A MESSAGE FROM THE PRESIDENT
VERA J KOHLER, CPOA
WHAT DO I GET OUT OF IT?
This question is asking about the value of one’s membership. It is also a question about why we one really is or would be a member. If the value of membership is viewed on a superficial level, one will look for what the association gives and does for the individual.

The member would look for newsletters, decals, tickers and any number of other short –term consumable and disposable products. These may be useful, but they are not the true value of a membership nor are they the purpose or function of a member. The value should be defined in terms of what the association does to strengthen and support what it is. A member should want to join so that they would become a member of an association that will constantly improve their personal and professional growth.

You cannot put a dollar value on your membership. The value of your membership cannot be seen and sometimes goes unrecognized except in what you become as a person, the opportunities it creates for you, and what you are more capable of providing to others that you would not be able to provide had you not become a member. As a member you are an integral and fundamental part of the profession. In short it is a statement of who you are and what you believe in.

The main goal of PPA is to meet the needs of today’s paraoptometrics. PPA understands the needs of its membership, always looking for topics and speakers to present for our best value while keeping registration cost down as much as possible.

“There are three types of people in this world: those who make things happen, those who watch things happen and those who wonder what happened”
- Mary Kay Ash, Founder of Mary Kay Cosmetics

PPA is thankful to all of you members for your continued support and dedication to Para optometry/Optometry. If you have any specific ideas or advice you would like to share, please contact me or any board member.
Message from the Vice President of Continuing Education:
Amanda Lunsford, CPOA

Happy Fall,

We are excited to announce that Dr. Robert Reed Jr. will be one of our guest speakers for Spring Congress located at Seven Springs Resort. Dr. Reed has been in private practice since 1980. He is from St. Joseph, Michigan. For over 20 years, he has enjoyed speaking to paraoptometric staff at state and national conferences making complicated topics easier to understand using his extensive theater background. I personally had the opportunity to listen to Dr. Reed speak last year. He was energetic, enthusiastic, and all around fantastic. I hope that you all will enjoy his classes as much as I did.

We are still working on locating speakers to provide a CPO/CPOA review course. The CPO review would be perfect for a new para to learn the basics and prepare for certification. If you are already certified with a CPO and would like to broaden your accreditation, please try to take the CPOA review to give you a jump start in your studying process.

Remember, Spring Congress is our 40th ANNIVERSARY. We are diligently working to make this congress spectacular for everyone. Please check back for the next para eyes for a list of classes from Dr. Reed, as well as more new and exciting news.

Hope Everyone Has A Blessed Holiday Season
Message from Vice President Communications and Public Relations:
Cindy Whitman, CPO
Can you believe summer has disappeared and beautiful fall is upon us in Pennsylvania?

It has been a busy time for the Pennsylvania Paraoptometric Board as we are planning an excellent weekend of education at Seven Spring, May of 2018. We are proud to be celebrating our 40th Anniversary that weekend. If anyone has pictures from the past and would like to share them, we would love to display them during the weekend and use them in our newsletters during 2018. Please help us make this celebration a special time.

Are you interested in taking your CPO, CPOA, CPOT or CPOC test? Remember our library has all the educational materials needed. We are planning to include the CPO and CPOA review course at our May education. The review course will help you get ready to take your test. If you are interested in borrowing any of the materials, contact me at cwhitman@atlanticbb.net, my office phone number: 814-368-7090 or my cell phone: 814-366-2095. The dates for testing and deadlines are on the POA website under Paraoptometric section, education/testing.

We have exciting news about the Girl Scout Awareness Patch. Our board has reviewed it and made several changes. Roberta and Dr. Sepich are in contact with two different councils. We hope to get it out in front of more troops. If you know leaders in your area or have a daughter in a troop, we would like to get the information to them on how to earn the patch.

Cindy Whitman, CPO
PPA VP of Communications/Public Relations
PPA Loaner Library Committee Chair PPA
Girl Scout Awareness Patch Chair

Message from Secretary/ Treasurer

Lisa Scarborough, CPOA
Pennsylvania Paraoptometric Association

Recording Committee:
Margi Herr has graciously volunteered to head the Recording Committee. Margi is employed at Eye Center of Lancaster County. We have been working together to establish her in this position. All CE slips have been recorded and everything is current. Let’s congratulate her on her new position.

Secretary/Treasurer

We have made changes to our annual dues. Annual renewal will still be $40.00. New Para membership (including lapsed memberships) will be $70.00. Watch for your dues renewal letter to arrive in the mail.

We have $7121.04 in our checking account and 15,310.65 in our savings account.
Immediate Past President: Roberta Beers, CPOT

CERTIFICATION:

Many of our members are already certified with the AOA Commission of Paraoptometric Certification (CPC) but if not, we encourage you to become certified. As this is a way of demonstrating your skills and knowledge. PPA provides the education for those who need to recertify.

We will be bringing the CPO and CPOA review course to our May education 2018.

PPA has the study materials in our library to assist you study for preparing for the examinations. Contact Cindy Whitman, CPO at cwhitman@atlanticbb.net for information how to borrow the study materials.

The nationally recognized titles and certification levels are: Certified Paraoptometric (CPO), Certified Paraoptometric Assistant (CPOA), Certified Paraoptometric Technician (CPOT) and Certified Paraoptometric Coder (CPOC). If you as a member needs more information about becoming certified contact CPC at SALderson@aoa.org for examination application and handbooks.

Certified Paraoptometric (CPO) – a person who has attained national recognition via certification by demonstrating and understand of the concepts used in optometry. The CPO has demonstrated competence by a written examination.

Certified Paraoptometric Assistant (CPOA) – a person who has attained national recognition via certification by demonstrating the ability to apply the concepts used in optometric care. The CPOA has demonstrated competence by a written examination. They may be on-the-job trained or a graduate of an AOA CPC/PRC approved assistant program.

Certified Paraoptometric Technician (CPOT) – a person who has attained national recognition via certification by demonstrating the ability to understand, apply and interrelate the concept used in optometric care. The CPOT has demonstrated competence by a written and practical examination. The CPOT may be on-the-job trained or a graduate of an AOA CPC/PRC approved technician program.

Certified Paraoptometric Coder (CPOC) – a person who had attained national recognition via certification by demonstrating proficiency, and expertise, and validating superior knowledge in a optometric coding environment.

Is your career stuck in neutral? Put your career into high gear by choosing to enhance your skills and increase your knowledge.
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. Go to Facebook and request friendship.
PPA's Loaner Library

PPA is here to help you to improve your job skills. Need help studying for your CPO, CPOA or CPOT exam? Did you know PPA has a library has study materials for just that?

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 a four-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 materials should be returned to the library. The library will pay for shipping to you. You are responsible for return mailing costs back to the library.

A form is provided to you on the web site with the proper procedure for borrowing the materials @ poaeyes.org.
Girl Scout Vision Awareness Patch

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 promoting 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

Mid Counties

Donna Bennett, CPO
Nittany Eye Associates
428 Windmere Drive
State College, PA 16802
Email: dbennett@nittanyeye.com

NOTICE ALERT! NOTICE ALERT! NOTICE ALERT! NOTICE ALERT! NOTICE ALERT!

Save the Date!!!!

PPA 40th Anniversary Celebration!!!!!!!!
May 18th thru May 20th
Seven Springs, Pa

Come join us for some great education!
Look for more information to come on Facebook & Next Paraeyes!!!!!!!
• **Cornea**
  The cornea is the transparent, dome-shaped window covering the front of the eye. It is a powerful refracting surface, providing 2/3 of the eye's focusing power. Like the crystal on a watch, it gives us a clear window to look through.
  
  • Because there are no blood vessels in the cornea, it is normally clear and has a shiny surface. The cornea is extremely sensitive - there are more nerve endings in the cornea than anywhere else in the body.
  
  • The adult cornea is only about 1/2 millimeter thick and is comprised of 5 layers: epithelium, Bowman's membrane, stroma, Descemet's membrane and the endothelium.

  **The layers of the cornea**
  
  • The epithelium is layer of cells that cover the surface of the cornea. It is only about 5-6 cell layers thick and quickly regenerates when the cornea is injured. If the injury penetrates more deeply into the cornea, it may leave a scar. Scars leave opaque areas, causing the corneal to lose its clarity and luster.
  
  • Bowman's membrane lies just beneath the epithelium. Because this layer is very tough and difficult to penetrate, it protects the cornea from injury.
  
  • The stroma is the thickest layer and lies just beneath Bowman's. It is composed of tiny collagen fibrils that run parallel to each other. This special formation of the collagen fibrils gives the cornea its clarity.
  
  • Descemet's membrane lies between the stroma and the endothelium. The endothelium is just underneath Descemet's and is only one cell layer thick. This layer pumps water from the cornea, keeping it clear. If damaged or disease, these cells will not regenerate.

  Tiny vessels at the outermost edge of the cornea provide nourishment, along with the aqueous and tear film.
"Good news. It's not pink eye or a pig sty... just mud in your eye."
President
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(814) 368-7090
Email: vjkohler@verizon.net

President Elect
NA

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POA Liaison
Tracy Sepich, O.D.
tsepich@restoreeyecare.com

AGA Liaison
Roberta Beers, CPOT (814) 573-3188
Email: rmbeers@zoomnet.net

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**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

Association State Pins available upon request.