



MJO NEWSLETTER

Melina Joy Opticians
July 2022

Melina Joy

OPTICIANS

Melina Joy Opticians was established in 1992.

In this time, the practice has undergone quite a few changes, we have increased our services and staff enormously and we have also undergone a few refurbishments.

The last one we completed was, believe it or not, 10 years ago in 2012. Well, we've done it again!

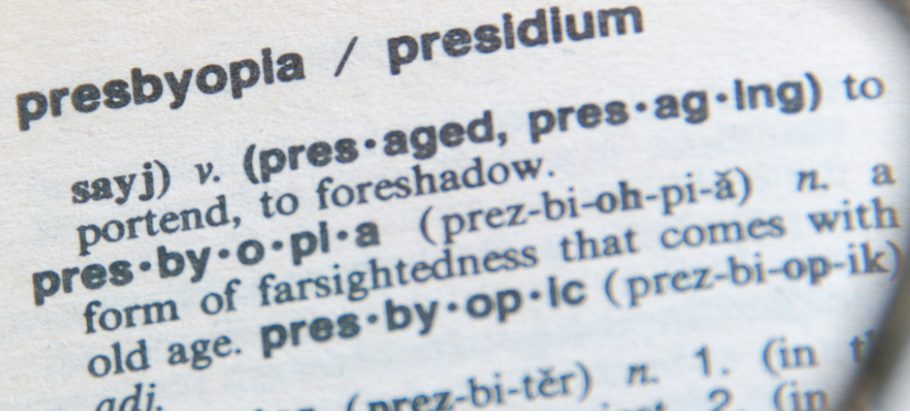
We like to keep the business up to date in many ways, so alongside always offering you the latest technology and advice from the testing room, the latest exciting frames and innovative lenses from the dispensing team we also like to make sure the environment is fresh, clean and inviting.



This time we didn't making any structural changes but have had an update on the design and layout. With the help of Tom Batchelor, Junior Freelance Designer and one of Anna's sons (you can find him on Instagram and LinkedIn), we have created a new colour scheme and logo.

The practice was closed for a few days whilst we worked on the transformation, we did a lot of the work ourselves!





presbyopia / presidium
sayj) v. (pres·aged, pres·ag·ing) to
portend, to foreshadow.
pres·by·o·pi·a (prez-bi-oh-pi-ă) n. a
form of farsightedness that comes with
old age. pres·by·op·ic (prez-bi-op-ik)
adi. (prez-bi-tēr) n. 1. (in f
2. (in

Presbyopia is the gradual loss of your eyes' ability to focus on nearby objects. It's a natural, often annoying part of aging. Presbyopia usually becomes noticeable in your early to mid-40s and continues to worsen until around age 65.

It happens to us all and can be really frustrating! You hold the newspaper or book where you normally would, and the print starts to look a little fuzzy so you hold it a bit further away and things sharpen again. Sound familiar?

It's time to have an eye examination and see what's going on. An Optometrist will put your mind at rest and then your options can be discussed with a Dispensing Optician. You won't be alone. With around two billion people affected by presbyopia and approximately forty two percent of the UK population being over the age of forty- five, customers presenting with the symptoms of presbyopia are a daily occurrence in an optical practice. As such, we have a great understanding of the problem, its effect on vision and its impact on your quality of life.

But don't worry, there are lots of different solutions, from over-the-counter reading glasses for those with simple needs to other options like prescription single vision lenses, extended range reading lenses to occupational lenses, Taskmaster spectacles or even varifocals.

At Melina Joy Opticians you don't have to research and sift through all these options by yourself, one of our Dispensing Opticians will guide you through and help you make the right decision about what will work for you. It is their responsibility to explain the benefits and compromises of the various options and suggest the most appropriate solution.

Having listened to your requirements and 'wish list', experience and extensive product knowledge is key to advising you on what will work best in your situation.

An ever-extending range of products available means that we will find a solution for you. So don't delay, give us a ring 01435 868181 or use our online booking system.

New range is a success

Following our recent launch of the brand new Taskmaster by Adlens range, we have had a huge amount of interest.

The innovative prescription eyewear with Alvarez PowerShift lens technology that allows you to switch between different tasks at different distances.

James MacNay, the owner of Cuculo Deli along the High Street from us, was one of the first customers to order a pair from us.

James says he finds his new Taskmasters are revolutionary for his work in the delicatessen.

He can walk around the shop greeting customers, see clearly to prepare his delicious platters and at the end of the day balance the till and run his business.

James wears his Taskmasters everyday and finds their light frames comfortable and very wearable.





Courgette, feta and mint frittata

Try this delicious light recipe for lunch or a quick supper. Eggs are a wonderful source of lutein, essential fatty acids, B-vitamins and zinc that are important to overall eye health. Courgette is another source of lutein.

2 medium courgettes
A handful fresh mint leaves
1 small onion or 3 spring onions
Olive oil for shallow frying
8 medium free-range eggs
Good pinch cayenne pepper
60g feta
Fresh chilli (optional) to serve



Serves 4

Grate the courgettes into a bowl. Reserve a few mint leaves, then roughly chop and add the rest to the courgettes. Season well. Finely chop the onion, then stir in well.

Heat a large frying pan with a little olive oil and add the courgette, mint and onion mixture. Fry for 5 minutes until softened.

Heat the grill to high. Beat the eggs in a bowl with the cayenne pepper and a little seasoning. Crumble the feta, then stir about two-thirds into the eggs. Pour into the pan, letting the egg flow evenly through the courgette mixture.

Cook for 4-5 minutes until the egg begins to just set on the base, then put under the hot grill and cook until just cooked through and golden (taking care with the handle as this will now be very hot).

Scatter the remaining feta over the frittata with the reserved mint leaves and add some sliced fresh red chilli too if you like. Take the pan to the table and cut into 4 to serve.





wonder if you know?

Ommatophobia is a fear of the eyes

A newborn baby will cry, but not produce any tears. Babies do not produce tears until they are around six weeks old.



BLAH
Blah!
BLAH



Our newsletters are published every quarter. We'd really like you to tell us what you want to read about in them. What would you find interesting, what you want to see more off. They are for you after all! All answers received will be entered into a draw to win a **£50** MJO voucher.

Email your suggestions to reception@melinajoy.co.uk

Competition closing date 5 September 2022. The winner will be picked at random & notified by email.



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



