With term coming to an end, students can be found studying in every nook and cranny of the School, noses in books and equipment in tow, preparing for exams and practising their clinical skills. Our students have been working hard and there is much anticipation and excitement for the coming holidays; a well-earned break that will allow everyone to recharge and connect with family and friends.

There has been a lot of positive and exciting activity this term. The most notable is the planning of our 50th Anniversary! In 2017, the School of Optometry and Vision Science is celebrating 50 years since it moved to the University of Waterloo in 1967.

To mark this important milestone, we have big plans throughout the year including our 50th Anniversary weekend — September 22-24, 2017 — Save the Date and plan to join us for CE, Alumni Skit Night, Gala Event featuring the Lost Faculties, a Road Hockey Tournament and more.

There are a variety of events and initiatives, including our 50th Anniversary Distinguished Alumni Awards so be sure to check our website regularly [uwaterloo.ca/optometry-vision-science/50th-Anniversary](http://uwaterloo.ca/optometry-vision-science/50th-Anniversary) to be kept up to date and for more information on how you can take part. I would also like to thank 3rd year student, Dana Smart, who designed our 50th Anniversary logo, which you will see in the newsletter and on our promotional material. We are lucky to have such talented people at the School!

In addition to this planning, we have been working on ambitious plans to reshape the optometry program through the redevelopment of our curriculum. With tight timelines in place for the completion of the curriculum renewal, I’m happy to report that we have made significant progress. Guided by the Canadian Examiners of Optometry’s report in 2015 which establishes the National Competency Profile for new optometrists, we have completed a comprehensive review of the program and have a first draft of a revised curriculum.
Key points that came from this process were: more emphasis on prerequisite material to avoid repetition, an increase in interactive learning, less didactic hours, introducing clinical skills starting in Year One of the program and increasing clinical experiences (1st years — observation, 2nd years — active participation, 3rd and 4th year — more clinical encounters). We will also strive to ensure that inter-professional education and collaboration experiences are woven throughout the program and that we enhance communication teaching and learning.

With these goals in mind, we have created teams of faculty to represent seven themes in the program. Each team will discuss the content of the courses and further flush out the priorities before reporting back to the curriculum committee. From there, we will be seeking greater feedback from the larger optometric community to ensure we are meeting the evolving needs of the profession.

Of course, this is just one of many wonderful things happening at the School. In November, we held our White Coat Ceremony for the Class of 2020. This relatively new tradition for the School and our students is one that provides the students (and their families) with a sense of belonging and pride for their chosen profession. It is a pleasure to see their enthusiasm as they receive their white coat and as clinicians ourselves, it serves as a reminder of the privilege it is to be an optometrist.

In other news, the School is grateful to have received strong support from COETF and has once again had a strong presence at the American Academy of Optometry in Anaheim. The School also welcomes new faculty member, Dr. Zay Khan as an Assistant Clinical Professor. You can read more about this news, our 50th Anniversary plans and many other exciting initiatives in this edition of the newsletter.

Lastly, remember to Stay Connected! We have now gone to a digital newsletter so if you haven’t signed up yet, please make sure you do so you can keep up to date with news, events and important information. Adding to this, we now have a Twitter account and you can follow us at @UwOptometry.

I would like to take this opportunity to thank you for your ongoing support for the School of Optometry and Vision Science.

Deborah Jones
Clinical Professor; Interim Director
School of Optometry and Vision Science
School of Optometry and Vision Science PhD student wins national Three Minute Thesis competition!

This article was written by Pamela Smyth, Media Relations Manager for the University of Waterloo, and first appeared in uwaterloo.ca/news.

For the first time, a doctoral student from the University of Waterloo has won the national Three Minute Thesis (3MT) competition, which sees graduate students from across the country communicate the breadth and significance of their research to a non-specialist audience in three minutes or less.

Gah-Jone Won’s winning presentation features his research as a PhD student in both the School of Optometry and Vision Science and the Department of Biology in Waterloo’s Faculty of Science. His presentation, “The Development of an Antibody-Drug Conjugate to Specifically Target and Soften the Crystalline Lens,” won first among more than 200 master’s and PhD students at the University of Waterloo 3MT competition. He won the provincial (Ontario) 3MT competition before taking the top spot as the national 3MT champion.

“Three Minute Thesis is a friendly contest between graduate students, but above all else, it challenges young researchers to be clear, concise, and captivating about their work,” said Won. “I strongly encourage all graduate students to compete, regardless of the stage they’re at in their thesis.”

Won’s research focuses on drug treatments for presbyopia, a condition that eventually affects everyone. With time, our eyes lose the ability to focus on nearby objects, leading to a need for bifocals, or reading glasses. Won’s research proposes a pharmaceutical eye drop that softens the eyes’ crystalline lens in order to restore near vision that would otherwise worsen as we age.

“Winning the national 3MT is a tremendous achievement, and we congratulate for his compelling presentation and outstanding success.”

Won acknowledges his supervisor in Optometry and Vision Science, Associate Professor Vivan Choh, for her encouragement and mentorship.

The Canadian Association for Graduate Studies (CAGS) organizes the annual 3MT competition. As national champion, Won receives a cash prize of $1,500 and an all-expense-paid trip to the annual CAGS conference in November.
The School is turning 50!

This year, the School of Optometry and Vision Science will celebrate its 50th Anniversary since moving to the University of Waterloo in 1967. We hope you will join us to mark this important milestone!

Keep up to date on our 50th Anniversary activities at: uwaterloo.ca/optometry-vision-science/50th-anniversary

For this year only, we have moved our annual CE program to our main celebration weekend on September 22-24, 2017.

The weekend schedule will include:

FRIDAY, SEPTEMBER 22
» Grad Student Poster Session and Lunch
» Clair Bobier Lecture
   Dr. John Dowling
   Gordon and Llura Gund Research Professor of Neurosciences
   — Harvard University | Department of Molecular and Cellular Biology
» Alumni Skit Night
   Teams can be your classmates, colleagues from your practice or from your town/city or a group of friends from the program.

SATURDAY, SEPTEMBER 23
» Emerson Woodruff Lecture
   Dr. Susan Vitale
   Research Epidemiologist, Division of Epidemiology and Clinical Applications — National Eye Institute (NEI) — National Institutes of Health (NIH), Bethesda, MD
» Gala featuring the Lost Faculties
   A formal affair including a four course meal, special guest speakers and a night of dancing with the Lost Faculties!

SUNDAY, SEPTEMBER 24
» Wrap-up BBQ
   A BBQ for all alumni, students, faculty and staff. Join us for the BBQ and to cheer on the teams in our Road Hockey Tournament.
» Road Hockey Tournament
   Teams will be a mixture of alumni, students, faculty and staff to ensure that there is an even blend of experience. Once set, make up your team name — shirts will be provided.

Plan a Class Reunion during our 50th Celebration weekend!

We can help! » Contact optometry50@uwaterloo.ca or 519-888-4567, ext. 36319
OTHER EVENTS AND INITIATIVES WILL INCLUDE:

» 50th Anniversary Alumni of Honour Awards — Nominate someone for this special honour. To be presented at the CAO Congress in Ottawa in 2017.

» Canadian Interdisciplinary Vision Rehabilitation Conference — March 25-25, 2017

» Public Lectures — Held in the Spring and in the Fall, we will hold educational lectures for members of the community.

» Eye Talks: Your Vision is Our Vision — June 3, 2017

» Canadian Tour — in honour of our 50th Anniversary, we will visit each provincial association meeting throughout the year!

» University of Waterloo — University of Montreal Joint Research Conference — December 7-9, 2017

REGISTRATION AND ACCOMMODATION

* Registration will open — Spring 2017

» Inn of Waterloo — 475 King Street North, Waterloo — this is the location of our Gala event

— Group rate of $169/night

» Delta — 110 Erb Street West, Uptown Waterloo — Group rate of $179/night

» Courtyard Waterloo St. Jacobs — 50 Benjamin Road East, Waterloo — Group rate of $139/night

» St. Paul’s College — on campus, limited availability — $95/night

Visit uwaterloo.ca/optometry-vision-science/50th-anniversary to register.
University of Waterloo Optometry Clinic Administers Over 200 Vision Assessments for under-served community

BY ANDRE STANBERRY AND INTA BREGZIS

The University of Waterloo’s Optometry Clinic (School of Optometry and Vision Science) partnered with Plastic Plus in conjunction with the Pinball Clemens Foundation to provide vision screening and full eye examinations for over 200 children and youth at C.W. Jefferys Collegiate Institute in Toronto on August 9 & 10, 2016. Other contributors included Zeiss and Innova who provided the optical equipment needed for the screenings and eye exams. The Optometry Clinic aims to provide follow-up care for those children identified through the examinations as requiring additional eye care. The Clinic is also committed to undertaking further vision outreach initiatives for other vulnerable populations.
The ability to see well is important to the social and emotional development of children. The Optometry Clinic was approached to undertake vision screening for children and youth in the Jane and Finch area of Toronto, a neighborhood characterized by a variety of health and socio-economic barriers, including access to eye care. The vision screening took place over two days — August 8 and 9, 2016 at C.W. Jefferys Collegiate Institute where these children and youth were enrolled in a summer day camp.

Through a sponsorship from the Pinball Clemens Foundation and Plastic Plus, the University of Waterloo (UW) Optometry Clinic administered vision screenings to 201 patients, of which 95 received full eye exams. The Optometry Clinic was represented by a team of 31 UW Optometry students, 14 Optometrists, 2 staff members, and 1 photographer.

Plastic Plus and their team of opticians provided spectacle correction based on the examination results, dispensing 63 pairs of glasses to the children participating in the vision screening initiative. Plastic Plus also provided the transportation for the UW Optometry Clinic team to and from the vision screening site.

Several options for ongoing optometric care were offered to the children and youth to whom corrective glasses were dispensed. Contact information for local optometrists was provided should these patients wish to arrange for follow-up eye care in their community. The UW Clinic also intends to offer follow-up care as needed.

The screening was also made possible by Innova, with the donation of a full examination lane and NCT (Non Contact Tonometer), and Zeiss with the provision of optometric equipment and assistance during the 2 days.
Waterloo vision scientist Ben Thompson with collaborators from Sun Yat-sen University found low voltage electric currents can temporarily improve sight in adult patients with lazy eye.

Lazy eye affects up to three per cent of Canadians and with no treatment options for adults, it increases a patient’s lifetime risk for legal blindness by 50 per cent.

It’s a long held view that adults can’t be treated for lazy eye because their brains no longer have the capacity to change,” says Thompson, a professor in the School of Optometry and Vision Science in the Faculty of Science. “We demonstrate here that adults do have the capacity, especially when it comes to vision.

Rewiring the brain with a little help
Lazy eye, also known as amblyopia, is a loss of vision that originates in the brain, typically when a child develops an eye turn or one eye becomes long sighted. The unequal input causes the brain to process information from the weaker eye incorrectly. And unless the brain processing issue is treated, the vision loss remains, even after the problems in the eye are fixed.

Until now only young children were considered successful candidates for treatment, which often involved wearing a simple eye patch.

“Amblyopia is an issue here in Canada, but much more so in countries where access to basic vision care for children is challenging,” says Thompson.
That said, amblyopia in children is very treatable because their brains are so responsive. It’s a different story for adults whose brains have long passed out of the critical developmental period.

Until fairly recently, the prevailing view was that if adults couldn’t develop amblyopia, they couldn’t be treated for it,” says Thompson. “This was the same for anyone with brain-based vision problems — they’re often told there’s nothing that can be done about their vision loss.

That’s where transcranial direct current stimulation or tDCS can help. It appears these low voltages — often described as a slight tingling on the head — stimulate activity in certain areas of the brain, depending on how and where stimulation is applied.

Success in stimulating the primary visual cortex

Methods such as tDCS are nothing new, but are now undergoing something of a revival. Recent studies are finding low voltage stimulation can alleviate depression, improve adult learning and increase neuroplasticity — the brain’s ability to rewire and reorganise itself.

In a proof-of-concept series of experiments, Thompson and his colleagues exposed patients to twenty minutes of a technique called transcranial direct current stimulation (tDCS), which was applied to the surface of the head, directly over the primary visual cortex.

They found the treatment temporarily increased the brain’s response to visual information from the lazy eye as well as the patients’ ability to see low contrast patterns.

Their results were published this month in Scientific Reports, a highly cited Nature publication.

Other research groups have suggested that tDCS might also have beneficial effects in patients with vision loss due to stroke.

Clinical trials on the horizon

Thompson says these initial results demonstrate the proof-of-concept that will allow him and his research group to take the next step towards clinical trials.

Our ultimate goal is to develop an evidence based treatment that patients can receive right in their eye doctor’s office,” says Thompson. “We expect there are other primary visual cortex problems that we may be able to address with this method.

Other collaborators include researchers from McGill University, University of Auckland and Hong Kong Polytechnic University.

Alan Tomlinson
M.Sc, PhD, D.Sc., F.C.Optom., D.C.L.P., D.Orth., F.A.A.O.

Alan Tomlinson is an optometrist who trained at the University of Bradford in the U.K. and obtained a PhD at the University of Manchester. He has been a member of the faculty of three British universities (Bradford, Manchester and Glasgow Caledonian where he was Head of Optometry and Vision Sciences from 1992 to 2009). He has also served on the faculty of the Schools of Optometry at UC Berkley, Indiana University and the Illinois College of Optometry in the U.S., and for 6 years he was Clinical Research Director for a major contact lens company. Prof Tomlinson was awarded a Doctor of Science degree in 2000 by the University of Manchester for his work on contact lens and anterior surface disorders. He has published over 150 papers in these research areas and is the author of Complications of Contact Lens Wear (Mosby). He has been recognized by award of the research medal of the British Optical Association, the Shapiro Award from the American Academy of Optometry and the BCLA Medal from the British Contact Lens Association. He is currently Professor Emeritus of Vision Sciences at Glasgow Caledonian University and resides in Canada.
Setting the tone for collaborative healthcare

BY LISA CHRISTIAN

“...IPE day served to teach me a lot about other health professions and debunk their stereotypes. It was also fun to meet new people from other professional programs and hear about their experiences in it thus far.”

CARMEN OU, Class of 2019

On March 28, 2016, 91 first year uWaterloo optometry students travelled to the London Health Sciences Centre University Hospital (LHSC) for the first annual interprofessional education (IPE) day. Interprofessional educational programs have been established in health professions across Canada with the goal of providing optimal patient care.

Joining them were students from uWaterloo pharmacy and Western University medicine and dentistry. The event was also attended by students in physiotherapy and speech language pathology, bringing the total number of attendees to over 400.

IPE Day was launched by the South Western Academic Health Network (SWAHN), a group of healthcare educators and practitioners whose aim is to improve health outcomes for patients in southwestern Ontario through integrating research, education, and clinical practice.
The day began with a patient panel featuring Dr. Ian MacLean. Dr. MacLean is a physician, but at IPE Day he spoke primarily from a patient’s perspective. A cancer survivor himself, he shared lessons on how vital interprofessional care was in the management of his cancer and in his recuperation after a laryngectomy.

Following Dr MacLean’s talk, students split into 40 groups, mixing trainees from each program. In these groups, the students also tackled patient cases, one about a family of refugees navigating the Canadian healthcare system, and the other about an elderly couple dealing with age-related macular degeneration, dementia, and a host of other chronic conditions.

The groups also brainstormed common stereotypes about the four represented fields of study. Statements like ‘pharmacists move pills from a bigger bottle into a smaller bottle’ and ‘optometrists just sell glasses’ were shared, laughed about, and then discussed at the end of the day as facilitators from each institution helped debunk popular myths.

Overall, the day was a huge success and plans for IPE Day 2017 are already underway!

“Initiating a collaborative work environment amongst health and social workers is essential when enhancing patient care. IPE Day provided a great opportunity for students, allowing us to interact, network, and educate one another on our future roles in the healthcare field. This day was a major step forward towards inter-professional care as we become the succeeding medical professionals.”

JOCELYN LEUNG, Class of 2019

The 2016 Optometry Rack Pack team completed the ‘CIBC Run for the Cure’ on Sunday October 2, 2016 to support the Canadian Breast Cancer Foundation. In their fourth year as a team, there were 22 “Rack Pack” members including optometry faculty, staff and students — as well as family and friends of the School of Optometry and Vision Science — who walked or ran the 1km/5km race at Conestoga College, Doon Campus in Kitchener. We also had one off-site member, Michelle Steenbakkers, our former team captain, who participated in the run in Ottawa!

The Optometry Rack Pack fundraised over $6,400 this year. That brings our four year total to over $40,000!

The Rack Pack was again honoured with the ‘Post-Secondary Team Challenge Award’ for the institution with the most funds raised to support the cause.

The Run for the Cure was inspiring to all who attended — so be ready to tie up your laces for next year’s event. Way to go, team!

Donations to the Canadian Breast Cancer Foundation through the Optometry Rack Pack are still being accepted. To donate, go to www.runforthecure.com and search “Optometry Rack Pack”
Canadian Interdisciplinary Vision Rehabilitation Conference (CIVRC)

BY SUE LEAT

The first Canadian interdisciplinary weekend vision rehabilitation conference will be held at the School of Optometry and Vision Science in March 2017. It will be of interest to all professionals who are, or would like to be, involved in low vision rehabilitation. Included is a new lecture, named for Dr George Woo. The inaugural George Woo lecturer will be Joan Stelmack (Director, Low Vision Service, Illinois Eye and Ear Infirmary, University of Illinois). The two keynote addresses will be given by Walter Wittich (Ecole d’optometrie, University of Montreal) and Anne Riddering (Director of Rehabilitation Services for Henry Ford Health System’s Visual Rehabilitation and Research Center of Michigan). The conference will include joint and parallel sessions, continuing education lectures, workshops, grand rounds presentations, a trade show and an art show. All professionals who are interested in broadening their knowledge and skills in low vision rehabilitation are welcome.

Our logo was created by Luisa Lee, 4th year OD student, as a result of a Logo competition. She explained that her idea was that the logo represents a group of professionals from various fields (optometry, ophthalmology, occupational therapy, orientation and mobility, opticians, teachers etc) surrounding a patient with low vision, and giving them their full attention by aiding them with their new knowledge. Ms Lee said that “The overall appearance resembles a pupil to represent the vision these specialists have for low vision rehabilitation”.

For further information, please see the Centre for Sight Enhancement’s event page. Registration is open. Early Bird registration ends on December 15th, 2016, and registration closes on March 14th.

There is also the opportunity to sponsor a student to attend the conference who otherwise would find it financially difficult. Sponsoring a Waterloo student for the full conference is $250. Eligible students could be from a variety of disciplines across campus e.g. Optometry, Applied Health Science. Sponsoring a non-Waterloo a student to attend the full conference including a contribution towards their travel and accommodation is $500. The eligible student would be from a discipline such as occupational therapist, optometrist or ophthalmologist who needs to travel to attend the conference.

Canadian Low Vision Achievement Award

We are also glad to announce a new award that has been created in association with this conference, the Canadian Low Vision Achievement Award. This biennial award is presented to an individual who has significantly contributed to the promotion, development, improved delivery, or knowledge of low vision and/or blindness rehabilitation within Canada. Contributions can include research, clinical, service, and/or education-related achievements. The award will be presented at the Canadian Interdisciplinary Vision Rehabilitation Conference.

Nominations should include name, institution, and contact information for the nominee and a description in 500 words or less outlining why the nominee is worthy of the award. While not mandatory, a CV/resume will assist the judges in making a final decision. Please use accessible formats such as word processing or plain text documents.

Please send your nominations by email to Dr. Tammy Labreche (tlabrech@uwaterloo.ca) or Dr. Susan Leat (leat@uwaterloo.ca).

The deadline for receiving nominations is January 31st, 2017.
Recommended labelling improves readability of prescriptions

Results of a study from the University of Waterloo and CNIB bolster the argument for changes in the way pharmacies print instructions to patients. The researchers tested prescription labels based on recommended guidelines and found a significant improvement in their readability over the ones in use now.

The study appears in the most recent issue of the Canadian Pharmacists Journal, and is the first to show how improved legibility translates into significantly faster reading times for people with normal vision and with vision loss. When drug labels are easier to read, patients may be better able to adhere to their prescription instructions.

“For Canadians with vision loss, it is essential that prescription drug labels follow clear print guidelines,” said Diane Bergeron, executive director of strategic relations and engagement at CNIB. “People who cannot read prescription labels or distinguish amongst different medications are at risk for misusing their medication and potentially putting their health in jeopardy.”

Researchers asked 71 adult patients ranging in age and visual acuity to read prototype labels versus sample labels from a pharmacy, with both types of labels containing standardized prescription information. They created the prototype labels using recommended guidelines from CNIB. The sample labels came from 12 different pharmacies, reflecting the disparities patients currently see on prescriptions and used all uppercase lettering for the instructions, problematic for patients who have issues with their vision.

The prototype labels followed recommended guidelines for font size, use of bolding, justification, sentence case and spacing and led to patients reading the prototype labels between three to eight seconds faster than the pharmacy samples. Patients with vision loss struggled a full 10 seconds longer to read the pharmacy samples, compared to the prototype labels.

“Improving the legibility of prescription labelling would help make labels much more accessible to people who are sighted or have low vision,” said Susan Leat, a professor in the School of Optometry and Vision Science at Waterloo. “While uppercase is great for emphasizing one word, it actually presents a barrier when overused.”

Patients preferred the prototype labels with characters in the largest possible font (16-point), along with numbers in the instructions printed in uppercase and highlighted in yellow for emphasis.
First of all, I would like to introduce myself: I am Resa, a twenty-five-year-old optometry student from Germany. As part of my optometry degree, I am completing a six-month exchange program at the University of Waterloo, School of Optometry and Vision Science.

Throughout my three-year ophthalmic optician apprenticeship and the start of my academic studies in optometry at the University of Aalen, in Germany, I have been interested in a semester abroad. One of the elective courses available in my program was “International Optometry” which allows students to gain experience by spending a study semester in another country. After attending an informative and interesting seminar on possible exchange locations, I was very interested in the opportunities for an exchange semester at the University of Waterloo. The School of Optometry and Vision Science was my best choice of location available in the International Optometry program because it allowed me to work at the well-known Centre for Contact Lens Research (CCLR), and to attend the high quality lectures, for which the School of Optometry and Vision Science is well known.

I have been part of the CCLR staff since the end of February and have now attended lectures during both the winter and spring term. What a great variety! My main focus is working at the CCLR, where I am collaborating on several projects, getting experience in scientific research and also doing various administrative tasks. I also have the opportunity to attend lectures covering a broad range of topics including “Clinical Ocular Pharmacology” and “Ophthalmic Lasers & Refractive Surgery”. An exchange is not only a great chance to build up a network for an international working career in the future, this has also allowed me to connect with colleagues and students from all around the world to further develop a deep understanding of different cultures and people.

The optometry program in Germany is different in some ways to the program here in Canada. In Germany there are four universities which provide an academic clinical optometry program, Aalen, Jena, Berlin and Muenchen. Some of these universities require that applicants have a previous apprenticeship as an optician in order to receive admission. My educational path consists of a general study period of seven terms over three and a half years and to achieve my optometry degree I need a combined total of 210 credits. I receive a specific number of credits each time I successfully write an exam. In my last term I have to write a detailed final thesis about a specific topic including research and statistic work. In my experience, the study contents in Germany have been based more on the business aspects of the profession, such as marketing and product research and development, than I have seen here in Canada. However, some components of optometry in Canada, such as the diagnosing of eye diseases and the prescription of drugs are not allowed in Germany at this time.

In an increasingly globalized world and particularly in a worldwide aging population, our profession as optometrists is more important than ever before. The worldwide connection of optometry is one of the key factors for ensuring the best provision for our patients and customers. In addition a close contact in this specific area of science encourages a significant academic and technical cooperation between Canada and Germany. Every year about two to five German students are completing exchange programs at the School of Optometry and Vision Science. Based on the benefit to both sites and to solidify this cooperation, continued student exchanges are planned.

Last but not least, another important factor in my decision to come to Canada is its fascinating natural and cultural diversity. In my opinion a colourful variety of traditions, languages and conventions make up the wealth of Canada.

If you are interested in more detailed information about the optometry program in Germany, the general process of the exchange program or about German culture, just feel free to contact me: resa.kummer@gmail.com.
Look who retired!

Dan Hayhoe

BY ANDREA CARTHEW

Dan Hayhoe, one of our clinical supervisors who was the lead in establishing and developing the Health Sciences Clinic in Kitchener, is retiring.

Dan is from Smith Falls, Ontario. He did his undergraduate degree at the University of Waterloo and then went on to graduate from the School of Optometry in 1974. He then completed a residency at UW in paediatrics and contact lenses and from 1976-77. Dan was then a lecturer in the Faculty of Science at the University of Benin, Nigeria, West Africa and graduated the first 5 Optometrists in Sub-Saharan Africa, outside South Africa. In 1977 he became a Fellow of the American Academy of Optometry.

Dan Hayhoe has been running a successful practice in Cambridge and Erin, Ontario since 1978 and has continued to stay on at the School as a part-time clinical supervisor; taking on the leadership role of establishing and developing the Health Sciences Clinic in Kitchener. At this satellite Clinic optometry works side by side with a Family Health Team and the McMaster University Michael DeGroote School of Medicine to provide collaborative teaching and interprofessional care to the patients they serve. It is a tremendous model for providing patient care and has been a success due in large part to the efforts of Dr. Hayhoe. With his guidance, the Kitchener Clinic continues to grow and expand to meet the needs of the diverse patient population of the area.

This would seem to be a full-time job in itself, but Dan and his wife Christine have another passion; providing education, eye and health care to communities in need in Africa. This is a cause they, with their five children, have devoted their lives to, and have visited Nigeria, Ghana, Malawi annually from 1976-2013. In 1994, they co-founded Future Vision Ministries with the mandate of whether in Canada or Africa is to minister to the needs of the whole person, Spirit, Soul and Body, through creative and relevant programming within the framework of their social/ethnic heritage.

In 1995 Dan and Christine co-founded the Matunkha Centre for Rural Orphan Care and Development in Northern Malawi-Central Africa. The Centre strives to encompass a full range of activities and services including; a community based orphan care; a Primary School; a Secondary School Scholarship Fund; HIV-AIDS Home based care and advocacy and education throughout the region; clean water for 62 villages; agricultural and vocational training; built a rural nursery schools in the region for pre-school orphans; provide nutritional supplements and disaster relief; and has university education funding.

From 2007 to present, Dan and Chris have facilitated the development of Taulo and Nandolo Centres for Early Childhood Development in Southern Malawi and actively support ECD in these two regions through local leadership. The programs include: daily feeding of 600 preschool children; the construction of two nursery schools; well drilling; sustainable agriculture; vocational training and income generating activities for the Empowerment of Women; HIV — AIDS awareness, voluntary testing, counseling and referral; pastoral care and counseling in 23 villages; educational assistance and capacity building, including a fund for secondary and post-secondary students; and eyecare, a program which began in April, 2013 and is a collaborative effort to provide free eyecare (glasses, medical treatment and surgery) to 23 villages.

Much of what Dan has been able to accomplish both at the University of Waterloo’s Health Sciences Clinic and in Africa stems from his passion and ability to build relationship with healthcare and education leaders. To further build on this, Dan takes Up to four final year Waterloo interns to spend 6 weeks at Queen Elizabeth Central Hospital in Malawi providing care as part of their PC -1 rotation at the Lions Sight First Eye Centre.

Dan has been recognized for his efforts and received one of the University of Waterloo’s 50th Anniversary Awards and has received the Distinguished Teaching Award as a Clinical Supervisor for the last two years.

We wish Dan all the best in retirement, and the new directions that it brings!
RETIREMENTS CONTINUED

Marilyn Smith
BY NATALIE HUTCHINGS

Marilyn Smith has been at the School of Optometry and Vision Science for over 25 years and what a spectacular ride it has been!

Marilyn graduated from the Georgian College Dispensing Optician Program in 1981, becoming a licensed Ontario optician (RO) 1982, and moving to the GTA to start her own mobile industrial eye wear company. In 1988, Marilyn accepted a position at the University of Waterloo as lab demonstrator and student clinical supervisor in the School of Optometry and Vision Science. In August 1990 she was promoted to manager of Optical Services as well as continuing her teaching assignments and clinical supervision.

Over the years her role in the School has expanded and now as she retires, Marilyn is a Faculty Clinical Lecturer and teaches courses related to ophthalmic optics & spectacle therapy. She is also the head of the External Dispensing Clinics for nursing/seniors homes in the Waterloo area and Head of the Primary Care Externship program. Over her time here at the School, Marilyn has been regularly honoured by the students, receiving the Distinguished Clinical/Lab Instructor Award and the Distinguished Clinical Associates Award time and time again.

If we had to pick four words to describe Marilyn they’d be: Energetic, Generous, Dedicated and Sparkley. Yes, sparkley — we’re not even sure it’s a real word, but we should probably explain it first. Marilyn loves sparkles; from her glasses all the way down to her toes. She swears that the enormous frames of the ‘80s are making a comeback — we have a suspicion it’s all just a ruse to have more acreage on which to add sparkles to her spectacles. She also sparkles in her approach to life, with her ‘can do’ attitude and being quick to lift the spirits of those around her, and quick to laugh.

She is so energetic it’s exhausting to witness. As well as her clinical work, teaching, and organisation of the primary care externships, she also organizes the Schools Optometric Assistants program and trade show at the CE weekends in June, presents to the University Staff Association on eye care, delivers continuing education, obtains progressive lenses for students to use for study after having the pupils dilated, and so it goes on. She does a million things that represent the glue that helps hold the School community together and links us to the community around us.

Marilyn is also generous. She is generous in her praise of colleagues and students alike, and has always taken the approach that what is good for the School and the profession is good for her. She is generous with her time, be it to provide compassionate counsel to a student or to organise a ‘save-me-I-can’t-remember-anything’ session prior to the board exams.

She also acts as the faculty liaison for the Optometry Campus Lions Club, supporting the student’s efforts to raise money for Guide Dogs for the Blind. In 2012, the KW Spirit Lions Club presented Marilyn with the Helen Keller Fellowship Award that honours members who embody the principles of Keller.

Another perfect example of her generosity can be seen in her mission work. Since 2003, Marilyn has arranged student externships to the Jamaica Vision Care program at the FISH clinic. Luckily for her, this involves working on-site with Dr. Murch Callendar and the students, in winter and summer, in open-toed sandals. She supports FISH and other mission trips by organising the collection and verification of spectacles and ensures docs, students, patients and volunteers alike have a meaningful experience. Marilyn has organized students to be involved with OneSight missions supported by Lions International as part of their externship program and has established an externship, with Dr. Dan Hayhoe, to Blantyre Malawi Lions Eye Hospital with support from the Lions Club.

Lastly she is dedicated. Dedicated to the quality of professional care she provides, and sharing her knowledge and experience with others. She lectures to opticians, optometrists and optometric assistants. Over the years, Marilyn has also collaborated on many projects including the design and development of spectacles for patients with low vision needs. She has written and published articles and research reports. Marilyn is synonymous with excellence in dispensing. As well as being a member of the educational committee of the Ontario Optician's
Association, in 2013 she was awarded their Clifford Shorney Optician of the Year Award.

Most importantly though, Marilyn is dedicated to the lights of her life; as a Mom to Alexandra and as a daughter to her parents, Bob & Jan.

Just about every graduate from our professional program in her time at the School of Optometry and Vision Science has benefited from Marilyn’s wonderful teaching and guidance. What a legacy. Not only the School, but the professions as a whole — including opticianry and optometric assistants — have good reason to honour her commitment to making us all better at what we do.

As she enters retirement, Marilyn will continue as a motivational speaker and now a Life Coach. This is a perfect way for her to share her sparkle, energy and passion to inspire positivity. Look out for her at a venue near you, as she will also be sharing her dispensing knowledge through lecturing and her role with the Canadian Certified Optometric Assistant (CCOA) program team as the Lead Lecturer and Workshop Instructor. Her mission work will continue as long as there are students who want to go!

Thank you, Marilyn. Good luck in your upcoming adventures and may you float towards endless days of sunshine and open-toed sandals in Flori-Canada with the grace and joy that you brought daily to the School.

New Faculty for 2016

Andre Stanberry

Andre Stanberry completed his undergraduate studies at the University of Western Ontario and subsequently earned a Doctor of Optometry degree from the State University New York College of Optometry in New York City. Following graduation, he completed a residency in Ocular Disease and Family Practice at the East New York Diagnostic and Treatment Center. Prior to joining the faculty at the University of Waterloo he was an Assistant Clinical Professor at the State University of New York College of Optometry. Andre is currently a Clinical Associate Professor and Clinic Director at the University of Waterloo, School of Optometry and Vision Science.

In addition to university based clinics, Andre has extensive experience in hospital based optometry and is Board Certified as a Diplomate of the American Board of Optometry. He has lectured both nationally and internationally in the areas of ocular disease and primary eye care.

Lacey Haines

Lacey Haines graduated from Memorial University of Newfoundland in 2008 with a Bachelor of Science degree in Biology and Math. She completed her Doctor of Optometry Degree at the University of Waterloo, School of Optometry and Vision Science in 2012. Since graduating, Lacey has completed residency training in Cornea and Contact Lenses and is now pursuing a PhD in Vision Science at WOVS. She also recently became a fellow of the International Association of Contact Lens Educators before joining the School’s faculty as an Assistant Clinical Professor. Clinical and research interests include anterior segment imaging, specialty contact lens fitting, surgical treatment of keratoectasia and management of contact lens complications.

Zay Khan

The School of Optometry and Vision Science welcomes Dr. Zay Khan as our newest faculty member. She joined us this Fall as an Assistant Clinical Professor. Dr. Khan was born and raised in Nairobi, Kenya. She received both her Honours Bachelor of Science and Doctor of Optometry degrees from the University of Waterloo in 2007. Following this, she pursued a residency in Low Vision Rehabilitation and Ocular Disease with the Illinois College of Optometry, graduating in 2008. Upon completion, Dr. Khan then returned to Canada where she served intensively in private practice in the Niagara region for 8 years, whilst maintaining a Clinical Supervisory role at the School of Optometry and Vision Science. She is a Fellow of the American Academy of Optometry. Dr. Khan enjoys full-scope optometry, and is particularly passionate about increasing access to low vision care, and integrating low vision care into every day, routine, optometric practice.
Two new optometric residencies have been added to those offered by the School for 2016-17. The new residencies are Ocular Disease and Glaucoma, and Sports Vision and Vision Therapy, which are added to the offering of Cornea and Contact Lens, Pediatrics and Vision Therapy, and Low Vision Rehabilitation, bringing the total residencies offered to five. The inclusion of an Ocular Disease residency is an important step, due to the increased scope and responsibility of Optometry in this respect. The Sports Vision and Vision therapy is a new venture, as it takes place at an affiliated site in Calgary. This is the first residency that is based totally at an affiliated site, although close contact with the School is maintained. With the other residents, the Sports Vision and VT resident takes part in a course on Evidence Based Medicine and Clinical Statistics via Skype, has regular phone meetings with supervisors at the School and there are assessment visits to the site. The resident will also visit Waterloo to take part in seminar presentations towards the end of the residency. This residency opens up the possibility of a far greater number of residency offerings than can be offered within the School itself.

During the last four years, the School has sought to offer residencies more consistently and to actively increase its number of residencies. Up to and including 2012-13 there was at most one residency offered per year. In 2013-14 and 2014-15, this increased to two and in 2015-16 to four.

A residency is a highly individualised program of mentored clinical experience, guided scholarly activity and self-directed learning. Also residents are usually involved in teaching labs in the OD program.

The residency program enriches the profession and creates a pool of individuals with expertise for clinical faculty appointments. Over the years, our residents have gone on to take positions as clinical faculty, PhD students, part-time clinical supervisors, hospital appointments, and to develop offices with a special focus of optometric care.

The residencies are designed to follow the standards of the US ACOE accreditation body for residencies, in anticipation for obtaining this accreditation in the near future.

To learn more about the topics and specialized training available this year, visit the residencies web page, uwaterloo.ca/optometry-vision-science/residencies
The University of Waterloo Advancement of Independent Optometry Club (UWAIOC) was founded in early 2015 by Jaclyn Chang (Class of 2018) and Courtney Fan (Class of 2018); two optometry students passionate about private practice. In its first year running, the UWAIOC has grown to include 88 members! The club was created to increase early exposure to information vital to their future careers. Chang, who previously attended the Illinois College of Optometry in Chicago, and Fan, who earned a Masters of Accounting at the University of Waterloo, pooled their knowledge and resources to find a way to share this information with their fellow classmates. In the process, they were put in contact with the Student Optometric Leadership Network (SOLN stylized as SOLutioN), a student-run non-profit organization with the goal of making the optometric profession stronger by inspiring and educating future Optometry Doctoral (OD) students.

Chang, the current Co-President of the club, and President-elect Martina Sawatzky (Class of 2019) attended the 6th annual SOLutioN conference in Denver, CO (June 9-12), connecting with private practice club presidents from every optometry school in the United States and Puerto Rico. At the conference, these student leaders take part in a leadership training program that allows them to share club ideas, gain resources, and learn skills that they can carry into their future careers. Each year all schools are given the opportunity to compete for the Preston Cup, named after Preston Smith, a founding member of SOLutioN, who tragically lost his life in an automobile accident in 2011. Three or four finalists give a presentation on the work the club has done over the past year, all club presidents cast a vote, and the Preston Cup is then awarded to the most deserving private practice or practice management club; one which shows the most growth and innovation. Having impressed their peers with their accomplishments and explosive membership growth, the University of Waterloo Advancement of Independent Optometry Club won the Preston Cup! They are proud to bring the Preston Cup back home to Waterloo as the first Canadian optometric private practice club and excited to see what the future of private practice holds.

For more information on UWAIOC and SOLutioN, please visit:  
www.facebook.com/UWAIOC  
www.solnoptometry.com
In 2017, the School of Optometry and Vision Science will celebrate our 50th Anniversary since moving to the University of Waterloo in 1967. The 50th Anniversary — Distinguished Alumni of Honour Awards will help mark this important milestone and acknowledge exceptional alumni.

Call for Nominations
We are proud to have a great number of alumni who are outstanding contributors to both optometry and their communities, going above and beyond to make a difference. To recognize some of their efforts and achievements the School is pleased to present: The 50th Anniversary — Distinguished Alumni of Honour Awards

Individuals will be selected based on the following categories:
» Prior to 1967
» 1968–1977
» 1978–1987
» 1988–1997
» 1998–2007
» 2008–2017

We invite you to nominate a graduate from either our Optometry or Vision Science program, who has made significant and proven contribution(s) in one or more of the following areas:
» Professional Achievement: recognizes professional accomplishments/contributions.
» Contributions to Community: recognizes accomplishments in volunteer leadership, humanitarian endeavours, in the community and public service.

Nominations will be accepted at uwaterloo.ca/optometry-vision-science or by hard copy until the deadline of May 12, 2017.

Awards Process
The nominees must hold UW Optometry and Vision Science degree(s) (O.D., M.Sc. or Ph.D.). Self-nominations will not be considered.

Nomination forms must be completed, including all mandatory fields. Please provide as much detail as possible. Additional information and/or letters of reference will also be accepted. Nominations can be submitted online or by hard copy to:
Waterloo School of Optometry and Vision Science
200 University Avenue West, Waterloo, ON N2L 3G1
Attn: 2017 — 50th Anniversary Awards

Awards selection will be made by a committee of senior faculty and staff as well as the President of the Canadian Association of Optometrists or designate.

Awards Presentation
The Alumni of Honour Awards are presented during the biennial Canadian Association of Optometrists Congress — Ottawa, Ontario, June 28–30, 2017

Recipients will also have their biographies and pictures featured in the Waterloo School of Optometry and Vision Science newsletter, on the website and will have their name and photo added to a permanent plaque that will be displayed in the School.

Learn about past recipients at uwaterloo.ca/optometry-vision-science/alumni-and-friends/awards

* PRIVACY STATEMENT: The University of Waterloo respects your privacy and that of the person you are nominating. Our full privacy policy is online or you may contact Andrea Carthew
This form will be used to identify candidates for the School of Optometry and Vision Science’s 50th Anniversary Distinguished Alumni of Honour Awards. Please provide as much detail as possible, point form is encouraged. You may attach a separate sheet in order to provide full details. You may also submit the nomination form at uwaterloo.ca/optometry-vision-science. Required fields are marked *

1. Personal Information of Nominee

*Given name(s)          *Last name          *Year of graduation

*Address (full address if known)  ❑ Home  ❑ Business

* Phone number(s)          *Email Address

*Practice name/employer

2. Professional Achievement

(recognizes professional accomplishments or contributions to the profession or to vision science) — 250 word maximum, point form is encouraged.

What makes a good entry? Successful career/professional achievement(s) or contributions to the profession:
» Exemplary career success, visibility
» Significant other roles (Board of Directors, advisory groups, association committees)
» Senior leadership
» Known beyond industry segment
» Leadership that has impacted the direction of the profession or vision science, affected policy, etc.

________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________
3. Contributions to Community
(recognizes accomplishments and involvement in volunteer leadership, humanitarian endeavours and community and public service, within or outside of optometry) — 250 word maximum, point form is encouraged.

What makes a good entry? Community Service/Humanitarian endeavours
» Significant, sustained involvement, volunteerism, philanthropy
» Highly visible involvement that is clearly recognized
» Multiple leadership roles
» Proven impact (could be local, regional, national, international)

4. UW Involvement — Other Information (that may aid in the selection process) — 250 word maximum, point form is encouraged.

The candidate’s CV, resume and/or biography including awards, journal articles, popular press articles, etc., will also be accepted and considered. Letters of support are also encouraged.

5. Personal Information of Nominator

*Name of Nominator     *Last name     *Year of graduation

*Address  Home  Business

* Phone number(s)     *Email Address

*Are you a Waterloo optometry alumnus? If yes, what year?

*Please state why you are making this nomination (100 word maximum)

Please send completed forms to:
School of Optometry and Vision Science, University of Waterloo, 200 University Avenue, West, Waterloo, ON, N2L 3G1 or fax: (519) 725-0784
A PROUD SUPPORTER OF CANADIAN OPTOMETRY

NIDEK RS-330
High Definition OCT & Fundus Imaging in One Compact System

HAAG-STREIT - Reliance
Medical Products Built to Build Practices

NIDEK Me 1200
Comprehensive Full Feature Function of Edgers

ONLINE SHOPPING NOW AVAILABLE 24/7 FOR ALL YOUR SUPPLY AND CONSUMABLE NEEDS

48 Carnforth Rd, M4A 2K7 | 1-800-461-1200 | FAX 416-631-8272 | info@innovamed.com | innovamed.com
we’re going digital!

We will no longer be mailing printed versions of our School’s bi-annual newsletter. Fully accessible, and with a mobile-friendly interface, we hope this new platform provides a better way of connecting with you, the alumni and friends of the School of Optometry and Vision Science!

Further details can be found here: uwaterloo.ca/optometry-vision-science-newsletter/about

sign up to receive upcoming newsletters — uwaterloo.ca/optometry-vision-science/alumni-andriends/#Optometry-Newsletter