



MJO NEWSLETTER

Melina Joy Opticians
January 2022



Happy New Year!

“We all get the exact same 365 days. The only difference is what we do with them” - Hillary DePiano

“A New Year’s Resolution is something that goes in one year and out the other” - Anonymous

It’s that time of year again! Time has gone funny these last few years. A year used to feel like a solid, dependable thing. You knew where you stood. You could measure your life in years based on memories of what you did in a given year. It’s a sad state of affairs when you jog your memory by trying to think what the Covid protocols were at a given time. Anyway, I would like to wish you a very Happy New Year! It may not feel like it, but it is now 2022! You may feel like it should only be 2021. You probably want to re-do 2020. But it’s 2022 now. Try and remember that and try to enjoy it.

We started producing this newsletter in 2017 and a lot has changed since then. With your support the practice has gone from strength to strength, and to keep providing you with a top-notch service our team has also grown. Melina and I (Catriona) now work in the practice less and work behind the scenes together running team meetings and organizing the business. We are both still available to clients most days but naturally see less of you. The team have noticed over the last couple of years a range of questions from “How’s Melina?” from long- time clients to “Is Melina a real person?” from new clients. We also get “Has Melina retired?” and “How old is Catriona’s baby now?”. Now much as we hope these questions are answered correctly, we thought a few updates might be in order! A little housekeeping if you will...

Melina IS a real person and is Managing Director of the business (not yet retired!). This year the business is thirty years old (look out for celebrations throughout the year!) and is now also owned by myself, Catriona, a Dispensing Optician, David, Optometrist and Shirley, our bookkeeper. Our team has grown to include a third Optometrist Joanne Gale, the newest recruit and a further three Dispensing Opticians, Jane, Jasmine and Claire. On reception we have Anna and Sarah and tucked away in the office Ali, who makes sure we are all where we should be and keeps everything running smoothly.

Although most of our faces are recognisable and familiar, we are currently updating our website and will have new photos so you can familiarise yourselves with all the team.

Eye health
consultations
from your home

New technology for virtual visit

AOS | ADVANCED
OPHTHALMIC
SYSTEMS

We are always trying to find new ways to improve our service to our patients and we are very happy to say that AOS (Advanced Ophthalmic Services) remote consultation software will now be a part of our continuing commitment to exceptional service.

If you have an eye problem but do not want to leave the comfort and safety of your home, we can still help you using the new remote software. This can be on any device with a camera or microphone.

Using this eye health screening app, you can take an image or video of your eye from anywhere using a smart phone or tablet, to be analysed by one of our Optometrists here in the practice.

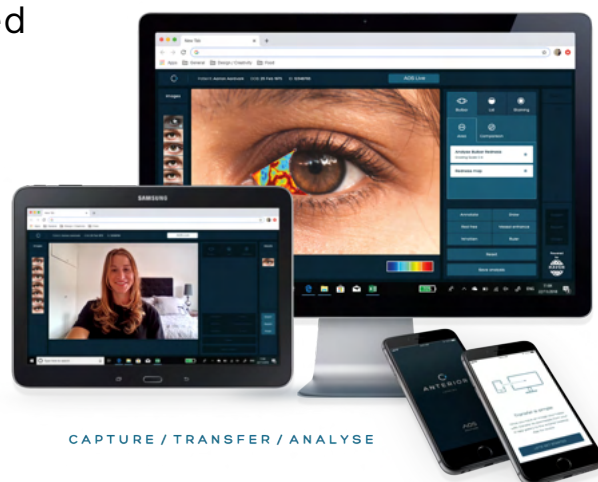
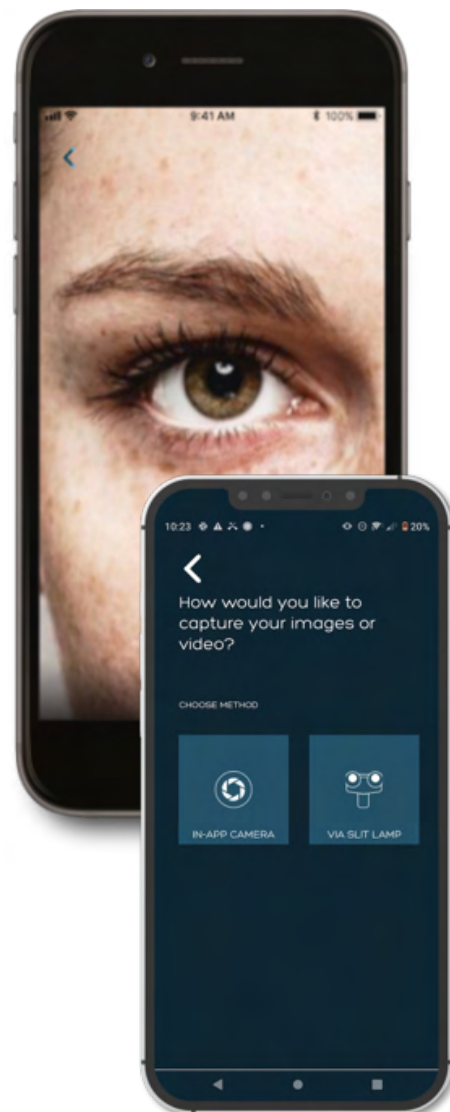
Using the AOS video call platform, you can have a video call with one of our Optometrists via a secure link. This will allow us to triage eye problems remotely using securely transmitted and analysed photos and videos.

Don't let your eye health worry you, please get in contact with our team today at Melina Joy Opticians to discuss your options.

It is simple to set up and once we have registered you with the AOS service, you will receive a registration email with your pin number and upload link.

We are dedicated to providing our patients with continuing superior service and care.

For more information please call 01435 868181 or email reception@melinajoy.co.uk



New year, new look



Book a consultation with one
of our Dispensing Opticians to
discover your new style



Product news
Available soon

Stellest Lenses: Essilor's best solution to slow down myopia progression in children. Myopia is the correct term for short sightedness, defined as "a very common eye condition that causes distant objects to appear blurred, while close objects can be seen clearly" by the NHS.

Unfortunately, research shows that more and more young people are developing Myopia and the younger a child becomes myopic the faster it will progress. While genetics imply that myopia is often handed down from generation to generation, lifestyle, increased time indoors and on screen are now making it increasingly prevalent. By 2050, half the population of the world, five billion people, will be myopic and nearly a billion will be highly myopic.

"So what?" I hear you ask. Well, the higher the myopia the higher the risk of ocular conditions and visual impairment in later life.

There is ten times more risk of developing vision impairment for a high myope (-8.00D) than a low myope (-4.00D)*

There are now several contact lenses and spectacle lenses on the market to help combat this growing problem. Our supplier Essilor has developed the Stellest Lens: "a game changing innovation that slows down myopia progression by 67% on average" ** The Stellest lens gives a large area of sharp vision by focussing light on the retina whilst using new technology H.A.L.T.*** to create a volume of signal that slows down the elongation of the eye. In children, whose eyes are still developing, this volume of signal keeps the eye elongation in check.

Stellest lenses are designed for children so are made in Airwear, Essilor's registered polycarbonate lens. Lighter, thinner and more impact resistant than other lens materials, Airwear is coated in Crizal Kids, a scratch-resistant, anti-reflection coating making the lens surface durable and almost reflection free.

So, in a nutshell, Stellest lenses correct children's vision, slow down the progression of myopia whilst being safe and aesthetic.

If you're concerned about your child's vision call 01435 868181 and book a full eye examination with either Melina, David or Joanne.

*the Beijing Eye Study. Ophthalmology 117, 1763-1768 **Brien A. Holden et al (2016)***Highly Aspherical Lenslet Target

Root vegetable soup



Try this simple recipe to make a warming soup, perfect for a cold winters day lunch. It's packed with vitamins and minerals, this will make a tasty meal and good for your eye health too.

Ingredients

2 tbsp vegetable oil
2 onions, roughly chopped
800g/1lb 12oz root vegetables, peeled & cut into roughly 2cm/¾in chunks
2 garlic cloves, thinly sliced
2 chicken or vegetable stock cubes

Method

Heat the oil in a large non-stick saucepan and gently fry the onions for 6–8 minutes, or until softened and beginning to brown, stirring regularly.

Add the vegetable chunks and cook for 5 minutes more, stirring occasionally. Stir in the garlic and cook for a few seconds more.

Crumble over the stock cubes, add 1 litre/1¾ pints water and bring to the boil. Reduce the heat to a simmer, cover the pan loosely with a lid and cook for about 20 minutes or until the vegetables are very soft, stirring occasionally. Some will soften more quickly than others. Remove the pan from the heat.

Blitz the soup with a stick blender until very smooth and season to your taste with some salt and plenty of ground black pepper. Add a splash of just-boiled water if the soup is a little thick or for a more creamy taste some milk.

Ladle into warm bowls, top with some freshly chopped herbs if you have some , and serve with the warm crusty bread.

Recipe Tips

You can use any hard, starchy root vegetables you like for this soup. Carrots, parsnips, sweet potatoes, squash, pumpkin, beetroot and celeriac all work well. The smaller you chop the pieces, the faster they will cook.

This soup will freeze well for at least 4 months. Cool thoroughly, then decant into reusable zip-lock bags or lidded containers. Label and freeze.





wonder if you know?

We have two eyeballs for depth perception. Our eyes work together to help us judge the size and distance of objects, so that we can safely navigate around them.



Competition time

Win a £50 MJO voucher

Can you identify these
bespectacled "celebrities"



Email reception@melinajoy.co.uk
with your answers

Competition closing date 28th February 2022.
The winner will be picked at random and notified by email.

It's impossible to sneeze with your eyes open. Your eyes and nose are connected by cranial nerves, so the stimulation from a sneeze travels up one nerve to the brain, then down another nerve to the eyelids, typically prompting a blink.



20/20 vision just means you have normal eyesight. Contrary to popular belief, having 20/20 vision isn't anything remarkable. It just means that you can read a chart from 20 feet away in normal lighting conditions.



We'd love to hear your feedback. You can either leave us a Google review, a Facebook review or email us at reception@melinajoy.co.uk





Struktur

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