

Patient Reviews...

"Great customer service, quick and easy appointment. Wouldn't go anywhere else!!!"

- M.S.

"I have been going to Simon Eye for years, and have always been impressed with the friendly and professional staff. I always feel the total attention is on me and my welfare."

- N.C.

"The entire staff was kind and knowledgeable, everything was explained in detail. Everyone seemed happy to be there."

- N.S.

"Everyone was very friendly and thorough. Definitely left happy"

- B.W.

"This is a great practice. Truly one of the most efficiently run offices that I have encountered anywhere."

- S.M.

Insurances accepted

- AETNA/US Healthcare • Amerihealth
- Benefit Concepts • Blue Cross of Delaware
- Boilermakers National Fund • CIGNA
- Coresource • Cole Managed Vision
- Coventry Health Care of Delaware
- Eastern Shore Teamsters • Eye Med
- Insurance Administrators • Local Lions Club
- Medicare Part B and Railroad
- Medicare DME Regional Carrier • NVA
- Optimum Choice • Principal Financial
- Private Health Care Systems PPO
- Superior • Teamsters • United Healthcare
- Vision Benefits of America (VBA) • VSP

Note: If you do not see your plan listed, please call our office at **302.239.1933** to inquire if we accept it.

Recipe for Healthy Eyes*

Grilled Chicken and Mango on Baby Greens

especially rich in Vitamin C and Vitamin E

INGREDIENTS:

- 1/4 cup low-sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon minced fresh ginger root
- 2 tablespoons lemon juice
- pinch of red pepper flakes
- 4 four-ounce skinless chicken breasts, cut into 1" strips



DRESSING:

- 3 tablespoons lemon juice
- 1 tablespoon minced lemon peel
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- salt and pepper to taste
- cooking spray
- 8 cups baby lettuce
- 1 /2 cup thinly sliced red onion
- 1 /2 cup julienned red bell pepper
- 1 large mango, peeled, seeded, and diced
- 2 tablespoons mint leaves, minced

DIRECTIONS:

Marinade: In a blender, whip soy sauce, oil, ginger, lemon juice, and red pepper flakes. Place chicken in a shallow pan and pour marinade over top. Turn to coat, cover, and refrigerate up to 1 hour.

Dressing: Blend ingredients (lemon juice and peel, oil, honey, and salt/pepper). Set aside for flavors to blend.

Spray a large, non-stick skillet with cooking spray and heat over medium-high heat. Add chicken strips and cook on each side for 2 minutes, or until done. Remove from heat.

In a large salad bowl, toss lettuce, onions, and peppers. Add dressing and toss thoroughly. Divide onto 4 salad plates, top with chicken strips and mango. Sprinkle with mint leaves.

Makes 4 servings.

*Recipe from the American Optometric Association website. Visit www.aoa.org for additional Recipes for Healthy Eyes.

"Socialeyes" with us!



InSights



Informative news on eye care & eyewear



What's New at Simon Eye?



Hockessin/Pike Creek
5301 Limestone Road
Suite 128

Bear
Fox Hunt Shopping Center
116 Fox Hunt Drive

Middletown
Middletown Crossing
472 E. Main Street

Newark
19 Haines Street
Suite B

Wilmington
Union Plaza
912 N. Union Street

Concord Pike
2625 Concord Pike
Suite A

Greenville
4001 Kennett Pike
Suite 128



We have expanded our Pike Creek location! In order to better serve you, we have added more exam rooms and a larger optical area displaying an even wider selection of frames. The space is new but still the same friendly feel you have grown to love. Stop in and visit us soon!

SIMON EYE ASSOCIATES
302.239.1933
www.simoneye.com

Our doctors are focused on you!

Go to www.simoneye.com to learn more about the fashion, designer and sports eyewear we carry!



Kevin Brown, O.D.

Meet our doctors

Charles J. Simon, O.D.
Joseph M. Senall, O.D.
William H. Jeppe, O.D.
Kevin J. Brown, O.D.
Paula Fernandez, O.D.
Brian Gardner, O.D.
Angela Clapper, O.D.
Bradley W. Gardner, O.D.
Day Muscelli, O.D.
Tessa Payne, O.D.
Tarra Winchell, O.D.
Scott Tucci, O.D.
Alana Kretschmaier, O.D.
Jennifer Kwok, O.D.
Tara Yerkes, O.D.
Patricia Sparks, O.D.

Trust in Simon Eye

- Competent, experienced doctors
- Certified opticians & staff
- All major insurances/HMOs accepted
- Over 25 years of providing adult & pediatric eye care
- Thousands of affordable and designer frames
- Wide selection of contact lenses
- Treatment of eye diseases

March is Save Your Vision Month

In honor of Save your Vision month, we would like to provide you with some key reminders for optimal vision health:

Get An Annual Eye Health Exam

Visit your eye doctor regularly for comprehensive, dilated exams. Annual eye health examinations are an important part of preventative health care. Many eye and vision problems have no obvious signs or symptoms. As a result, individuals are often unaware that a serious condition exists. Early diagnosis and treatment of eye and vision problems are important for maintaining good vision and eye health.

Wear Lenses with UV Protection

Everyone understands the importance of protecting their skin from the sun but we often forget that we also need to protect our eyes! Many people are still unaware that exposure to ultraviolet (UV) radiation from the sun can harm the eyes the same way that it harms your skin.



Even on an overcast day, harmful UV rays can cause sunburn of both the skin and the cornea of the eye. Over time, unprotected exposure to the sun can increase the possible risk of certain types of cataracts, and can potentially damage the retina which could lead to blindness.

Use Sports Goggles

The Consumer Product Safety Commission reports more than 42,000 sports-related eye injuries require emergency room attention each year in the US – with the risk this high it is important to protect yourself. It is imperative for athletes to wear protective eyewear such as safety goggles to reduce the risk for sports-related eye injury. Opticians advise for protective eyewear to be created with polycarbonate lenses to reduce the risk of shattering in any sport.



Properly Care for Contact Lenses

Keep to your lens replacement schedule recommended by your eye care provider. Clean and disinfect your contact lenses once a day. Not only will your eyes be safer and healthier, but your contact lenses will be more comfortable to wear. Or upgrade to 1 day lenses for increased comfort and less maintenance. Have a pair of glasses with your current prescription in them to give your eyes a break. For more information give us a call at 302.239.1933 or visit us online at www.simoneye.com

How to Handle Spring Allergies

Now that spring allergy season is around the corner, it is important to be prepared with the remedies that work best for you and your family. There are many home remedies and over-the-counter products for allergies. For itchy eyes, it is best to lubricate the eyes with artificial tears to dilute accumulated allergens and prevent the allergens from sticking to the eye. Unfortunately, these drops have no impact on swelling or redness.

There are a variety of decongestant eye drops, antihistamine drops, and steroid drops for every eye need but many times patients do not know exactly what the problem is or how to treat it.



For any eye allergy, here are a few tips to remember:

- Dry eyes may enhance allergy symptoms. Therefore, address dry eye first by seeing your eye doctor for a treatment plan.
- Try to avoid the causes by staying indoors in the morning when pollen levels are the highest.
- Cold compresses can soothe swollen eyes due to sudden

allergic reactions.

- Keep eye drops refrigerated for a soothing sensation during application.
- Wash your hands often during allergy season and try not to rub your eyes.

For the most complete aid for your eyes, call to schedule an appointment with one of our optometrists at 302.239.1933.

CALLING ALL ALLERGY SUFFERERS

Don't give up wearing your contact lenses. Proclear® 1 day and clariti® 1 day lenses are the answer.

Feel the difference all day long.



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