

## Patient Reviews...

"GREAT with kids, my daughter loves going to the eye doctor!"  
-- J.I.

"Very pleasant staff. As a new patient, I felt very informed and well taken care of." -- M.F.

"The optician helping me with glasses was outstanding." -- W.D.

"I am a transplant from Northern Virginia and very used to a high degree of professionalism, use of the latest technologies, equipment, and knowledge. I would say I felt right at home in your office." -- M.B.

"This was not only the best experience I've had for an eye exam, it was one of the best customer service experiences I've had in a very long time." -- A.P.

## 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.

## Eyefoods® A Food Plan for Healthy Eyes

Give your family foods rich in nutrients showing eye health promoting properties, such as antioxidants, Lutein and Zeaxanthin, Omega 3 Fatty Acids, Zinc, Beta-Carotene, Vitamin D and Fiber. *Eyefoods, A Food Plan for Healthy Eyes*, describes these nutrients and identifies the amounts of each nutrient that has been scientifically shown to decrease the risk of certain eye diseases.

### Eggs

#### Eye nutrients:

Vitamin E, zeaxanthin and lutein, omega-3 fatty acids, zinc

#### Weekly target:

2 eggs twice per week

#### Overview:

An important eyefood, eggs contain significant amounts of vitamin E, lutein, and omega-3 fatty acids. Check the nutritional labels of the eggs and select those highest in omega-3 fatty acids whenever possible. Laid by chickens that have been fed a diet high in flax and corn, these eggs have a high lutein and omega-3 content. Eggs that are high in omega-3 fatty acids also tend to be a good source of vitamin E, and they contain a significant amount of lutein that is readily absorbed by our bodies. The USDA's Dietary Guidelines recognizes eggs as a healthy choice for lean protein.

Source: Eyefoods: A Food Plan for Healthy Eyes written by Dr. Laurie Capogna, OD & Dr. Barbara Pelletier, OD. Visit [www.eyefoods.com](http://www.eyefoods.com) to find more foods rich in nutrients for healthy eyes.



Check out our recently updated website:  
[www.simoneye.com](http://www.simoneye.com)



"Social eyes" with us!



Informative news on eye care & eyewear



## March is Save Your Vision Month!

In honor of Save Your Vision Month, we would like to take the time to remind you of the importance of an Annual Eye Health Exam with one of our top-rated Simon Eye doctors.

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. At Simon Eye Associates, we believe in *eye care for life* and deliver all aspects of vision health including: routine exams, medical treatments & exams, along with a large selection of vision correction--glasses, contacts and LASIK. Call today to schedule an appointment!

## What's New At Simon Eye?

We continue to expand our services to better serve you and are very pleased to announce the addition of two new optometrists:  
**Dr. Lisa Draper and Dr. Jenna Korsan!**



Lisa Draper, OD, received her doctorate from Ohio State University after which she completed a residency in Pediatrics at the University of Houston.

"I was seen by Dr. Korsan. She was very professional. She'll make a great addition to your team."  
-- TK

"Dr. Draper is a wonderful doctor. I would highly recommend her especially for children!" -- JC

Jenna Korsan, OD, also graduated from Ohio State University. She then completed an internship in specialty fit contact lenses and corneal disease from Case University Hospital in Cleveland.



We are proud to have these great doctors as part of our Simon Eye team!!

**SIMON EYE ASSOCIATES**  
**302.239.1933**  
[www.simoneye.com](http://www.simoneye.com)

# Our doctors are focused on you!

Go to [www.simoneye.com](http://www.simoneye.com) to learn more about the fashion, designer and sports eyewear we carry!



Day Muscelli, 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.
- Tara Yerkes, O.D.
- Patricia Sparks, O.D.
- Lisa Draper, O.D.
- Jenna Korsan, O.D.

## Trust in Simon Eye

- Competent, experienced doctors
- Certified opticians & staff
- All major insurances/HMOs accepted
- Over 29 years of providing adult & pediatric eye care
- Thousands of affordable and designer frames
- Wide selection of contact lenses
- Treatment of eye diseases

## Why is *Eye Care for Life* our Simon Eye motto?

According to a survey by the National Eye Institute (NEI), most Americans report that of all disabilities, loss of eyesight would have the greatest impact on their daily life. The NEI says that 80 percent of the sensory information the brain receives comes from our eyes. The good news is that most cases of low vision or blindness can be prevented through early detection and treatment of eye diseases.

In addition, the American Optometric Association (AOA) tells us a child should have their first eye exam at 6 months and then again at 3 years of age and each year thereafter. This is extremely important so that you can maintain the most precious gift of sight.

At Simon Eye, we believe in offering the best eye care for life. We have 16 knowledgeable Optometrists serving Northern Delaware and have recently expanded our services again to add specialties in pediatrics and ophthalmology.

Dr. Lisa Draper, our new pediatric specialist, has joined our practice to better serve our youngest patients. "Kids can't always tell you where it hurts or that the world looks blurry or double, and that's where I come in." Dr. Draper says, "I can speak for the ones who can't yet speak for themselves."



We have also recently added Ophthalmic Consultants at Simon Eye to better serve our adult population. Wills Eye Affiliated Surgeons, Sagun J. Pendse, M.D. and Beeran B. Meghpara, M.D., see patients at our expanded Limestone Road office. Both surgeons are board certified and on staff at the Wills Eye Institute in addition to private practice. They are here to treat glaucoma, cataracts and offer LASIK vision correction.

MARCH IS SAVE YOUR VISION MONTH. If you are 6 months or 106, we are here to provide you with the best *Eye Care for Life!*



## Fashion Eyewear - More than Vision Correction

At Simon Eye, we are committed to having you see your best. We also know you want to look your best. Therefore, we are happy to offer you a selection of thousands of designer glasses, sunglasses and exclusive eyewear collections along with fashionable, affordable frames. One of our newest brands, Balenciaga, is being modeled by our fabulous patient, Deborah Wilson. (pictured right)



Eyeglasses can help people see the real you, or they can help create the image you want. The key is to find the right eyeglass frames to match your personality and lifestyle.

We invite you to stop into any of our 7 convenient locations and browse through our most popular brands including Ray-Ban, Oakley, Maui Jim, Tom Ford, Gucci, Coach, Valentino and many others. One of our Certified Opticians will be happy to assist you in finding the frames and lenses that best fit your style and budget!

## 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.



Ask us for details.  
(302) 239-1933

SIMON EYE ASSOCIATES

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