A MESSAGE FROM THE PRESIDENT
Letter from the President

Sarah Owens, CPOC

Springtime is here! I am enjoying evenings (when I can) sitting on the patio with the fire pit burning on the colder nights. These are my favorite months. Not cold enough to run the heat; not warm enough to run the air conditioning. Just right.

I hope every one of you are enjoying this time as well. And you know what springtime brings? PPA Spring Meeting May 13-15 at the Radisson Hotel in Camp Hill. Registration brochures are out in the mail, and you can always go the website to download one if you did not receive it. We have two excellent speakers. Dr. Harvey Richman and Todd Hostetter, COMT, CRA, FCLSA. I hope to see many of you there and maybe some new faces too. The spring statewide meeting is also our elections for leadership positions with the PA Paraoptometric Association. We are excited to get some new people involved in the organization this year. The position of Public Relations and Communications is a fantastic way to get your “feet wet” with a PPA Board Position. Your position includes doing the quarterly ParaEyes newsletter and posting on Facebook. Please consider running for this fun board opportunity and don’t forget to attend the elections to cheer on your fellow paraoptometrics.

The General Membership meeting on Saturday, May 14th 11am – 12:30pm will also hold a proposed change to our Constitution & By-Laws. We need your attendance and vote to make this happen. Please see the proposed change below:

Proposed change:

Article V

Officers
Section 2 Terms of Office

(d) The Vice-Presidents and Secretary/Treasurer may be re-elected to no more than two (2) successive terms.

Original:

Article V

Officers

Section 2 Terms of Office

(d) The Vice-Presidents and Secretary/Treasurer may be re-elected to no more than three (3) successive terms.

The Change in the C&B affects Vp of Education, Vp of public Relations/Communications and Secretary / Treasurer.

See you Camp Hill!

Message from the Vice President of Continuing Education:
April Stewart, CPO

Spring Congress will be held in Camp Hill, PA this year at the Radisson. Education will be offered from Friday May 13, 2016-Saturday May 14, 2016. The speakers are Dr. Harvey Richman and Todd Hostetter, COMT, CRA, FCLSA. They will be speaking on several subjects including, low vision, claim denials, ophthalmic pretesting and common eye disorders to name a few.

A charm of the Statue of Liberty was chosen and will be presented to all attending Paras. I felt as if this charm represented the little Statue of Liberty that sits in the Susquehanna River as you are coming into Camp Hill. We will also have new lanyard that will also be available to all attending Paras.

I look forward to seeing you all in the spring.

April Stewart, CPO

Vice-President of Continuing Education
**Message from Vice President Communications and Public Relations**  
April Conde, ABO,CPOA

We are one day closer to summer woohoo!! Conference is approaching in May. There will be great education. I hope to see familiar faces and meet new ones. Don't forget to like our Facebook page. Please send old pictures if you would like to be in the "Blast from the Past" part of the ParaEyes

Warmest regards to everyone,  
April

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

The current checking account balance is $6,346.68 (six thousand three hundred forty six dollars and sixty eight cents). The current savings account balance is $16,626.78 (sixteen thousand six hundred twenty six dollars and seventy eight cents).

PPA”s current membership is 79 including 3 honorary members Theola Amundson, Beverly Butler and Carol Schartner. There are 5 new members (Anne Faulkner with Nittany Eye Assoc, Victoria McFadden and Amanda Youts with Premier Eye Center, Tara Pranskey with Lilly Otometric, and Karen Ann Kerestes with Family Vision Care).

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**Message from the Immediate Past President**  
VERA J KOHLER CPOA

Election of officers for the 2017 PPA Board of Directors will be held at the next General Membership Meeting on Saturday May14, 2016 at the Radisson Hotel Camp Hill, Pa.

The following are the letters of intent that have been submitted. I encourage you to attend the meeting and also consider volunteering for a board position or a committee. We will also be voting on a change to our Constitution and By-Laws and the purposed budget for 2017.
Election of 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.
ELECTIONS FOR THE 2017 PPA BOARD WILL BE HELD AT THE MAY MEETING IN CAMPHILL, PA.

ANYONE INTERESTED IN RUNNING FOR A BOARD POSITION CAN CONTACT VERA J KOHLER CPOA

Letter of Intent

April M. Stewart, CPO

To the members of the PPA

My name is April Stewart and I would like for you to accept this letter of intent for the position of President-Elect for the PPA. I am currently holding the position of Vice-President of Continuing Education. I have been employed by Dr. David Wagner for 11 years and I have worked my way from front desk receptionist to office manager. I am proud to be a part of the PPA and I hope to bring my experiences to this organization so that it may continue to grow.

Sincerely,

April M. Stewart, CPO
Letter of Intent

Cindy Whitman
Eyecare Professional Associates
20 Main Street
Bradford, PA 16701
March 18, 2016

To the members of the Pennsylvania Paraoptometric Association,

My name is Cindy Whitman, CPO; please accept my letter of intent for the position of Vice President of Communication/Public Relations.

I have been employed at Eyecare Professional Associates for 10 years as a Certified Paraoptometric. My duties include screening, special testing, optical frame styling, assisting patients with appointments and also assisting doctors with special procedures when needed.

I have been a member of the Pennsylvania Paraoptometric Association for 10 years during which I have served on the board as Secretary/Treasurer for three years. I am currently serving on the Girl Scout Vision Awareness Patch and Library Committees.

As a certified paraoptometric I believe in our commitment and education of Paraoptometry and Optometry.
If I am elected as Vice President of Communications/Public Relations, I will perform all duties in the PPA Constitution and Bylaws and Officer Committee Guide Book.

Yours in Paraoptometry,

Cindy Whitman, CPO

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**Letter of Intent**

April Conde, ABO/CPOA

Owens Optometrics

654 E. Main St

New Holland, PA, 17603

To the members of the Pennsylvania Paraoptometric Association,

My name is April Conde, ABO/ CPOA, Please accept my letter of intent for the position of Vice President of Continuing Education.

I have been employed with Owens Optometric 6 years as the optical manager. My duties include fitting people for eyeglasses, purchasing optical products, billing and customer service.

I currently serve as Vice President of Communications/ Public Relations, Chairperson for the Para of the Year Committee and I volunteer with an organization called Mission Vision.

I am a certified optician, paraoptometric. I see the importance of keeping up with the education and being informed about the advancements as the industry grows. I will make every effort to provide helpful education to the paraoptometrists.

If I am elected as Vice President of Education, I will perform all duties in the PPA Constitution and Bylaws and Officer and Committee Guide Book.
Sincerely,

April Conde, ABO/ CPOA

Letter of Intent

Lisa Scarborough, CPOA

Eye Center of Lancaster County

418 Highland View Drive

Lancaster, PA 17601

March 16, 2016

To the members of the Pennsylvania Paraoptometric Association.

My name is Lisa Scarborough, CPOA; please accept my letter of intent for the position of Secretary/Treasurer for the Pennsylvania Paraoptometric Association.

I have been employed at The Eye Center of Lancaster County for almost 18 years. My duties include front desk, pre-testing, fundus photos, optician and accounts receivable.

I am currently serving as Secretary/Treasurer and Recording Committee for the Pennsylvania Paraoptometric Association.

I am a Certified Paraoptometric Assistant that shows I have advanced to the next level in our profession. I believe in education and certification and its importance to all Paraoptometrics. I will make every effort to assist PPA to get the word out about the importance of having an educated staff.

If I am re-elected PPA Secretary/Treasurer, I will perform all duties as outlined in PPA Constitution and Bylaws and Officer and Committee Guide Book.
Sincerely,

Lisa M. Scarborough, CPOA, ABOC

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POA/PPA SPRING CONGRESS
MAY 13–15, 2016
RADISSON HOTEL CAMP HILL, PA

When you think spring think Education!!!

PPA has worked hard to bring you two great educators, Dr. Harvey Richman and Todd Hostettler, CMOT, CRA, FCLSA. As you read the course descriptions I know you will agree this education will enhance your knowledge and help you be proficient as a Paraoptometrist. Remember, if you are certified and need credits, all of the courses are CPC approved. If you are not yet certified this is excellent way to gain the knowledge to become certified.

Paraoptometric Course Descriptions:

Claim Denials - What is the Next Step (1 credit) this course will provide the mechanism to prevent claim denials and then what to do if they slip through.

PQRS Review and Other 2016 Bonus Programs (2 credits) This course will provide the most current update on PQRS programs, participation, what is considered successful, avoiding penalties, measure details, identifying a potential registry, review of Stage 1 and 2 Meaningful Use and review of EHR and Clinical Quality measures.

Vision vs. Medical (1 credit) This course will discuss how to code an office visit when the patient presents with medical insurance and or vision insurance and has a medical eye problem. Ocular

Nutrition and the Eye (1 credit) this course will enhance the practitioner’s knowledge concerning nutritional management of age-related macular degeneration, as well as the role that genetics plays in managing patients with AMD.

Cannabis and Optometry (1 credit) the role of cannabis marijuana has also been gaining much attention for its therapeutic role in pain control and other therapies. Many states have authorized its use despite Federal laws and eyecare professionals may encounter questions from patients regarding the emerge

Ophthalmic Pretesting & Diagnostic Instrumentation (3 credits) this course will show paraoptometrics the “who, when, where, what, why & how” of eye technologies. From pre-exam work-up to the optometrist’s examination procedures to the doctors ordered diagnostic testing. This course is all encompassing.

Low Vision (2 credits) this course will provide a broad introduction to low vision services for the full spectrum optometric practice.
Ophthalmic Terminology & Common Eye Disorders (2 credits) this course will give paraoptometrics a solid foundation and working knowledge of normal ocular anatomy, practical ophthalmic optics, common eye diseases and ophthalmic terminology. This course will allow paraoptometrics to improve their daily experience as a team player in a busy optometric office.

Download your registration form by going to the Pennsylvania Optometric Association website, click Paraoptometric, go to education & events link.

See you there

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

The Eye

Complete the crossword below
• **Down**
  1. The condition when your eyes don’t produce enough tears to keep your eyes moist is called?
  2. What is the transparent front part of the eye that covers the iris, pupil, and anterior chamber?
  4. What is a disease associated with aging that gradually destroys sharp, central vision?
  7. When the oil-producing glands or tear gland in the eyelids become blocked is called ________.
  10. A condition in which your eyes do not line up properly is called? _______.
  11. When bacteria gets into the oil glands in the eyelids causes a? _______.

• **Across**
  3. A growth that develops on the conjunctiva or mucous membrane that covers the white part of your eye is called? ____________.
  5. ______________ occurs when the retina separates from the back of the eye.
  6. What is a clouding of the lens in the eye? ____________.
  8. Which is a common eye condition in which faraway objects appear blurry? ____________.
  9. What are the tiny specks or strings that float into your field of vision called?
  12. Inside the eye are ____________, which create nerve impulses when struck by light.
  13. ________ is swelling of the middle layer of the eye.
  14. is an infection or swelling in the outer membrane of your eyeball.
  15. Most of these muscles are controlled by the_______________.

*Answer Key Last Page*
Healthy Eye Food Recipes
Baby Carrot Soup

Ingredients

1 (7-oz.) can chipotle peppers in adobo sauce
1 small sweet onion, chopped
1 tablespoon olive oil
1 (32-oz.) container low-sodium fat-free chicken broth
1 (16-oz.) package baby carrots
1/3 cup half-and-half  
1 teaspoon salt  
Toppings: chopped fresh chives, chopped dried chile peppers, reduced-fat sour cream  

Preparation  

1. Remove 2 tsp. adobo sauce from can; reserve peppers and remaining sauce for another use.  

2. Sauté onion in hot oil in a Dutch oven over medium heat 3 to 4 minutes or until tender. Stir in broth, carrots, and 2 tsp. adobo sauce; cover, increase heat to medium-high, and bring to a boil. Reduce heat to medium, and simmer, partially covered, 15 to 20 minutes or until carrots are tender. Remove from heat, and let cool 10 minutes.  

3. Process carrot mixture in a blender or food processor 1 minute or until smooth, stopping to scrape down sides as needed. Return carrot mixture to Dutch oven. Stir in half-and-half and salt. Cook over low heat 2 to 4 minutes or until thoroughly heated. Serve with desired toppings.  

Baby Carrot Soup Recipe  
Probably the best-known food for healthy eyes, carrots top the charts with disease-fighting vitamin A. Vitamin A helps to prevent night blindness and is essential for retinal health. It also reduces the risk of cataracts and macular degeneration. Like carrots, other orange foods such as sweet potatoes, mangos, cantaloupe, and apricots provide healthy doses of vitamin A.  

Spinach with Garlic Vinaigrette  

Ingredients  

1 1/2 tablespoons extra-virgin olive oil
1 tablespoon white wine vinegar
1/2 teaspoon Dijon mustard
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
2 garlic cloves, minced
6 cups baby spinach leaves (about 6 ounces)
1/4 cup vertically sliced red onion

Preparation

1. Combine the first 6 ingredients in a large bowl, stirring well with a whisk. Add 6 cups spinach and red onion; toss to coat.

Spinach and other dark, leafy greens are rich in two antioxidants stored in the macula—lutein and zeaxanthin. The macula is a part of the retina that acts as a natural sunblock, shielding the eye from damaging light. Lutein and zeaxanthin absorb blue light, which is especially harmful to the retina. These nutrients can also help the eye detect contrast better, so eating foods rich in these antioxidants not only improves vision, but they help maintain your vision long-term. Since lutein and zeaxanthin are fat soluble, eating your greens with olive oil will help ensure that you absorb more of them.

Orange-Glazed Salmon Fillets with Rosemary

Ingredients

4 (6-ounce) salmon fillets (1 inch thick)
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
Cooking spray
2 tablespoons minced shallots
1/4 cup dry white wine
1/2 teaspoon chopped fresh rosemary
3/4 cup fresh orange juice (about 2 oranges)
1 tablespoon maple syrup

Preparation

1. Sprinkle fillets evenly with salt and pepper. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fillets; cook 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan.

2. Recoat pan with cooking spray. Add shallots; sauté 30 seconds. Stir in wine and rosemary; cook 30 seconds or until liquid almost evaporates. Add juice and syrup; bring to a boil, and cook 1 minute. Return fillets to pan; cook 1 minute on each side or until thoroughly heated.

Seasoned haricots verts: Cook 1 pound haricots verts in boiling water 3 minutes or until crisp-tender. Drain; rinse with cold water. Pat dry. Combine with 1/3 cup chopped roasted red bell pepper and 1/4 cup toasted pine nuts. Combine 2 tablespoons red wine vinegar, 1/8 teaspoon salt, 1/8 teaspoon pepper, and 1/8 teaspoon dry mustard. Toss with bean mixture.

Strawberry-Blueberry Compote in Red Wine Syrup

Ingredients

1 cup dry red wine
1/4 cup sugar
1/2 teaspoon whole black peppercorns
2 (2 1/2-inch) orange rind strips
1 cinnamon stick
1 bay leaf
4 cups sliced strawberries
1 cup blueberries

Preparation

Combine first 6 ingredients in a small nonaluminum saucepan; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes or until liquid is reduced to 1/2 cup. Drain wine mixture in a colander over a large bowl; discard solids. Add berries; toss to coat. Serve warm or chill up to 2 hours.

Among the top sources of antioxidants, berries play an important role in decreasing cancer risks, cardiovascular disease, and Alzheimer's disease. Studies have also found the antioxidants in berries reduce the risk of macular degeneration, cataracts, and other eyes diseases. Choose fresh strawberries, blueberries, or raspberries for a sweet snack, simple dessert, or salad topper.
Eye Illusion

1. The average blink last about 1/10th of a second.
2. Your eyes are on their "A game" 24/7
3. Eyes heal quickly. It only takes 48 hours for the eye to repair a corneal scratch.
4. Newborns don't produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.
5. The cells in the eye come in different shapes. Rod-shaped cells allow you to see shapes, and cone-shaped cells allow you to see color.
6. You blink about 12 times every minute
7. A blink of the eye last about one tenth of a second.
8. The cornea is approximately the size and thickness of a dime.
9. Your eyes are about 1 inch across and weigh about 0.25 ounce.
10. Out of all the muscles in your body, the muscles that control your eyes are the most active.
14 million people in the U.S. are visually impaired. Of these...

- 83% have visual impairment that **can** be corrected with glasses/contact lenses.
- 17% have visual impairment that **cannot** be corrected with glasses/contact lenses.

JAMA.2006;295:2158-2163.

Comic Relief
"Very good! Now let's try it from back there."
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*

[Click here](#) to opt out of the PRC Member Benefit emails which include information on training, continuing education opportunities, certification, newsletters, Optometry’s Meeting and contacting the PRC.
President-Elect
Sarah Owens, CPOC

Vice President of Communication/ Public Relation
April Conde, ABO, CPOA

Vice President Continuing Education
April Stewart, CPO

Secretary/Treasurer
Lisa Scarborough, CPOA

Immediate Past President-
Vera Kohler, CPOA

Answer Key
President
Sarah Owens, CPOC
(717)354-2251
Sarahowens76@yahoo.com

President-Elect
Lisa Scarborough, CPOA
(717)569-7107
Isscrbrgh@yahoo.com

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(814) 677-6636
april.marshall20@yahoo.com

VP of Communications
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(717)354-2251
april.condepara@hotmail.com

Immediate Past President
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(814)368-5855
vjkohler@verizon.net

POA Liaison
Rich Christoph, O.D.
(484)332-1393
drchristoph@verizon.net

AOA Liaison
Roberta Beers, CPOT
(814) 573-3188
rmbeers@zoominternet.net

Order Form

☐ PPA Paraoptometric Reference Manual

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Name_________________________________________ Phone___________________________
Address________________________________________________________________________

Checks payable to: Pennsylvania Paraoptometric Association
Send to: Theola Amundson, CPOT
118 Scotland Ave.
Punxsutawney PA, 15767