



# WE'RE HERE FOR YOU



**At East Bay Eye Center**, we understand this is a difficult time for everyone. During this unprecedented Covid-19 public health crisis, most of us are being asked to stay home for our own safety and the safety of others. Social distancing creates its own set of challenges, including uncertainty regarding access to medical care. We hope this newsletter acts as a way to reconnect with our community and provide useful information to help you navigate the changes ahead. *To your good health, from our family to yours.*

- The Team at East Bay Eye Center

**What's new?** As part of our ongoing commitment to providing the best eye care for our patients, we are excited to announce expanded telemedicine offerings. If you are interested in setting up a telemedicine appointment with your doctor from the comfort of your own home, please call or send us an email.

**We are still open** and able to assist with urgent matters. The American Academy of Ophthalmology has recommended that all routine appointments be rescheduled to a time when it is safer to venture out in public. If your appointment has been cancelled, don't worry, we won't lose your appointment. We're keeping a list and we'll be calling to reschedule your time with us. As of Monday, April 6<sup>th</sup>, the phones will be back on and we look forward to having increased ability to return your calls.

"...Remember, you have nowhere to go so let go internally. It will probably take a number of sessions before you begin to notice a growing sense of inner peace. Trust me, it will happen." Dr. Aimée Edell recommends connecting with friends and family via teleconferencing apps such as Zoom, FaceTime, or Skype. "Make it a happy hour and use a trivia generator such as randomtriviagenerator.com to get out of your comfort zone and take your mind off current events." Dr. Elliot Werner has the following suggestions, "look up some recipes online and cook or bake something you've never had before. Check out some interesting audio books, something you've never had time to read. Go out and take a walk. Take some pictures with your phone of some ordinary things you see on your walk. Don't change your daily routine. Get up, take a shower. Men shave and/or trim your beard and mustache. brush your hair. Women fix your hair and makeup like you're going out. Get dressed."

**We've compiled** some tips from our doctors to help pass the time and keep spirits up. Dr. Todd Severin recommends daily exercise. "Get out of the house if you can and enjoy some fresh air. Exercise not only has been shown to help reduce stress, alleviate boredom, and lower blood pressure, but several studies have also shown that 15 minutes of brisk walking a day can actually lower the eye pressure. So if you have glaucoma, it's a great way to help keep your pressures down." Dr. Sandy Severin says that "in these anxious times of the Corona Pandemic it is more important than ever to keep your body in balance. Along with daily exercise it is essential that you learn to quiet your mind. There are very effective mental exercises that you can do to quiet your mind while 'those around you are losing theirs'. Meditation will work wonders. I recommend that you begin a daily practice of sitting quietly with no other distractions. Find a comfortable position and focus on your breath. Think fresh air in with each inhalation. Think tension out with each exhalation. Do this for a least fifteen minutes a day..."

## STAY CONNECTED *we want to hear from you*

- Urgent eye issues
  - Prescription refills
-  (925) 830-8823

- Non-urgent issues
-  **EastBayEye**  
**@SeverinMD.com**

**Check our website  
for updates**  
**[www.SeverinMD.com](http://www.SeverinMD.com)**

**Chocolate chip banana** muffins are "clinically proven" to be delicious. Add ½ cup walnuts for a boost of omega 3 fatty acids.

- Preheat oven to 350° and grease 12 muffin tins
- Mash together 4 ripe bananas (1 1/3 cups) and 1/3 cup melted butter in a big bowl until smooth
- Add 2/3 cups sugar, 1 egg, 1 tsp vanilla extract, mix gently
- Add 1 tsp baking soda and a pinch of salt
- Add 1 1/2 cups flour and 1 cup semisweet chocolate chips until just combined. Do not over mix!
- Divide into muffin tins and bake for 20 minutes or until a toothpick comes out clean. Enjoy!

