

Keeping Up With Coastal Eye Associates...



# EYES ON COASTAL

March 2019



## Tip Of The Month:

Phone bank/front desk staff/techs:  
Please be sure you are getting email addresses from all patients, entering them into the patients' charts, and offering them the link to connect to the portal. Patients who are connected to the portal can update their medical history, request appointments, request prescription refills, and ask questions through the portal, which will help reduce the amount of phone calls we receive.



- Sunday, May 19th - Coastal company picnic
- June (Date TBD) - Coastal casino trip to Golden Nugget

\*Please see attached fliers for details\*

## HAPPY BIRTHDAY!!!

- Sandy Haywood - March 2nd
- Lori Foreman-Vis - March 8th
- Dr. Bill Lipsky - March 12th



## Mardi Gras Fun Facts

- Mardi Gras is the culmination of carnival celebrations leading up to Ash Wednesday and the start of Lent.
- The name "Mardi Gras" is French for "Fat Tuesday" which is thought to be named for all of the over-indulging people tend to do prior to fasting for Lent.
- The word "carnival" comes from Latin "carne vale," which means "farewell to meat."
- The colors of mardi gras are purple (which signifies justice), gold (which signifies power), and green (which signifies faith).
- It is believed that the tradition of bead throwing started as early as 1871, when a man dressed as Santa became popular with the crowds for tossing them.
- King cake is a traditional Mardi Gras treat. The person who finds the hidden plastic baby in their slice of cake is supposed to have good luck all year and is responsible for bringing the king cake to the next party.

## Inspirational Quote of the Month

*"Sometimes you will never know  
the value of a moment  
until it becomes a memory."*

-Dr. Seuss



The Coastal Cares Committee is always looking for more volunteers! Please consider joining today! Contact Claudia at HR@coastaleyassociates.com for more information.

Have news you'd like to share, comments, or suggestions for future issues? EMAIL me at: [Lcollins@coastaleyassociates.com](mailto:Lcollins@coastaleyassociates.com)



# Coastal Eye Associates



*Coastal  
Eye Associates*

## **Coastal Eye Associates is please to now offer Employee Assistance Program services**

All services are confidential and provided at no cost to the employee. A multitude of services are available that can support various phases of your life. If you know of a co-worker that can benefit from these services, encourage them to call and utilize their expertise.

If you have any questions, please contact them directly or Claudia McCabe at ext. 5107.

**IMAGINE A BETTER YOU.**

**EMPLOYEE ASSISTANCE PROGRAM**

**WE'RE HERE FOR YOU**

- > Work / Life Balance
- > Financial Consultation
- > Legal Inquiries
- > Childcare Referrals
- > Eldercare Resources
- > Family / Marital Relationships
- > Substance Abuse
- > Emotional Concerns
- > Academic Resources
- > Building Resiliency

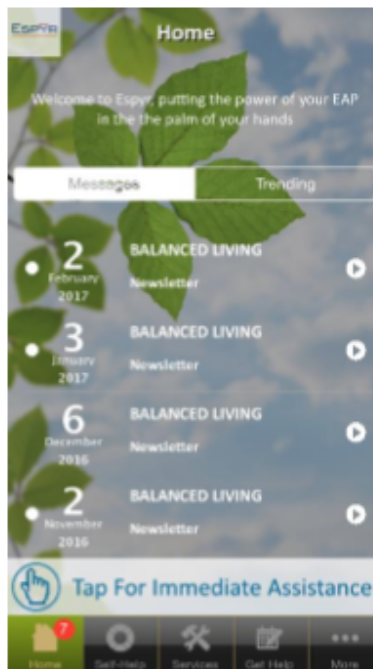
Confidential resources, referrals and counseling at no cost to you.

**800-869-0276 | 24/7 ACCESS**

You can also confidentially request support at [espyr.com](http://espyr.com).



The full benefits of your Employee Assistance Program are now at your fingertips, no matter where you are, 24 hours per day, 7 days a week. This secure app provides you easy access to resources that can help you address challenges affecting your well-being and productivity. From requesting EAP services to finding information on responding to a variety of life's issues, to receiving informative newsletters, Espyr puts the power of the EAP in the palm of your hand.

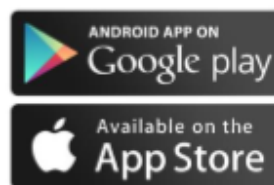


Espyr provides:

- ✓ Immediate access to the EAP
- ✓ Tip sheets
- ✓ Self-Assessments
- ✓ Access to newsletters
- ✓ Special messages & Alerts
- ✓ Increased program awareness and convenience

This app is available for download through the Apple App Store and Google Play. Download the app to your device(s) and then login using the company password: **HROIEAP**  
Here are some downloading tips:

1. Users will need an active internet connection to use the app, if the phone is unable to connect to the internet you will not be able to login.
2. Users will want to make sure that the phones auto-correct isn't changing the pass code.
3. If they are still unable to login they might have downloaded the generic app and not the customized Espyr app.



You can also access your EAP by calling 800-869-0276 or visiting our secure website at [www.espyr.com](http://www.espyr.com) Enter your company id/password: **HROIEAP**



**Rodeo Season  
has arrived!**

**Last Friday,  
February 22,  
Webster team  
members Sheila,  
Caitlin and Betty  
donned their  
western attire in  
preparation for  
the rodeo season!**



*Fun Facts about  
the HLSR....Did you know???*

- ✓ Roy Rogers once attended the rodeo in disguise
- ✓ The Rodeo has been around since 1931
- ✓ Entertainers such as Elvis Presley and Justin Bieber have performed at the rodeo
- ✓ Mutton Bustin' is the crowd favorite
- ✓ This annual event has raised more than \$40 million for youth scholarships
- ✓ Has an amazing selection of GREAT food for all to enjoy.... HAVE FUN!



# Coastal Eye Associates



Many thanks to Coastal Eye Associates for sponsoring Valentine Day Goodie Bags delivered to five local nursing homes, rehabilitation centers and independent apartments.

The seniors were very appreciative of the Mary Kay products, candies and Coastal Eye Associates information.

Thank you to the team members that assisted in putting together the goodie bags and

to those that helped

bring smiles to all the seniors that received the gift.



# Here's the Deal....

Mark your calendar for  
some Casino Fun at the  
Golden Nugget in  
Lake Charles, LA



- ❖ Saturday, June 22, 2019 – NEW DATE!!!!
- ❖ Departing 8:30 am, Returning 8:00 pm
- ❖ Meeting near Webster Office - TBD
- ❖ Only 54 Seats 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](mailto: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.

 *Coastal  
Eye Associates*



**KICK OFF THE  
SUMMER**

**at the**

**Coastal Eye Associates  
Family Picnic**

**Sunday, May 19, 2019 at**

**Clear Lake Park**

**12:30 pm to 5:30 pm**

Great food and fun activities are planned for everyone! BBQ by Cedric, Face Painting, BINGO, Moonwalks, Cornhole, dessert contest, and much more...



Seeking team members to help plan this event.

Please contact Claudia McCabe at

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

if you would like to assist on this committee. It will be FUN!