President’s Letter

Hello Everyone!

Looks like we are in for an early Spring as “Punxutawaney Phil” did not see his shadow. Hard to believe that by the time you read this it will be nearly Easter & Spring will be here. Looking forward to the warmth & sunshine to come.

Springing ahead brings an opportunity to make a difference in someone’s life. Why not volunteer at this year’s Special Olympics? What a great opportunity to utilize our skills & talents to help others enjoy the gift of seeing, not to mention a FABULOUS way to network with fellow paras & doctors. Save the date — May 24th, 2013.

The board continues to work on Fall Convention for 2013. We have secured our speakers & now we are working on what courses we will be offering. The board recently sent a questionnaire to all paras, are looking forward to your feedback on the NOA Para Section services. If you haven’t yet, please fill it out with your input so we can continue to make our convention a huge success in the growth of the paras in the Great State of Nebraska.

We would also like to have ideas of what you would like to see in the para quarterly—remember this newsletter is for all of us. Maybe your office celebrated a milestone, someone got promoted, or your office is doing something neat in your community, like a health fair. These are all great things that other offices might benefit from. Please feel free to send articles to the NOA office or call me and I will get you in contact with Kathryn Keithley who help us put the para quarterly together. On that note: THANK YOU, Kathryn for taking on this task, you do wonderful job and it is greatly appreciated. We are blessed to have you.

Lastly, like us on Facebook at www.facebook.com/noaparassection. If you already like our page, please continue to view our page and like our posts.

HAPPY SPRING!

Brook Hutson
NOA Para President
Para Certification Examination Schedule

The Commission on Paraoptometric Certification (CPC) has announced the schedule for the 2013 regional examinations as well as the potential dates and locations for the Certified Paraoptometric Technician (CPOT™) Practical Examination. The CPO™, CPOA™, CPOT™, and CPOC™ examinations are administered during an established two-week testing period four times yearly, Monday through Saturday excluding holidays, at computer-based testing facilities managed by PSI, in addition to a paper/pencil administration annually conducted at Optometry’s Meeting® in June.

2013 Testing Dates

May 2013 Testing Period
Application Deadline: 4/6/2013
Testing Ends: 5/18/1013

August 2013 Testing Period
Application Deadline: 7/13/2013
Testing Begins: 8/10/2013
Testing Ends: 8/24/1013

November 2013 Testing Period
Application Deadline: 10/5/2013
Testing Begins: 11/2/2013
Testing Ends: 11/16/1013

June 2013 Paper/Pencil Testing Schedule
Application Deadline: 5/16/2013
Test Date: 6/28/2013
Optometry’s Meeting®
San Diego, CA

Practical Exam Testing Dates - TBD

Instructions for finding a PSI testing location

• To find a testing site, select this link www.ptcny.com/cbt/sites.htm
• Click on “Certification/Professional Associations” link
• Select the sponsor of the examination you are taking from list (Commission on Paraoptometric Certification/CPC)
• Click on “Test Centers” under Information Links section on right.
• Select the sponsor of the examination again (Commission on Paraoptometric Certification/CPC)
• Fill out the form to see up to 20 Testing Centers matching your specified criteria.

To see “Testing Software Demo”

• Go to http://www.psiexams.com/
• Click on “Certification/Professional Associations” link
• Select the Sponsor of examination you are taking from list.
• Click on “Testing Software Demo” under Information Links section on right.
• Select “Software Demo” in the window.
• Press “Start Online Demo Test” button.
Dr. Schneider’s Third Party Education on YouTube and PowerPoint

A few months ago, NOA Third Party Consultant, Dr. Ed Schneider added educational videos to the Third Party web page: http://nebraska.aoa.org/prebuilt/NOA/index_Page353.htm. If you haven’t had a chance to view them, check them out.

Members can view presentations on a variety of Third Party topics, in approximately 15 minute segments. These presentations are perfect for a staff meeting or lunch-and-learn topic!

Videos are on a wide range of 3rd party topics in both YouTube (with audio commentary, but inactive website links) and PowerPoint (with live website links & no audio; Use mouse to change slides)

Go to http://nebraska.aoa.org/prebuilt/NOA/index_Page353.htm for presentations on:

• Filing Claims, Part 1 CMS-1500 & Electronic Equivalent
• Filing Claims, Part 2 92000 Exam Codes
• Filing Claims, Part 3 99000 E&M Exam Codes
• Filing Claims, Part 4 Should I use the 92000 or 99000 Codes
• Filing Claims Part 5 - CPT Modifiers
• Filing Claims Part 6 - Medicare Supplier Codes
• Other 3rd Party Resources - NOA, Medicare, Medicaid, and other resources to help you understand 3rd party requirements and file 3rd party claims.
• Webinar on Evaluating 3rd Party Plans Unlike the above YouTube presentations, this is a webinar on Evaluation of a 3rd Plan before becoming a provider for that plan. It runs about 20 minutes, the first 90 seconds of which suffered technical problems that were rectified in short order

Have You Responded to the NOA Para Survey?

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Just go to the link below to reach the survey:
http://www.surveymonkey.com/s/ParaSurvey13

Volunteer for Special Olympics
Opening Eyes Vision Screenings

Friday, May 24
7:30 am - 4:30 pm
Skutt Student Center at Creighton University in Omaha

For more information, contact Dawn Lodl at dawn@drlodl.com or 402-330-3063

Para Board Spotlight

Matt Farritor, ABO, CPOA
NOA Para President-Elect

Matt Farritor is the NOA Para President-Elect, and is the optical manager for Lincoln Vision Center.

The doctors in Matt’s office are Drs. Ted Vorhies, Mark Arneson, Jeremy Baumfalk, Kristin Webb, Jason Stephan and Jennifer Yager.

While Matt has been with Lincoln Vision Center for 5 years, his 16 years of optical experience began at Hi-Tech Optics as a mailroom clerk. Other experiences he has had are in a lab, as an optician, and a general manager.

Matt has been attending the NOA conventions for many years and has enjoyed the variety of classes offered. What he likes most about his job is the customer/patient interaction and helping them solve their vision needs and problems. The most challenging aspect of his job as a manager is handling personnel issues.

Matt decided to run for the NOA Para Section Board because he felt that he had been in the industry for many years and it was his turn to give back and try to help build interest in the NOA and the optical industry.

Matt enjoys spending time with his family and doing different home improvement projects around the house. His favorite hobby is attending Husker sporting events and his favorite movie is The Ghost and the Darkness.

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NFCV and NOA Launch Vision & Learning Pilot Project with LPS

The Nebraska Foundation for Children’s Vision (NFCV) and NOA have launched a pilot program in cooperation with Lincoln Public Schools (LPS) Health Services called the “Vision and Learning Program.” It is designed to meet the needs of children who fall through the cracks when it comes to vision care. These kids are the ones without insurance, who also don’t qualify for Medicaid. We know from our contacts in the school systems that there are far too many children who need vision exams, but don’t have access due to tough financial circumstances. Or their glasses get broken and they can’t afford new ones. Modeling a program in Kansas, NFCV is coordinating and administering the program with Lincoln ODs who have agreed to participate. NFCV will reimburse ODs who see these kids at Medicaid rates so they can get the exams and glasses they need.

The target population is uninsured students enrolled in Kindergarten – 12th grade in the LPS system. These LPS students will be referred by LPS school nurses, will not be covered under vision insurance or Medicaid or have other financial means to afford an exam or prescription glasses. The NFCV will reimburse participating Nebraska Optometric Association optometrists who see these students according to Medicaid reimbursement protocol, with a few modifications.

The Vision & Learning Pilot Program is made possible by the generosity of the following organizations:

- Kinder Porter Scott Foundation
- Belmont Family Association
- Capital City Kiwanis Club
- Community Health Endowment of Lincoln
- Eastridge Elementary PTO
- Fredstrom Elementary PTO
- Hill Elementary PTO
- Kiwanis Club Foundation of Lincoln
- Kiwanis Club of Capital City Foundation
- Kooser Elementary PTO
- Leirion Gaylor Baird
- Lincoln Area Retired School Personnel
- Lincoln Northeast FFE
- LPS School Nurses
- Merle Beattie PTO
- Nelle Jamison
- Norwood Park Elementary PTO
- Paul Adams Elementary PTO
- Pound Middle School PTO
- Randolph Elementary PTO
- Random Acts of Kindness Group
- Sarah McCurley
- Saratoga Elementary PTO
- School Middle School PTO
- Southeast High School PTSO

Once the program is in full swing, NFCV hopes to build on the success of this pilot program by expanding to other areas in the state. We thank the Lincoln area NOA members who have chosen to participate in the program - and will publish a full listing of those participants in the next Update. If you have questions about the program, or are interested in helping NFCV secure funding for other areas in the state, please contact us at nfcv@assocoffice.net or 402-474-7716.

Vision & Learning Project Participating Optometrists in Lincoln

<table>
<thead>
<tr>
<th>Clinic/Middle School/PTO</th>
<th>Optometrists</th>
<th>Phone</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bethany Vision Clinic</td>
<td>Dr. John Lange</td>
<td>402-466-6070</td>
<td>1171 N. Cotner Blvd.</td>
</tr>
<tr>
<td>Clear Vision Eyecare</td>
<td>Dr. Andrew Bateman</td>
<td>402-742-0399</td>
<td>570 Fallbrook Blvd., Ste. 108</td>
</tr>
<tr>
<td>Eyecare Specialties</td>
<td>Dr. Brian Brightman, Dr. Courtney Brightman, Dr. Jim Devine, Dr. Doug Harshman, Dr. Brian Hinkley, Dr. Todd Pfeil, Dr. Scott Reins, Dr. Kim Tucker</td>
<td>402-420-2020</td>
<td>7930 O St., 2943 Pine Lake Road, 2500 Northview Road</td>
</tr>
<tr>
<td>Heartland Optical</td>
<td>Dr. Michael Hausmann</td>
<td>402-476-3311</td>
<td>1012 N. 27th St.</td>
</tr>
<tr>
<td>Lincoln Vision Center</td>
<td>Dr. Jeremy Baumfalk</td>
<td>402-466-0165</td>
<td>651 N. 66th Street</td>
</tr>
<tr>
<td>Malbar Vision Center</td>
<td>Dr. Richard Powell, Dr. Steve Gildersleeve</td>
<td>402-475-9113</td>
<td>3200 O Street, Ste. A</td>
</tr>
<tr>
<td>Nebraska Eye Institute</td>
<td>Dr. Doug Rienks, Dr. Eric Ablott</td>
<td>402-435-1166</td>
<td>2550 Superior, Ste. 150</td>
</tr>
<tr>
<td>Oculi Vision Rehab.</td>
<td>Dr. James Nedrow, Dr. Katie Parsons</td>
<td>402-420-0880</td>
<td>1401 Infinity Rd., Ste. B</td>
</tr>
<tr>
<td>Optical Gallery</td>
<td>Dr. Kim Raymond, Dr. Ashley Wilcox</td>
<td>402-470-0074</td>
<td>1550 S. Coddington, 3923 48th Street</td>
</tr>
<tr>
<td>Pearle Vision</td>
<td>Dr. Dan Novak, Dr. Sarah Zink, Dr. Tracy Gish</td>
<td>402-476-7583</td>
<td>1201 O Street, 125 S. 66th Street</td>
</tr>
<tr>
<td>Walmart Vision Center</td>
<td>Dr. Rebecca Weisbeck</td>
<td>402-466-0353</td>
<td>3400 N. 85th St.</td>
</tr>
</tbody>
</table>
In general, Eye health is of much importance. Not only is sight one of the most important senses. Additionally, a good eye health improves many aspects in our daily lives, such as improvements in learning, ability to enjoy hobbies or simply for a better way of life. With an early eye exam, many diseases or conditions are easily detected. In a family, each individual has its own task to keep an outstanding eye health. Especially for the parents who are the ones in charge of their children. However, much is affected if family or medical history is not acknowledged.

Inconveniences

Historial Médico- Medical History
Medicamentos- Medications
Enfermedades- Diseases
Hereditario- Heredity
Alergias- allergies
Familia – family
Hijos – children
Padres – parents
hermanos - siblings

mejoría- improvement
empeoramiento-decline
alta presión sanguínea – high blood pressure
baja presión sanguínea - low blood pressure
Diabetes- diabetes
Glaucoma-glaucoma
Catarata- cataract
The Evolvolution of Glasses: **EYEGlasses Through the Ages**

If you’ve thought about the history of eyeglasses at all, you may have assumed that they’re a fairly modern invention. In fact, they’re actually quite ancient. The first known use of glass to improve vision was in the Roman Empire, during a sporting event. This spawned over 2,000 years of innovation and invention that would help spectators better see, and enjoy, their favorite pastimes.

5468 A.D.
- Roman emperor Nero is spotted using a gem to watch the gladiator games.

1200 years
- First well-documented use of glass or crystal to aid vision. However, it took about 1200 years for eyeglasses to appear on the scene.

Mid to Late 1200s
- An Italian lay-person creates the first pair of spectacles.
- Used primarily by monks and scholars working with ancient manuscripts, who didn’t have much time for sporting events.

Mid 1300s
- Riveted spectacles are introduced.
- Helpful to the nearsighted aristocrat attending the popular new game of croquet.

Early 1400s
- The v-shape of the frames allows them to be balanced on the bridge of the nose.

Mid to Late 1700s
- Ben Franklin comes up with the concept of bifocals.
- Famous people such as George Washington and Napoleon make quizzing glasses and stem glasses high fashion.
- The first temple glasses are invented and are the ancestors of our modern-day frames.

Early 1800s
- Thomas Jefferson becomes the first U.S. President to order a pair of eyeglasses made.
- Meanwhile, the first lenses to correct astigmatism are imported.
- Just in time for folks to check out the new sport of “Base Ball.”

The invention of the Guggenheim press makes books available to the masses.
- For the first time, the less wealthy are wearing glasses, mounted on leather or wood and sold by street vendors.
**Early 1900s**
- The start of World War I cuts off America’s supply of ophthalmic glass.
- Thus begins the company of Bausch & Lomb.
- Movies (and later, television) create a huge demand for distance-seeing eyeglasses, but Ben Franklin’s small, round frames are still in style.

**Mid 1900s**
- In the 1940s, acrylic lenses pave the way for the plastic lenses of today. In the 1950s, eyeglass fashion hits a new peak.
- The ladies cheering on Elvis prefer the cat’s-eye frames, while men favor thick, black rectangular frames.
- Their grandchildren will wear the same frames and call themselves hipsters.

**1962**
- The first lightweight plastic lens is manufactured.
- Just in time for people to get a good look at The Beatles.

**1970**
- Plastic frames overtake metal as the material of choice.
- Bigger is better, as huge frames in round or square shapes become the most popular style.
- “Saturday Night Live” changes late-night television and the coolest viewers are wearing the biggest frames.

**1980s**
- In 1987, Optima introduces the newest polycarbonate lens - thin and distortion free.
- Wearers say goodbye to coke-bottle lenses and hello to Foster Grant and the Space Shuttle.

**1990s-Present**
- The going eco-sensitivity of consumers leads to the creation of glasses made of sustainable or recycled materials.
- Perfect for hipsters who want to wear the same glasses as their grandparents, while still being environmentally responsible.

**100 million**
- People a year, with a target of 1 billion in total by 2020.
- His invention will allow for millions in developing countries to get the eye care they require.

**Sources:**
- http://fao.org
- http://www.antiquespectacles.com
- http://www.telegraph.co.uk

Infographic Source: www.theopticalvisionsite.com
Look Ahead - Para Award Nominations

This fall we will be seeking nominations for Para of the Year. Also, because it is an odd numbered year, we will be accepting nominations for the Distinguished Service Award as well. Please start talking with your doctors about possible nominees. In July we will be asking for nominations—so start thinking!!

Calendar Of Events 2013

SECO International 2013
When: Feb 27 - Mar 3
Where: Georgia World Congress Center, Building A, Atlanta, GA, US

Vision Expo East
Education: March 14-17 Exhibits: March 15-17
Javits Center, New York, NY

AOA’s Meeting

JUNIE 26 – 30, 2013
San Diego, CA

Nebraska NOA Fall Convention
September 27-29
Kearney, NE

Vision Expo West
International Vision Expo West. Exhibition: October 3-5, 2013
Education: October 2-5, 2013.
Sands Expo & Convention Center, Las Vegas, NV