



"For there is always light / If only we're brave enough to see it / If only we're brave enough to be it." - Amanda Gorman



The Point Pinos Lighthouse's fuel sources over the years were whale oil, lard oil, kerosene, pressurized oil vapor, and finally electricity.

Announcement

COVID-19 vaccines are now available for healthcare workers, including optometry doctors and staff. For Monterey, see <https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-covid-19/vaccination-registration> For Santa Cruz, see <https://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome/Vaccine.aspx>

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What do you want MBOS to do for you? Email us with any ideas you have.

montereybayoptometricsociety@gmail.com



FORWARD FOCUS: What Do You Want From MBOS?

Just at the local, state, and national government is supposed to serve the individual citizens, so too is the local, state, and national branches of our optometry organization supposed to serve the individual members. The purpose of the framework is to perform activities individuals cannot easily perform themselves. It's difficult for separate citizens to build roads to connect cities; it's difficult for isolated optometrists to protect their scope of practice.

Sometimes it seems the people in the organizations forget this, and perhaps sometimes they do. Maybe they get so caught up in running the organization and doing what has always been done that they forget to step back and consider what they should be doing and what their real purpose is.

I think for the most part, most individuals in our optometry organizations generally push for actions which will benefit individual optometrists. The COA and AOA did an absolutely amazing job during COVID, from education about financial support to assisting with providing personal protective equipment.

Therefore, even if I disagree with some of the COA and AOA choices (just as I disagree with some of the choices made by our state and local governments), I still support them. On the other hand, that doesn't mean all of the plans they implement are ones which will benefit the individual members the most, and other unrealized projects may be better. In fact, the people in the organization might not even conceive of other potential more advantageous ideas.

At the state and national level, we individually have minimal power to control which direction our organizations move, both in politics and in optometry. However, at the local level, we each can have a very strong influence and can generate positive change.

One benefit of upheaval is it often gives us a reminder to re-evaluate what we are doing, and 2020 certainly provided plenty of disruption personally, professionally, and organizationally.

Therefore, while we are still in a fluctuating state at our local level with the Monterey Bay Optometric Society, I would like to ask what you personally believe we should be doing to benefit you, your fellow optometrists, and even our patients.

Our primary directive in the past has been to provide local continuing education consisting of a dinner meeting approximately every two months. However, with education being more widely available online, perhaps that is not as beneficial as it has been in the past, although I still greatly enjoy the social aspect of meeting other doctors and seeing how they are doing professionally and personally. Also, some societies instead create day-long, twice-a-year meetings.

Or perhaps we should focus on fresh areas. Other societies (and even our society in the past) have more social events for their members and families (including virtual), more community outreach through vision screenings, more contact with the optometry schools, more of an emphasis on the newsletter and history, increased interaction with legislators, or greater attention on recruiting new members.

The best way to initiate change would be to become a board member and spearhead it yourself. However, even if you do not want to be on the board, I would still love to hear which of the above areas, or even a completely different idea, you are interested in.

Please, take just a few minutes, think of what you want your local society to do for you, and email us at montereybayoptometricsociety@gmail.com with your thoughts. We would greatly appreciate it.

"You can't depend on your eyes when your imagination is out of focus." - Mark Twain

EDUCATION EMANATION: COA Local Societies

The California Board of Optometry allowed live, interactive online CE courses to count as live CE as of April 2020: https://www.optometry.ca.gov/formspubs/covid_cont_ed.pdf

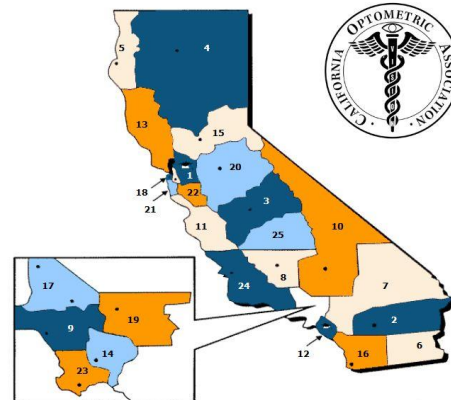
With 25 local California societies, this gives us much greater access to educational opportunities in addition to the CE sponsored directly by COA. COA-sponsored CE can be found at <https://sites.google.com/coaboard.org/coace/>, and a calendar of local society continuing education is hosted by the COA at <https://sites.google.com/coaboard.org/odguide/membership/local-societies> Many societies offer a discount to fellow COA members even if you are not a member of that specific society.

Individual society websites can be found at <https://www.coavision.org/m/pages.cfm?pageid=3344> as not all events may be listed on the COA calendar.

MBOS is planning on hosting multiple virtual CEs throughout this year as well, so keep an eye on your email for more information!

Not local, but CEWire, with 64 COPE-approved hours of CE for \$159, will be live March 13-14 and on one weekend a month the three months afterwards. See <https://www.cewire2021.com/>

MAP OF LOCAL SOCIETIES



- | | | |
|--|----------------------------------|------------------------|
| 1. Alameda/Contra Costa
- UCBSO | 9. Los Angeles County
- UCBSO | 18. San Francisco |
| 2. Cahuilla | 10. Mojave Desert | 19. San Gabriel Valley |
| 3. Central California | 11. Monterey Bay | 20. San Joaquin |
| 4. Golden Empire | 12. Orange County
- SCCO | 21. San Mateo |
| 5. Humboldt/Del Norte | 13. Redwood Empire | 22. Santa Clara County |
| 6. Imperial County | 14. Rio Hondo | 23. South Bay |
| 7. Inland Empire
- Western University | 15. Sacramento Valley | 24. Tri-County |
| 8. Kern County | 16. San Diego County | 25. Tulare-Kings |
| | 17. San Fernando Valley | |

"The path of light is the quest for knowledge." - Lailah Gifty Akita

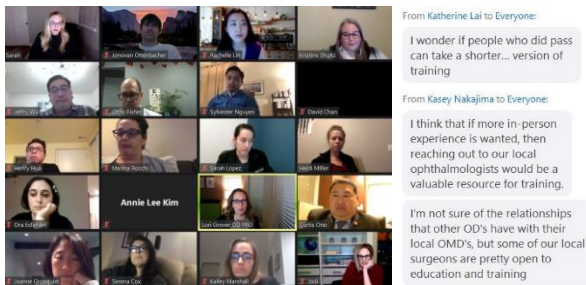
LEGISLATION LAMP: AOA-PAC Visionary Toast



A toast for AOA-PAC visionary donors featured Dr. Joe Ellis (AOA President, 2010), Dr. Barbara Horn (AOA President, 2019), and Dr. William Reynolds (AOA President, 2020), and was attended by Dr. Jonovan Ottenbacher and Dr. Robert Theaker of MBOS.

In 2020, AOA-PAC reinvested nearly \$1.8 million into the campaigns of hundreds of pro-optometry incumbents and candidates for the US Congress, in addition to working on PPP loans, HHS grants, and ensuring optometry was an essential business.

LEGISLATION LAMP: President's Council Quarterly



President's Council Quarterly was held in January. It was attended by Dr. Jonovan Ottenbacher, president of MBOS, and Dr. Kasey Nakajima, president-elect.

One issue was building relationships with health care plans in the local area, to find out what problems optometrists are having with any specific health care plans, including getting on plans and billing. If you have any concerns on this topic, please contact us.

We also discussed using Facebook groups or Zoom meetings / webinars to communicate with local members more. If you would like more interaction with the MBOS board and your fellow local optometrists in either of these or even another method, please let us know.

There was a Q&A with AOA liaisons Dr. Curtis Ono and Dr. Lori Grover after that. The AOA is working on vision plans regarding lab choice and member benefits, the FDA contact lens requirement, and COVID relief. We talked about California optometrists being allowed to perform various vaccinations, which has been delayed due to the state board.

We ended with a lengthy debate about membership challenges. While cost seemed to be the major issue claimed by many non-members who have been asked in the past, when the COA offered free membership for 3 months last year, only 150 optometrist signed up, and only 40% were retained afterwards. Dr. Gronquist mentioned that we need to understand the needs of non-members if we hope to gather them into our membership to be a stronger organization in order to improve the lives of all California optometrists.

Those of you who are not members, please let us know: What could MBOS / COA / AOA change which would make you choose to become a member?

Please email us with input on any of these or other issues at montereybayoptometricsociety@gmail.com We would greatly appreciate your feedback!

INTERNET INCANDESCENCE: Tim Root

Tim Root has a wide variety of videos, mostly of various conditions and procedures recorded via slit lamp, but also a few videos covering other topics, such as cranial nerve palsies.

Some could even be useful to show to patients to educate them on their ocular issues. Also, while <https://timroot.com/> has created a nice collection of videos, you can search YouTube for a variety of ophthalmic procedures and conditions.



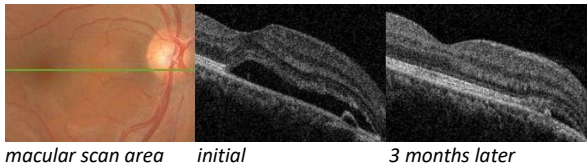
*"Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that." - Martin Luther King, Jr*

ILLUMINATING INSTANCES: Central Serous Retinopathy

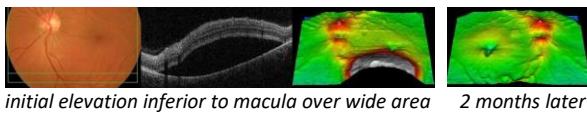
Central serous retinopathy (CSR), also called central serous chorioretinopathy, is a largely idiopathic condition caused by leakage of fluid through the RPE, resulting in serous retinal detachment and/or retinal pigment epithelial detachment. It can be caused by corticosteroids and stress, which releases cortisol, and therefore discontinuation of any steroid medication is often but not always indicated.

CSR usually resolves spontaneously over a few months. If this does not occur, treatment should be considered, either focal laser photocoagulation, micropulse laser, or PDT.

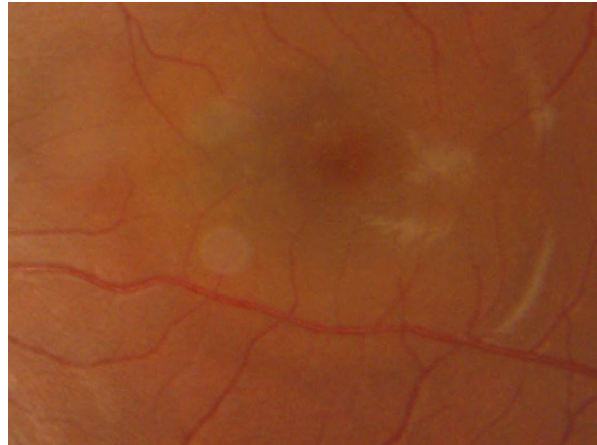
The first patient noticed that a portion of his vision in his right eye had seemed "dark" for about a week. His visual acuity was 20/20 in each eye. He had a moderately-sized CSR inferiorly between his macula and optic nerve head. Three months later, it had largely self-resolved with no more symptoms.



A second patient had noticed a blurry spot centrally in his left eye for approximately a month. His vision was 20/20 in each eye, although he was noticeably slower reading letters smaller than 20/40 in his left eye. He had a very large CSR in his left eye, extending from just above the macula to the inferior arcades. Two months later, the patient stated his vision was normal, and only a small inferior PED remained.



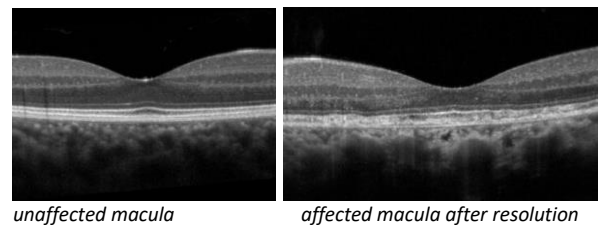
A third patient had a central CSR in his left eye. While CSRs can sometimes be difficult to appreciate without a stereo view, the lighter coloration, blood vessel deflections, and retinal contours made this one easy.



While most CSRs are in a single contiguous area, some can be multifocal, as was the case of a fourth patient who noticed his vision was "blurrier," "shadier," and "almost doubled," causing odd depth perception.



Finally, sometimes residual subretinal scarring can remain, as with this patient who still noticed "wavy" vision and had a BCVA of 20/25 after CSR resolution.



VESPERTINE VENERATION: John and Scott Daly



John Daly in his younger years

John C. Daly, OD passed away June 28, 2020 at the age of 94. His son Scott Daly, OD says, "He had a great run!" John was born in San Francisco, served in the US Army at the end of World War II, graduated from the UC Berkeley School of Optometry in 1953 and acquired a practice in Santa Cruz. He was very involved in the Santa Cruz community, serving in the Junior Chamber of Commerce, the Miss California Pageant, the Elks Club and the Salvation Army. He served on the Santa Cruz City Council and as Mayor of the City of Santa Cruz in 1961.

He also was involved in his profession. At the local society level, he served as Society President. He was on committees of the California Optometric Association and on the Alumni Board of the University of California School of Optometry as well. It was his involvement, building relationships within the community, that built a strong foundation for his optometric practice to grow.

Scott Daly, OD, FAAO graduated from UCBSO in 1983 and joined his father's practice. Scott was also active in the community, serving on the Boards of the Chamber of Commerce, the Santa Cruz Downtown Association and on the City of Santa Cruz Planning Commission. Again, the community involvement helped create relationships that built his reputation within the community and helped to grow his practice. He states, "This is old-school practice marketing and public awareness."

Scott was also very involved in his profession, serving as President of the Monterey Optometric Society. He was also involved in the California Optometric Association, on committees and as President in 2001. He was awarded the California Optometric Association Optometrist of the Year in 2011.

Scott says, "The changes in our profession over two generations in my family have been enormous. I'm very proud with the evolution of our profession and our transition from being vision specialists, only dealing with refraction, prescription spectacles and contact lenses, to primary health care professionals. It was not easy, and I was personally involved with many of the battles to increase the scope of practice for the profession of Optometry."

"I am very proud to say that today, Optometry can take care of 97% of whatever walks in the door as well or better than Ophthalmology!"



Father and son optometrists, John and Scott Daly

"When you possess light within, you see it externally." - Anas Nin

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