President’s Letter

Spring is in full bloom and has brought warm weather and sunshine. Before we know it, summer will be here. With the hot Nebraska day filled with cookouts, baseball, camping, swimming and everyone’s favorite time at the lake. While we all lead busy lives the biggest suggestion I can give you is to stop and smell the flowers and enjoy your time with your love ones as it passes to fast.

I would like to take a moment to recognize Alissa Johnson for her many years of dedicated service to the para board. Alissa has been an inspiration to so many paras, and a key component to make everything possible for the Fall Convention each year. It saddens NOA para board members, paras across the state and me that after seven years, she is leaving for another position outside the optometric industry. We wish her the best of luck in her future and may she continue to touch others’ lives like she did ours.

The board has been hard at work lining up some great speakers for the 2015 Fall Convention. One of the speakers we have lined up is Sharon Carter. She is energetic and enthusiastic, and has more than nine years of speaking experience. Sharon speaks and motivates staff at state association meetings, national and international conferences sharing her company’s philosophy of “provide the best patient care possible and the money will follow.”

I am looking forward to seeing everyone in September. Please encourage all your coworkers and friends in the field to attend the Convention this year. The board is planning some exciting new classes that are in the works and are thrilled to include some of the most popular classes from the past as well.

Hope to see you all there.

Daniel Book ABOC, CPOA
NOA Para President 2015
NOA Staff Change
By Dr. Scott Reins, NOA President

NOA Associate Director, Alissa Johnson, is leaving NOA for another position. Her last day will be Friday, May 1.

The search for a replacement for Alissa has begun, and our Executive Director Dave McBride and his team are well-equipped to carry on with the business of NOA in the interim. They are committed to making this transition as seamless as possible for NOA.

We are disappointed to lose Alissa. She made significant contributions to NOA during her 7 years here, and we will miss her expertise and experience. We hope the members will join us in wishing her well.

If you have any questions or concerns, please don’t hesitate to contact NOA President Dr. Reins, another board member, or Dave McBride.

For all NOA-related questions, you can direct your emails to noa@assocoffice.net or call 402-474-7716. Dave, Jamie, Lavon, and the rest of the team will be glad to assist.

AOA Paraoptometric Resource Center

Are you an Associate Member of the AOA?

All paraoptometrics/optometric staff of AOA member ODs may become AOA associate members and have access to all current Paraoptometric Resource Center (PRC) member benefits and services, at no membership cost to the paraoptometric and no added membership cost to the AOA-member optometrist. Paraoptometrics interested in gaining access to these resources should request that their AOA member OD enroll them.

This new AOA OD member benefit means free access to programs and services that offer education and staff training, significant discounts on education materials for purchase, discounts on registration fees for Optometry’s Meeting®, and information communicated through AOA publications.

Information needed to enroll staff:

• Legal name of staff (as appears on Driver’s License)
• Date of Birth
• Unique email address for each staff person

Nebraska currently has over 150 paras listed as Associate Members of the AOA. That’s a great percentage, but it should be more! Check today to see if you are a member - and if not, talk with your doctor about signing your entire staff up.
Nebraska Volunteers for VOSH (Volunteer Optometric Services of Humanity) in Dominican Republic

by Bobby Crotty

This was my first ever VOSH (Volunteer Optometric Services of Humanity) trip, we were fortunate enough to travel to the beautiful Dominican Republic in the middle of January. It wasn’t until I was working at Northeastern State University of Optometry a few years back, that I decided volunteer work was in my future. My husband Dr. Rusty Crotty had been on two mission trips and always told me how rewarding and fun they were. He was right! It truly was an experience of a lifetime! We saw a ton of patients (800+) in the 4 days we worked. People would start lining up to see us at 4 am and would come from long distances away. We had four Docs, (Dr. Ellen Weiss, Dr. Gary Pederson, Dr. Terry Adams and Dr. Rusty Crotty) four optician/techs including myself, Justin Duster, David Pederson and Carl Weiss, and also several interpreters. We worked our tails off, but had relaxing evenings unwinding and sharing stories. We also rewarded ourselves with a few days on the beach at a wonderful resort. I’ll never forget the close bonds I formed on that trip with my fellow Vosh-ers and the impact we made on many peoples’ lives. I also came back with a renewed appreciation for Auburn Nebraska and Lifetime Vision Center. I would encourage anyone considering a VOSH trip to make it happen, you won’t regret it!
3 Tips To Improve Your Vision

Source: http://healthylivingchronicles.com/3-tips-to-improve-your-vision/

Countless number of people look for the most effective ways to improve their vision. Poor eyesight is one of the major problems of these days that have led people to use prescribed power glasses or contact lenses. Proper ways of leading life and following certain simple effective tips can help you to improve your vision. The most useful 3 tips to improve your vision are as follows:

Eat the right kind of food
Eating the right kind of food can help you to improve your vision. The vitamins like A, C, E and certain minerals like copper and zinc are very helpful in improving your eyesight. Antioxidants like beta carotene, zeaxanthin, lutein are very helpful in protecting the macula of the eye from the sun damage. Food sources like yellow pepper, pumpkin, leafy vegetables, egg yolks, potatoes, carrots are very much effective in protecting your eye from macula generation which can be a major cause of blindness. Again DHA is another important fatty acid that can be very useful in providing structural support to the eyes. It can also help in straightening the cell membranes of your eyes. Coldwater fishes like salmon, krill, cod have proper amount of DHA in it. The best way to consume DHA is with the help of adequate amount of supplementation. Besides all these grapes, gojiberreis and blueberries can also be very helpful for improving your vision for its anti inflammatory and antioxidant properties in it.

Follow a routine of eye exercises
Try to follow a routine of eye exercises that can help you to improve your vision and also make your eyes feel relaxed. The best exercise that can help your eyes to feel relaxed is blinking. Blinking for 3-4 seconds after every two to three minutes can help to reduce your eye strain. Again rolling your eyes clockwise and anticlockwise directions can help you to make your eyes feel relaxed. Doing this for ten times a day gives a great amount of comfort to your eyes. Warming your hands and pressing it on your eyes for five seconds can help you to get rid of the tremendous eye pressure. Also massaging your temples or focusing on a pencil are some of the effective eye exercises that can help you to reduce your eye strain, make your eye movements more flexible and thus improve your vision. The best thing about this exercises are that it can be done any time of the day or whenever your eyes feel tired and fatigued. For the perfect optimal vision and to stay away from eye floaters, these kind of eye exercises are absolutely necessary for each human being.

Get proper rest
Taking proper rest by closing your eyes can be very helpful in improving your vision. Daily 8 hours of sleep is very necessary to rest your eyes and recover from the stress. Insufficient amount of sleep can weaken your vision and eyesight may reduce. Also take rest for ten minutes by closing your eyes after every fifty minutes. This can help you to improve your eyesight, make it feel less stressed and also keep your eye power on hold.

So these are the 3 tips to improve your vision and help you to live a healthy life. Going for regular eye checkups is also mandatory to improve your vision to a great extent. One should avoid sitting in front of the computer for too long or reading in dim light which can weaken your vision. Eating the right kind of food, following the perfect eye exercise regimen and proper amount of rest can help you to improve your vision.
**2015 Paraoptometric Certification Examinations**

**Important Notice:** Due to the revised implementation of ICD-10 to October 1, 2015, the CPOC examination will be not be offered during the November, 2015 examination period.

**Application Deadlines** | **Exam Dates**
---|---
7/10/15 (9:00 PM EDT) | 8/8/15—8/22/15
10/5/15 (9:00 PM EDT) | 11/7/15—11/21/15

**Looking for CE?**

Do you need CE for your AOA and won’t be able to make to NOA’s Fall Convention, or need to get some hours in before September? Check out the event listing on the Commission on Paraoptometric Certification Facebook page at https://www.facebook.com/ParaoptometricCertification/events

### Certification Levels

<table>
<thead>
<tr>
<th>Program</th>
<th>Level</th>
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<td>Certified Paraoptometric (CPO™)</td>
<td>Entry</td>
<td>A CPO™ is a person who has attained national recognition via certification by demonstrating an understanding of the concepts used in optometric care</td>
</tr>
<tr>
<td>Certified Paraoptometric Assistant (CPOA™)</td>
<td>Intermediate</td>
<td>A CPOA™ is a person who has attained national recognition via certification by demonstrating the ability to apply the concepts used in optometric care</td>
</tr>
<tr>
<td>Certified Paraoptometric Technician (CPOT™)</td>
<td>Advanced</td>
<td>A CPOT™ is a person who has attained national recognition via certification by demonstrating the ability to understand, apply, and interrelate the concepts used in optometric care</td>
</tr>
<tr>
<td>Paraoptometric Coding Certification (CPOC™)</td>
<td>Specialty</td>
<td>A CPOC™ is a person who has attained national recognition via certification by demonstrating proficiency, expertise, and validating superior knowledge in an optometric coding environment</td>
</tr>
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**Calendar of Events**

AOA’s Meeting Conference: OPTOMETRY’S MEETING®
June 24 - June 28, 2015
Seattle, WA

International Vision Expo
Las Vegas Sands Expo & Convention
September 17-19, 2015

NOA Fall Convention Younes Conference Center
September 25-27, 2015
Kearney, NE

**Game Face**

According to the American Optometric Association’s 2014 American Eye-Q® survey, only about 21 percent of adults wear protective eyewear during sports, and only 46 percent of parents make their children wear eye protection. Get in the game about the importance of protective eyewear in sports.

More than 90 percent of all eye injuries can be prevented with use of appropriate eyewear.

More than 600,000 eye injuries related to sports/recreation occur yearly. This is about 15 percent of the 2.5 million eye injuries in the United States yearly.

1 in 10 college athletes will sustain an eye injury each season. This increases to 1 in 18 for basketball players.

The National Eye Institute classifies baseball/softball, basketball, boxing, hockey, lacrosse, paintball, and racquet sports as “high risk” for eye injury.

Most eye injuries among children ages 11 to 14 occur while playing sports.

Baseball is the leading cause of eye injuries in children under age 14.

Basketball is the leading cause of eye injuries among 15- to 24-year-olds.

Protective eyewear is made of ultra-strong polycarbonate, which is 10 times more impact resistant than other plastics.

1 in 18 college athletes will sustain an eye injury each season. This increases to 1 in 10 for basketball players.

Sources: Coalition to Prevent Sports Eye Injuries, National Eye Institute

To find a doctor of optometry near you, visit aoa.org.
PREPARE YOUR PRACTICE FOR ICD-10
with the Official 2015 Codes for Optometry Book & Bundles

2015 AOA ICD-10 Codes for Optometry Book
List Price: $120.00 USD
Member Price: $85.00 USD

2015 AOA ICD-10 Codes for Optometry w/ Reference Mapping Card & AMA CPT Professional
List Price: $221.00 USD
Member Price: $170.00 USD

2015 Digital Download AOA ICD-10 Codes for Optometry Book
List Price: $110.50 USD
Member Price: $85.00 USD

2015 AOA ICD-10 Coding Bundle w/ Digital Codes for Optometry
List Price: $253.50 USD
Member Price: $195.00 USD

Also available:

AOA ICD-9 Codes for Optometry Book
List Price: $120.00 USD
Member Price: $85.00 USD

AOA 2014 ICD-9 Codes Book Set
List Price: $218.82 USD
Member Price: $155.00 USD

ORDER NOW! Visit www.aoa.org/marketplace or call 800.262.2210
February 18, 2015

Dear Volunteer:

Enclosed is your sign up form for this year’s NE Special Olympics/Lions Clubs International Opening Eyes. Please fill out and return it ASAP. We’re looking forward to another busy and rewarding day.

This year’s event is Friday, May 22, from 8:30 to 2:30. The screening again will take place in the lower level of the Skutt Student Center at Creighton University. When you check in that morning, you will be provided a t-shirt to wear during Opening Eyes (if needed), with our sponsors on the back - Essilor, Safilo, and the NE Lions Foundation. Jeans or casual pants are appropriate, along with comfortable shoes.

Your work station will be assigned to you when you arrive. All optometrists and optician volunteers are asked to report at 8:30. Opticians will be busy setting up the optical, and optometrists will be reviewing their station assignments and exam forms. Continental breakfast and lunch is provided, along with refreshments and snacks during the work day. The banquet this year has been canceled due to the earlier end time.

If you have any questions or concerns, please feel free to contact me at fremontalcorns@aol.com or by phone 402-721-8823 or Cherie S. Lodl, O.D. at cherie@drlodl.com or by phone 402-330-3063. I look forward to seeing you on Friday, May 22.

Sincerely,

Steve D. Alcorn, O.D.
Opening Eyes - May 22, 2015
Please print legibly.

Name_____________________________________ Lion (Y) (N)

Address__________________________________________________________
STREET                   CITY            STATE       ZIP

Phone - Cell____________/____________Work____________/____________
AREA CODE/NUMBER        AREA CODE/NUMBER

Business Name_________________________________________________________

E-mail_______________________________________________________________

O.D. ( ) Optician ( ) Tech ( )

Optician/Tech - I am comfortable with (please circle all that apply)
Frame Selection Frame Adjusting Lensometry Autorefraction Measuring PD
Testing Acuity (near and far) Testing Color and Stereo Vision iCare Tonometry Optomap

Lodging Required yes no Thursday Friday Both Share a room? yes no

Special Diet Required yes no Type______________________________

Wear an Opening Eyes/Lions shirt from previous years.
T-Shirts may be provided, please indicate your size below.

T-Shirt Size S M L XL XXL XXXL

Mail form to: Dawn Lodl
For Your Eyes Only
2510 S. 171st Court
Omaha, NE 68130

Or Fax to: 402-334-4418 Phone: 402-330-3063

Or E-mail to: dawn@drlodl.com