Hello fellow PA Paraoptometrics! As we approach the end of 2016, I would like to take this moment to thank each of you for your support of the PPA. The PPA Board strives to help you in your paraoptometric career advancement; and we hope you appreciate the outcomes of our planning.

I am also writing this letter as a “thank you” to everyone who gave me support throughout the years serving as a PPA Board member. Although I was elected for a second presidential position for 2017; I have taken a position with Diopsys as a Clinical Application Specialist and need to vacate the PPA Board position and the end of this year. Vera Kohler, CPOA will assume the PPA President position Jan. 2017. The PPA is back in good hands with Vera, please remember to thank and congratulate her the next time you see her.

My heartfelt thank you goes out to so many people I have met and worked with, that there are too many to possibly list. I will start with Roberta Beers, Vera Kohler, Thea Amundson-you ladies have dedicated extraordinary amounts of time to the PPA Board, and still continue to do so. Thank you for guiding me through my years on PPA!

To the POA Board and Staff I worked with-All of you are a wealth of inspiration and knowledge. Thank you to everyone who offered kind words of encouragement and support. Especially Ilene, who had to help navigate me through the world of education planning. And even Greg Knight, who let me fulfill my dream of acting like a lawyer sometimes.

To the current PPA Board Members. April Conde, Cindy Whitman, and Lisa Scarborough. The three of you have a couple (and more-Cindy) years under your belt as PPA Board Members. Thank you for believing in paraoptometry and offering your unique talents and gifts to helping the others in PA succeed. I have seen all of you in action, and the PPA is in great future hands.
And finally, thank you to Dr. Robert Owens, Vicki Owens, and Dr. Daniel Strybos. The best supportive office staff (and family thrown in there) around. I hope all of you paraoptometrics in PA, get the encouragement from your doctors and staff members to grow personally and professionally.

It is a truly rewarding experience to belong to the organization. As members of the PPA, please consider serving on a committee or board position. It is a great group of people with years of experience and knowledge to help you.

Everyone have a lovely rest of the year, and an even better future!

President
Sarah Owens, CPOC
President-Elect
Vacant
Vice President Continuing Education
April Conde, ABO, CPOA
Vice President of Communication/Public Relation
Cindy Whitman
Secretary/Treasurer
Lisa Scarborough, CPOA
Immediate Past President-
Vera Kohler, CPOA
Officers and Duties

President-Elect – Duties- Perform the duties and responsibilities of the President in the President’s absence or in the event of the failure or inability of the president to perform the duties. Prepare and present a report for the board and general meetings. Attend all PPA board meetings and general membership meetings.

Vice President Continuing Education- Duties- Arrange topics and speakers for educational meetings. Submit educational materials to Commission on Paraoptometric Certification for approval. Oversee the recording of continuing education hours and awards, also recourse library and economic task force. Attend meetings and report to the president/board.

Secretary/Treasurer- Duties – Keep accurate records of the proceedings of all board of directors and general membership meetings, submit the minutes to the president for approval within two weeks of the meeting, Attend all PPA board meetings and general membership meetings. As treasurer perform all duties assigned by the president. Be custodial of funds, legal and fiscal documents and securities received in the name of the association. Present a written, detailed financial report to the general membership. Collect and deposit all monies and dues for the association. Keep a complete and correct list of all members.

Vice President of Communication/ Public Relation- Edit, publish and distribute the associations newsletter. Attend all PPA Board meetings. The V.P. of Public Relation chairs the Paraoptometric of the year award, and promotes the Girl Scout Patch Program. Attend all PPA board and general membership meetings. Purchase gifts as defined in the guidelines as instructed by the president.

Message from the Vice President of Continuing Education:

Continuing Education Report by Roberta Beers, CPOT

PPA would like to thank everyone who attended CE by the Bay in Erie, September 11th. I know you will agree, Lynn Lawrence is a great educator and the hours flew by, we all left the education inspired with all the information that will help all of us in our profession.

Special thanks to the following for helping us fund our education and Give-ways:

* Oasis Medical and Bio D Optix
* Luzerne Optical
* Paraoptometric Recourse Center

April Conde, ABO, CPOA, 2017 Vice President of Continuing Education is in the planning stages for May Education that will be held in Pittsburgh.

MARK YOUR CALANDER AND PLAN TO BE THERE
**Message from Vice President Communications and Public Relations**  
April Conde, ABO, CPOA  
Happy fall! We are coming in to holiday season. If you have any throwback photos you would like to see in the next Paraeyes edition feel free to contact me to add them. Hope everyone enjoys there end of the year.

Next Paraeyes will be out end of January. Please like our Facebook page to be informed of upcoming education

Warmest regards to everyone,
April

**Message from Secretary/Treasurer**  
Lisa Scarborough, CPOA

The checking account has $5914.20 and the savings has $16,726.78. We currently have 109 members including 4 new members.

We currently have 109 members including 4 new members. Warm welcome to

Marie Hance,
Joy Peet,
Bonnie Messner
Lynnet Sollick
THIS IS A NEW AWARD THIS YEAR, NOMINATE SOMEONE IN YOUR OFFICE WHO HAS WORKED UNDER FIVE YEARS AND CONTRIBUTED TO OUR PROFESSION.

**Pennsylvania Young Paraoptometric of the Year Award**

The young Paraoptometric of the Year Award will be given annually to Paraoptometric who has been in the field for 5 years or less. This award will be given to the professional of paraoptometry who has shown willingness to learn and interest in certification and worthwhile contributions to the professional of optometry, paraoptometry and the general public.

The awards committee will judge the nominees’ performance based on the following criteria:

Area 1- Service to the profession of paraoptometry

* Office competency-office management, technical, and optical skills

* Certification or working towards certification in paraoptometry

* Attendance/involvement with PPA sponsored education

Area 2- Personal Endorsement

* Overview of why you feel your nominee should be selected Young Paraoptometric of the Year

Rules:

* Employed as a paraoptometric 5 years or less

* Member in good standing of PPA

* Nomination made by a local Paraoptometric Society, Local Optometric Society, PPA Member or POA Member or by nominee

* Nomination submitted to POY Committee Chair

* Submitted on this form

* May be resubmitted in future years

The Young Paraoptometric of the Year Award is presented annually during the Awards ceremony at our annual Spring Conference. The honoree will receive a plaque, a gift from the Pennsylvania Paraoptometric Association and free registration.

If there is a paraoptometric that came to your mind while reading this letter, please do them the honor of nominating them for the Young Paraoptometric of the Year. There is no better way to tell them how much you appreciate their dedication to your office, to your patients and to Paraoptometry.

SUBMISSION DEADLINE IS APRIL 1, 2016
Please send nomination form to:

Cindy Whitman, CPO

Nomination Form for:

Young Pennsylvania Paraoptometric of the Year Award

The awards committee will judge the nominees’ performance based on the following criteria:

Area 1- Service to the profession of paraoptometry
* Office competency-office management, technical, and optical skills
* Certification or working towards certification in paraoptometry
* Attendance/involvement with PPA sponsored education

Area 2- Personal Endorsement
* Overview of why you feel your nominee should be selected Young Paraoptometric of the Year

Rules:
* Employed as a paraoptometric 5 years or less
* Member in good standing of PPA
* Nomination made by a local Paraoptometric Society, Local Optometric Society, PPA Member or POA Member or by nominee
* Nomination submitted to POY Committee Chair
* Submitted on this form
* May be resubmitted in future years

Nominee:

Name:__________________________________________________________

Office Address:_____________________________________________________

Home Address:______________________________________________________

Office Phone: ____________________________ H/C Phone: ________________
Nomination Submitted By (individual or group):

Name(s) ________________________________________________ Date: ______________

Title(s) ___________________________ Office Phone ______________________________

Submission Deadline: April 1, 2017

Complete forms and return to:

Cindy Whitman, CPO
20 Main Street, Bradford, PA 16701 Email: cwhitman@atlanticbb.net

Office: 814-368-7090     Fax: 814-368-5855

Pennsylvania Paraoptometric of the Year Award

The Paraoptometric of the Year Award is given annually to the optometric assistant or technician in Pennsylvania who has made the most outstanding and worthwhile contributions to the profession of optometry, paraoptometry and the general public.

The awards committee will judge the nominees' performance based on the following criteria:

* Service to optometry and to paraoptometric associations

* Public and community service

* Personal endorsement

*Nominees must be members of the Pennsylvania Paraoptometric Association and membership must be in good standing.

Nominations can be submitted by a local paraoptometric society or local optometric society, a POA member optometrist, a PPA member, or by nominee and can be submitted at anytime.

The Paraoptometric of the Year Award is presented annually during the Awards ceremony at our annual Spring Conference. The honoree will receive a plaque, a gift from the Pennsylvania Paraoptometric Association and free registration.
If there is a paraoptometric that came to your mind while reading this letter, please do them the honor of nominating them for the Pennsylvania Paraoptometric of the Year Award. There is no better way to tell them how much you appreciate their dedication to your office, to your patients, and to Paraoptometry. Download the nomination form

SUBMISSION DEADLINE IS APRIL 1, 2017

Please send nomination form to:

Cindy Whitman, CPO

Don’t forget to join our group on Facebook (Pennsylvania Paraoptometric Association) it’s a great place to share ideas/photos and keep in touch with the other PPA members
Girl Scouting offers a variety of opportunities and challenges. With this in mind, the Pennsylvania Paraoptometric Association would like to offer the Girl Scouts the opportunity to earn a Vision Awareness Patch, which has been approved by the Girl Scout Council. PPA is an association committed to enhancing the quality of eye care. We believe the activities required for the girls to earn the patch will make them more aware of the importance of vision and good vision care. The girl’s efforts may even spark an interest in Optometry or related fields. The patches are $1.00 each. If the troop is interested in the Vision Awareness Patch, please call Cindy Whitman @814-366-2095 or Fax your request to (814) 368-5855 Attn: Cindy. There may be a PPA member in your area that would be willing to Assist your troop in earning this patch.
Get Involved with Your Local Societies

Western Pennsylvania Paraoptometric Association

Carol Schartner

Erie Crawford County

Roberta Beers, CPOT

Dr. Diana Donch

146 West Adams Street

Cochranton, PA 16314

Email: rmbeers@zoomintrenet.net


Mid Counties

Donna Bennett, CPO

Nittany Eye Associates

428 Windmere Drive

State College, PA 16802

Email: dbennett@nittanyeye.com

Loaner Library

Are you interested in learning to improve your job skills? Or do you need help studying for your Assistant's or Technician's Registry Examination? PPA is here to help you.

Did you know we have a library that has a variety of books that will be very helpful in your endeavor.

Librarian

Cindy Whitman, CPO

20 Main Street

Bradford, PA 16701

Email: cwhitman@atlanticbb.net

Office: 814-368-7090

Fax: 814-368-5855

Cell: 814-366-2095

Guidelines for Borrowing Library Materials

All materials can be borrowed on an eight week schedule. If you need to keep material longer, please contact the librarian for availability.

Inside the front cover, you will find a card with the shipping date and the date the book should be returned to the library. Since the library has many magazines available, we can make arrangements to have copies made of specific articles for a small fee. The library will pay for shipping to you. You are responsible for return mailing costs back to the library.
Test your Knowledge:

Don’t say customer or client           Say patient
Don’t say store or shop              Say office or practice
Don’t say business or trade         Say practice or profession
Don’t say old patient               Say established patient
Don’t say waiting room              Say reception area
Don’t say back room                 Say Lab or administrative office
Don’t say optical shop              Say optical dispensary
Don’t say girl                      Say technician or assistant or staff member or use persons actual name
Don’t say Doctor is on vacation    Say doctor is out of the office
Don’t say doctor is busy           Say doctor is with a patient
Adding powerful antioxidants to your diet can improve your eye health.

There’s no substitute for the quality of life good vision offers. Adding certain nutrients to your diet every day — either through foods or supplements — can help save your vision. Researchers have linked eye-friendly nutrients such as lutein/zeaxanthin, vitamin C, vitamin E, and zinc to reducing the risk of certain eye diseases, including macular degeneration and cataract formation.

**Lutein & Zeaxanthin**

Lutein and zeaxanthin are important nutrients found in green leafy vegetables, as well as other foods, such as eggs. Many studies have shown that lutein and zeaxanthin reduce the risk of chronic eye diseases, including age-related macular degeneration and cataracts.

**Vitamin C**

Vitamin C (ascorbic acid) is an antioxidant found in fruits and vegetables. Scientific evidence suggests vitamin C lowers the risk of developing cataracts, and when taken in combination with other essential nutrients, can slow the progression of age-related macular degeneration and visual acuity loss.

**Vitamin E**

Vitamin E in its most biologically active form is a powerful antioxidant found in nuts, fortified cereals and sweet potatoes. It is thought to protect cells of the eyes from damage caused by unstable molecules called free radicals which break down healthy tissue.

**Essential Fatty Acids**

Fats are a necessary part of the human diet. They maintain the integrity of the nervous system, fuel cells and boost the immune system. Two omega-3 fatty acids have been shown to be important for proper visual development and retinal function.

**Zinc**

Zinc is an essential trace mineral or ‘helper molecule.’ It plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Zinc is highly concentrated in the eye, mostly in the retina and choroid, the vascular tissue layer lying under the retina.

**Emerging Research**

In the last 20 years, eye health research has linked diet and nutrition with a decreased risk of age-related macular degeneration (AMD).

Written in partnership with AOA members Stuart Richer, O.D., Ph.D., and Steven Newman, O.D. The AOA acknowledges the support of Kemin and DSM Nutritional Products on this project. Kemin produces FloraGLO® Lutein, the trusted lutein ingredient brand among hundreds of multivitamins, eye formulas, supplements, foods and beverages throughout the world.

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**Healthy Eye Food Recipes**

**Sweet Potato and Orange Pepper Soup**
Serves 2 Side Dish

**Ingredients**

- 2 tbsp olive oil or canola oil
- ½ large onion, chopped
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 4 sweet potatoes, peeled and chopped
- 2 orange peppers, chopped
- ¾ cup white wine
- 1 orange peeled and chopped
- 2 tbsp fresh ginger or 2 tsp ginger powder
- 4 cups low sodium vegetable or chicken stock
- ½ cup whole-wheat croutons
- ¼ cup chopped fresh parsley

**Directions**

1) Sautee onion, celery and carrot in 2 tbsp canola or olive oil on med-high heat for 3-5 minutes, or until the onion is translucent.

2) Add sweet potatoes, orange peppers, white wine, orange and ginger. Cook for 3-5 minutes, stirring.

3) Add stock. Bring to a boil and then simmer on med-low heat for 30-40 minutes or until potatoes are tender and cooked through.

4) Remove from heat. Puree in a blender, food processor or using a hand blender. Add more stock or water as necessary to achieve your desired thickness.

5) Return to low heat for 2-3 minutes to reheat.

6) Garnish with whole-wheat croutons and chopped parsley.

**Tip:** Chop raw baby spinach and place at the bottom of the bowl. Add hot soup. Let sit for a couple of minutes to soften spinach. Enjoy.

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**Eye Food Green Salas and Dressing**
Serves 2 as a Healthy Side Dish

Ingredients

- 2 cups romaine lettuce cut in bite-size pieces
- 1 cup radicchio, cut into bite-size pieces
- 1 cup fennel bulb finely sliced
- Fresh cracked pepper and sea salt to taste

Herb Dressing

- ¼ cup olive oil
- ¼ cup canola oil
- 3 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup
- 2 tbsp each chopped fresh parsley, thyme and fennel leaves
- 1 tsp sea salt, black pepper to taste

Directions

1) Toss all ingredients together and add ¼ cup salad dressing.

Tip: Keep remaining salad dressing in the fridge for up to two weeks!

Turkey and Orange Pepper Chili with Lime
Ingredients:
4 tbsp olive oil or grapeseed oil
4 pounds ground turkey
3 medium yellow onions, finely diced
¼ cup cocoa powder
6 tbsp chili powder
salt and pepper
4 orange peppers, diced
2 cans diced tomatoes (28 ounce can)
2 cans red kidney beans (19 ounce can)
3 limes (zest and juice)
1-2 avocados, cubed
¼ cup cilantro, chopped

1. On med-high heat brown the ground turkey in a large sauce-pot in 2 tbsp olive oil. Be sure to work in small batches so the meat isn’t crowded in the pot. This will ensure that the meat browns nicely. Set cooked turkey aside.
2. Heat remaining 2 tbsp oil in the sauce-pot on med-high heat. Cook onions until they are softened, approximately 7 minutes.
3. Add browned meat back to the pot, stirring together with the onions. Add cocoa powder, chili powder and salt and pepper. Stirring, cook for 2-3 minutes to enhance the flavor of the spices.
4. Add orange peppers and tomatoes. Stir well and simmer on med-low heat, covered for 30 minutes, stirring occasionally to prevent chili from sticking to the bottom of the pot.
5. Add kidney beans and simmer uncovered for another 30 minutes or until chili is a nice thick consistency.
6. Remove from heat. Add lime zest and stir well.
7. Add a squirt of lime juice to each bowl before serving.
8. Garnish with avocado cubes and cilantro.

Serves 16
Eye Nutrients: Zeaxanthin and lutein, vitamin C, vitamin E, fiber

Sabayon with Fresh Fruits
**Ingredients:**
4 omega-3 egg yolks  
3 tbsp icewine  
2 tbsp maple syrup  
1 cup fresh fruit

1. Add 1 inch of water to a medium sized sauce pan.  
2. Bring to a soft boil.  
3. In another sauce pan add egg yolks, ice wine and maple syrup. Place this sauce pan atop the pan with the hot water. Make sure that the water in the bottom pan does not touch the upper pan.  
4. Whisk the egg mixture constantly; making sure that it does not turn into scrambled eggs. After 4-6 minutes, the mixture should have tripled in volume and create a ribbon effect when the whisk is raised from the mixture. Be careful not to overcook as the mixture can curdle quite quickly.  
5. Remove from heat. Serve in a small glass bowl and top with berries, kiwi or any other fruit of the season.

This sabayon can be enjoyed warm or cool.  
Serves 4

Eye Nutrients: Lutein, vitamin E, vitamin C, DHA, zinc
One of the great benefits of membership is the quarterly Pennsylvania Paraoptometric newsletter, (Para-Eyes) E-News. The newsletter features a message from your Chair, information on happenings within the Association, CE opportunity listings, and much more. Deadlines to submit information for
the newsletter will be announced two weeks before it goes to print. We are always looking for input from you and the local societies.

If you are CPC certified or are thinking about becoming certified, a great benefit the AOA Paraoptometric Resource Center provides is opportunities to earn six free hours of continuing education credits (CECs) that may be used to fulfill CPC re-certification requirements. To take advantage of the free hours, you must be an AOA member paraoptometric. Visit our [online continuing education](#) page to read articles and take quizzes.

In addition to the six free hours, we also have over 45 hours of continuing education articles on our [article archive](#) page. These articles are all CPC approved CECs. Articles are free to download for AOA member paraoptometrics, but there is a $10 processing fee for each hour of CEC.

These online resources are available to all AOA Associate member paraoptometrics.

**Not a member?** Membership is not automatic upon certification but is free and available for all paraoptometrics who are employed by an AOA member OD. If your doctor is a member of the AOA, please encourage him or her to [enroll you](#) today!

As always, if you have any questions or concerns, you may contact the AOA Paraoptometric Resource Center team at [PRC@aoa.org](mailto:PRC@aoa.org) or 1.800.365.2219 ext. 4108.

*The Paraoptometric Resource Center Team*

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**CPC Lifetime Achievement Award**

As a way to honor retired certified paraoptometrics, the Commission on Paraoptometric Certification has created a new award called "The Lifetime Achievement Award." This award will recognize those who are currently retired and who have served the profession of optometry by continually giving of themselves in areas of patient eye care, office management, mentoring colleagues, and in service to the paraoptometric profession.
Nominations can be submitted by a state, regional, or local paraoptometric organization, an AOA member OD, an AOA associate member, or a certified paraoptometric. Unlike the other paraoptometric awards, this award will be presented at a state association meeting.

Nomination forms, rules, and criteria are available on the AOA website, go to Paraoptometric then Awards. Completed forms must be postmarked on or before February 1, 2017. For additional information pertaining to this award, e-mail CPC@aoa.org or call 800-365-2219, ext. 4135.

**AOA Paraoptometric of the Year Award**

The Paraoptometric of the Year Award is given annually to the optometric assistant or technician who has made the most outstanding and worthwhile contributions to the profession of optometry, paraoptometry, and the general public.

The Awards Committee will judge the nominees' performance based on the following criteria: service to optometry and paraoptometric associations, public service, and personal endorsement.

Nominees do not have to be winners of the state Paraoptometric of the Year Award. State winners are not automatically entered in the national contest. Nominees must be AOA associate members, not currently serving on the PRC Executive Committee. Nominations can be submitted by a state, regional, or local paraoptometric organization, an AOA member OD, or an AOA associate member.

The honoree will receive a plaque, roundtrip airfare to Optometry's Meeting®, three nights lodging reimbursement at a contract hotel, and $500 to assist with travel expenses.

Nomination forms, rules, and criteria are available through AOA website under Paraoptometric awards. Completed forms must be postmarked on or before February 1, 2017. For additional information pertaining to this award, e-mail PRC@aoa.org or call (800) 365-2219, ext. 4108.
Order Form

PPA Paraoptometric Reference Manual
When ordering your Paraoptometric reference Manual
Checks payable to: Pennsylvania Paraoptometric Association
Send to: Theola Amundson, CPOT
118 Scotland Ave.
Punxsutawney, Pa 15767

Member $25.00
Non-Member $30.00

PPA Pin $7.00
Every Paraoptometric should wear their a PPA Pin everyday
Order your Pins Contact: Lisa Scarborough, CPOA
(717)569-7107
Isscrbrgh@yahoo.com

Name___________________________________________________ Phone___________________________
Address________________________________________________________________________