



# DANY Views

## President's Message

Who can believe that October is already upon us? The summer seems to have flown by. Before you turn around we'll be complaining of it being too cold out. I would like to thank everyone who attended our first meeting at our new location. By all reports it was very successful and everyone seemed satisfied with the food and new location in general. I would like to see a large turnout for the next meeting. Please remember that for this month only, the meeting will be held on October 22, the fourth Thursday rather than the third. Next month we will return to our regular schedule.

I would like to thank Eric Myers and Vision Ease Lens for giving us a new seminar. I would also like to thank Allison Roscoe from FGX International for sponsoring our meeting. Our next

## President's Message

meeting will have Morel Eyewear with Nick Palmiotto and Ed Svec as our sponsors. We will also welcome Mike Sparacino as our speaker from Blu-Tech & Morel Eyewear. Your Executive

Board has also started working on something new and exciting for next year. In the past we have had boat rides, dinners and this year's 10th anniversary party. It seems that we made the right move in moving our meetings. It was just announced that The Milleridge Inn sent out pink slips to all its employees for the end of the year. There is talk that it may stay open but at this point we would have been left out in the cold. I look forward to seeing everyone on the 22nd and please remember to support the sponsors that support us.

*Steven Lehrer*

Join us at our upcoming meeting on  
**Thursday, October 22, 2015**  
at the Holiday Inn Plainview



**Sponsor:** Blu-Tech and Morel Eyewear  
**Speaker:** Mike Sparacino  
**Presentation:** Blue Light Technology  
**CE Credit** 1 Ophthalmic Dispensing Credit

The Opticians Alliance of New York meets the 3rd Thursday of the month.

Schedule, sponsors and speakers are subject to change

## 2015-2016 Schedule

- October 22, 2015  
Morel Eyewear  
Blu-Tech  
(change in date)
- November 19, 2015  
Tri-Supreme Optical  
Luxottica  
CE Presentation:  
Optical Jeopardy
- December 17, 2015  
20/20 Vision Center  
CE Presentation:  
Refraction Re-Imaged
- Jan 21, 2016  
21st Century Optical  
A&A Optical

## Continuing Education Speakers

Dr. Joseph Bacotti

Mark Cohen

Ray Dennis

Herb Fletcher

Eric Meyers

Robert Russo

Barry Santini

and many others

## General Information

- It is the responsibility of all members to sign in at the beginning of the meeting. This means sign-in on at least 2 sheets and sometimes 3. You will not receive credit for the continuing education course if you are not signed in. Our CE provider and that of the New York State Education Department prohibit issuance of credits to anyone who has not properly signed in or has not stayed for the complete course.
- If you have received a notice that your membership has to be renewed, please send in your check today. Better yet, if you're attending our upcoming meeting, bring your check with you. Remember when renewing your membership, it must be in the form of a separate check. If you're writing a check from your business, we kindly request that you *clearly print your name on your check* so we can properly credit you. We regret that if your dues is not paid and up to date, you will not receive your CE credits.
- Donated gifts for our raffle are greatly appreciated and will be acknowledged
- Check your e-mail daily or call any member of the Executive Board for updates to our schedule for our upcoming meeting.

## Dinner Menu and Schedule of Events for Our October Meeting

7:00 to 8:00PM Social hour, buffet dishes, meet with sponsor

(Cash bar until 7:30PM)

8:00 to 8:30PM Business meeting

8:30 to 10:00 PM Continuing education and raffle

Please note that no liquor can be ordered after 7:30 and no alcoholic beverages can be brought into the meeting room after 8:00

### Buffet Dishes

### To Be Announced

### Salad

### Mescaline Salad

### Choice of Entree

Chicken Breast stuffed w/  
Spinach, Portobello, Mozzarella  
Asian Style Sliced Sirloin  
Herb Crusted Tilapia w/Lemon  
and Butter Sauce

### Dessert

### Coffee & Tea

- Dinner is \$40 per person
- 50/50 raffle optional.
- Please bring exact cash or check for dinner.
- Can't make dinner? Come for the CE credits!



Kosher meals are available

- Contact David Cohen
- 2 weeks advance notice needed
- Credit card pre-paid
- Call 516-569-2335. Leave message

### OANY

130 Forest Ave.  
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Email: office@oany.org

Website: www.oany.org

### OANY Officers

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**Joseph Monestere**  
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2008-2010  
**Peter Bacotti**  
2005-2008

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**Liaison for Education:** David Cohen

**Official Photographer:** Drew Washton

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# MICHAEL KORS



The launch of Michael Kors latest collection captures the glamorous and sophisticated lifestyle that defines the brand's identity. Inspired by Michael Kors' signature jet set sensibility, Michael's newest collection of sun and optical styles showcase a variety of designs, from cool cat-eye shapes to sporty aviators to vintage-inspired frames and more. The newest collection features custom-made materials that are inspired from the ready-to-wear collection—a true celebration of the luxury derived from Michael Kors' profound vision of women's fashion!

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## What Would You Do? Thinking Outside the Box

We are pleased to present our monthly installment of "What Would You Do? Thinking Outside the Box." Each month we'll present an optically related topic. Maybe it's a question you need answered, a 2<sup>nd</sup> opinion regarding how you would handle or advise a patient or how you solved a special visual challenge or need for a patient. We'll describe the details in our newsletter and then discuss the topic at our upcoming meeting and get your feedback on the subject. We'd like to thank Peter Bacotti for providing this month's topic. If you have an optical topic you'd like to discuss and would like to share it with us, please let us know so we can present it in future newsletters.



### Optical Topic #21

According to a recent survey, contact lens wearers, 18 and older, may be engaging in at least one behavior known to increase risk of eye infections. Can you name those behaviors that the patient should be aware of?

## What would you do?

### Vision Loss in America

The Vision Council has released its latest report, **Vision Loss in America: Aging and Low Vision**, providing an in-depth look at low vision and illustrating the pervasive impact aging eye diseases and vision loss can have on health and well-being of senior citizens. The report was distributed to more than 100 consumer, aging, lifestyle and health reports and editors to educate them about the issues affecting people with vision impairment due to macular degeneration, diabetic retinopathy, glaucoma, and other eye conditions, and the resources that are available. The report reveals that more than 39 million Americans suffer from severe vision impairment or a disorder that compromises ocular health with the prevalence expected to rise to 63 million people within the next 15 years.

### Our Condolences

We were saddened to hear about the passing of Cosmo "Corky" J. Fratello of Niagara Falls, NY. Corky was a leader in the Optical industry. Our condolences to his family.

### Optical Practice For Sale

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## Thank You For Your Boosters

The Opticians Alliance of New York wishes to thank all of our members, sponsors and advertisers who purchased boosters at our 10th anniversary dinner and gave to our special fund for charitable contributions and scholarships. We are pleased to list those who made contributions.

Mr. and Mrs. Charles Abramson	Ms. Sheila Gausek	Mr. James Orr & Guest
Mr. Michael Ackman	Mr. Brian Gerard	Mr. Nick Palmiotto
Mr. Rob Appel	Mr. Steven Glanzman	Mr. Dick Pennington
Dr. and Mrs. Joseph Bacotti	Mr. Neil Gleicher & guest	Ms. Elizabeth Perauna
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Ms. Laurie Badone	Mr. Jay Goldhaber	Mr. Andrew Priesman & Guest
Ms. Maribel Barajas and Guest	Mr. & Mrs. Richard Greenwald	Dr. Micula Ragusa
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Mr. Richard Benjamin	Mr. Jeffery Heller	Mr. Anthony Rebaldo & Guest
Ms. Demi Benjamin	Mr. Doug Hess	Mr. & Mrs. Stuart Roman
Mr. Charles Bonafede and Guest	Ms. Stephanie Hess	Mr. & Mrs. Arthur Rose
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Mr. Phil Feldman	Mr. Dennis Murphy	Mr. Koos VanWitzenberg
Mr. Marc Ferrara	Mr. David Nuss,	Mr. Dan Vogel
Ms. Alice Fontanez	Ms. Gina O'kane & Guest	Mr. & Mrs. Drew Washton
Mr. Charles Frank	Mr. Edward Oraini	Dr. Michelle Yao.
Mr. Roy Frank and Guests	Mr. Doug Orehosky	

Many Thanks to Lisa Greenwald and her front desk staff  
who made the boosters a great success!





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## Blue Light Know-How

By Dr. Adam S. Berger

4 groups of people who need to know more—and how to help them understand why it matters. This article originally appeared in the September 2015 edition of INVISION. Thanks to Peter Bacotti for submitting this article.

Blue light is a big deal. Its impact on daily visual performance, eye disease and systemic health is becoming universally accepted, both in scientific literature and in the medical community. As Eye Care professionals, we have a great responsibility to help our patients understand how blue light is affecting their lives—and provide them with solutions to minimize that impact. Four kinds of people would benefit the most from a lens offering broad-spectrum blue-light protection:

- .. Patients with macular degeneration (or who are at high risk for developing the disease), as well as their family members, who are genetically predisposed.
- .. Heavy tech users. That's anyone working on a computer or digital device, or under high-efficiency artificial light for more than three hours a day.
- .. Children have no natural lens pigment to protect their eyes. They also have shorter working distances when using their digital devices, which increases their blue light exposure.
- .. Post-cataract patients. They now have no natural protection, and since they're also older, they're at high risk for macular disease.

Here are four things they need to know:

Blue light is an increasing environmental hazard. We are used to thinking about protecting our eyes from the sun. But the proliferation of high efficiency light bulbs, flat screen TVs, computer monitors, laptops, tablets and mobile phones means we are continuously bombarded with high energy blue light at unprecedented levels, especially indoors and at night. Blue light degrades the quality of your vision and strains your eyes. Because blue light bends more than other wavelengths (a phenomenon we understand as chromatic aberration), it is actually focused in front of the retina, causing blurring of images. And because short wavelengths scatter more than longer wavelengths (this is why the sky looks blue to us), blue light is responsible for most of the glare that we experience. When our eyes try to focus, they are fighting against these two phenomena, which results in eyestrain, especially when working on the computer and/or under artificial lighting. Blue light is the major environmental factor contributing to retinal disease including macular degeneration. For years, eyewear has been designed to protect us from ultraviolet light. But most ultraviolet light is absorbed by the cornea and the lens before it can reach the back of the eye. Blue light is the highest energy light which actually reaches the

retina and damages our macula. Peer-reviewed research going back decade's shows that photo-oxidation by blue light in the 400-

500nm range is most toxic to retinal cells. Over many years this can cause macular degeneration, the leading cause of blindness in the western world. Exposure to blue light indoors and at night wreaks havoc on our circadian rhythms. There are special light-sensing cells in the back of our eye which control our sleep-wake cycle. They are especially sensitive to blue light in the 459-485nm range. In fact, blue light is a more powerful suppressor of melatonin than any drug known to man. When we are exposed to blue light in the evening hours and especially before bedtime, it is extremely disruptive to our sleep patterns.

According to the National Center on Sleep Disorders Research, sleep-related problems affect between 50 and 70 million Americans of all ages. Sleep disruption adversely affects attention, reaction times and mood. Even more alarming, study after study has linked exposure to blue light at night to several types of cancer (breast, prostate), depression, diabetes, heart disease and obesity. The current recommendation from the Harvard Health Letter is to turn off blue light sources at least three hours before going to bed, or to wear a blue-filtering lens.

Our understanding of blue light's impact is growing every year. We're sure to learn even more, but now is the time to offer our patients real, medically correct solutions to protect their vision and their overall health.

\*\*\*\*\*

Dr. Adam S. Berger is an Ophthalmologist specializing in retina surgery at the Center for Retina and Macular Disease in Winter Haven, FL. He is former assistant professor in the Department of Ophthalmology and Visual Sciences at Washington University in St. Louis, MO, and he is a widely published author and lecturer.





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