for 45 years. The last 20 years I was a partner in Eye-Q where I was fortunate to be the Board President for 10 of those years. I consider that to be the highlight of my career. I feel that I was very much a part of building the Practice and was able to represent our profession in the process. Before Eye-Q I was in Private Practice both solo and in a group setting. I began my optometry career in the military right after graduating at Pacific. After my Active Duty years I remained in the Army Reserves for total of 28 years of service. I was very fortunate to have been chosen for my last assignment to be the Chief of the Optometry Section for the US Army Reserves in the Army Surgeon General's Office, Washington DC. During that assignment I was very much a part of the call up to active duty of 87 Army Optometrists for Desert Storm.

### *Why did you decide to be an optometrist?*

My decision to go into optometry as a career did not have much forethought. In those days "Undecided" was not a declared major in college and you had to put something in the box and I could easily spell optometry. In hindsight it was a very good choice considering my strengths and what I enjoy doing.

### *What advice do you have for recent graduates?*

Optometry was a different profession when I completed my training in 1968. The expansion in the scope of practice is quite remarkable and in my opinion very well justified. However, I believe that it is time for the profession to gain depth in practice experience. There is a very wide variation in the skill set within our profession and it is time to let the bulk of the practicing optometrists gain experience, not just training. If I were to give any words of wisdom to new OD's it would be:

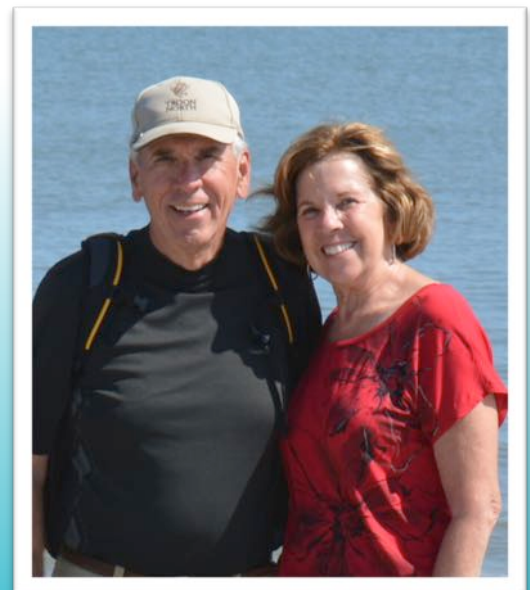
1. Be good - very good - at what you do and
2. Listen to your patients. Build your skills; put your electronic device down and listen to what your patients are saying. My last conversation with a patient was done directly facing the patient and asking if they had any questions or concerns.

### *What words of wisdom would you like to share with the members?*

A very important part of today's practice that is missing in both optometry and medicine is collegiality. It seems as though there is no desire to learn from each other and enjoy the local professional relationships. CCOS has been a strong player in organized optometry but it seems to be struggling to get any interest from current OD's. Some of the best CCOS meetings I can remember were "Share the Wealth" type meetings where we all would share one thing we did in our Practice that was exceptionally useful. I consider as very good friends, fellow OD's that were competitors and colleagues.

### *How are you enjoying your retirement?*

I would like to say that Barbara and I have a very enjoyable retirement due to our great long-term financial planning. Dumb luck probably describes it better. We are fortunate to have the health and resources to do a lot of traveling and just plain enjoying life. We both are very involved in volunteer activities trying to give back to our community. We are able to enjoy our kids and grandkids and watch them mature. God has been very good to us. I hope that you truly enjoy our Profession as I did.





# Report Illegal Contact Lens Sales

Highlighted information from article written by  
Heather Boerner, AOA Focus, October 2015, pages 24-32.



- *Does the retailer send faxes without the date and time imprinted on them?*
- *Is the retailer's outgoing message unintelligible, or does it leave unintelligible messages at your office? Doing so can deprive ODs from the reasonable opportunity to respond.*
- *Does the retailer send multiple requests for the same patient, even after receiving your response?*
- *Does the retailer refuse to accept "Rx has expired" as a compliant response?*
- *Does the retailer ignore the eight-business-hour response period?*

If you answer “yes” to any of the following questions, the retailer may have sold the lenses illegally and can be reported to the FDA and the Federal Trade Commission.

## What to do next:

Report suspected violations to AOA's Contact Lens & Cornea Section watchdog group, which was created to track cases of people who have been harmed by wearing illegal contacts, identify retailers selling contact lenses illegally, and take action when necessary. Email [stopillegalCLs@aoa.org](mailto:stopillegalCLs@aoa.org) and visit [aoa.org/contactlenses](http://aoa.org/contactlenses) for information on how to report issues to the Federal Trade Commission and Food and Drug Administration.

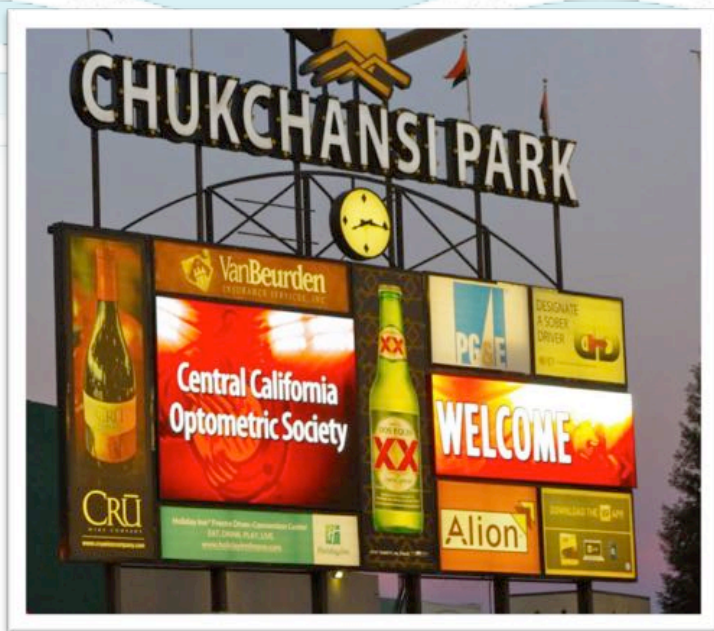
# CCOS Welcomes Stephanie Lee Phyo, OD

Member Transfer from Alameda and Contra Costa Counties Optometric Society

- Undergraduate education: University of California Irvine with B.S. in Biological Sciences
- Graduate education: The New England College of Optometry Boston, Massachusetts
- Current employer: Camarena Health in Madera
- Glaucoma certified interest in Dry Eye and Ocular Nutrition
- Hobbies: Traveling, Coloring books, Cooking, Movies



*We warmly welcome Dr. Phyo to the CCOS Family.*



See you all at the  
Grizzlies Game  
on June 25



Check out our  
Facebook Page:  
Central California  
Optometric Society

If you have any questions, comments, or would like to submit information for the newsletter, please feel free to contact Margie Recalde at [mrecalde@eyeqvc.com](mailto:mrecalde@eyeqvc.com).