A MESSAGE FROM THE PRESIDENT

Vera J. Kohler, CPOA

PPA held a board and general membership meeting along with education May 15-17th, at the Omni Resort in Bedford, PA. I would like to thank everyone who attended. What a beautiful place, the Omni reminded me of the movie “Dirty Dancing”, I was waiting to see Patrick Swayze appear and say, “Nobody puts Baby in the corner."

Our hats off to our VP of Education, April Stewart for contracting Lynn Lawrence, CPOT, COA, ABOC a well known speaker across the country. Lynn provided us with excellent education.

The winner of the Past President Incentive Award was Carl McIntosh, employed by Nittany Eye Associates, State College, PA. The voucher is given to a PPA member in good standing that is attending the education and general membership meeting. The voucher is for free registration provided by PPA and will expire 1 year from date of drawing.

KB Off Set Printing in St Collage printed the last version of the PPA Reference Manual. They were able to locate it in their archived materials. They will work with us on making the changes and additions for $65.00 an hour. To order one hundred copies they estimated approximately $942.00. They were also very helpful in directing me to the process of putting it on E-Reader. The process is quite lengthy and we will have to consider the cost involved in going this route. My concern is since there is so much information that is free on-line, is this something we want to put all this work and money into?

During the general membership meeting the election of officers for 2016 was held:

President, Sarah Owens, CPOC

Vice President of Education, April Stewart, CPO

Vice President of Public Relation/Communications, April Conde, CPOA, ABO
Secretary/Treasurer, Lisa Scarborough, CPOA

Immediate Past President, Vera Kohler, CPOA

Congratulations to the new board.

PPA is proud to Congratulate Dawn Deppe the 2015 Paraoptometric of the Year. Dawn is employed by Dr. Tracy Sepich. She is active in the Mid Counties Local Society and has attended many conferences with PPA.

Roberta Beers, CPOT was featured in the May issue of Focus Magazine. Roberta was AOA Paraoptometric of the Year 2014 and has been a two time PPA Paraoptometric of the Year. PPA is very proud of her and her accomplishments.

The board is always interested in your opinion on the education we are providing. If you have any suggestions on speakers/topics that would be helpful to you as a paraoptometric, please feel free to contact any of the board members.

PPA always welcomes volunteers to serve on the board or committee chairs. Please contact any board member or visit our web page at POA.org and click on Paraoptometrics.

Wishing everybody a fun and safe summer

Yours in Paraoptometry,

Vera Kohler, CPOA

**Message from the President Elect:**
Sarah Owens, CPOC

I hope everyone is enjoying their summer! Before we know it, it will be over…and ICD-10 will be here in the fall. If you are looking for coding books, don't forget to check out the AOA website. Click [here](#) to see what they offer.

Thank you to everyone that attended education at beautiful Bedford Springs in May. We had a great time learning with dynamic speaker, Lynn Lawrence, CPOT, ABOC.
Message from the Vice President of Continuing Education:
April Stewart, CPO

Lynn Lawrence was the selected speaker, CMSgt (ret), CPOT and ABOC. Lynn spoke on several subjects including: Personally Growing in my Profession, What Every Tech Should Know about Ocular Emergencies, In Office Non-Ocular Emergencies, Employee VS Process, Hands on Skills Workshop, Dispensing Standards for Beginners and HIPAA Now.

The charm we chose for Spring Congress was a bucket. It was chosen to represent the healing springs at Bedford Springs.

For fall education Sharon Carter is the speaker. Sharon has over 20 years of optometric experience and has her own consulting company, Eye Care Optometric Consulting. She speaks on all areas of optometry. The education will be held in November at Hershey.

Yours truly,
April Stewart, CPO

Message from Vice President Communications and Public Relations
April Conde, ABO,CPOA

Mays conference was fantastic. Congratulations to the elected officers. Have a great summer. Don’t forget to join our Facebook page.

Warmest regards to everyone,
April

Message from Secretary/Treasurer
Secretary/Treasurer Cindy Whitman, CPO

The current Checking account balance is $1,193.97 (one thousand one hundred ninety three dollars and ninety seven cents) and the savings account balance is $18,636.10 (seventeen thousand six hundred thirty six dollars and ten cents).

PPA’s current membership is 136 including three honorary members.

The 2014 audit was completed and presented to the board. The audit was approved. The Budget for 2016 explains the income and expenses. The budget was presented to the general membership and approved.

Cindy Whitman, CPO
AOA Liaison to PPA

Roberta Beers, CPOT

This year’s Optometry’s Meeting was held in Seattle, Washington. The 2015 Paraoptometric of the Year was Marilyn Beason, CPOA, from Mississippi, the Community Service award was Evelyn Horton, from Mississippi and The Bridge Way Award was won by Mississippi.

If you’re Doctor has not already signed you up as an AOA member you should ask him/her to do so. Remember there is no-charge for your membership as long as your doctor is a member of AOA.

One of the perks is a program for the beginner level paraoptometric but also for a review for the more experienced paraoptometric. It is designed with convenience in mind, this online training accommodates each skill and individual learning style, as the programs Web-Based audio format walks the user though every step of the learning process. Computer-based learning: Paraoptometric Skill Builder is a fantastic tool; it is a program to introduce you to Paraoptometry, basic terminology, front office procedures, obtaining an ocular history, routine pre-testing procedures, external examination, and ancillary testing. It goes into refractometry, visual field testing, spectacles and contact lenses. The role of the paraoptometric is to assist the optometrist, we as paraoptometrics aid with patients with special needs, plus we need to know about the instrumentation and maintaining equipment in the office. I have introduced you to the first level there is also an Intermediate Level 2 and Advanced level 3.

“The paraoptometric program is essential to the profession of optometry. A highly trained staff increases morale, enhances quality of care and promotes teamwork in the care of our patients. Paraoptometry also advocates life-long learning and encourages staff to think of their work as a career rather than a job. As healthcare changes, we must continue to position ourselves and our staff as competent, well-trained professionals. Paraoptometry is integral to the continuing success of our profession” Steven Reed, OD

If you have any questions about membership or education contact me and I will to assist you or get you the information you need.

Roberta Beers, CPOT

AOA Liaison to PPA
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. Click here to see our page.

DO YOU KNOW A GIRL SCOUT IN YOUR COMMUNITY? ARE YOU A GIRL SCOUT LEADER?

PPA PROMOTES VISION AWARENESS BY ENCOURAGING EDUCATIONAL OPPORTUNITIES TO EARN A VISION AWARENESS PATCH.

FOR MORE INFORMATION ON EDUCATIONAL OPPORTUNITIES TO EARN THE VISION AWARENESS PATCH, PLEASE CONTACT THE GIRL SCOUT PATCH COMMITTEE CHAIR

Shelley Manson
Email: manson603@gmail.com
Quarterly ParaEyes E-News
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.

Volunteering Doesn’t Take a Lot of Time, Just a Little Time to Care!

Test Your Knowledge

1. Frame warmer  a. Determines the spectacle correction
2. Direct ophthalmoscope  b. Measures the refractive power of the eye
3. Lensometer  c. Measures the distance between the centers of the pupils
4. Phoropter  d. Used to heat the temples with hot air
5. Fundus Photography  e. Measures the thickness of the cornea
6. Retinoscope  f. Used to take pictures of the back of the eye
7. Sphygmomanometer  g. Biomicroscope, magnifies the view/structures of the eye
8. Pupillary Distance Rule  h. Hand held equipment used to illuminate interior of eye
9. Slit Lamp  i. Used with a stethoscope to determine blood pressure
10. Pachymeter  j. Used to verify the spectacle prescription

Answers
1. d, 2. h, 3. j, 4. a, 5. f, 6. b, 7. i, 8. c, 9. g, 10. e.
Are you studying for a certification examination?

Yes

Are you studying for the CPO?

PS01CD CPO Study Guide ($48/$73)
PS07 Anatomy & Physiology Study Module ($45/$70)
PS11 CPO Flash Cards ($30/$50)
PS19 CPO Review Course ($45/$75)
OR
PS20 CPO Certification Study Bundle ($130/$230) (includes all above)

Are you studying for the CPOA/CPOT?

PS01 Self Study Course ($95/$160)
PS02 Self Assessment Exam ($65/$105)
PS14 Flash Card Set 1 ($30/$55)
PS16 Flash Card Set 2 ($30/$55)
PS15 Flash Card Set 3 ($30/$55)
PS17 Flash Card Set 4 ($30/$55)
OR
PS70 CPOA & CPOT ($230/$435) Certification Study Bundle (includes all above)

Also available:
PS72 - All four sets of Flash Cards as a bundle ($100/$200)

Are you studying for the CPCG?

PS07 Anatomy & Physiology Study Module ($45/$70)
PS06 Practice Management 101 ($45/$70)
PS21 Insurance Processing Flash Card Set ($30/$50)
PS29 Billings & Coding Foundations for Beginners ($225/$325)
OR
PS71 CPCG Certification Study Bundle ($488.99/$691.36) (includes all above plus 2015 AAMA CPT Professional Edition and AOA CD-10 Codes for Optometry 2015)

No

Are you looking for staff training online?

Yes

For new hires or entry level paraoptometrics: The Paraoptometric Skillbuilder program. Free to AOA associate members. OR Available for purchase on CD-ROM - PS25 ($50/$299)

No, but I still need staff training

PS05 Education Library ($205/$320) OR individual education modules: PS03, PS06, PS07, PS08, PS09, PS10, PS12, PS13 ($45/$70)
PS21 Insurance Processing Flash Cards ($30/$50)
PS24 Optician Basics ($230/$399) or PS23 Contact Lens Basics ($205/$350)

Also recommended:
PS22 Staff Development Office Package. ($650/$1,200)

PS26 Intermediate Level 2 ($220/$329) & PS27 Advanced Level 3 ($250/$359) Paraoptometric Skillbuilder® CD-ROM training OR PS134 Paraoptometric Skillbuilder® Bundle (levels 1-3) ($500/$950)

Prices listed are for members/non-members.
Healthy Eye Food Recipes

Grilled Chicken and Mangos on Baby Greens

Especially rich in: vitamin C, vitamin E, lutein/zeaxanthin, folate, and zinc

Also rich in: plant-based omega-3s, fiber, B vitamins, iron, and potassium

INGREDIENTS:

* 1/4 cup low-sodium soy sauce

* 1 tablespoon sesame oil

* 1 tablespoon minced fresh ginger root

* 2 tablespoons lemon juice

* pinch of red pepper flakes

* 4 four-ounce skinless chicken breasts, cut into 1” strips

* DRESSING:

* 3 tablespoons lemon juice

* 1 tablespoon minced lemon peel

* 2 tablespoons extra virgin olive oil

* 1 tablespoon honey

* salt and pepper to taste

* cooking spray
* 8 cups baby lettuce

* 1/2 cup thinly sliced red onion

* 1/2 cup julienned red bell pepper

* 1 large mango, peeled, seeded, and diced

* 2 tablespoons mint leaves, minced

Directions

1. Marinade: In a blender, whip soy sauce, oil, ginger, lemon juice, and red pepper flakes. Place chicken in a shallow pan and pour marinade over top. Turn to coat, cover, and refrigerate up to 1 hour.

2. Dressing: Blend ingredients (lemon juice and peel, oil, honey, and salt/pepper). Set aside for flavors to blend.

3. Spray a large, non-stick skillet with cooking spray and heat over medium-high heat. Add chicken strips and cook on each side for 2 minutes, or until done. Remove from heat.

4. In a large salad bowl, toss lettuce, onions, and peppers. Add dressing and toss thoroughly. Divide onto 4 salad plates, top with chicken strips and mango. Sprinkle with mint leaves.

Makes 4 servings.

Nutritional Information (per serving): 291 Calories; 33 % fat (10.6 g total, 1.7 g saturated), 192 mg omega-3s, 28 % carbohydrate (20.4 g), 39 % protein (28.4 g), 66 mg cholesterol, 3 g fiber, 77 mg vitamin C, 2.3 mg vitamin E, 1.3 mg zinc, 598 mg sodium. (AOA site-Elizabeth Somer, M.A.)
Seared Tuna with Orange, Avocado, and Cilantro Salsa

Especially rich in: lutein/zeaxanthin, vitamin C, vitamin E, folate, and omega-3s
Also rich in: fiber, iron, magnesium, and potassium

INGREDIENTS:

* 1 tablespoon olive oil
* 1 clove garlic, minced
* 2 tablespoons lemon juice
* 4 four-ounce tuna steaks (preferably sushi grade)
* 1/3 cup red onion, minced
* 2 oranges, peeled with all pith removed, and cubed
* 1 avocado, peeled, seeded, and cubed
* 1/4 cup cilantro, chopped
* juice of 1 lime
* salt and pepper to taste
Directions

1. Blend olive oil, garlic, and lemon juice in a shallow pan. Add tuna, turn to coat evenly, cover and marinate for up to 1 hour.

2. In a medium bowl, blend onion, oranges, avocado, cilantro, lime juice, and salt & pepper. Cover and refrigerate for up to 1 hour.

3. Place steaks in a non-stick skillet over medium-high heat. Cook 2 minutes per side for medium rare (3 to 4 minutes per side for well done). Serve with salsa spooned over top.

Makes 4 servings.

Nutritional Information (per serving): 304 Calories; 45 % fat (15 g total, 3 g saturated), 1,410 mg omega-3s, 18 % carbohydrate (13.7 g), 37 % protein (28 g), 43 mg cholesterol, 3.4 g fiber, 44 mg vitamin C, 3.4 mg vitamin E, 1 mg zinc, 50 mg sodium. (AOA site-Elizabeth Somer, M.A.)

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**No Bake Blueberry Cheesecake**

An easy lighter summer version since the filling does not require baking. Using blueberries or other dark colored berries contain flavonoids. This class of antioxidants have value for the eyes.

**Crust:** ½ C old-fashioned oats  9 whole graham crackers, broken into pieces  3 TBS (packed) light brown sugar  Good pinch of salt  ½ tsp ground cinnamon  5 TBS unsalted butter, melted  1 tsp pure vanilla extract

**Filling:** ¼ C water  1 TBS unflavored gelatin (measured from 2 envelopes)  12 oz reduced-fat cream cheese, room temperature  1 C heavy whipping cream  1 C sugar  1 TBS fresh lemon juice  3 C fresh blueberries
Topping: 2 C fresh blueberries 2/3 C blueberry preserves 1 tsp lemon zest

For crust: Preheat oven to 350 degrees F. Place first 5 ingredients in a food processor and process until graham crackers are finely ground. Add butter and vanilla and process until moist crumbs form. Turn out mixture into a 9-inch-diameter springform pan and press crumbs evenly onto bottom and 1 ½-inch up the sides. Bake crust until a rich golden brown, about 10-12 minutes. Remove from oven and cool.

For filling: Place the water in a small saucepan and sprinkle the gelatin over it; let stand 10 minutes. Stir over very low heat just until gelatin dissolves; set aside.

Blend cream cheese, cream, sugar, and lemon juice in food processor until smooth. Add the berries and puree until smooth (blueberry bits will remain). With the machine running, add the warm gelatin mixture through the feed tube and blend well. Pour filling into crust. Cover and chill overnight (can be made 2 days ahead, chilled). Run knife around pan sides to loosen cake. Release pan sides and transfer to a platter.

For topping: Place berries in a bowl. Heat preserves and lemon zest in a small saucepan over low heat until just melted. Pour preserves over the berries and toss gently to coat. Mound coated berries on top of filling, leaving a 1-inch plain border. Chill cake at least 1 hour and up to 1 day.

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Eye Fun Facts

- Most people blink every 2-10 seconds. Each time you blink, you shut your eyes for 0.3 seconds, which means your eyes are closed at least 30 minutes a day just from blinking.
- If you only had one eye, everything would appear two-dimensional. (This does not work just by closing one eye.)
- Owls can see a mouse moving over 150 feet away with light no brighter than a candle.
- The reason cat's and dog's eyes glow at night is because of silver mirrors in the back of their eyes called the tapetum. This makes it easier for them to see at night.
- An ostrich has eyes that are two inches across. Each eye weighs more than their brain.
- A chameleon's eyes can look in opposite directions at the same time.
- A newborn baby sees the world upside down because it takes some time for the baby's brain to learn to turn the picture right-side up.
- One in every twelve males is color blind.
Comic Relief

PENNSYLVANIA PARAOPTOMETRIC OF THE YEAR 2015

Congratulations to Dawn Deppe with Sepich Eyecare

Dr. Sepich, Dawn Deppe, Dr Christoph

Dr. Sepich presenting award to Dawn
Elected PPA Officers for 2016

Left to right Vera Kohler, CPOA, Lisa Scarborough, CPOA, April Conde, ABO, CPOA, April Stewart, CPO, Sarah Owens, CPOC.
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Left to right Dr. Robert Owens., F.A.A.O. Sarah Owens, CPOC, President, April Conde, ABO, CPOA, VP Communication/Publication, April Stewart, CPO, VP Continuing Education, Lisa Scarborough, CPOA Treasurer, Vera Kohler, CPOA, Immediate Past President.

PPA/POA Spring Congress 2015
Bedford Springs, PA
Paraoptometric Education
Order Form

☐ PPA Paraoptometric Reference Manual

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Checks payable to: Pennsylvania Paraoptometric Association
Send to: Theola Amundson, CPOT
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Punxsutawney PA, 15767