

MAY 2016



Focal Point

Newsletter of the Arizona Optometric Association

Donald Jarnagin, O.D., Set to Retire As Dean of Midwestern University's Arizona College of Optometry

Donald E. Jarnagin, O.D., Dean of the Arizona College of Optometry, has announced his retirement as of July 15, 2016. The AZCOPT is most grateful for his dedicated service to the College during its formative years. His leadership has helped them evolve to a very strong, well respected college of optometry and they are most appreciative of his vision and commitment. Josh Baker, O.D., M.S., Associate Dean, has assumed the role as Interim Dean as they transition the responsibilities from Dr. Jarnagin to Dr. Baker. The next few months should provide a seamless transition for the faculty, staff and students in the College.



In addition to volunteering with Special Olympics and after maintaining a private optometry practice for 37 years, Jarnagin was instrumental in the effort to establish the Arizona College of Optometry (AZCOPT) at Midwestern University's Glendale, Arizona campus, becoming the program's dean in June 2011. "After Dr. Goeppinger joined the Glendale Rotary Club, she and I talked about the MWU Board's plans to establish an optometry program, and we're now making it a reality," says Jarnagin. "I want to have an impact on the profession and educate more optometrists who can serve low-income, diabetic, and underserved populations, especially those without health insurance." As the Dean of the Arizona College of Optometry, Jarnagin enjoyed interacting with the other healthcare professionals at Midwestern and the challenges and opportunities involved in administering a first-class optometry program and state-of-the-art clinic. "The Midwestern University Eye Institute is a first-class clinic, providing excellent resources and new equipment that gives our students the best optometry education possible. It's a great place, where everyone is open, positive, and helpful." Dr. Jarnagin previously served as AZCOPT's Interim Dean.

Dr. Jarnagin was also head of the state-of-the-art Midwestern University Eye Institute, one of the largest optometry clinics in the State of Arizona incorporating 61 exam rooms, classrooms, and specialty areas. Staffed by AZCOPT faculty and third- and fourth-year optometry students, the Institute offers standard eye exams for about half the traditional cost and operates a full-featured Optical Retail Center that offers a wide selection of eyeglasses and contact lenses at competitive prices. The Eye Institute also provides disease screenings, sports vision care and vision enhancement for athletes, low-vision and rehabilitative vision services, pediatric care, and a 24 hour on-call optometrist.

Dr. Jarnagin had previously practiced in Glendale since 1970 and has served as President of both the Arizona and American Optometric Associations. He was recognized as "O.D. of the Year" by the Central Arizona Optometry Society, the Arizona Optometric Association, and the Great Western Council of Optometry. ■

PRESIDENT'S MESSAGE: BY DR. TODD SMITH

I have always heard two separate analogies about optometrists over the years. The first is that trying to get OD's to agree on something is like herding cats; it's almost impossible to get everyone to agree on anything. The second analogy is that we are all like a bunch of school teachers, impossible to get anyone to stand up against anything no matter how detrimental it is to us. I have seen this over and over in the past years as we are contained, herded and corralled into smaller and smaller boxes. We have been unable to stand up for ourselves as a single coherent voice and not only do we suffer for it, our patients do as well. Corporations outside our state and large insurance plans have ideas to what you and I should be reimbursed as well as what level we should be allowed to practice. I have seen over the years that we have no one outside of our national organization and state organization making any difference in where we as a profession go. I have been told that we are a legislated profession which means if we aren't vigilant, we have no future. This has become painfully obvious as we watch what plays out around us in our state. 1-800 Contacts and Opternative realize that you are nothing but a hindrance to their business model. If there has ever been or ever will be a time to stand up for your patients, and your profession, this is it. I ask you give to your political action committee and be active with your Arizona Optometric Association. This is no time stick your head in the sand. Thank you for all you do and, remember, we are here to help you connect, evolve and thrive.

AZOA President, Dr. Todd Smith

Todd R. Smith, OD

Dr. Smith was born at Good Samaritan Hospital in Phoenix Arizona and finished



grammar school in Colorado Springs, Colorado. He graduated with honors in 1998 from the Arizona State University with a Bachelors Degree in

Biology. He had several rotations while attending The Southern California College of Optometry including an ocular disease rotation at the Veterans Affairs Hospital in Amarillo Texas, Macalapa Medical Clinic in Pearl Harbor Hawaii, and the Barnet Dulaney Perkins Eye Center in Phoenix Arizona. Dr. Smith worked with Dr. Mel S. Moss in Phoenix until 2006, and currently owns and works at The Westbrook Vision Center. He has worked at Midwestern University and is a member of The American Optometric Association and a President Elect for The Arizona Optometric Association. He lives in Northwest Peoria with his wife Bethanie, son Ethan, daughter Madeline and rotten dog Gizmo.

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MEMBER NEWS

AZOA Welcomes NEW MEMBERS!

(since January 2016)

Dr. Scott Baker
Dr. Nainesh Bhakta
Dr. Adam Blacker
Dr. Katherine Blaskovich
Dr. Amanda Dana
Dr. Thomas Ginman
Dr. Corona Hoang
Dr. Christopher Lowe
Dr. Carolyn Martin
Dr. Tayla Meade
Dr. Kaila Osmotherly
Dr. Bryce Palmer
Dr. Deval Patel
Dr. Janice Pierce
Dr. Stephanie Woo

2016 Spring Congress Award Winners!

O.D. of the Year:
Tom Determan, O.D.

Young O.D. of the Year:
Stephanie Mastores, O.D.

Key Person of the Year:
Arthur Espstein O.D.

Legislator of the Year:
Rep. Jay Lawrence

President's:
Todd Smith, O.D.

Sight Conservation:
Johnson & Johnson Vision Care

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AOA-PAC UPDATE: BY DR. CHAD CARLSSON

Support The PAC!

Dear AOA Members,

My name is Dr. Chad A. Carlsson, your AOA-PAC Chairman for the AzOA. I'm writing this letter to get you up to speed on what the AOA is doing for you and how important it is for all of us to support our profession with monetary contributions and/or by volunteering your time to help!

I don't know about you, but I'm pretty damn busy seeing patients all day and don't have the time to do much of anything else but set aside time for family. With that said, we all know our profession is constantly threatened and under attack from other professions, insurance companies and corporate greed! This is why we have the AOA and the AOA-PAC, since we need these groups and the people that work for them to support us and FIGHT the battles that come up as we're tied down in our everyday working lives. The AOA-PAC "goes to bat" for us every, freak'n day to defend and advance our profession on Capitol Hill!

Recently, over 700 OD's and OD students, gathered in DC for a very organized Congressional Conference hosted by the AOA. There we learned about various Bills (that I'll point out shortly) that we were debriefed and coached on before storming Capitol Hill and meeting with almost every Congressmen in the Senate and House from all 50 States! I was so impressed with the organization and execution of marching to Capitol Hill by all these OD's and meeting as constituents with their elected officials. This is what we need as Members for our profession. Volunteers like these OD's that take the time off from their busy schedules and travel to DC to go "talk the talk and walk the walk" for our profession!

There are 4 Bills the AOA is seeking to get support and sponsorship from our Federally elected officials. I will quickly address all four as follows:

1. HR3323 "Doc Access Act": This Bill ends forced discounts on noncovered materials, allows us to choose the lab of our choice and not be forced to use the insurance's lab, and finally, this Bill stops forcing us to take "crappy" vision plans when wanting to sign on to certain medical plans.
2. HR1688 Increase the number of OD residency positions available by 10% for the underserved VA's: This Bill simply asks Congress to allocate preapproved funding toward having more OD residents to help with the infamous wait times the VA is currently experiencing.
3. S2777 "Crackdown on Unscrupulous Internet Contact Lens Sellers: This Bill "shores up" the current Fairness to Contact Lens Consumers Act (FCLCA) by holding sellers accountable for illegal tactics and false claims when selling contacts via the internets, dispense contacts as prescribed, and ban the use of internet sellers using "robo calls" when trying to seek prescription verification from us.
4. HR1312/S898 National Health Service Corps (NHSC) Improvement Act: This Bill simply allows Optometrists to compete for the loan repayment program that other health professions can currently apply for through the NHSC. This Bill is budget neutral since it simply just adds Optometry to the list of health professions that can apply. It's also a "WIN-WIN" for both the underserved rural communities that need vision care at the community health centers and help young Optometrists pay off their student loans.

AOA-PAC updates cont'd next page

AOA-PAC UPDATE: BY DR. CHAD CARLSSON

Therefore, as you can see, the AOA and AOA-PAC is working hard for all of us as we seek to gain sponsorship and support from our elected officials.

So after reading this letter my fellow AOA Members, if you haven't supported the AOA-PAC and frankly our profession before, then it's time to start now and continue to do so moving forward! We can do so much more as a profession when united and working together to solve these constant challenges and threats to our profession. I'm asking all of you to please give today what you can to support the PAC let alone our own State Pac so that we can get things done here at home and nationally on Capitol Hill!

Please consider uploading the AOA-PAC App on your smart phone and simply use your AOA ID number and credit card to donate to the PAC today! It's so simple and you can even set it up as a monthly donation like I do vs a big chunk of change all at once!

For Example:

\$1000/year is simply 83.34/month

\$500/year is simply 41.67/month

This could and should be easily budgeted every month as a working OD!

I'll finish off by saying how proud I am to be an Optometrist, and how I want more than ever for our profession to thrive and get back the respect we once had with health insurance companies and big business corporations. It's time to Fight Back for all of us and our patients! So please consider giving and/or volunteering today for the sake of all of us.

Finally, as a constituent, call your elected officials and "buzz their ears" about supporting these and future Bills that defend and strengthen our profession moving forward!

Stay Strong by Giving Today! ■

Sincerely,
Chad A. Carlsson, OD, FAAO
Founder and Owner of Carlsson Family Eye Center, PLLC



CONGRESSIONAL ADVOCACY CONFERENCE NEWS

The American Optometric Association held the annual Congressional Advocacy Conference on April 17-19, 2016 in Washington D.C. The Arizona Optometric Association was ably represented by Dr. Stacey Meier, our Executive Director, Dr. Todd Smith, our incoming President, Dr. Chad Carlsson, our PAC Chair, Dr. Rand Siekert, our past PAC Chair, Dr. Don Jarnagin, Dean at Midwestern University's Arizona College of Optometry, Dr. Gilbert Wong, Coordinator, and AzOA members Dr. Chris Parot, and Dr. Armanae Mancha. Midwestern University students Eric Bushman, Rachel Earl, Devany Dougherty, John Tran,



Drs. Meier, Mancha, Smith, Wong, Carlsson & Parot with AK Senator John Boozman (center)

Christine Shukis, Cassandra Lux, and Kristen Reinhard were among the over three hundred students in attendance.

We split into groups and ascended onto Capitol Hill. The cherry blossoms were awesome, the spring weather made last year's rainstorms a distant memory. But I digress. We were in Washington D. C. to do some serious advocating for our patients. There were four bills that were discussed.

H.R. 1688 would amend the Veterans Access, Choice, and Accountability Act of 2014 to designate



Drs. Wong (left), Jarnagin (right) and two WesternU College of Optometry students with Rep Ann Kirkpatrick (center)

20 graduate medical education residencies for the study of optometry. This works out to five residencies per year for the next four years. The programs are fully funded and would not increase the deficit. Representatives Kyrsten Sinema and Ann Kirkpatrick have agreed to co- sponsor this bill.



AZCOPT Students

H.R. 1312/ S. 89 The National Health Service Corps Improvement Act of 2015 would be amended to

CONGRESSIONAL ADVOCACY CONFERENCE NEWS

allow Optometrists to participate in the National Health Service Corp which would increase eye care in rural areas and allow faster repayment of student loans. Representative Ann Kirkpatrick is a co-sponsor of this bill.

H.R. 3323 The Dental and Optometric Care Access Act. The American Dental Association and the



AZCOPT Students

American Optometric Association are teaming up to fight abuses by vision plans and insurance companies, such as forcing you to use the plan owned lab, forcing discounts on non-covered services or forcing participation in a vision plan to participate in the medical plan. Representatives Paul Gosar and Ann Kirkpatrick are co-sponsors.

S. 2777 The Contact Lens Consumer Health Protection Act of 2016. This Senate bill would crack down on unscrupulous contact lens sellers. A March 2016 survey by the AOA Contact Lens and Cornea Section found that one half of contact lens practices were seeing patients wearing lenses that they did not prescribe.

S. 2777 would:

Ban robo calls and allow the doctor to choose live

phone calls or e mails to verify prescriptions.
Increase fines up to \$40,000 per infraction.
Instruct the Center for Disease Control to study the public health costs of seller abuses.
Ensure that lenses are dispensed exactly as written.

The 2017 Congressional Advocacy Conference is scheduled to be combined with the 2017 Optometry's Meeting. The dates are June 28 through the 29, 2017. Unless things change, the meeting will take place at the JW Marriott and the Walter E. Washington Convention Center. The AOA and AOSA plan to have over 2000 students attend. I encourage all of our members to attend the combined AOA Conference and Congressional Advocacy Conference. There is strength in numbers, and let us give Capitol Hill a show they won't forget.

Gilbert Wong, OD

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AOA YOUNG OD SPOTLIGHT - TINA ESPOSITO



Young Optometrist Spotlight—Meet Christina (Tina) Esposito, O.D.

Dr. Esposito's superhero spirit and childhood dream of saving people, combined with a strong passion for teaching and helping others, led to her first job as a reading tutor for children. Now, a successful doctor of optometry and assistant professor, she's helping save her patients' sight at Midwestern University Eye Institute in Glendale, Arizona.

Dr. Esposito is among the first graduating class of the Midwestern University Arizona College of Optometry in 2013 and an active member of the Arizona Optometric Association (AzOA). Her interests and specialties include vision therapy and rehabilitation, and she is a fellow of the American Academy of Optometry. Dr. Esposito also serves as a reviewer for the Optometry and Visual Performance Journal.



Dr. Tina Esposito



Dr. Esposito enjoys being a member of the AzOA because it allows her to stay current with optometry in her home state. "It allows me to take an active part in the community and be part of the changes that happen each and every day," she said. Dr. Esposito also said the meetings give her an opportunity to interact and engage with other optometrists in the area and share ideas.

By being an AzOA and AOA member, Dr. Esposito said she is able to have a voice and make sure that optometry remains a health profession. Her favorite member benefit is being a part of change at both the state and national levels. "I also truly enjoy the community volunteer opportunities through the AzOA and the AOA," she said.

Dr. Esposito's best advice for students:

Shadow the profession; learn about optometry and all of the areas that it has to offer. This profession is more than just "which is better, one or two?" It is so versatile and such a rewarding career. Make sure you have the passion and the desire to learn, and the rest will follow.

Through the course of shadowing an optometrist, volunteering in the practice, and working after school in the vision therapy clinic, Dr. Esposito fell in love with optometry. "I became a vision therapist in training," she said. "I had a patient who changed my life, and from there I knew that's what I wanted to do."

No career comes without its challenges, and of course optometry is no different. For Dr. Esposito, testing can be a challenge. "Testing was never a strength for me and I have never been the greatest test taker," she said. However, optometry school taught her persistence, dedication and that with the right attitude and hard work, you truly can accomplish anything. "If it is something you love, you will do everything in your power to push through and make your dreams happen."

Dr. Esposito's message for students and optometrists:

Get involved. Don't sit back and think there is enough support without you and that you do not have to get involved. Remember, this is your career. The rights and privileges you have are yours because people have fought for them. Please continue to do the same, so you can continue to practice to the highest standard and future generations of optometrists can have the same opportunities that you do.

Over the course of optometry school, Dr. Esposito said she has had many great professors who helped shape the optometrist she is today. However, it was Alicia Feis, O.D., who truly helped her get to the finish line. "I owe my degree, and more importantly, the person I am today, to her. I was very lucky to have her as a mentor."

Following graduation, Dr. Esposito went on to do a residency in Vision Therapy/Low Vision Rehabilitation at Southern College of Optometry in Memphis, Tennessee. After completing her residency, she returned to the Arizona College of Optometry to teach, so she's always connected with her alma mater.

Continued on next page

AOA YOUNG OD SPOTLIGHT - TINA ESPOSITO

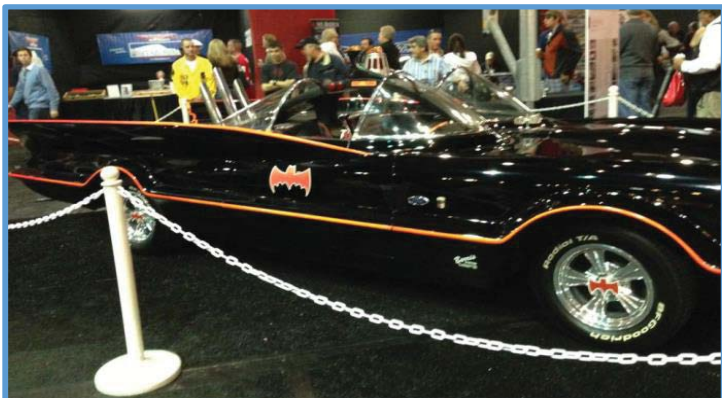
For Dr. Esposito, actively participating in her state and federal optometric associations is important because it helps the profession move forward and best serve patients. "Optometry is a legislated profession. The rights we have one year might be taken away the next. It is our job to make sure we stay involved so that we will not lose the liberties that we were granted to best serve our community. We need to continue to fight for the rights we have in our practices, and expand our scope of practice to best serve those in need."

If not an optometrist, Dr. Esposito said she would most likely be a pediatrician. "I love children, and I'm lucky that at the school, I can see kiddos during the day and at night go home to my new baby daughter, Aurora. She is wonderful! I definitely get my fix!"

Here are a few more excerpts from our interview.

AOA: We heard you always wanted to be a superhero as a child. So what's your favorite superhero car?

Dr. Esposito: The Batmobile, of course!



When the Batmobile made a special appearance at an event in Dr. Esposito's area, she was sure to snap this photo.

AOA: What's your greatest memory from your career so far?

Dr. Esposito: During my residency I had a nine-year-old boy who never smiled. Long story short, over the years he was told he was stupid because he was doing poorly in school. Mom said he would cry for days. After vision therapy, he was a different person. In fact, he had a small smile that never left the corner of his face. His mother told me that vision therapy was a gift from the heavens and that I changed both of their lives forever. Before leaving, he gave me a hug, and said, "No more tears, Dr. Esposito."



AOA: What are you most looking forward to in the coming year?

Dr. Esposito: I'm looking forward to my daughter's first birthday party. I'm thinking a pink and black Batman-themed party, with a smash cake in the shape of a Batman symbol!

Aurora, we're sure you'll love it!



Daughter, Aurora.



Dr. Esposito at a game with husband, Justin.

AOA: What's something about you that most people don't know?

Dr. Esposito: Most people do know I love Batman, but something they don't know is that I play the harmonica. If anyone is wondering, "Hallelujah" by Jeff Buckley is my favorite request.

Dr. Esposito's top reasons to consider making Arizona your practice destination:

Nine months of the year it is beautiful and the sunsets are amazing. Yes, it does get hot, but the heat is like the burst of warm air you get when you open the oven after baking cookies!



The Arizona flag symbolizes the state's picturesque sunsets.

BLAST FROM THE PAST: 1980

LOCAL SOCIETY NEWS

CAOS

CAOS has scheduled a reception for those taking State Board of Optometry examinations.

AzOA members should reserve July 18 at Del Webb's Townhouse, 100 West Clarendon, Phoenix, from 7:30 P.M. Dr. James Thompson, chairman of the event, promises delectable hors d'oeuvre.

Remember when you took the Board exams? Please respond to the invitation by coming to greet those who have just endured the same ordeal. Who knows, you may find an ideal future associate.

New CAOS officers are:

President—Sheldon Morgenstern, O.D.,
Phoenix
Vice President—James Peter Thompson,
O.D., Mesa
Secretary-Treasurer—J. Deon Whipple, O.D.,
Mesa

SAOS

At our March 18, 1980, business meeting, final confirmation of nominations for officers to S.A.O.S. were unanimously approved by the members present. The new slate of officers for the upcoming 1980-81 year were unanimously voted in.

At our June 19, 1980, meeting, installation of these officers took place:

President—Stephen Miller, O.D., Tucson
Vice President—Robert Friske, O.D., Tucson
Secretary-Treasurer—Philip E. Stein, O.D.,
Tucson
Board Members—
Larry Allgood, O.D., Tucson
Norman Kupers, O.D., Tucson

Are You Doing Everything You Can For Your Patient?

Patient/Consumer Talk On Farm Eye Safety

Questions from farmers about farm eye safety are answered in the American Optometric Association's newly revised "Eye Safety on the Farm" pamphlet.

Fully illustrated with photos of farmers practicing eye safety, its six pages explain why modern farmers need extra eye protection; offer advice on what eye safety equipment to use and when; point out routine farm chores often not recognized as eye hazardous; and notes the value of regular optometric care for farmers.

"Eye Safety on the Farm" is great for distributing through farm bureaus, farmer's unions, granges and other farm-related or-

ganizations; through youth groups such as 4-H and the Future Farmers of America; and through local firms selling farming equipment and supplies. It is also ideal for mailing to patients and prospective patients who are farmers; for display in optometric office reception rooms in farming areas; for giving out during a talk on eye safety; and for making available in conjunction with a radio or television talk show appearance.

"Eye Safety on the Farm" is available from Optometric Development Enterprises, 243 N. Lindbergh Blvd., St. Louis, MO 63141, at \$6/100; \$24/500; \$41/1000, plus shipping and handling. Write to same for a free sample copy.

Blast from the Past!

Both excerpts were originally printed in the May-June 1980 issue of AZOA's Focal Point.

Where were you then?!



GETTING TO KNOW OUR NEW AZOA BOARD MEMBER

Bart Pemberton, OD, FAAO

Dr. Pemberton received his BA in Biology from the University of California at Riverside in 1991 and his Doctor of Optometry degree from the University of California at Berkeley in 1995. He completed a one-year residency in Hospital-VA Medical Center in Tucson, has practiced in Tucson, has practiced with Drs. 1999.



He is a past president of the Southern Arizona Optometric Society, a Fellow of the American Academy of Optometry, and a member of the American and Arizona Optometric Associations.

Dr. Pemberton received his BA in Biology from the University of California at Riverside in 1991 and his Doctor of Optometry degree from the University of California at Berkeley in 1995. He completed a one-year based Optometry at the Amarillo, TX, in 1996. He has practiced in Tucson, AZ since 1997, and he has practiced with Drs. Edmonds and Husz since

of the Southern Arizona Fellow of the American and a member of the

He has participated in several studies for the contact lens industry. He, along with Dr. Edmonds and Dr. Husz, is an adjunct clinical professor for the Pacific University College of Optometry in Forest Grove, OR.

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2016 SPRING CONGRESS IN PHOTOS!

