



Tip Of The Month:

Always start with an open-ended question when asking the patient for their chief complaint. Asking "What brings you in today?" is a great way to open the conversation to find out the patient's main concern.



HAPPY FATHER'S DAY!



Thank you to Samelia Marquez for submitting this great cartoon!

HAPPY BIRTHDAY!!!

Samantha Perez	June 1
Maria Flores	June 7
Brenda Kunkel	June 15
Lana Adams	June 16
Dr. Jayson Tomy	June 17
Dr. Chad Moffitt	June 19
Nicole Martinez	June 22
Lucy Estrada	June 23
Jamie Herren	June 27
Dr. Dan Goldman	June 29
Julie Bush	June 30



Committed staff are essential in the success of our clinics.

Coastal is committed to growing its quality team of employees; many of whom have invested their careers to the practice. **Coastal is offering a referral bonus of \$200.00** to current staff members that recruit new team members to our team. The new team member must complete six months of employment before the referring employee receives the first part (\$100.00) of the recruitment bonus. Second part (\$100.00) will be provided once the new employee completes one year with our organization. Employee must state the referral source during the initial interview process, not once the employee is hired. We encourage referrals from our team members!

Inspirational Quote of the Month

"Hard work beats talent when talent doesn't work hard."



- Tim Notke



Don't forget about our upcoming casino trip on **Saturday, June 22nd!** See attached flier for details!

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

Lcollins@coastaleyassociates.com



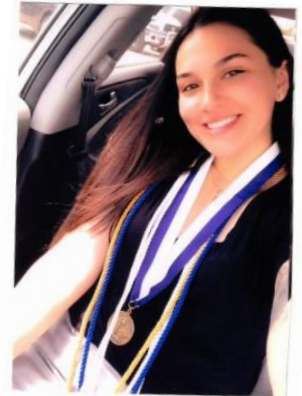
Congratulations to these Graduates



Hanna Brooke Haywood, daughter of Sandy, is graduating from Dickinson High School. While working to get her high school diploma, Hanna also received her Associate degree from the College of the Mainland. Hanna was accepted to Texas A&M University and will be studying Biomedical Sciences. When not working from the Webster office, Hanna is enjoying watching movies and going to the beach.



We wish her the best in College Station!



Gabrielle Raine Miller, daughter of Christy, is graduating from Clear Brook High School. Gabby plans to start studying this summer at San Jacinto to become a Registered Nurse. She enjoys babysitting, hanging out with family and friends, and shopping.

Best of luck to her!



Alyssa Alvarez, a part time team member from the Pasadena office, is graduating with her Associates Degree in Life Sciences from San Jacinto College. Gabby plans to pursue her education in Nursing. Alyssa enjoys working out, running marathons, and spending time with friends and family.



Congratulations to Alyssa on her achievements!



Congratulations on a job well done!



Coastal Eye Associates

Ty Bush is graduating from Texas Tech University with a Bachelor of Science degree in Multi-Disciplinary Sciences. He will be teaching Physics this Fall at Friendswood High School and will also be the Assistant Coach of the Cross Country and Track Team.

He won't miss Lubbock's dust storms, but will miss the low humidity.

Congrats to Ty for pursuing his dreams.



GO RED RAIDERS!



Skyler Taylor Simone Jimerson, daughter of Sherita Stephens, will be receiving her Bachelor's Degree from the Art Institute of Houston in Fashion Retail Management.

Since 2014 she has been a part time employee with Academy Sports as a team leader. Her career goal is to open her own shoe boutique with a full-service nail salon. Her plans for now is to seek a full-time position in Visual Merchandising.



Favorite quote,
"Give A Girl the right shoes and she will conquer the world"
by Marilyn Monroe

Congratulations to Skyler for a job well done!



Jenna Moffitt, daughter of Dr. Chad Moffitt, is graduating from Friendswood High School and will be attending The University of Oklahoma in the fall to pursue a degree in National Security with a goal of serving in the CIA. She enjoys movies, playing with her dogs and sunny days out by the pool.

Leaving Texas she will miss her mom, dad, grandparents and dogs the most.

We wish her the best at OU!





Fantastic Company Picnic!!

Many thanks to all the planning committee members for a successful event. Pleased that the rain held off, but the heat and fun was in full force.

Evident from the pictures, everyone had fun. 😊

Key picnic champions who made the event seamless: Julie Bush, Connie Campbell, Sandra Cardenas, Dr. Collins, Consuela Contreras, Amanda Knight, Brenda Kunkel, Betty Requenes, Sheila Smith, and Kristin Valdez. Thank you!

Below are only a few of the pictures taken at the event. More than 250 pictures are available for viewing within the Coastal Intranet site. Please ask your supervisor or peers on how to access the Coastal Intranet site.





Hurricane Season is Quickly Approaching – Be Prepared!

Links to help in your preparations:

<https://www.ready.gov/make-a-plan>

<https://www.ready.gov/build-a-kit>



Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation



Food, at least a three-day supply of non-perishable food



Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both



Flashlight and extra batteries



First aid kit



Whistle to signal for help



Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place



Moist towelettes, garbage bags and plastic ties for personal sanitation



Wrench or pliers to turn off utilities



Can opener for food (if kit contains canned food)



Local maps



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

2019 Hurricane Season Names



Andrea	Karen	Tanya
Barry	Jerry	Van
Chantal	Lorenzo	Wendy
Dorian	Melissa	
Erin	Nestor	
Fernand	Olga	
Gabrielle	Pablo	
Humberto	Rebekah	
Imelda	Sebastien	

Thank you to Sandy Haywood and Christy Miller for taking the time to visit a local senior home the week of Mother's Day.

They helped bring smiles during a Mother's Day celebration by delivering Mary Kay products to all residents. The residents were thrilled to receive a gift during their gathering.



More volunteer opportunities are becoming available in the upcoming months. If you are interested in volunteering with the Coastal Cares Committee, or have suggestions for Coastal's participation, please let Claudia McCabe know at hr@coastaleyassociates.com.

Proud to announce these volunteer opportunities for the summer months:

Mercy Tree – helping provide a warm lunch to the homeless individuals in the Clear Lake area, along with good fellowship.

Coastal will provide lunch for 20 attendees seeking fellowship. To volunteer your time (11:45 am to 1:00 pm, during the business day) on one of these dates, please contact Claudia McCabe via email. Volunteer space is limited.



July 16, August 8 and September 18 – various churches within the Webster area

Houston Food Bank - Help sort and package food in preparation for distribution throughout the city. If you are interested in volunteering, please contact Claudia McCabe via email. Encourage your family and friends to participate in these great opportunities. Volunteers **MUST** register online via their portal to participate. More details will follow via email. **SAVE THE DATE.**

August 10, 1 pm to 4 pm

535 Portwall Street, Houston, Texas 77029



Kids Meals Inc – Help prepare sack lunches for children within the community. Free healthy meals are provided year-round to the doorsteps of Houston’s hungriest pre-school aged children and throughout collaboration provides their families with resources to end the cycle of poverty.



September 21, 10 am to Noon,

330 Garden Oaks Blvd. Houston, Texas 77018



REMINDER! RELAY FOR LIFE is SATURDAY, JUNE 1



Come out to CLOWN AROUND, and support the Coastal Eye Associates Team Captain Cecelia Reist. 😊 Lots of fun will take place UNDER the BIG TOP at the Alvin Memorial Stadium.

Event begins at 4 pm and will continue until 11 pm. To participate, please contact Cecelia at ceceliar@coastaleyassociates.com.

The more Clowns in attendance, the better!

What's With The Nose?

The Red Nose is our calling card. It's simple, universal and — best of all — a fun way to create connections and break through barriers. A Red Nose encourages people to come together, share a laugh, and gives the world something to smile about. It's a powerful way to start a conversation about Red Nose Day and its goal: to end child poverty one nose at a time.



Thursday, May 23 was **NATIONAL RED NOSE DAY...** Webster Team had their red noses and made plenty of patients smile upon arrival. Great job to the Webster office for the smiles!

A Few Seats Are Still Available...

Reminder, the Casino Fun at the Golden Nugget in Lake Charles, LA is coming up soon.



❖ Saturday, June 22, 2019

❖ Departing 8:30 am, Returning 8:00 pm

❖ Departure Site – Details will be sent to all confirmed attendees

❖ Some Seats are still available on Charter Bus (Waiting list will be created if interest exceeds 54 attendees)

❖ Employee + 1 Guest (age 21 and older)



RSVP by Friday, June 13, 2019 to hr@coastaleyassociates.com with yours and your guest's full name, your dates of birth, email address for both attendees and mailing addresses (must match TXDL). This information is required upon arrival at the Casino.

Look Great Feel Great

Fruits

1. Berries: blueberries, blackberries, raspberries ect.
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



Nuts & Seeds

Unroasted, Unsalted, Unsmoked Nuts. RAW. Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: Vine ripened or hot house
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
18. Peppers



Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



Organic Soy Product

30. Plain, Unsweetened Soymilk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



Drinks

45. Bottled Water



Extras

46. Dark Chocolate
47. Cocoa Powder

