

Keeping Up With Coastal Eye Associates...



# EYES ON COASTAL

June 2020



## Tip Of The Month:

As we continue working hard to serve our patients, please know that your loyalty and dedication are greatly appreciated. Please stay safe, and remember to be **KIND** and **PATIENT** with each other. We all have different emotions during this time, and we are all experiencing unusual situations in our lives. **BE UNDERSTANDING** and **BE COMPASSIONATE** as we all try to get through this pandemic together.



## HAPPY FATHER'S DAY!

MOST OF THE TIME HIS EYES ARE FINE,  
BUT HE HAS TROUBLE SEEING DISHES IN THE SINK,  
DUST ON THE FURNITURE, AND LAUNDRY THAT  
NEEDS TO BE FOLDED!



## HAPPY BELATED BIRTHDAY!!!

- Sandy Hurston - May 2nd
- Yvonne Martinez - May 12th
- Estefani Sandoval - May 15th
- Dr. Shaena Choi - May 16th
- Sara Reyna - May 19th
- Annette Thumann - May 23rd

## HAPPY BIRTHDAY!!!

- Samantha Perez - June 1st
- Maria Flores - June 7th
- Brenda Kunkel - June 15th
- Lana Adams - June 16th
- Dr. Chad Moffitt - June 19th
- Nicole Martinez - June 22nd
- Jamie Herren - June 27th
- Dr. Daniel Goldman - June 29th
- Julie Bush - June 30th

## Inspirational Quote of the Month

"In the middle  
of every difficulty  
lies opportunity."

-Albert Einstein



## Welcome

- \*SAMANTHA ALLEY - FRONT DESK
- \*MARIBEL DANINI - FRONT DESK
- \*VAN NGUYEN - OPHTHALMIC ASSISTANT
- \*RUBI REIGER - REGISTERED NURSE AT ALV
- \*LUPE SIERRA - OPHTHALMIC ASSISTANT

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

[Lcollins@coastaleyassociates.com](mailto:Lcollins@coastaleyassociates.com)



# Do you have your Tropical Storm Emergency Kit Ready?

## *Items to consider*

([www.weather.com](http://www.weather.com))

**1. Water**- The rule of thumb is that you want to have at least one gallon of water, per person, per day for at least three days. Anything less than this puts you in danger of running out at the worst possible time.

**2. First Aid Supplies That Aren't Already in Your Kit** - When you check your first aid kit, you'll want to make sure you have enough bandages, but there are other important items. Sterile dressing, gauze pads, antiseptic wipes and antibacterial ointment are also crucial in the event of an injury during the storm.

**3. Ready-to-Eat Canned Meats, Fruits and Vegetables** - Once you lose power, you might also lose your ability to cook meals. Quick and easy canned foods could be a life-saver in an emergency. (Don't forget the manual can opener.)

**4. High-Energy Foods** - Think about buying protein bars, nuts and other foods that'll provide you with plenty of energy in case you need to go a long time without eating. This could be really helpful if you're spending long periods of time doing manual labor, like an extended cleanup if the storm leaves lots of damage behind on your property.

**5. Non-Prescription Drugs** - Pain relievers could be very valuable if you get a headache in a noisy shelter, or if you're sore after a lengthy cleanup period. Also, since you might be eating foods that aren't in your everyday diet, think about getting antacids, laxatives and anti-diarrhea medications.

**6. Toilet Paper** - This goes without saying, but you wouldn't want to run out of toilet paper in the middle of the hurricane if you end up stranded in your home.

**7. Battery-Operated Radio, a Flashlight and Batteries** - Power outages are likely in the worst of a storm, so you'll want to keep tabs on the latest information. A battery-powered radio could be your lifeline if all other forms of communication fail. Also, for those dark nights, you'll want to have plenty of flashlights around, and stock up on batteries to keep both working throughout the storm.

**8. Cash** - What happens if your entire town loses power and you can't go to the ATM to get cash for much-needed supplies after the storm? You'll want to make sure you have plenty of cash in hand before this happens.

**9. A Map of the Area** - In this era of GPS, we have gotten used to glancing at our phones for directions. But if you're in the third day of a power outage and your phones are dead, you'll want a paper map to guide the way if you need to find a shelter or navigate around town.

**10. Books and Board Games** - Think of all the ways you entertain yourself these days. Most of them require electricity. Think of things you can do to entertain yourself if there's a prolonged power outage and you're stuck inside for days.

**11. Comfort Foods (or Drinks)** - Let's face it, enduring a prolonged weather event like a hurricane can be draining. It's easy to get frustrated and stir-crazy on day three of being stuck in your home, but it's a little more manageable if you have your favorite food or drink on hand. Just be sure you can still consume it without relying on electricity to prepare it.

## 2020 Atlantic Tropical Storm Name List

ARTHUR	LAURA
BERTHA	MARCO
CRISTOBAL	NANA
DOLLY	OMAR
EDOUARD	PAULETTE
FAY	RENE
GONZALO	SALLY
HANNA	TEDDY
ISAIAS	VICKY
JOSEPHINE	WILFRED
KYLE	

- ✓ Retired storm names include: Harvey, Irma, Maria, Nate, Katrina, Rita, Gustav, Florence, and Michael.
- ✓ The Atlantic Hurricane Season officially begins June 1.
- ✓ The 2020 season marks the sixth consecutive year with a named storm occurring before the official start of hurricane season.

**DID YOU KNOW?**

**Coastal Eye Associates is proud to  
CONGRATULATE the following graduating  
seniors. We wish them well as they begin their  
new journeys.**



Shellie Schexneider's son, Nicholas, a historian by heart, graduated from La Porte High School on May 29. We are very proud of his commitment to serving our country as he awaits his orders to begin his journey with the US Air Force and become a pilot. Congratulations to Nicholas!

Janie Gomez' son, Michael, graduated from Alvin High School, where he played 3 years of baseball, senior year played football, participated in Mr. Stinger pageant, took some dual credit classes and AP classes, will continue learning from Alvin Community College & the University of Houston. Congratulations to Michael!



Samelia Marquez's daughter, Melina, graduated from Clear Creek High School on May 30. She was a 4-year member of the Cavalier drill team, served on the Social Committee for two years as Chaplain and Vice President. She earned her Dental Assisting Certificate her junior year and is awaiting her Pharmacy Technician certificate. In the fall Melina plans to pursue her BSN for Nursing at Sam Houston State University. Congrats Melina!

Connie Campbell's son, Josh, graduated from Friendswood High School. Josh loves the outdoors. fishing, boating, hunting, camping and riding his dirt bike, while playing football in high school. Josh will be attending the Maritime program through San Jacinto College this fall. Congrats Josh!





**Jesse Renovato's birthday was accidentally missed on the initial birthday list communication... he celebrates his special day on June 7. Happy Belated!**

## **HR Reminders:**



- ❖ If you experience any of the COVID-19 symptoms, you are urged to seek care from your PCP immediately. Or you can also utilize iSelectMd.com (800) 775-3006 x1 for TeleHealth services – no co-pay needed.
- ❖ If you have a fever, you must remain at home (or leave the office), and be fever-free for 72 hours without the aid of medications before returning to work.
- ❖ A Return to Work form must be provided by your PCP or healthcare provider. This protocol is in the best interest of everyone within the offices for our employees and patients.

**INSURANCE  
ENROLLMENT UPDATES  
WILL BE  
FORTHCOMING VIA  
YOUR EMAIL**



# Recipe of the Month

Submitted by Angie Pal

<https://www.allrecipes.com/video/4335/best-banana-pudding/>

## The Best Banana Pudding



The best no bake banana pudding you will ever find so I've been told by many).

By KENNETH STROTHER

Prep: 25 mins

Servings: 20

Total: 25 mins



### Ingredients

- 1 (5 ounce) package instant vanilla pudding mix
- 2 cups cold milk
- 1 (14 ounce) can sweetened condensed milk
- 1 tablespoon vanilla extract
- 1 (12 ounce) container frozen whipped topping, thawed
- 1 (16 ounce) package vanilla wafers
- 14 bananas, sliced

### Directions

#### ✔ Step 1

In a large mixing bowl, beat pudding mix and milk 2 minutes. Blend in condensed milk until smooth. Stir in vanilla and fold in whipped topping. Layer wafers, bananas and pudding mixture in a glass serving bowl. Chill until serving.