

ICCO

MAGAZINE

SPRING 2023

Focus on Your Future

Where are They Now?



Telehealth

Dry Eye Solutions

MAGAZINE OF THE ILLINOIS COLLEGE OF OPTOMETRY



2019 ANNUAL REPORT

ILLINOIS COLLEGE OF OPTOMETRY
2019 Annual Report
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Medical care via computer or phone app is a rising trend. We unpack the difference between terms like "telehealth," "telemedicine," and "teleoptometry," and begin the process of formally studying this technology.

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Mark Hatfield, OD '79, MD used his ICO education as a powerful knowledge base for med school. Today, his practice sees 60 - 70,000 patients per year, and he still manages to return to Chicago for reunion years.

On the Cover: As their Commencement day approaches, **Ashleigh Yates '20**, **Jasmine Spencer '20**, and **Alessandra Roa '20**, reflect on the Focus on Your Future Summer Program.

ICO MATTERS

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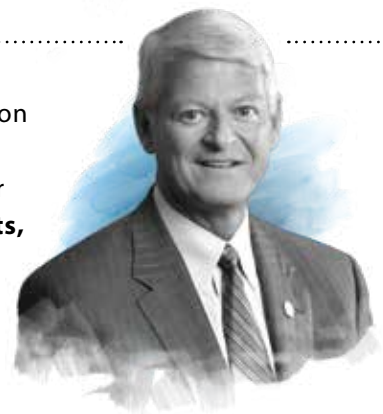
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President's Spotlight

"The year 2020 is a symbolic and important time for optometry. As the profession looks toward the future, we see standards of care evolving for many eye conditions. In addition to glaucoma and myopia control, dry eye is a priority for the Illinois College of Optometry in 2020 and beyond. **As ICO's dry eye experts, what innovations do you see being made in its diagnosis and treatment?**"



Mark K. Collip, OD '92



Jennifer S. Harthan, OD '06, FAAO

*Professor
Chief, Cornea Center for Clinical
Excellence*

"Dry eye disease (DED) is one of the most common eye diseases that we see in clinical practice. DED is a 'hot topic' right now as there is more public awareness with advertisements and new diagnostics

and management options. Managing dry eye is critical for better outcomes with contact lenses, ocular and cataract surgery, and glaucoma management.

We are seeing increased reports of DED among all age groups including children, potentially indicating its association with digital device use. The signs and symptoms of DED do not always correlate with the severity of disease, therefore, it is imperative to establish a protocol for examining patients in practice.

The curriculum at ICO has been updated to include ocular surface disease diagnosis and management in the second year of study along with a 'hands-on' lab where students are able to perform each test and procedure of the ocular surface disease evaluation. Within the Cornea Center for Clinical Excellence at the Illinois Eye Institute, residents and students can rotate through the Ocular Surface (dry eye) Center to integrate their didactic skills into clinical practice."

"We are seeing increased reports of DED among all age groups including children, potentially indicating its association with digital device use."



**Casey L. Hogan, OD '97, FAAO,
FSLs, Dipl. AAO, Anterior Segment,
Dipl. ABO**

Advanced Eyecare Professionals

"Innovations in dry eye management are directly related to the updated definition and guidelines established by the Tear Film & Ocular Surface (TFOS) DEWS II® Report. This

subcommittee concluded that the core mechanism of DED is evaporation-induced tear film hyperosmolarity. This understanding has revolutionized the way we manage the dry eye patient, with the goal to manage and restore homeostasis.

Diagnosis should begin with proper triaging questions and risk factor analysis. A patient questionnaire should be completed such as the Dry Eye Questionnaire (DEQ-5) or the Ocular Surface Disease Index (OSDI). Diagnostic tests that assess homeostasis markers should include a

non-invasive tear break up time, which can be obtained with the Oculus Keratograph or the Visiometrics HD analyzer (as examples) or substituted with the traditional fluorescein TBUT if not available. Tear film osmolarity testing should be performed, and traditional vital dye ocular staining of the cornea, conjunctiva, and lid margins is crucial. Any abnormality of these three key diagnostic tests would indicate a disruption in homeostasis and a diagnosis of DED.

Management can be challenging due to the multifactorial nature of DED. Step 1 includes education and modification of environment, diet, hygiene, and potential offending medications. Step 2 includes non-preserved lubricants,

"Diagnosis should begin with proper triaging questions and risk factor analysis."

punctal occlusion and in-office heat therapy (LipiFlow, TearCare, iLux, and MiBo Thermoflo). Intense pulsed light therapy (IPL) is an emerging therapy showing promising results. Topical prescription medications include short-pulsed corticosteroids, topical secretagogues, calcineurin inhibitors, or LFA-1 antagonists. The three current FDA approved dry eye medications are Restasis (Allergan),

Xiidra (Novartis), and Cequa (Sun Ophthalmics). Step 3 includes oral secretagogues, autologous/allogenic serum, and therapeutic contact lenses. Scleral lenses have an increasingly growing presence in this space. Lastly, step 4 would include amniotic membrane grafts, permanent occlusion, and tarsorrhaphy or salivary gland transplantation.”



Golie Roshandel Keovan, OD '02
Belmont Eye Care, Ashland Eye Care

“I believe that dry eye syndrome can benefit from an integrative medicine approach to treat the whole person alongside a functional medicine approach to treat the root cause.

In our clinics, we often first screen our patients with a BioPhotonic Scanner so we can understand their level of carotenoid antioxidants. Low antioxidant levels cause increased oxidative stress, leading to apoptosis or cell death. The desired result in the blue zone is close to 50,000 or higher. However, many of our chronic dry eye sufferers have baseline testing at levels between 10,000 and 30,000.

If their diet is poor, then a list of high carotenoid antioxidant fruits and vegetables is given to the patient. Additionally, we recommend eating smaller fish such as sardines, anchovies, salmon, as well as ground flax, ground chia, olive oil, avocado oil, and organic omega-3 eggs. Fish oil supplements are usually recommended to patients who have meibomian gland dysfunction.

If carotenoid antioxidant levels are low due to poor gut absorption, then it is suspected that pathological microorganisms and leaky gut are the root cause, and/or smoking and drinking. In these cases, we recommend the use of digestive enzymes, probiotic serum, bovine immunoglobulin, gastrointestinal amino acids, and antioxidant support. If applicable, education is also given on the cessation or reduction of smoking and alcohol use.

As far as palliative eye drop recommendations, we prefer preservative-free hyaluronic acid drops as well as our line of Nurturing the Soul Organic Daytime and Evening Oil eye drops. We discourage the use of industrial oils such as mineral oil and petroleum oil found in many over the counter ointments.

This past year, our practices have incorporated radiofrequency treatments to stimulate meibomian gland secretions as well as intense pulsed light to help treat ocular rosacea. As more dry eye studies are being published, we feel there may be less need for overprescribing medications. We continue to perform meibomian gland expressions, punctal plug procedures, and scleral contact lens fittings as needed.

“As more dry eye studies are being published, we feel there may be less need for overprescribing medications. We continue to perform meibomian gland expressions, punctal plug procedures, and scleral contact lens fittings as needed.”

Last, a thorough discussion about ingredients in personal products and makeup occurs with every patient. This topic is one of my favorites, as the importance is often overlooked. Ocular surface offenders such as parabens, phthalates, formaldehyde, sodium lauryl sulfate, lead, triclosan, butylated compounds, fragrance, and more exist in many unregulated personal and makeup products. Education about safer, better recommendations are given to all patients.

In 2020, we should believe that the *eyes are the windows to the soul and our health*. If we can look at our patient as a whole entity and address factors that affect them daily, not only will ocular surface disease heal, but chances are, their entire body will. Here's to hoping more of us incorporate an East meets West approach in this new decade.”

»»» COVID-19 Message From the President

I hope that this edition of *ICO Matters* finds you, our alumni and friends, healthy and safe during this unprecedented time. I know that your families and practices have been impacted by COVID-19, and I know that you are all doing the best that you can under present conditions. This edition of *ICO Matters* will provide you with an opportunity to push back from your daily worries and to reflect upon your time at ICO while we update you on the latest from your Alma Mater.

Everyone at ICO has been busy over the last two months working to adapt our operations to deliver online learning for our students and manage our day-to-day operations remotely during the Illinois Stay-at-Home order. Our faculty has worked diligently to ensure our students remain on track with their degree completion. This has been a priority for us to manage on behalf of our students and to provide them with one less worry. At this time, both didactic and clinical education are occurring online. This is no small feat indeed. I am proud of the creativity and diligence of our faculty for their hard work in continuing to deliver the curriculum during these challenging times. I am also proud of our students who are adapting well to these new delivery methods, including remote testing and evaluations. ICO spirit is palpable in all of these efforts as we work to navigate these constantly changing times.

Most of our ICO employees are working remotely by providing continued support to our academic and clinical teams. Through the use of Microsoft Teams, we are able to continue conducting business within the College and with our students in a timely fashion. Where needed, employees are coming to campus on staggered schedules to provide those services that cannot be handled remotely in as safe a manner as possible. We are adapting to this new situation.

The Illinois Eye Institute has continued ensuring that emergent and high risk cases are well managed by delivering services on-site, as well as by telehealth. Each day our clinicians and staff are figuring out new ways to serve the needs of our patients safely and effectively. I am truly impressed by the creativity they have shown in finding new ways to do things in order to meet the needs of our patients.

While we all hope that COVID-19 just goes away, as healthcare providers, we know that will not be the case. We continue to monitor the situation and adapt our operation as conditions warrant. At this writing, we are still under the IL Governor's order to stay at home and not gather in groups larger than ten. Once that order is lifted, and it is deemed safe to do so, we plan to phase in our return to both patient care and instruction on campus. While we will not be able to gather in person to celebrate the wonderful accomplishments of our Class of 2020 on the scheduled date in May (that was certainly an agonizing decision that I hope to never have to make again!), we will be recognizing scholarship and award recipients and conferring their degrees on time, and we will look for a way to celebrate with them in person when it is prudent to do so.

We are grateful to all of our alumni and friends for your support and good wishes at this time. Your periodic kind words of encouragement have been greatly appreciated. We know that you are leaders in your practices and communities who have prepared well to be voices of reason, stability and evidenced-based practice to navigate these uncertain times. This pandemic is teaching us all about new ways to do things and how important adaptability is to success. I wish good health to you and your families.

Warmly,
Mark K. Colip, OD '92
President



The Inaugural Retina 20/20 Symposium

ICO upholds strong relationships with many academic and medical institutions in the Chicago area. One of these partnerships was seen in full effect on **Sunday, January 26**, when ICO hosted our inaugural Retina 20/20 Continuing Education Symposium. This innovative event was a collaboration with the University of Chicago.

Approximately 325 doctors attended Retina 20/20 to earn six hours of CE credit. Throughout the day, OD and MD pairs presented lectures and case studies on disorders such as macular disease, diabetic retinopathy, and posterior uveitis. **Larry Van Daalen, OD '87**, called the content "very current." He felt it was "excellent that [we were] able to combine the best of ICO with University of Chicago doctors."

ICO President **Mark K. Colip, OD '92** was particularly impressed with the Symposium. He said, "Thanks to the efforts of many, ICO was able to collaborate with the University of Chicago Department of Ophthalmology and offer world-class CE... The planning and logistics of such a program are extensive."



We hope to host even more unique collaborations and CE courses in the future. If there is an educational topic you would find enriching, or if you have any questions regarding Retina 20/20, please reach out to continuing@ico.edu.

Summer Research Program Completes First Year

The ICO Summer Research Program had a successful inaugural year, with four students participating over 10 weeks. These students, who had completed their first year of academic training at ICO at the end of the 2019 Spring quarter, remained in Chicago during the summer to conduct their data collection phase. They learned didactic information about clinical research, completed reading assignments, and participated in journal club meetings, wherein the students would provide updates to their mentors and the Summer Research Program planning committee. Following the data collection phase of their research, the Program's students continue to collect any remaining data, analyze their projects, and move toward the ultimate goals of presenting their conclusions at a national research meeting and publication of their work in the scientific literature.

Planning is currently underway for the 2020 Summer Research Program. First-year students in good academic standing have been encouraged to apply. Following the receipt of applications, the Summer Research Program Committee will review proposed projects and make final decisions regarding the admission of a new student cohort. The Program represents a unique opportunity for ICO students to gain research experience alongside mentors, and it can help foster skills that can be highly influential towards one's career.



Summary of the Summer Research Program's 2019 Cohort:

- Jena Gilbertson '22 (Tracy Matchinski, OD '95)**
 - "Comparison of vision impairment simulation vs education videos on glaucoma patient understanding of potential vision loss"
- Tracey Huynh '22 (Dennis Ireland, OD '73, MEd and Rebecca Zoltoski, PhD)**
 - "Investigating normative values for the Visagraph Numbers Test for children"
- Noen Nguyen '22 (Sandra Block, OD '81, MEd, MPH)**
 - "Examining the cost effectiveness of the school-based vision screening program from Princeton Vision Clinic in Chicago Public Schools and identifying the trends in prevalence of pediatric eye diseases"
- Hamza Shah '22 (Rebecca Zoltoski, PhD and Indika Edirisinghe, PhD)**
 - "Investigating the association of polyphenols on the prevalence and severity of diabetic retinopathy"

Conference Round-Up

As always, ICO has been making the rounds through the optometric convention circuit. We look forward to sharing information with our industry colleagues about research, academia, and patient care. Please enjoy these highlights from some of the larger events.



Orlando, Florida, was the venue for 2019's combined AAO convention and 3rd World Congress of Optometry. Many ICO students and residents earned travel grants before departure. At the conference, ICO faculty and students presented over 30 research posters on a wide variety of topics.

- **Kelly Frantz, OD**, gave lectures on advanced strabismus and binocular disorders.
- **Elyse Chaglasian, OD** and **Katherine Lynch, OD**, hosted an educational breakfast for externship preceptors.
- **Aaron Motacek '20**, and **Lauren Kunkel '20**, received Practice Excellence Scholarships from the AAO. **Connor Robbs '22**, won the 2019 J. Pat Cummings Scholarship.

Student-oriented events continued all weekend, including the Essilor Academic Challenge, where **Helen Wang '20**, **Alice Han '20**, and **Alex Beachnau '20**, represented ICO alongside their coach, **Raman Bhakhri, OD**, and judge **Geoffrey Goodfellow, OD '01**. Another portion of the conference that brought the ICO family together was our Alumni and Friends Reception, held on Friday, Oct. 25. More than 200 people attended. If you were there, thank you!



ICO students at American Academy of Optometry



The IOA's 2019 convention was held in Itasca, Ill. This conference, in particular, is becoming increasingly popular with students. Over 100 aspiring ODs from multiple schools attended and were treated to a separate educational track of programming. Topics for students included patient communication, practice management, and leadership.

At the conference, ICO's own **Janice McMahon, OD** presented a poster. **Matt Jones, OD '08**, became IOA President-Elect. Regarding the upcoming year, IOA Executive Director Leann Vanausdoll noted that telemedicine is a key area of attention for the profession. Attendees enjoyed two nights of live music performances, including an all-optometrist rock band.



Jennifer Harthan, OD '06, **Michelle Man, OD**, and **Andy Nguyen, OD '19**, attended the GSLS in January. GSLS is the leading international contact lens conference held each year in Las Vegas. All three had poster presentations. Dr. Harthan gave two CE lectures and Dr. Man attended the CooperVision Educators' Meeting.



ICO faculty presented eight posters at the HOA Eye Care Congress. **Jessica Jankiewicz, OD**, an ICO Resident, was recognized as having one of the Top 5 submissions.

Dr. Block to Retire After Long Career at ICO

ICO's 2020 Commencement Speaker will be **Sandra Block, OD '81, MEd, MPH, FAAO, FCOVD**. Dr. Block is a beloved ICO professor, known for serving our students, the young patients of The Illinois Eye Institute at Princeton Elementary School, and children with special needs. Dr. Block has been a consultant to Special Olympics since 1995. She was instrumental in developing the vision program protocols the organization uses globally today. She has been the Medical Director for the IEI at the Princeton Elementary School since 2011 and plans to retire later this year.

Over the course of her influential career, Dr. Block has authored numerous articles and conducted presentations nationally and internationally. She was one of the authors of the first vision report from the National Academy of Science, Engineering, and Medicine. She is a member of the American Academy of Optometry and American Optometric Association and sits on the Board of Prevent Blindness. She is a Fellow and Diplomate in the American Academy of Optometry, a Fellow in the College of Optometrists in Visual Development, Co-chair of the National Center for Children's Vision and Eye Health (HRSA), and Public Health Committee Chair of the World Council of Optometry. A few of her many awards include the 2013 Carel C. Koch Memorial Award from the AAO, the 2010 Friend to Children Award from Maryville Academy, and the 2010 APHA Vision Care Section Outstanding Scientific Award.

Dr. Block is an exemplary caregiver, advocate, fundraiser, educator, and doctor who will be missed at ICO. We look forward to the wisdom and inspiration offered to the Class of 2020 in her Commencement Address.

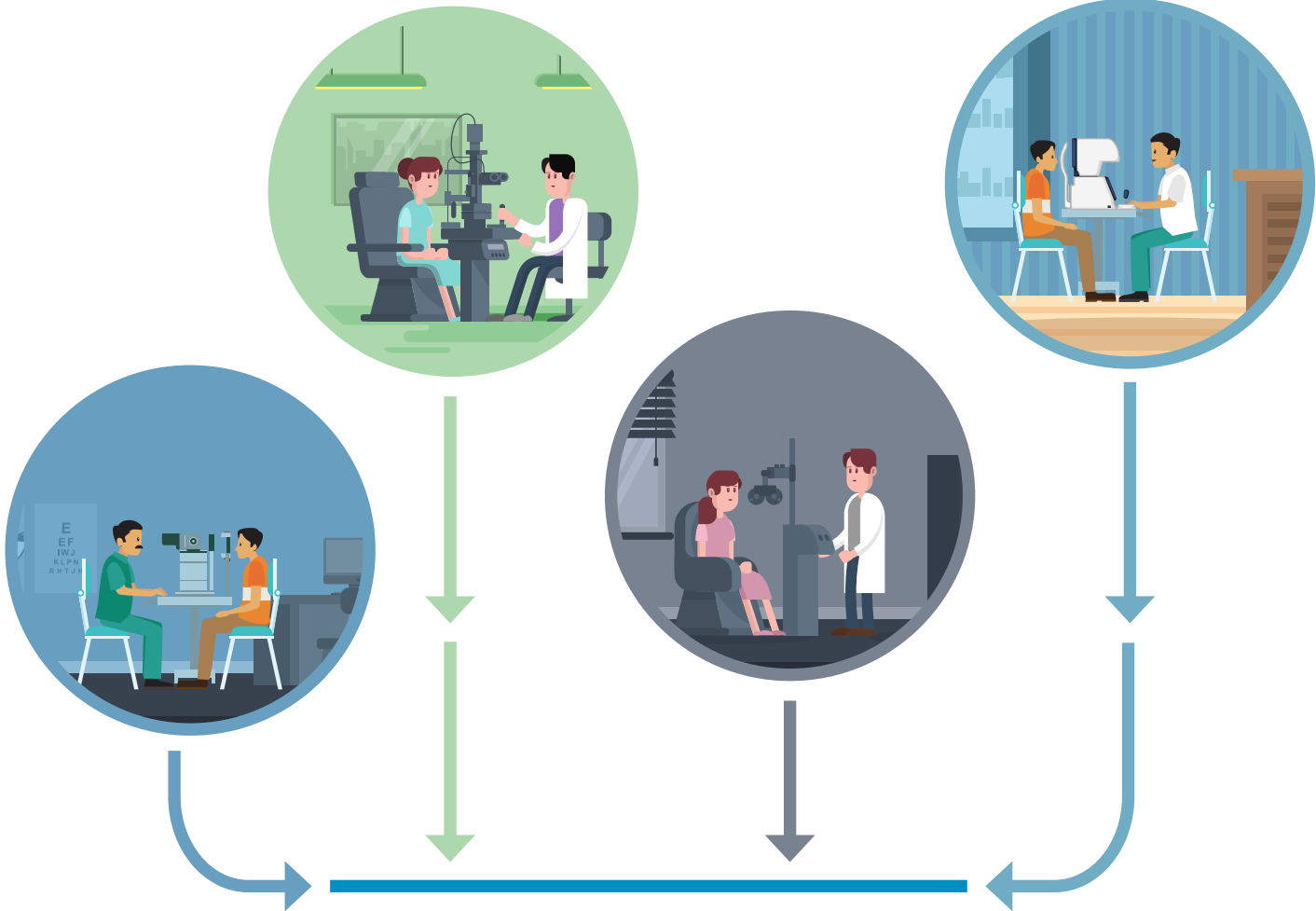


Share Your NBEO Experience

Did you take any part of NBEO more than once? Did you feel alone? Were you lost or uncertain about what to do next?

To enhance NBEO exam re-takers' success and lessen their overall distress, the College is seeking to provide targeted support and fortified resources. To this end, we are reaching out to alumni who may be willing to contribute to this process. If you are willing to share advice or support in any way, please contact either **Beth Karmis** in the Office of Student Success (bkarmis@ico.edu) or **Daphne Anderson** in the Career Development Office (danderson@ico.edu) to discuss opportunities.





Answering the Call of Teleoptometry

By Lauren Faits

Only a few decades ago, the idea of a video phone call- even a basic one- sounded like science fiction. Today, this technology not only exists, but also has been incorporated into the lives of most Americans. Video conferencing is common and allows people to see and speak to one another in real time with crystal-clear audio. The possibilities for this technology are vast. Healthcare has become a part of this conversation, with stakeholders wondering if telehealth could offer high-quality remote diagnosis and treatment to patients.

Several professions are wrestling with the idea of telehealth, including optometry. To develop sound professional opinions on this topic, optometrists should first know the differences between a few key words.

- **Telemedicine** is a wide term encompassing all healthcare professions. It is often used interchangeably with the word **telehealth**. This is a new way to offer exams and other services- remotely, via webcam.
- **Teleservice** is a more negatively-connotated term. It describes attempts by patients and companies to secure prescriptions, verifications, or products without doctors. At its worst, teleservice can eliminate the role of doctors by circumventing their authority. Many have referred to Opternative and its ilk as teleservice.
- **Teleophthalmology** exists separately from **teleoptometry**. It is already practiced in the VA system, where it has received positive reviews and has been incorporated into a study about detecting diabetic retinopathy.

Teleoptometry is offered by multiple companies using different methods. According to an August 2019 article by *Invision Magazine*, “There are about 200 different telehealth models being run these days in the U.S. and abroad.” An OD may be more comfortable with some of these than others. Players in the field currently include DigitalOptometrics, Smart Vision Labs, D-EYE, 20/20NOW, RightEye, and EyeNetra. Some of these offer only refractions, while others are attempting a more full-service product. The degree to which doctors are directly involved varies between brands. Contrary to some stereotypes, not all teleoptometry involves smartphones or apps.


At the time of this publication, the Illinois College of Optometry has completed the first stage of its inaugural research study into teleoptometry. “This pilot

study aims to evaluate the teleoptometric exam vs. the traditional in-person comprehensive eye examination,” says **Jaymeni Patel, OD '16**, one of the optometrists currently evaluating the data. For scientifically-sound conclusions to be made, however, “further investigation



“This pilot study aims to evaluate the teleoptometric exam vs. the traditional in-person comprehensive eye examination.”

Jaymeni Patel, OD '16



"I think what's most important is that students learn what is coming out there in the profession."

Howard Fried, OD



is required, given the size and patient selection used." This initial study by ICO is a proof of concept, meant to "kick the tires" and responsibly decide whether to conduct deeper research.

The study was conducted at ICO in partnership with DigitalOptometrics. Our campus offered space, doctors, and patients, while DigitalOptometrics lent refractionists and equipment. DigitalOptometrics currently serves over 100 locations and plans to be in over 400 by the end of 2020.

For this research, ICO used a pool of 30 of our own students as "patients." Each subject received two eye exams—one traditional comprehensive exam with an in-person optometrist and one including a remote component. For the teleoptometry exam, an on-site technician performed all entrance testing locally. Explains Dr. Howard Fried, founder of DigitalOptometrics, "This is comprehensive. We're getting retinal photos, we're getting anterior seg video, we're getting visual fields, OCTs." The tech saved their findings to the cloud, where the information would be retrieved by an OD. This OD appeared on a television in the exam room to check the technician's

work. This method, combining in-house and remote healthcare professionals, is the model most used by DigitalOptometrics's clientele. Options with remote technicians are also available but were not tested by ICO.

Upon completion of both eye exams, two major comparisons were made between formats. First, ICO's researchers compared the resulting prescriptions for accuracy. Second, each patient responded to a subjective survey documenting their feelings about both experiences. Preliminary results have been gathered and will be made public at ico.edu/research.

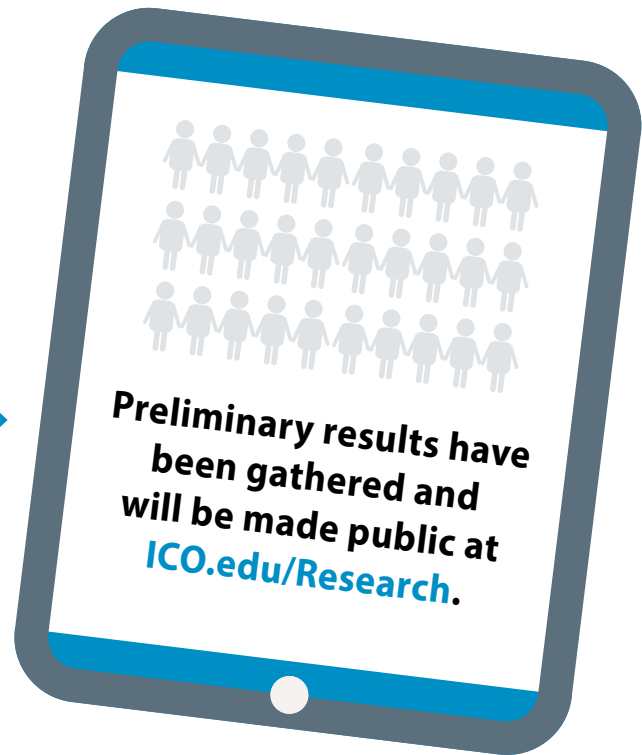
As we excitedly await these conclusions, Dr. Fried offers some insight into why he, an optometrist, founded his company. "This is not a replacement of the on-site doctor," he insists. "I wouldn't have started this business if that's what this is about." From his perspective, DigitalOptometrics products are "a supplement for the in-person experience," not a replacement.

If executed well, teleoptometry has the potential to strengthen doctor-patient relationships. Rural patients could gain more access to providers they trust, and, in turn, doctors would not necessarily have to choose where they live based on the location of their patients. Optometrists could detect disease and intervene earlier in a patient's journey.

Though many are aware of the upsides, some optometrists share hesitations about teleoptometry. Doctors do not want to succumb to teleservice, missing out on optical sales as they pass off remote prescriptions. Dr. Fried

DigitalOptometrics products are “a supplement for the in-person experience,” not a replacement.

Howard Fried, OD



responds that, with DigitalOptometrics, “conversion to sales rates are higher than with on-site doctors.” Additionally, despite occasional news stories about the technology failing, he says “the redo rates are a fraction of 1%.” Technical failures are also a common fear when it comes to new tools. No tech behaves perfectly 100% of the time, including equipment used during in-person exams. While a connectivity hiccup could hinder an exam, data is stored in the cloud and will not be lost forever. A practice could, theoretically, continue to staff in-house doctors to replace the tech during rare downtimes.

Some of the larger hurdles facing telemedicine are complex pathology, insurance, and legislation. Dr. Fried acknowledges that a slit lamp is still needed for diagnoses such as corneal abrasions and ulcers. For complex cases, DigitalOptometrics encourages (and assists with) referrals to trusted colleagues. As for insurance, he admits that vision insurance plans are currently less receptive to teleoptometry than general medical insurance. As of February 2020, EyeMed is running pilot studies, but neither EyeMed nor VSP has reimbursement scheduled for teleoptometry.

Most states have laws clearing the way for teleoptometry. Exceptions include New Mexico, which mandates that a patient’s first exam must be in-person. Kentucky has received similar recommendations from its state optometry board. Regulations like these are put in place with patient safety in mind. Doctors should take care, then, to apply the same level of caution to even their most trusted forms of technology. For example, texting information to patients could easily result in a HIPAA violation.

Caution is healthy, but so is the responsible and ethical exploration of new ideas in the profession. “With the increase in digital exposure across all professions to meet the needs of consumers, it is likely teleoptometry will continue to be adopted,” says Dr. Patel. If optometrists do not stay at the forefront of this research, some other sector will inevitably take the reins- and they may or may not have patients’ best interest in mind.

Dr. Fried agrees, adding, “Other technologies that are currently out there are run by businesspeople. [Teleoptometry], to me, is much bigger. It’s about much more than being a profitable business. There’s nobody that’s more qualified than optometrists to determine where the profession of optometry is going. We are the best gatekeepers in the healthcare system.”

“I do appreciate the fact that ICO took a step in this direction,” says Dr. Fried. “Without endorsing the product or the technology, they understood that they need to be the ones to go ahead and introduce this and do their due diligence. I think what’s most important is that students learn what is coming out there in the profession. Then, they can determine as new doctors of optometry whether these are tools that they want to use in their own practices.”

The online version of this ICO Matters story at [icomatters.ico.edu](https://www.icomatters.ico.edu) will include links to the relevant pdfs.

Close Up: Jenny Lau, OD '18

Inspiration of all kinds can blossom in optometry school. For **Jenny Lau, OD '18**, ICO provided direction for both her career and art. Personal experience with severe dry eye as well as a genuine interest in ocular disease drove Dr. Lau toward medical optometry. When the Chicago market was not a fit, she accepted a role at Mayo Health System in Eau Claire, Wisconsin, where she is establishing a dry eye clinic. Leading a practice where patients like her can be internally referred is something Dr. Lau “always wanted to do.”

Dr. Lau remembers Dr. T’s anatomy class being “really awesome,” an artistic catalyst that “kickstarted [her] creative side.” Dr. Lau’s first art piece since undergrad depicted the human brain. Eau Claire ended up being the perfect location for her, full of theatre, farmers’ markets, and art galleries.

Dr. Lau has completed several successful art collections. They have names grounded in optometry, such as ArtSEE and NerdOD. The profession is often at the front of what she creates. As her clinic and body of artistic work simultaneously expand, we followed Dr. Lau for a day in Eau Claire.

Interview by: Lauren Faits

Photos by: Beyond Photography



6:21 A.M.

“Patients look at me and think I look really young.

Sometimes I do have that mindset that, if I put on makeup, it will make me look more mature. Of course, there are some days where I wear makeup just to make myself look good and feel good, too. I need to remind myself that I don’t need to prove myself to anyone but me.”



6:30 A.M.

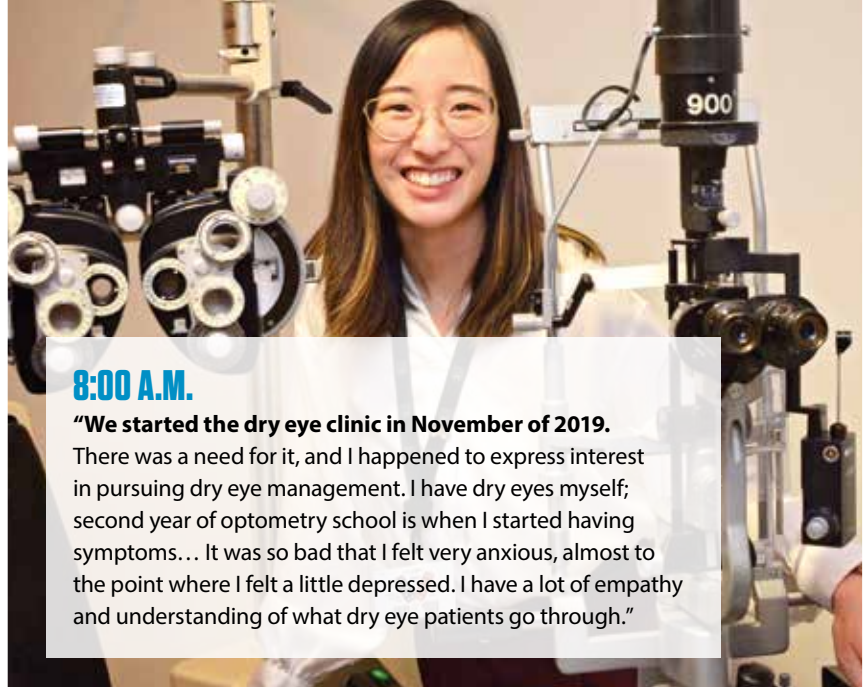
"I do have a variety of frames. I think that comes with the way I express myself. Every frame is different, and I can mix and match on my mood or outfit."





7:15 A.M.

"I live straight downtown so the hospital is pretty close. I get to my office and meditate for a couple of minutes before I start anything - 7 to 10 minutes with an app. Then, I look through the day's patients. I write out every single patient's reason for visit and pertinent history. A lot of my techs do the entrance tests."



8:00 A.M.

"We started the dry eye clinic in November of 2019. There was a need for it, and I happened to express interest in pursuing dry eye management. I have dry eyes myself; second year of optometry school is when I started having symptoms... It was so bad that I felt very anxious, almost to the point where I felt a little depressed. I have a lot of empathy and understanding of what dry eye patients go through."



1:43 P.M.

"I see from 3-year-olds and up. I usually see 2-3 kids a day, then the rest are essentially adults to geriatrics, up to over 100 years old! There's a lot of diabetes, macular degeneration, and glaucoma. Specifically, in this area, there's a lot of ocular rosacea linked to dryness."



5:39 P.M.

"Typically, I go to the gym or to yoga before I go home. Once I get home... I like to watch YouTube-vlogs and food videos. I also love watching makeup videos, too. I'm really obsessed with *Tiny House Living* and the tiny house movement. The way that they live minimally, only with what they need and not what they want, I'd love to do that someday."



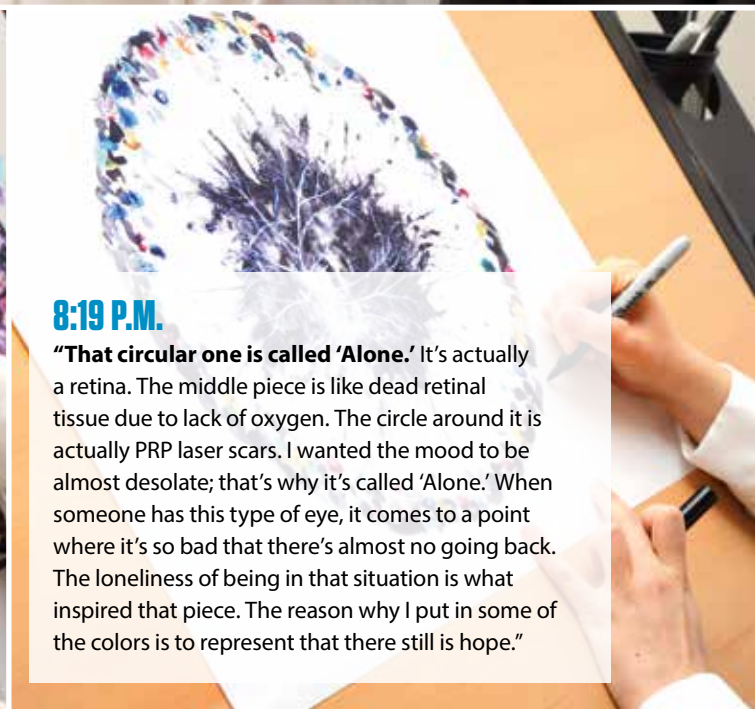
7:08 P.M.

“When I was a kid, we’d go to art classes, but it was very strict and formal. ‘This is how you do watercolors. This is what you should be painting.’ Once I started optometry school, it was completely free-flowing. I was able to put whatever I wanted on that paper. That was really invigorating to me.”



7:43 P.M.

“The things that we as optometrists see every day are not necessarily what other people see every day. I think that’s something we shouldn’t take for granted. Things that we see as common can be considered beautiful. Certain parts of the eye feel almost mystical. The reason I started my optometry art series was that I wanted to share that with other people.”



8:19 P.M.

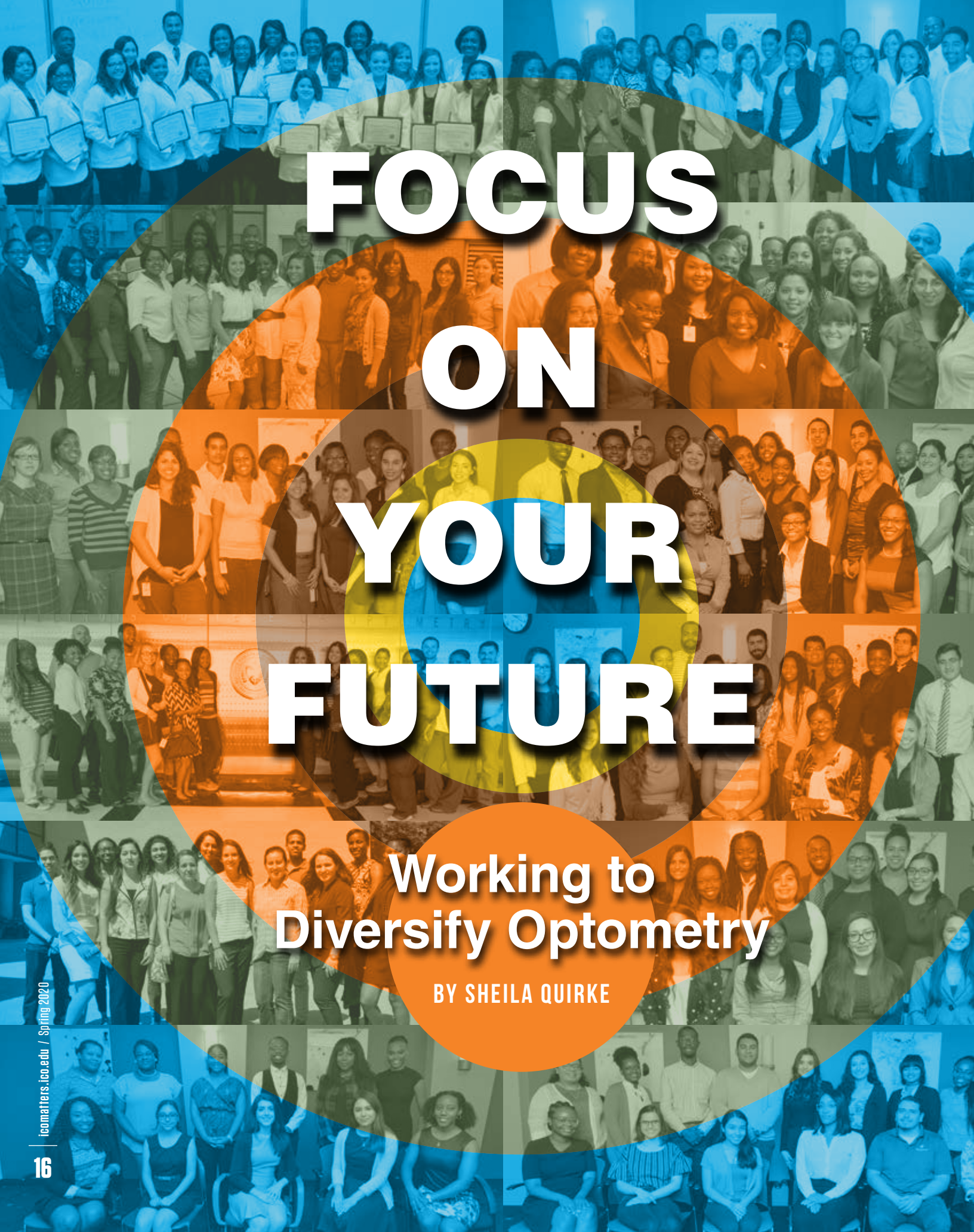
“That circular one is called ‘Alone.’ It’s actually a retina. The middle piece is like dead retinal tissue due to lack of oxygen. The circle around it is actually PRP laser scars. I wanted the mood to be almost desolate; that’s why it’s called ‘Alone.’ When someone has this type of eye, it comes to a point where it’s so bad that there’s almost no going back. The loneliness of being in that situation is what inspired that piece. The reason why I put in some of the colors is to represent that there still is hope.”



9:00 P.M.

“The freedom of art is going with inspiration as it hits. As I got more freedom outside of school, I realized that health is very important to me and my overall well-being. Sleep is a huge component of that for me. I really love my sleep. It makes me feel good to just go to sleep early and wake up early and get the day started.”

“I tend to be a very existential person... I like to think about, ‘What is happiness?’ ‘What does success really mean?’ ‘What does it mean for me to feel content?’ My website was an outlet for me to express my ups and downs in life. www.thejennspirit.com is where I have my updates on all of the art projects, stories behind each piece, the collections, as well as the shop. [The Jenn Spirit] is like an alter-ego of mine, a very free-spirited person that always just tries to find happiness.”



FOCUS ON YOUR FUTURE

Working to
Diversify Optometry

BY SHEILA QUIRKE

Pawtucket is the fourth largest city in the small state of Rhode Island, with a population hovering around 70K, but underserved in its options for eye health clinics. It is also the location of **Tatiana Giraldo, OD '17**. She saw a need in her hometown and did something to address it. Dr. Giraldo is a proud alumnus of not only the Illinois College of Optometry, but also Focus on Your Future (FoYF), a weeklong summer intensive program that introduces minority undergraduates to the field of optometry, Chicago, and ICO.

Started in 2008, the recruitment program was developed and has been administered ever since by ICO's Senior Director of Admissions, Teisha Johnson. To date, FoYF has had a total of 212 participants, 29 of whom have gone on to matriculate at ICO— a healthy breakdown of roughly 13.5%. “When we started, our focus was on reaching out to African American students, Latinx, Native Americans. There has not been enough success nationally in reaching out and inviting them into the field of optometry. FoYF is a path to do that,” says Johnson.

Dr. Giraldo was an undergraduate with an interest in science when she found FoYF during an online search of health care professions. Attending the summer program was, for her, a “critical” factor in both attending ICO and choosing the field of optometry. She states, “Going to the program allowed me to see myself in the field and build the connections I needed. I saw ICO put forth more effort than any other program I researched.”

Mark Marquez, OD '15, feels similarly. Dr. Marquez, was raised in Kansas, where many of his childhood experiences were segregated. He saw people of different races not blending or working together. Finding the FoYF program was revelatory for him when he researched optometry programs as a senior in high school.

Dr. Marquez recalls, “ICO was on my list of places to interview, but after working with Teisha and having an interview, I cancelled all my other interviews. I was both nervous and excited coming out of FoYF, and I knew that this was the place for me.” Dr. Marquez found his experiences at ICO would serve him well in his post graduate career path.

One of his rotations while at ICO was at the Cleveland VA Medical Center, where his patient base was diverse with a wide spectrum of demographics represented. Having a positive experience there cemented his wish to remain in a VA setting and, post-graduation, Dr. Marquez has been employed

“When we started, our focus was on reaching out to African American students, Latinx, Native Americans. There has not been enough success nationally in **reaching out** and **inviting them into the field of optometry.**

FoYF is a path to do that.”

Teisha Johnson, MS



at the VA Medical Center in Las Vegas, Nevada. “I love working at the VA. Veterans are colorful and outspoken. There is a whole potluck of people who have served their country. As an optometrist of color, it is good to see diversity. I am a Black and Mexican health care provider, which helps my diverse patients feel comfortable and connected. Visibility is important and the image of what a doctor looks like is changing – we come in all shapes and sizes.”

Teisha Johnson feels this deeply. The creation of the Focus on Your Future program was intended to meet a need not only in Chicago, but nationally, to increase the number of minorities within the program and the larger field of optometry. One of her goals is to utilize resources within the ICO community to highlight optometry as a viable career choice for students of color. One way she achieves this is by leveraging the experiences and opportunities of ICO's greatest resource – its alumni. “Everybody has a unique story about how their path led to optometry. There is a story that an optometrist can tell that I can't, not being an OD, but it makes you feel good to encourage young students by planting the seed and helping to share a career.”

Fatima Ibrahim, OD '16, is one of those students who benefited from FoYF and the mentorship of Ms. Johnson. A self-professed “science and math nerd,” Dr. Ibrahim knew from childhood, having worn glasses and contacts to correct nearsightedness, that optometry was a potential career path she wanted to explore. She is currently working at a private practice in Dallas after a recent move.

After completing a class project on eyecare in high school and becoming more interested in optometry, Dr. Ibrahim learned about the FoYF program via an online search. She connected with Teisha Johnson early on and maintained an email relationship for several years as her education progressed into and through college. “The exposure to optometry was very helpful. I got a real feel for the field during the FoYF program. It is a great program for students who want to explore the field.”

Undergraduate students from an underrepresented minority population who are accepted into the program make their way to the ICO campus for a weeklong stay in the summer. The program is kept small. Sessions are capped at a maximum of 20 participants, though enrollment is usually closer to 12-15 people. Participants can meet and engage with a variety of ICO students, including those who have previously participated in the program. Other opportunities include meeting ICO staff, faculty, and alumni, sitting in sample lectures from ICO courses, trainings in career and leadership development, clinical exposure to the field of optometry, getting a clear overview of ICO’s admissions process, and spending time learning about Chicago and one another.

For Dr. Ibrahim, the mentorship she developed with Teisha Johnson proved to be invaluable. After their first email contact, she and Ms. Johnson continued to touch base both before being accepted into the FoYF program, and afterwards, creating a thread from that first email through acceptance to ICO and even now as an alumnus. “My class at ICO felt inclusive. I was one of two Black students, but there was still a fair amount of diversity among my classmates. This diversity and the kind nature of my classmates helped foster a feeling of inclusion. My experience at ICO was a positive one.”

That is music to Teisha Johnson’s ears. “I can’t believe how far the program has come. It’s always nice when people thank you and you learn their experiences [at FoYF] have changed their lives.” She sees herself as a mentor and a touchstone to help the undergraduates who enroll in the program get what they need and help them identify their strengths and weaknesses. “I would love the enrollment

“My class at ICO felt inclusive. I was one of two Black students, but there was still a fair amount of diversity among my classmates. This diversity and the kind nature of my classmates helped foster a feeling of inclusion. **My experience at ICO was a positive one.**”

Fatima Ibrahim, OD '16



“Going to the program allowed me to see myself in the field and build the connections I needed. **I saw ICO put forth more effort than any other program I researched.**”

Tatiana Giraldo, OD '17



numbers at ICO to be reflective of the U.S. population. We are not there yet, but we will continue to strive for increasing the number of minorities in the profession.”

Ms. Johnson is a firm believer that every alumnus can contribute to a more diverse student enrollment at ICO. She sees every ICO graduate as a potential ambassador that can engage their patients and communities in identifying students of color that would make ideal candidates for FoYF, optometry, and ICO.

Back in Rhode Island, Dr. Giraldo lives this call to action. She sees herself as a role model and speaks at local high schools to help kids get excited about science. Employed by the Vision Care Network in Lincoln, Rhode Island, Dr. Giraldo lobbied her boss to consider opening an office in her nearby hometown of Pawtucket. Having known Dr. Giraldo since an earlier ICO clinical rotation, and later, saw her double her production numbers in two years, her boss took a chance on the proposal. Dr. Giraldo ran with it; the new location has been a great success.

“ICO was on my list of places to interview, but after working with Teisha and having an interview, **I cancelled all my other interviews.** I was both nervous and excited coming out of FoYF, and **I knew that this was the place for me.**”

Mark Marquez, OD '15



The daughter of immigrant parents, a truck driver and seamstress, Dr. Giraldo remembers her time at the ICO summer recruitment program fondly. “Focus on Your Future was the bridge that connected my desire to be a doctor with my wanting to open my own practice. I did it in three years. Now, moms bring their kids in to see me— a minority woman in a white coat. ‘You can do this,’ they tell their children.” And they can, and they do.

FOCUS ON YOUR FUTURE

BY THE NUMBERS



212 participants since 2008

\$0 cost to participants

29 matriculated to ICO

20 participant max

13.5% eventually attend ICO

For more info visit: www.ico.edu/recruitment-events

Things that Make Me Smile

Family

Good Food

Friends

Giving Back



| ICO

+

amazon smile
You shop. Amazon gives.

=



Thank You for
Making Us Smile!

Giving back is free and easy with **AmazonSmile!**

This online feature diverts a small portion of what you normally pay on Amazon toward a favorite cause. You can choose to donate to ICO while doing your regular shopping. You don't pay any extra; Amazon makes the donation on your behalf.

Setting Up Smile

Visit <http://smile.amazon.com>. Under "Accounts and Lists," click "My Amazon Smile." You can use the search function to pick "Illinois College of Optometry." You will receive a confirmation e-mail.

Using Smile

Bookmark and use <http://smile.amazon.com> for all future Amazon purchases. Money will only be donated if you use this link! Once your account is set up, any time you visit Amazon Smile, you will see the words "Supporting Illinois College of Optometry" at the top of your screen.

Funds received from AmazonSmile on your behalf go directly to ICO's area of greatest need.

Trending



August 28

We extend our gratitude to the legislators who visited ICO yesterday:
@RepJoyceMason
@RepHernandez
@barbara_isabel
@SuzyGlowiak
State Rep Lindsey LaPointe

We hope you learned much about the profession of optometry! Thank you for your work in #Illinois.



September 14

It's the perfect day for a lakeside fluorescein sno-cone!
#ICONora #chicagosummer
#lakemichigan #optometryschool
#optometrystudent



August 29

Congratulations to **Dr. Laurel Roberts**, one of ICO's '18-'19 residents. She was chosen for a Johnson & Johnson Residency Award by the American Academy of Optometry Foundation. Dr. Roberts will receive the well-deserved Sheldon Wechsler Contact Lens Residency Award at the end of October. Fantastic work!



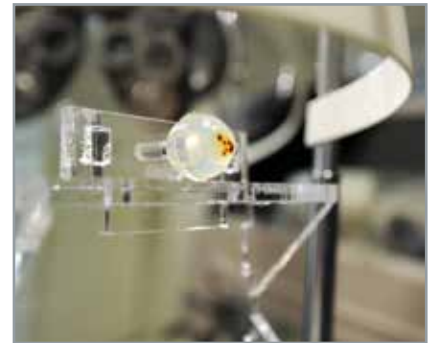
September 14

We are proud to welcome The Association for Conductive Education in North America (ACENA) to our campus! Their 2019 Conference is being held at ICO this weekend; our own **Dr. Valerie Kattouf** is the keynote speaker.



September 17

We are excited that ICO students get to learn foreign body removal on a brand new biocompatible polymer eye called the OcuBall. As *Optometry Today* explains, this exciting technology "avoids the challenges of cross-contamination and biological waste associated with traditional animal-based models."



September 26

If you have a friend, mentee, or loved one interested in pursuing medicine, tell them about #optometry! @OptometricEd chose ICO's own **Jeffrey Lewis, OD '12**, to represent the profession. He's a doctor AND a DJ!



September 27

ICO recently visited @DePaulU to offer sports vision screenings. Our students and faculty evaluated nearly 170 athletes. We are proud of this hometown collaboration, which has been going strong for 35 years. Go Blue Demons!



October 2

ORMatch is open TODAY! *Women in Optometry* spoke to ICO's own **Elizabeth Walsh Czirr, OD '15, FAAO**, about how a VA residency complemented her optometric career.

Trending



October 17

ICO's SVOSH and Low Vision Club partnered for a Dining in the Dark event. In addition to raising funds for @givingsightorg, this exercise encouraged awareness about the daily experiences of people living with blindness or vision impairments.



December 6

Several of our students spent Thanksgiving in Jamaica, helping deliver comprehensive eye exams to people in need. Jeff, Lester, Randi, and their colleagues have really embodied the ICO spirit this holiday season. We are so proud of them!



February 5

February is Black History Month. Founded by Chicago activists, Black History Month celebrates the immense contributions and legacies that blacks of the African Diaspora have made in history. This poster is currently displayed outside of our Lecture Hall. It recognizes some of the many black ICO alumni who empower and inspire. Thank you to NOSA and the Black Student Union for collaborating on this important piece!



February 12

Got a special someone who helps you see things more clearly? Send them this ICO Valentine! #HappyValentinesDay



November 15

How often does an entire campus get together for a movie?? Very cool! The ICO family is enjoying popcorn, candy, and the film #Screenagers: The Next Chapter.



December 13

ICO's Cornea and Contact Lens Society welcomed **Jason Pingel, OD '00**, back to campus today. He had wise things to say about improving the patient experience. We're always honored when an alumnus visits and shares!



January 21

Chicago's first black alderman lived in Bronzeville- ICO's neighborhood. On Monday, a ribbon-cutting ceremony celebrated the historical restoration of Oscar Stanton De Priest's home, just 2 miles from campus.



January 24

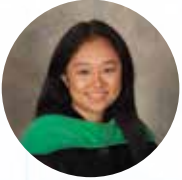
Our mental health club ABLE has set up a table this afternoon where students can write notes of encouragement and kindness to be distributed to others. Optometry school is hard but it's so nice to have a community of people going through the same thing as you. #ICOaitana #ICOCClassof2023 #optometrystudent #almostthere



Alumni Association Scholarship Recipients



Each year the **Alumni Association Scholarship** is available to 4th year students. They are asked to submit an essay describing their service and leadership while a student, and to include how they will continue to lead and serve ICO and the optometric profession as an alumnus. **Here are excerpts from their essays.**



ALICE HAN '20

AOSA President, Student Assn. Social Media Correspondent, Class Notetaker, Colleague of the Year Award, SVOSH

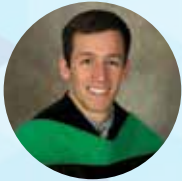
As I walked through ICO's doors on Interview Day, I was immediately greeted with great enthusiasm and welcoming smiles. It was evident that ICO has a supportive community with strong camaraderie between students and faculty. I knew right away that attending ICO would be the best choice for me to foster my growth as a clinician and as a leader in the optometric community.



FRAN MANGAHAS '20

Student Association President, Board of Trustee and Alumni Council Student Representative, Gold Key Honor Society, MCA, and CCLS Executive Board, AOSA Delegate

I have frequently tried to remind myself of this saying during my time in optometry school. While I have been honored to serve in various leadership positions as a student at ICO, it is important to remember why I came upon those positions in the first place: to be an advocate for my fellow students within the realm of ICO and in the community.



LUCAS SCHMIDT '20

AOSA Trustee, National AOSA Delegate, AOA PAC Contributor, Optometric Charity Fundraiser

"When you walk the line at graduation you will not be the same person you are now. You will change throughout your years here as an ICO student." - Mark Colip, OD (during 1st year Orientation)

As graduation approaches, this statement by Dr. Colip resonates in my mind with new meaning. I entered ICO with the idea it would be a steppingstone along the journey to becoming a Doctor of Optometry. I've since come to recognize ICO as the foundation of this journey. Through my involvement at ICO I've become a leader with a passion to serve our students, our school, and our profession.



ASHLEIGH YATES '20

NOSA President, Spanish Club President, Black Student Union Co-Founder, Focus on Your Future Program Mentor

I have always been committed to leadership and service, even prior to optometry school. In order to further educate and prepare myself for the path that I aspire to take, I have taken active roles in several organizations at ICO. I also intend to continue to support the ICO community, especially minority student organizations, as an alumnus, both financially and through mentorship. I look forward to this next phase and adding my unique mark to the great legacy of ICO.



This scholarship was initiated by the ICO Alumni Council in 2011. Since that time **23 scholarships** have been awarded to 4th year students. All funds raised have been generously donated by alumni. If you would like to help a student, please go to www.ico.edu/make-a-gift and select **Alumni Association Scholarship** from the drop down menu. Thank you!

Visit www.ico.edu/alumni-association-scholarship for the entire essays.

Essentials: R. Mark Hatfield, OD '79, MD



For a select few ICO alumni, optometry is not a final career goal. Rather, their degree acts as a steppingstone.

R. Mark Hatfield, OD '79, MD, is one of these people. He never quite practiced optometry, but rather, used his OD as a vital foundation for retina-focused ophthalmology. Dr. Hatfield treasures his time at ICO. He frequently returns to Chicago for Homecoming and fondly remembers colleagues like **Neil Hodur, OD '75**, **Gary Gunderson, OD '79**, and **Randy Andreoli, OD '79**.

“An optometrist looks at the eye much differently than an ophthalmologist,” asserts Dr. Hatfield. “There are distinct training

differences in understanding the psychophysical needs of vision.” He credits ICO for giving him “an edge” - the maturity, professionalism, and experience required for his career. The practice he founded, Retina Consultants PLLC, sees 60-70,000 patients per year in locations across West Virginia.

When not at work, Dr. Hatfield enjoys history (particularly WWII) and traveling with his family to locations like Russia, India, and St. Maarten. He always tries to keep laughter in his life, recognizing the importance of vision and the great responsibility he owes his patients. These are Dr. Hatfield’s Essentials:

MR. FIX-IT

"I love to fix things, anything-electrical, plumbing or mechanical. Part of this hobby is rewiring houses. I recently installed a new breaker box in my employee's home. My nickname is 'MacGyver' in the OR."



VALUED COLLEAGUES

"I have too many over my career to just list one or two. Dr. Kirk Packo introduced me to the specialty of Retina and taught me to be a surgeon. During my ICO experience, there were **Drs. Tennant, Hodur** (pictured), and **Stelmack**, to name a few. In my second career, Drs. Goldberg and Pulido have been both persons of inspiration and friends."



SOMETHING SPARKLY

"A guilty pleasure of mine is buying my daughters something special for Christmas- usually a special piece of jewelry. My dad used to work with my uncle in their jewelry store, until he decided to attend ICO at age 37 in 1964. As a young child, I would walk into the store and see all these beautiful items. It has been a weakness of mine since!"



PEANUT M&M'S

"I do not stop for lunch, so my staff always keeps me supplied. Of course, the peanut variety provides a more balanced diet vs. just plain M&M's!"



THE BEST MEDICINE

"The best tool in my retinal specialty is humor. So many patients suffer from severe visual loss for which there is no help. They can't see, they can't read. To have them smile for us, or share a laugh together, brings me the greatest pleasure."

FAMILY MATTERS

"My mother and father (**Dr. Coleman Hatfield** was on faculty at ICO) were obviously critical in any success I have obtained. Working with my sister, **Dr. Arabel Hatfield**, for the past 30+ years, has been enjoyable. My wife Monica has given up so much for my success, and the success of our three daughters, Meghan, Mary, and Makenzie, has been the cornerstone of my adult life."

ON THE WATER

"I enjoy white water rafting. The New River Gorge Bridge offers some of the best white water rafting in the world. I also love to waterski. My father taught me to ski when I was 6 years old. It's an especially great time when I am doing it with one of my daughters! We have a home in the mountains at Flat Top Lake. I've also skied in Lake Powell, which was a blast."



GIBBS'S RULES

"My favorite TV show is NCIS. Gibbs is black and white when it comes to right and wrong. He holds himself to a high standard of performance."



WORDS OF ADVICE

"All of my mentors have taught the same message: Maintain a high-level of integrity and try your best. It's always better to speak of others and their accomplishments."

FAREWELL TO A FRIEND

"Being an old romantic, I found the years at ICO were intense, yet enjoyable. The friendships made were lifelong. My saddest memory is the loss of my dear friend, **Dick Newth, OD '79**. He was a model for what a person and optometrist should strive to be."



Class Notes

1940's

1949

J. J. Abrams (NICO) has announced his retirement after 70 years in practice. From 1950-2005, he enjoyed a solo practice in the Westside neighborhood of Indianapolis. He then joined his son, John Abrams, MD, at Abrams EyeCare Associates until 2020. In 2019, the State of Kentucky honored Dr. Abrams, naming him a Kentucky Colonel.

1960's

1962

A. William (Bill) Meyer is enjoying retirement with his therapy dog, spending Wednesdays visiting the patients at the Travis Air Force Base Hospital in Fairfield, Calif. He is proud to share that his son, a Sonoma County Fire Captain, led a strike team to fight the 77,000-acre Kincadee fire.

1969

Robert P. Rutstein was the recipient of the Springer Award Lecture given by the University of Alabama at Birmingham School of Optometry, where he holds the distinction of Professor Emeritus. The title of his lecture was *"Retinally Induced Aniseikonia: An Under Recognized Cause of Binocular Vision Symptoms in Adults."* Established in 1999, the purpose of the award is to invite distinguished vision scientists and clinicians to share their knowledge with optometry students, faculty, residents, and practitioners.

1970's

1971

D. R. Gordon received the President's Award from the Illinois Optometric Association during their fall convention.

1973

Joseph Ruskiewicz, Assoc. Professor at PCO/Salus University, is the principal investigator of a multi-center U.S. clinical trial, sponsored by Eyenovia, to evaluate the safety and effectiveness of the investigational drug, MicroPine, to help slow myopic progression in children.

1977

Bob Livingston was inducted (posthumously) into the KMA Sports Hall of Fame. A multi-sport standout in the 1960s, he was the team captain for the Shenandoah (Iowa) Mustangs, leading them to their only state appearance.

1980's

1983

Mark Hennen received the Distinguished Service Award from the American Optometric Association for his long-standing leadership and service on behalf of the optometric profession.

1987

Millicent Knight, Senior Vice President, Customer Development Group at Essilor of America, received the Optical Women's Association's Pleiades Award. This award recognizes her exceptional action in advancing the leadership role of women in the optical industry.

2000's

2000

Mamie Chan was awarded the 2019 OD of the Year Award from the Great Western Council of Optometry. She was also named a new board member of Women in Optometry.

2008

Matt Jones was elected President-Elect of the Illinois Optometric Association during its fall convention.

2009

Erica Ittner welcomed baby Raife William Marker on Jan. 15. She is also a faculty member at ICO.

2010's

2010

Zanna Kruoch (ICO Resident) received the Optometric Educator Award from the American Optometric Association.

2011

Jackie Keller and husband **Craig Keller '11** welcomed baby Emma to their family on Jan. 13.

Marian Longo was married to Paul Jones on Oct. 26.

2014

Abby Jakob welcomed baby Max on Jan. 10.

2015

Jessilin Quint (ICO Resident) was named to the board of Women in Optometry.

2016

Jenna Koskey has joined the optometry department at Kaiser Permanente Kona Medical Office. Prior to moving to Hawaii, she worked as an optometrist for the PeaceHealth Medical Group in Eugene, Oregon.

2018

Jasmine Ghotra opened her own solo practice, Precious Eyes, in Abbotsford, BC, on the first day of 2020.

2019

Madeline Bartels has joined the practice Fichte Endl & Elmer in Amherst, N.Y.

The following abbreviations denote predecessor names of the Illinois College of Optometry.

CCO: Chicago College of Optometry

MCO: Monroe College of Optometry

NICO: Northern Illinois College of Optometry

LINDA GORMAN IN MEMORY OF STANLEY GORMAN, OD '71

- ENDOWING A SCHOLARSHIP IN HIS NAME
- NAMING THE ROSENBLOOM CENTER RECEPTION AREA



Stanley and I met in 1968 when I was a senior at the all-female Michael Reese Hospital School of Nursing. Stan was a freshman at ICO. My school had dances where we invited men from the local professional schools. I graduated as an RN a few months after meeting Stan and then began my nursing career at Michael Reese in the Psychiatry department. Stan made the trek back and forth on foot from ICO to my Prairie Shores apartment many a weekend. We got married a few months after he graduated from ICO in 1971. We'd always planned to go to Los Angeles (where Stan was from), so we packed up his Chrysler Newport and drove across the country.

Stan loved being an optometrist. As the years went on, he often talked about wanting to give back to ICO because he felt the school had given him so much. We both valued education. He supported me returning to school, and I eventually got my master's degree in nursing at UCLA.

We talked about the possibility of donating, even visiting ICO to speak with Dr. Mark Colip, but never got around to it. When Stan passed away in 2017, I knew I had to pursue his wishes. Going through old papers, I found a folder that Dr. Colip had given us. Stan had written a few notes inside, including "Low Vision" and "Rosenbloom Center." I took that as a sign.

Last fall, I toured the Illinois Eye Institute. The level of expertise available to the patients is amazing and provides such an exceptional clinical experience for the students. When I walked into the Rosenbloom Center, I knew that Stan would be pleased to have his name associated with it in some way. Stan often talked about Dr. Rosenbloom when he was in school.

Stan was able to complete optometry school without debt. Knowing how important that was to our life together, establishing a scholarship in his name was another way to achieve his wishes. I hope the scholarship will contribute to ICO attracting the best students, especially those from families who haven't had the opportunity for advanced education.

As many people do, we put off taking action on our philanthropic plans. We had the best of intentions, but time got away from us. I am very happy to have the opportunity to see Stan's name associated with the school and profession he loved. I know he would be very happy. For those of you considering giving, envision how your life has changed because of ICO and how you might want to support them now.

~ Linda Gorman, MN



To speak to someone about making a gift to ICO, please contact the **Development Office** at **312.949.7071** or **development@ico.edu**.

In Memoriam

1940's

1946

Alfred Klein (NICO), Spirit Lake, Iowa, Aug. 26. He enlisted in the medical corps. of the U.S. Naval Reserves during the Korean War, commissioned as Second Lieutenant. He practiced in Spirit Lake for over 50 years, with additional offices in Spencer and Estherville. He was the first optometrist in Dickinson County, beginning the pre-school eye exam program, which became the model for Iowa and other states. He was also instrumental in the development of Siouxland Optical Lab in Sheldon and served on its board of directors.

1947

Ted Oberman (NICO), Bethesda, Md., Dec. 21. He practiced in Juneau, Alaska, serving as the president of the Alaska Board of Optometry, before moving to Washington, D.C., where he practiced at Group Health Association, retiring as Chief Optometrist in 1986.

1949

Harold Garmel (NICO), West Bloomfield, Mich., Sept. 11. He was a WWII veteran serving overseas. He was also a national hardball squash champion and played French horn in the Detroit All City Orchestra.

Brandon D. Leetz (CCO), Madison, Wis., Oct. 5. He served in the U.S. Navy during WWII.

George McAlpin (NICO), Yuma, Ariz., Dec. 3. He graduated from Lawson General Hospital as a surgical technician and then served in the European Theater in WWII with the eighth Air Force. He also served at an England station hospital as a medical corpsman with a crash crew and received five battle stars. After he was discharged, he opened his optometric practice in Corning, Iowa, before being recalled to military service during the Korean War. He headed the eye clinic at the Fort Leavenworth, Kansas, station hospital and military prison as a First Lieutenant and served as a member of the military court martial board. When he finished his military service, he returned to his practice and retired after 45 years.



1950's

1950

Walter J. Gundlach (CCO), Hastings, Neb., Nov. 4. He served in the U.S. Army from 1943-46. He opened a practice in Hastings and then partnered with House of Optics for 15 years.

Martin F. Liebrand (CCO), Vienna, Va., Nov. 23. He served in the Navy in WWII as a radioman. He practiced optometry until he was 80 years old.

1958

Charles A. Gray, Columbus, Neb., Nov. 26. He served in the U.S. Army from 1952-54. He practiced in Columbus until his retirement in 1999.

1960's

1961

Donald Garelick, Madison, Wis., Aug. 2. He served as a Corpsman/Medic in the Navy at the U.S. Naval Hospital in Great Lakes, Ill., during the Korean War. He practiced in Appleton, Wis., until his retirement in 1999.

1965

Jerry Ray Pederson, Greenwood Village, Colo., Dec. 16. He established his optometric practice in 1970 and retired in 2011.

1967

Joseph A. Viviano, Cedar Knolls, N.J., Nov. 14. He owned practices in Summit and Morristown, N.J. He was a Fellow in the American Academy of Optometry and a Fellow of the College of Optometrists in Vision Development. He was a retired Asst. Clinical Professor at SUNY College of Optometry, where he taught pediatrics and vision therapy.

1968

Thomas Smith IV, Wasilla, Alaska, Dec. 20. He practiced optometry in Fergus Falls, Minn., for 42 years and was co-founder of InVision Eye Care. He retired in 2011 and moved to Wasilla to be near his family.

1969

David A. Eberhardt, Glenwood Springs, Colo., Oct. 17. He served in the U.S. Army and was stationed at Fort Carson in Colorado Springs, Okinawa, Japan, and Fort Knox, Kentucky. While in Japan, he served as Chief of the Optometry Clinic and as Vision Safety Consultative to the Surgeon General of the U.S. Army Medical Center. He practiced optometry for 40 years in Roaring Fork Valley, Colorado.

2020's

2021

Thushanth Thanikasegaran, '21

FRIENDS & FAMILY

Anthony Barone, Chicago, Ill., Feb. 17. A longtime ICO employee and front desk security officer, he was known as "the Godfather" and beloved by the entire ICO family. He was skilled at putting applicants at ease when they came for interviews and attended every student event he could, even after he retired. He is featured in the reverspective art piece currently displayed across from the President's Office.

Lee Wesley, Chicago, Ill., Nov. 28. He headed research at Wesley-Jessen, the Chicago-based company founded by his father, optometry pioneer **Newton K. Wesley, OD**, who was a former faculty member at ICO. Lee Wesley was instrumental in the development of a computerized method of fitting contact lenses and the company's first soft lens, which later became the DuraSoft lens. He later became president of the Dr. Newton K. Wesley Foundation.

Got alumni news? Please share.

ONLINE: icomatters.ico.edu/submit-a-class-note

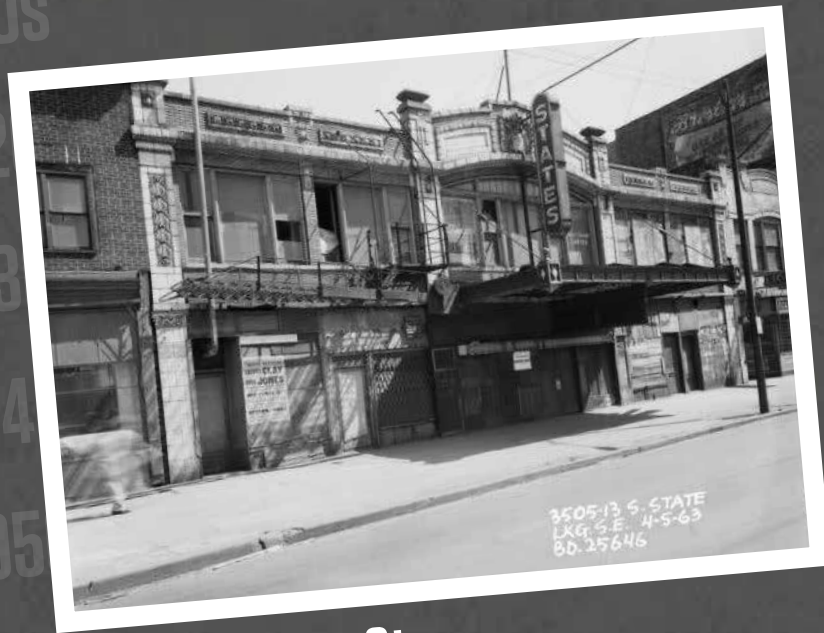
CONTACT: Connie M. Scavuzzo, MA

Senior Director of Alumni Development

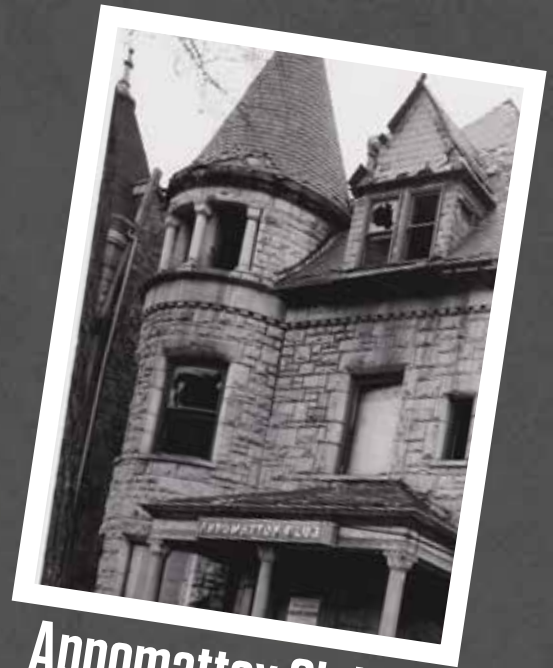
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Vault

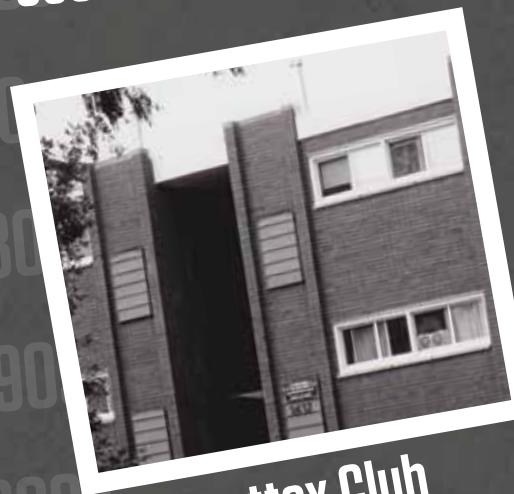
ICO is rooted in the historic Chicago neighborhood of Bronzeville. Famous for its culture of gospel music, jazz, and black politicians and business owners, the area has experienced many architectural and demographic changes. The Bronzeville Historical Society is located just steps away from ICO at the Illinois Institute of Technology. To help us better understand our campus's history, they sent us these photos from their James S. Parker Collection and the University of Chicago Library. Many of the structures pictured have since been demolished.



3503 S. State St.



**Appomattox Club
(original)**



**Appomattox Club
(second location)**



Victory Monument

Datebook

COMMENCEMENT
MAY 16

NOTE: This calendar is subject to change based on the evolving COVID-19 pandemic.

MAY

May 2-9
Final Exams

May 15
Capstone Program (Virtual)

May 16
ICO Commencement (Virtual)

May 18
First Day of Summer Quarter

May 23-25
Memorial Day Holiday
Campus/Clinic Closed

JUNE

June 6
Admissions Open House
ICO Campus

JULY

July 1-2, 6
New Resident Orientation

July 3-4
Independence Day Holiday
Campus/Clinic Closed

July 8-12
NOA Convention
Hollywood, Fla.

July 13-17
Focus on Your Future Summer
Program
ICO Campus

July 25-August 1
Summer Quarter Final Exams

AUGUST

August 6-9
Class of 2024 Orientation

August 10
First Day of Fall Quarter

August 15
ICOlympics

August 22
Parents' Orientation
White Coat Ceremony
ICO Campus

SEPTEMBER

September 5-7
Labor Day Holiday
Campus/Clinic Closed

September 11-13
IOA Convention
Springfield, Ill.
ICO Exhibit Booth

OCTOBER

October 9
AAO - Academy
Alumni & Friends Reception
Nashville, Tenn.

October 24-31
Fall Quarter Final Exams

NOVEMBER

November 1-2
Continuing Education Program
12 hours, tested
ICO Campus

November 9
First Day of Winter Quarter

November 26-29
Thanksgiving Holiday
Campus/Clinic Closed



ICO

Illinois College of Optometry

3241 S. Michigan Ave.
Chicago, IL 60616

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If you do not wish to continue to receive this magazine, or you are receiving more than one copy, please contact us at (312) 949-7080 or alumni@ico.edu.

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Last Look



*Here is one more photo from "the old days," courtesy of **R. Mark Hatfield, OD '79, MD**. Dig that far out clinic attire!*