

Keeping Up With Coastal Eye Associates...



EYES ON COASTAL

July 2020



Tip Of The Month:

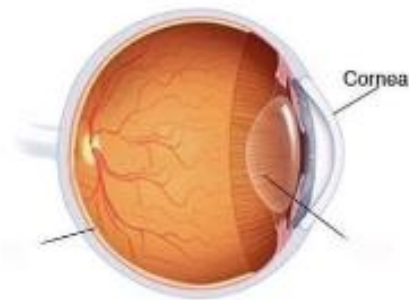
When disinfecting with EPA cleaning products, be sure to wear gloves. Many of these products contain chemicals which can be hazardous to your health if/when absorbed by the skin.



Happy independence day!

Be safe as you enjoy
your 4th of July holiday!

Puns about the body are generally corny,
but puns about the eyes are even



Thanks to Jesse Renovato for this funny cartoon!

HAPPY BIRTHDAY!!!

- Marina Rodriguez - July 15th
- Sohanny Rios - July 19th
- Anthony Burns - July 26th

Inspirational Quote of the Month

"Repeat after me:
I am *STRONGER*
than this challenge.
And this challenge
is making me even
STRONGER."

-Author Unknown



Welcome

*ANNETTE THUMANN - CERTIFIED AESTHETICIAN
(FORMERLY A CONTRACT EMPLOYEE)

*CHAR-MEL BROWN - CERTIFIED OPHTHALMIC
TECHNICIAN

*VIVIAN PADILLA - GREETER AND FRONT DESK
SUPPORT

Have news you'd like to share,
comments, or suggestions for
future issues? EMAIL me at:

Lcollins@coastaleyassociates.com

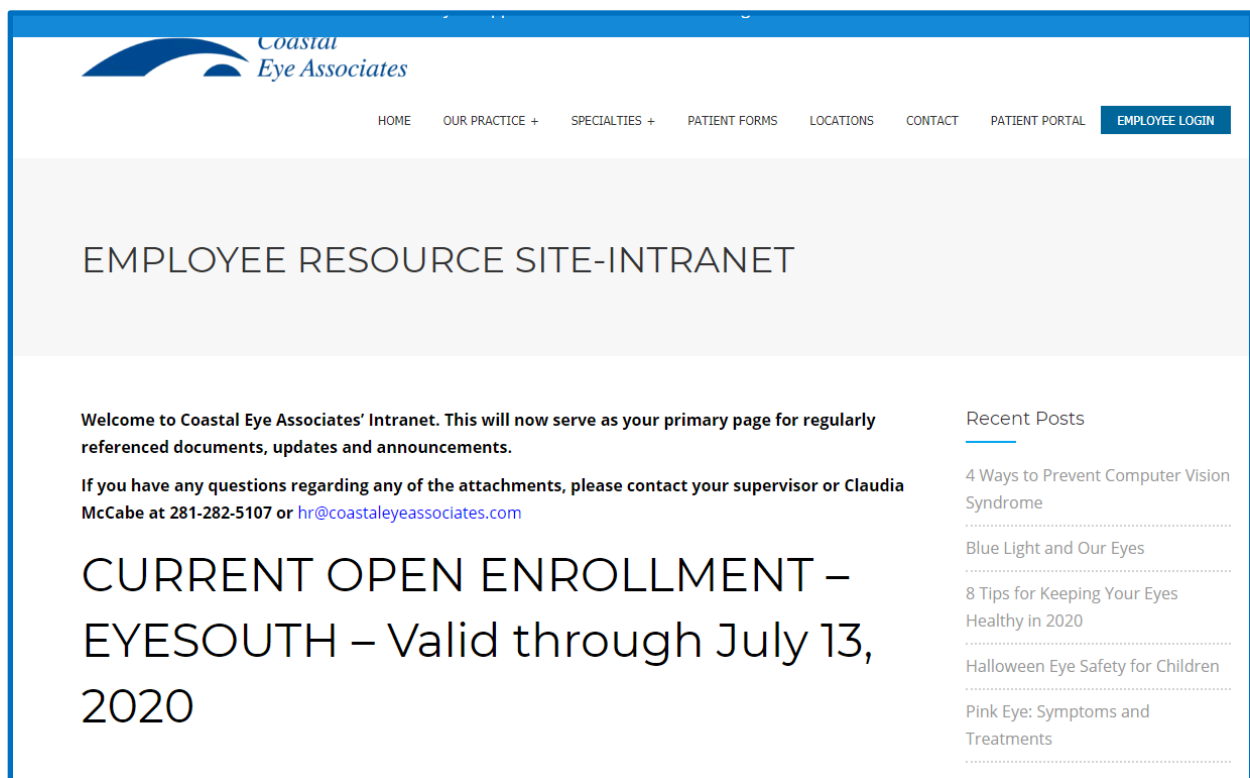


Reminder!

Open benefits enrollment for
EyeSouth CEA employees will
be from June 29 - July 13.
Changes will take effect
August 1. If you have any
questions after the webinar on
June 29, contact
hr@coastaleyassociates.com

All OPEN ENROLLMENT Documents are posted within the Coastal Eye Associates Intranet Site

- 1.) Go to coastaleyassociates.com**
- 2.) Click on Employee Login (top right hand corner)**
- 3.) Password – Sight2020**
- 4.) Let this site be your GO TO SOURCE for updated documents and information.**



The screenshot shows the Coastal Eye Associates website header with a navigation menu including HOME, OUR PRACTICE +, SPECIALTIES +, PATIENT FORMS, LOCATIONS, CONTACT, PATIENT PORTAL, and EMPLOYEE LOGIN. The main content area is titled "EMPLOYEE RESOURCE SITE-INTRANET". Below the title, there is a welcome message and contact information for Claudia McCabe. A large heading reads "CURRENT OPEN ENROLLMENT – EYESOUTH – Valid through July 13, 2020". On the right side, there is a "Recent Posts" section listing several articles.

Coastal Eye Associates

HOME OUR PRACTICE + SPECIALTIES + PATIENT FORMS LOCATIONS CONTACT PATIENT PORTAL **EMPLOYEE LOGIN**

EMPLOYEE RESOURCE SITE-INTRANET

Welcome to Coastal Eye Associates' Intranet. This will now serve as your primary page for regularly referenced documents, updates and announcements.

If you have any questions regarding any of the attachments, please contact your supervisor or Claudia McCabe at 281-282-5107 or hr@coastaleyassociates.com

CURRENT OPEN ENROLLMENT – EYESOUTH – Valid through July 13, 2020

Recent Posts

- 4 Ways to Prevent Computer Vision Syndrome
- Blue Light and Our Eyes
- 8 Tips for Keeping Your Eyes Healthy in 2020
- Halloween Eye Safety for Children
- Pink Eye: Symptoms and Treatments

4th of July Facts

Extracted from <https://parade.com/1047578/lindsaylowe/4th-of-july-facts-history/> and Academic Credentials Evaluation Institute, Inc. www.acei1.com



1. The Declaration of Independence was not signed on July 4, 1776. That's actually the day it was formally adopted by the Continental Congress, but it wasn't signed by most signatories until August.
2. Americans typically eat 150 million hot dogs on Independence Day, "enough to stretch from D.C. to L.A. more than five times," according to the National Hot Dog and Sausage Council.
3. Three presidents have died on July 4: Thomas Jefferson, John Adams, and James Monroe.
4. John Adams believed that American independence should be celebrated on July 2, as that's the actual day the Continental Congress voted for independence in 1776.
5. Massachusetts became the first state to make the 4th of July an official state holiday in 1781.
6. Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.
7. The Declaration of Independence was signed by 56 men from 13 colonies.
8. The average age of the Signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
9. The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.
10. The stars on the original American flag were in a circle so all the Colonies would appear equal.
11. Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.



Patriotic Berry Trifle

Recipe from Cheryl Lawson from KeyIngredient.com

INGREDIENTS • 1/4 cup plus 2/3 cup sugar • 1/4 cup fresh lemon juice • 1/4 teaspoon almond extract • 1 premade angel food cake, cut into 1-inch slices • 1 pound cream cheese, at room temperature • 2 cups heavy cream, at room temperature • 2 pints blueberries • 2 pints strawberries, hulled and sliced

Servings 8

Preparation time 35mins

Cooking time 35mins

PREPARATION

Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a saucepan over medium-high heat, stirring, until the sugar dissolves. Remove from the heat and stir in the almond extract. Brush both sides of each slice of cake with the syrup. Cut the slices into 1-inch cubes. Beat the remaining 2/3 cup sugar and the cream cheese with a mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream. Arrange half of the cake cubes in the bottom of a 13-cup trifle dish. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture.

Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.

