

Summerland Optometry



January

Happy New Year from
Summerland Optometry!

2025 is the perfect time to focus on your eye health. Let's set some simple goals together to keep your vision clear and your eyes feeling their best all year long.

Whether it's scheduling your annual eye exam, improving your screen time habits, or upgrading your eyewear, small changes can make a big difference. In this edition, we'll share some eye health tips, reflect on the office achievements, and more! Thank you for trusting us with your eye care. We look forward to supporting your vision in 2025 and beyond!





Summerland Optometry reflects...

ON OUR EVOLUTION,
TRANSFORMATION AND GROWTH
OVER THE PAST YEAR...

We **expanded** our services and offerings, particularly in our dry eye clinic!

We **welcomed** new team members!

Our team continued their **education** at the OSI Conference!

We **hosted** our second successful Dry Eye Open House!

We have increased and improved staff **training** and education!

We survived our first year without Dr. **Grant Goods!**

We brought in **new** brands to expand our selection of glasses!

We now carry **gift cards!**



Honoring World Braille Day - January 4th

World Braille Day raises awareness about the importance of Braille for literacy and independence among those who are blind or visually impaired.

Created in 1824 by **15-year-old Louis Braille**, this tactile system of raised dots remains a vital tool for millions, enabling access to education and communication worldwide.



Function & Fashion
Vision & Values
Sight & Style
Eye health & Eye wear
it's nice to see you...

New Year - New Vision

MONTH TO MONTH EYE HEALTH RESOLUTIONS...

January: Schedule

- Book my comprehensive eye exam.

February: Protect

- Invest in a pair of sunglasses with 100% UVA & UVB protection & wear daily, even on cloudy days.

March: 20-20-20 rule

- Every 20 minutes, look at something 20 feet away for at least 20 seconds when doing close work.

April: Boost

- Add at least 1 serving of eye-healthy foods (like spinach, carrots, or fish) to my diet.

May: Invest

- Wear protective eyewear for activities like sports, DIY projects, or when using power tools.

June: Reduce blue light exposure

- Consider wearing blue light-blocking lenses when using digital backlit devices. Exposure can cause eye strain & disruptions in circadian rhythm (sleep cycle)

July: Commit

- Wear my glasses or contacts as prescribed, and keep them in good condition.

August: Monitor

- Note any changes in my vision, & contact my optometrist if anything unusual.

September: Prevent/Manage

- Dry eye symptoms with lubricating eye drops, warm compresses, omega 3's & lid hygiene.

October: Educate

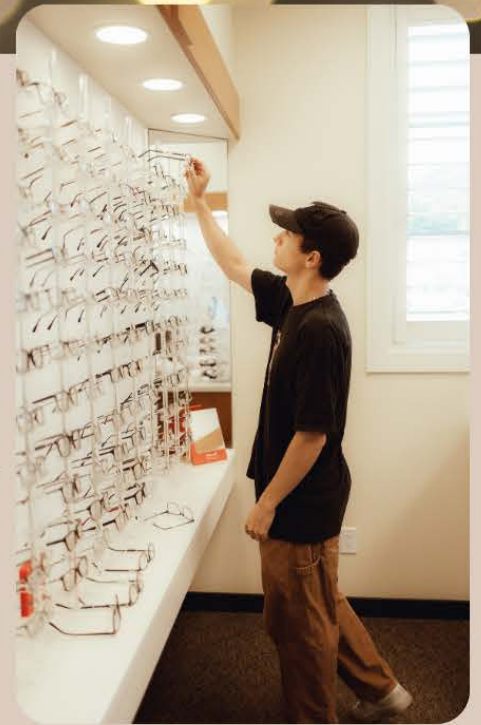
- Keep Diabetes at bay. Maintain a healthy weight, as well as proper nutrition and exercise to prevent or control this disease

November: Protect

- Wear protective eyewear when skiing, snowboarding, or during any high risk activities.

December: Reflect

- Review the year's eye health resolutions and schedule my next annual eye exam for the upcoming year.



@summerland.optometry | reception@summerlandoptometry.ca

WWW.SUMMERLANDOPTOMETRY.CA