May is Healthy Vision Month!
Announcing Our First Art Contest & Exhibition

Each May we celebrate Healthy Vision Month. As part of this year’s celebration, we are hosting our first Art Contest and Exhibition. We invite artists of all ages to create your vision of a Better World and submit it to our Limestone Road office. Whether your passion is for a cleaner environment, human rights, arts & culture, diplomacy, teamwork, health, peace, beauty or whatever it may be; we would like to see your vision of a better world!

Art Exhibition Guidelines
- Submissions should be between 5 x 7 and 11 x 14 and must be received by May 1st
- You can drop off your artwork to any of our locations or mail to 5301 Limestone Road Suite 128, Wilmington, DE 19808
- Artwork will be displayed at our Limestone Road location for the month of May
- Include your name, birthdate or age bracket, phone number, and email address on the back of your artwork
- There will be two winners selected in each age bracket; one for overall artistic expression and the other for overall vision
- Age brackets are: 6 and under; 7 to 12; 13 to 18; 19 and older
- Two overall Grand Prizes of $500 donations will be awarded to the winners’ school of choice
- Submit any questions to HealthyVision@simoneye.net
- Have fun!

We look forward to seeing your healthy vision of a better world!!

Helpful Tips for Handling Spring Allergies

Although there are many potential allergens, eye allergies are most commonly caused by pollen, dust, and pet dander. Here are some general tips to help:
- Make sure you are properly cleaning your contact lenses and following your wearing schedule. Using daily lenses will ensure you have a clean, fresh pair every day.
- Wearing eyeglasses instead of contacts can give your eyes a break and reduce irritability.
- Keep windows and doors closed when pollen is at its peak.
- Consider wearing sunglasses or sport goggles that cover a large portion of the face to keep pollen out of the eyes.

Managing spring allergies involves staying on top of your regular eye exams. Call us to schedule!

What’s New at Simon Eye?
The Shamir Autograph Intelligence™ Progressive Lens! Shamir Autograph Intelligence™ provides you with a progressive solution that is unique and optimally suited to your visual behavior (needs) and Visual Age™*, allowing for a personalized experience with no need to compromise on visual comfort. So, rather than receiving a prescription solution that is the same as someone 10 years older than yourself, you receive a lens that is fine-tuned to your specific visual needs! Ask your favorite Simon Eye Optician about Shamir Autograph Intelligence™ next time you visit one of our offices.

Visual Age™ refers to the physiological age of the eye (the required reading power) and is generally correlated with your chronological age.

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

Visit our website at www.simoneye.com

Simon Eye Associates, eye care for life
We help bring your world into focus so you can achieve and enjoy all life has to offer!

Insurances accepted
AETNA • AmeriHealth
Highmark BCBS Delaware • Boilermakers National Fund • CGNA • Coresource
EyeMed • Insurance Administrators
Medicare Part B and Railroad Medicare
DME Regional Carrier • NVA
Superior • Teamsters • United Healthcare Vision Benefits of America (VBA) • VSP
Highmark Health Options

Hockessin/Pike Creek
5301 Limestone Road
Suite 128
Bear
Fox Run 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

May is Healthy Vision Month!

“EYE CARE FOR LIFE”

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Should You Have More Than One Pair of Eyeglasses?

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 20 knowledgeable Optometrists serving Northern Delaware who offer a full range of services for those just starting out to more serious conditions such as glaucoma or cataracts.

Dr. Lisa Draper, OD specializes in pediatric eye care and joined our practice in 2015 to better serve our youngest patients. After Optometry school, Dr. Draper also completed a Residency in Pediatrics and Binocular Vision, including treating patients with special needs and brain injuries. "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 also collaborate with the Center for Advanced Eye Surgery and Disease to better serve our adult population. Wills Eye Affiliated Surgeons, Sagun J. Pendse, M.D., Jasmeeta Patel, M.D., Beeran Meghpara, M.D., Anand Mantravadi, M.D., and Blair Armstrong, M.D. see patients at our expanded Limestone Road office. They are here to treat glaucoma and cataracts, perform LASIK vision correction, along with an impressive menu of Cosmetic offerings.

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

*Center for Advanced Eye Surgery and Disease is an independent ophthalmology practice with no direct affiliation with Simon Eye Associates

Accessorizing Your Daily Outfits

You change your outfit and shoes on a daily basis, so why wouldn’t you do the same with glasses? You may think nothing of choosing a purse or shoes that match your outfit, so naturally, having a pair of eyeglasses in a complementary color or pattern would make sense. Having several backup pairs of eyewear can put the finishing touches on your look. You may go with some trendy black thick-rimmed glasses with your work attire. But that design may not quite go so well with a fancy dress for a weekend date night. Select contrasting designer frames to match the styles of clothing you wear.

Functional Lenses for Every Day

Every day may bring different experiences and activities. One day you may need protective eyewear for the basketball court or your active outdoor hobby, while the next you may be attending a concert or sporting event outdoors that requires using sunglasses to protect your eyes. Other times, you may need special lenses for indoor activities, such as computer glasses, which protect your eyes by reducing the effects of blue light and glare emanating from the computer monitor.

One pair of glasses may be great for when you want to read in bed at night, but that same pair won’t do you much good when you need to go on a road trip and have to see distance.

Backup Lenses

When you have poor vision, you may not be able to drive or work at all without glasses or contact lenses. It’s always wise to have a backup pair of glasses in case you break or lose your main glasses. It may take several days or weeks to get a new pair from the doctor or online, and being without eyewear for that long can be very inconvenient, not to mention dangerous.

Contact Simon Eye

If you’re ready to add more eyewear to your repertoire, come to Simon Eye. We offer several different styles of eyewear, from fashion to sports to everyday wear. Contact us today to schedule your appointment at one of our many offices.