Message From the Dean

Defining Success

*Action is the foundational key to all success.* Pablo Picasso

Greetings Friends and Colleagues-

If success is defined by one’s achievements then we should be proud of our association with so many accomplished students, faculty, staff and alumni. As expected, many of our day-to-day activities are directed toward the academic success of our students. Perhaps more impressive are their cocurricular professional and service contributions that cannot be measured on a four-point scale.

It is an honor and privilege to share the many inspirational stories about the passionate and compassionate action driven individuals within our community. We are fortunate to have a group of creative faculty, dedicated staff, talented student body and supportive friends and alumni.

All the best,

Larry J. Davis
Dean

UMSL Optometry Students Put on an Amazing Performance at Optometry’s Meeting

The College of Optometry at UMSL can make a viable claim to have the best students in the country. With the knowledge that we have the finest—or one of the finest—National Optometric Student Associations, Student Volunteers of Optometric Services to Humanity, and Student Association for Independent Optometry, Optometry’s June 27-30 Meeting in Chicago was a reminder that our American Optometric Student Association is, in a word, “awesome.” Whether it was, once again, having the highest percentage of students at Optometry’s Meeting, watching our own President of the American Optometric Association, Jen Sidun (’13) representing UMSL as our finest ambassador—multitasking all week, always with a smile—watching Caryn La Buda (’13) answer question . . . after question . . . after question at the Optometry Student Bowl, or the awed look on the faces of all students as they watched the incredulous Optometry Student Bowl rules video produced by our students, the buzz around Optometry’s Meeting was how amazing the UMSL College of Optometry students are.

It was truly a memorable week as nearly 90 UMSL students in attendance were frequently complimented and UMSL pride was evident everywhere. Caryn La Buda (’13) who earned the opportunity to represent UMSL in the Varilux Student Bowl by winning the school’s optometry bowl contest (on little sleep as she picked up an applicant from the airport early that morning after his flight was delayed) gave one of the best—if not the finest —performances in UMSL history, according to...
Ed Bennett OD, MSEd was presented the Chancellor’s Award for Excellence in Teaching at the Chancellor’s State of the Union Address presented September 19th. Vinita Henry, OD (*85), Director of Clinical Operations, and Howard McAlister, OD, Associate Professor were honored for 25 years of faculty service. Michael Howe, Senior Research Engineering Technician, was recognized for receiving the Riveters Staff Excellence Award for the Month for May.

Natalie C. Santelli, MAT, OD (*11) was a recipient of the George W. Mertz Contact Lens Residency Award. These are highly competitive fellowships that provide $4,000 toward their graduate education and a $750 travel grant to attend the American Academy of Optometry meeting in Phoenix, October 24-27.


Laura Longnicker, OD (*11) was featured in the August issue of “Women in Optometry” in an article entitled “Access is the first step in Success”. This

found the meeting to be quite memorable. “I had to attend meetings all week (Monday-Saturday) with both AOA doctors and industry members along with running the AOSA bi-annual meeting. It was exciting to meet so many people who value the opinion of the students as well. UMSL as always had a great turnout and I was very proud of the effort everyone made to attend all of the meetings and network. I was honored by how much support I received from the UMSL students when I spoke at the AOSA general session. It was overall a great experience!”

However, a lasting image many will have will be of the 2012 Student Bowl video. Entitled the “Student Bowl Tango” presented by the Spirit Award winning UMSL College of Optometry students, demonstrated their many abilities for the entire optometric student body. Brigitte Colley relates: “I think it just goes to show that optometry students have a great deal of hidden/undiscovered talent. Amanda Nicklas wrote the script, Carrie McDowell choreographed the video and Jen Sidun was great at coordinating and overseeing the whole process. The reaction we get from students was great . . . the crowd went wild and we received so much positive feedback. Great day to be from UMSL.” Singing and tango-dancing to the rules of the 21st Varilux Optometry Bowl, the attendees were spellbound by the performance of our students. The video can be found at: http://tinyurl.com/Say5z9

At the UMSL Alumni Reception Dr. Frank Fontana and Dean Larry Davis pictured at the UMSL Alumni Reception.
Dr. Barbara Horn

Last year the college was fortunate enough to have AOA President-Elect (now immediate Past-President) Dr. Dori Carlson visit the College in order to meet with both the faculty and the students. On May 8th, we welcomed AOA Trustee Dr. Barbara Horn to the College. Dr. Horn met with the faculty in the early afternoon. With the faculty she outlined key curriculum changes and future initiatives and answered questions presented to her. Her presentation was both informative and entertaining. She emphasized the importance of transferring their student AOA membership to become an AOA member upon graduation as well as being affiliated with their state association and local society. As she successfully accomplished, Dr. Horn encouraged the students to get involved with committee responsibilities in areas of interest to them. She also reviewed the history of how optometry was able to make numerous advancements in their scope of practice, all resulting from the efforts of the American Optometric Association. She emphasized the importance of having a mentor to help them, just as she has served as a mentor to former employee Trista Papisz (’13). Likewise, she emphasized the importance of relying on their colleagues for assistance and advice once important decisions have been made such as buying a practice and becoming an associate. She also emphasized staying informed through resources provided by the AOA including AOA First Look, AOA News, Facebook and Twitter.

Speaking to an audience that included current national AOA President Jen Sidun (’13), former national AOA Vice-President Alan Wegener (’12) and current AOA Trustee Alaina Mudder (’14) as well as a student body that already has helped UMSL achieve national recognition, she was able to show—via her example—many ways they can ultimately benefit the optometric profession. She emphasized this in her statement, “I promise if you get involved, you will be successful.” It is evident through her leadership background, including serving as President of the Michigan Optometric Association and AOA Trustee, Dr. Horn has the vision and leadership abilities to someday follow in the footsteps of Dr. Dori Carlson and successfully lead the optometric profession to greater prominence.

As in the past they divided into small groups and, complimented by the class mixer held in April, and their Facebook page created several months prior, they became more and more familiar with their extended family. Brief presentations were given by Dr. Tom Callanan (’96) representing the Missouri Optometric Association, Staci Liles from the American Optometric Association, and UMSL faculty and student leaders. A highlight of orientation was the question and answer session provided by student leaders with the new class.

Who is the Class of 2016? This class has an average incoming grade point average of 3.512 and no less than 61% have experience working in an eye care practice. There are many collegiate athletes, several pre-optometry club presidents, campus leaders, and a large number of students who had participated in undergraduate research. The College of Optometry welcomes the Class of 2016 to our family and wish them all the best as they pursue their optometric journey, culminating at commencement at the Touhill Performing Arts Center in May 2016.
Five Recent Graduates Show That You Can Have Your Dream Practice Right After Graduation

When applicants for the College of Optometry are interviewed about why they are interested in pursuing this profession it is often the result of a desire to help others, to work independently, to have the flexibility and freedom to dictate one’s schedule, and to have a practice similar to their role model, an independent optometrist who loves what they are doing. At the UMSt College of Optometry our faculty and staff take part in making these dreams come true in many forms: a track of practice management courses, organizations such as the Student Association of Independent Optometrists (SAIO), the UMSt Student Chapter of the American Academy of Optometry, and the ability to schedule clinical rotations in successful private practices. Five recent graduates, including four members of the Class of 2011, showed us you can practice optometry, the way you originally desired, right after graduation from the UMSt College of Optometry.

Finding the Dream in Your Own Backyard

Both Drs. Kim Folwarski (*’11) and Christy Hayes (*’11) grew up in St. Louis with the dream of practicing optometry in the St. Louis area. They met during the first day of orientation and developed a close friendship over the next four years. They contemplated opening a practice together in St. Louis. Of course, they heard that you cannot find a good position in St. Louis; you certainly would not be able to buy into an existing practice and, as for starting cold . . . forget it! As they relate, they ignored the skeptics and made their dream come true.

It wasn’t until our last year of optometry school that we had a serious conversation about starting that process. It was pretty clear to us though that this was our dream and we loved the idea of starting out on this dream together. The fall before graduation we began writ-
ing our business plan and the following spring we were finding possible prac-
tice locations and meeting with bank representatives to apply for their SBA loan. One year and 10 months after deciding to head down this path we cele-
brated our grand opening. There were lots of fumbles and lessons learned that time and we are sure many more lessons to come but they have never once wavered in thinking that this is worth the risk and sacrifice because this is our true passion and desire.

And what a beautiful practice it is, located in the heart of the town center of Wildwood in a building shared by a dental group. They credit working together with a mutual goal as a large factor in their success. “Having a business partner has made the world of difference. We often look to each other in our weak moments, moments of frustration and moments of worry. We always have each other’s back and as tough as an undertaking this has been it seems pretty near impossible without each other. We are both currently working half time at the new practice and half time at other jobs so that we can pay our bills, especially student loans and this, again, wouldn’t be possible without the help from one another. It is our goal to begin leaving our part time jobs in three years so we can begin to dive more fully into our private prac-
tice.”

These determined and goal-oriented young optometrists are to be congratulated for pursuing their dream of owning their own business.

The May “Field of Dreams” for Two Members of the Class of 2011

Both Drs. Tonia Batts (*’11) and Kelly Bugg (*’11) wanted to return to their home state of Kentucky to practice optometry. They both desired to own their own practice upon graduation. What are the odds that they would both accomplish their dream in the same city. For Kelly Bugg, it was a desire to open her own practice upon graduation; a desire she has since fulfilled. “What motivated me to open my own prac-
tice?” As soon as I decided I wanted to become an optometrist I had a very clear picture of what my dream job and practice entailed. My only experience with optometry was through being an optometrist who owned a very suc-

cessful practice in a small town near my hometown. My favorite part of his practice was the atmosphere. I loved that he not only was very familiar with all of his patients, but also his patient’s families. I wanted this same experi-
ence and none of the jobs I looked into at graduation presented this same opportunity. When I began looking into the community I currently reside, Mayfield, it seemed to be the perfect fit to have my dream practice. It’s a small community that provides me numerous opportunities to not only run a successful prac-
tice, and because I work for myself and have a flexible schedule I am able to also take time and become involved in the community.”

Of course, opening cold does require a considerable amount of effort. “I have put more time and work into this practice than I could have ever expected. The first few months 70 and 80 hour work weeks were not unusual. Although I have been able to cut back hours since we’ve been open a year, it’s still much more time consuming than I had expected. Great service and time management has also been extremely important in beginning my practice. I wasn’t able to buy the nicest equipment or even put in the high end eye glass frames, I had to set myself and my practice apart by exceptional service. We pride ourselves in not allowing our patients to wait more than 10 minutes before seeing myself/the doctor.”

What would Dr. Bugg recommend for recent optometry students? “The number one and most difficult practice pearl is don’t try to do too much too soon. Patients don’t necessarily mind if you don’t have the newest equip-
ment as long as they’re confident you can do the job with what you have. I very desperately wanted to buy all new equipment as soon as I opened, but following advice from a colleague and mentor I got by with what I had the first year and when I felt a little more financially stable I was able to upgrade equipment to help others, but it was through community, you’re a new practice you have to set yourself apart. I added evening hours to be more available to patients and it has been very successful. When I first envisioned owning my own practice and being my own boss I thought I’d work when I wanted to. That couldn’t be further from the truth; I work when my patients want me to work. The good thing is I love what I do so working not so conventional hours hasn’t been a problem. The last pearl that is important, especially in small commu-
nities do everything you can to become involved. I’ve become Vice-President elect of the Rotary Club and I am very involved in the Local Chamber of Commerce.”

For Tonia Batts, profiled in the June, 2011 issue of the EYEWise as a future leader and potential President of the American Optometric Association there was never any question that her goal was to own her own practice, it was just a matter of what practice and where it would be located. Ironically, she also found Mayfield, Kentucky to be her dream location. “I heard through the networking grapevine/networking at meeting was the greatest thing I did in school” so Dr. Sheridan (EyeCare Associates of Kentucky) was looking an associate. I literally just cold called her office one day and told her who I was and asked if she knew of anyone that might be looking to hire because I was coming back to the area of my home town. I met her one evening at her home and we just chatted. She asked what I was looking for in a job, I was so open and honest about my intent to never be just an employee. My goal from the start was to be a small

Continued, page 7

Continued, page 8

Five Recent Graduates (continued from page 6)

Gina Stokes-Johnson (*’04) gave birth to Ava Delaney on September 6th.

Shawna (Hill) Vanderhoof (*’05) gave birth to Mattias on February 16th.

Josh Wilson (*’06) is the proud father of Riley, born on July 17th.

Teal Ann Sherwin Stefanik (*’01) gave birth to Liam Alexander Schafer on August 19th.
Business owner. This first meeting was a more of a get to know you meeting, talking about life and school and everything in between. At the end of our meeting, we hugged and both agreed that we felt great about the possibility. And that was it, from that day forward the plan was that I would begin working for her right out of school. We drafted a one year contract-keeping in mind that we both were hoping that our romance would continue past that one year. For me finding a partner that I could get along with and be friends with was very important. Dr. Brown was right when she said finding a business partner is almost more important than finding a spouse. I see Dr. Sheridan way more than I see my husband, so it would be terrible if I didn’t love her like family.”

And she was entering a large group of practitioners to assist her, including a role model who has served as President of the AOA, “EyeCare Associates of Kentucky is a group of five individually owned offices across Western Kentucky with 11 optometrist and one ophthalmologist. This gave me a wide network of existing doctors to be able to call on if I needed help. The Mayfield Kentucky office was started 15 years ago by Dr. Sheridan right out of school. It was her strong desire to succeed and her persistence that gave me the instant feeling that Mayfield would be home for good! Dr. Sheridan had more love for her employees than anyone I had ever met. Immediately after I started working in her three exam lane office, we quickly realized we needed more room. We began to plan for our new 5100 square foot office. For me it was as if I had hit the jackpot. Not only am I getting my dream job but I get my dream office as well. We cut the ribbon on our new office August 28th, the very day that I bought my first share of the office.

Our structure for the buy in is very different than most optometrists are used to. Instead of me going to the bank and taking out one huge loan and tying up all of my credit, we split the office into 100 shares. The 100 shares add up to 60% of the Gross Income for the year before I was employed. Every five months 10% of my income is placed into a separate account that is designated for the buy out, once I get enough to purchase a share I do. I have 10 years to purchase all of my shares before the practice value is reevaluated. This model was designed by Dr. Joe Ellis, former AOA president as well as one of the doctors in EyeCare Associates of Kentucky, to help new graduates so that they can live the life they had been dreaming of, but still begin to build equity.

Their plan has not gone unnoticed and will be featured in the October issue of “Women in Optometry” with the accompanying photo on the cover. It is evident that Mayfield, Kentucky has been blessed by the presence of two very special graduates of the UMSL College of Optometry.

Starting Your Dream Practice with the Right ReSource”

Dr. Kylie Divine (‘10) always wanted to be in a private practice in a small community setting. Her goal was private practice and the accompanying benefits such as setting her own hours, being able to offer specialty services, and manage her own patients for the long-term. She accomplished her dream in her hometown. “I had worked as an independent contracted optometrist after graduation in a private practice that was a member of Vision Source, the nation’s largest network of private practice optometrists. I saw the benefits of the network for private practice optometrists for networking and for pricing. I was motivated to open my own practice as I moved back to my hometown of Poplar Bluff, Mo. I wanted the flexibility of working for myself and I wanted to offer my hometown a service that could not be experienced anywhere else. I wanted to provide top quality eyecare and service with a personal touch to the extent that when a patient left my office, they left saying ‘That was the best eye exam I have ever had’.”

My final decision to move back to Poplar Bluff was made in December 2011, I talked to the bank and was approved for my business loan in January 2012, and I opened and saw my first patients on June 11, 2012. I joined Vision Source at the very beginning which was very beneficial to me as a new practice optometrist. I used the business plan that I wrote in my third year of optometry school with just a few tweaks of the cash flow numbers and took that to a local bank who approved my private practice loan. 

Dr. Kylie Divine (‘10) at left. Dr. Tina Batts (‘11) and Dr. Sheridan

Continued, page 9

Continued, page 10

Nutrition and the Eye Symposium VI - Focus on a Healthier and Longer Life, April 13 & 14, 2013, 12 hrs COPE/CEE

Cell telomeres research won the 2009 Nobel Prize for medicine. Application of these and future findings will lead to the enhancement of human health span as well as lifespan. Call Lis Eillerbusch for more information (314) 516-5615.
Maggie Jean Dunkin was born on July 31st. Her mom is Tina (Jones) Dunkin ('10).

Angel Novel Simmons ('02), Clinical Assistant Professor and Coordinator of Admissions, gave birth to Alba Marie on July 10th. Deanne (Wehner) Wolk ('09) gave birth to Mckensey Rian on August 1. She is welcomed into the family by big brother Michael.

Dave Wiegman ('08) became a father on August 22nd. His son is Max Gerard.

On Tuesday night, June 12th, UMSL was represented and honored during the Annual St. Louis Optometric Society (SLOS) Installation Banquet which was held at the a Living World in the St. Louis Zoo. Immediate Past President Dr. Karen Rosen ('94) was recognized for her service to the organization and Dr. Paul Whitten ('00) was sworn in as President. Almost all of the elected officers were UMSL graduates including President-Elect Dr. Jason Riley ('07), Secretary Dr. Kim Layfield ('07), Treasurer Dr. Erin Niehoff ('08), and Sargent-at-Arms Dr. Joe Castellano ('11). Dr. Scott Tamassini was elected Vice-President. The SLOS Trustees to the Missouri Optometric Association are Drs. Tom Cullinane ('96) and Robert Gerss ('91). In addition, Dr. Mary Beth Rhomberg ('97) received the “OD of the Year” award. Dr. Doug Huff was honored with the Lifetime Achievement Award.

Welcome new staff members!

The College of Optometry at UMSL welcomes Nancy McGuire as Administrative Manager to the Dean's office. Nancy recently worked as an Educational Program Manager for The Executive Leadership Doctoral Program at The George Washington University in Ashburn, VA. Her background also includes additional experience in Higher Education as well as The Financial Field, Online Learning and Human Resources. Nancy, along with her husband Brian and son Hayden, recently moved from the DC/VA area to Illinois.

The College of Optometry at UMSL also welcomes, Nicholas (Nick) Palisch to the staff as Senior Academic Advisor with Student Services. Nick has worked in education since 2001 from admissions, testing services, advising and teaching management courses at the undergraduate level. Most recently Nick worked with Columbia College as an academic advisor II and adjunct professor. Nick’s energy and personality is a great addition to student services in the college of optometry.

The College of Optometry is very grateful for the support of our alumni and other donors who support our indigent eye care funds. These funds annually help people to obtain vision, eyecare, and eyewear services they would be unable to obtain with these funds. Around 150 people are referred to us annually for assistance, and while not all of them require funding for a variety of reasons, about half will require funding assistance. We have no residential criteria, so we hear from both Missouri and Illinois referral sources.

Indigent EyeCare Funds Serving Metro Area

The College is Awarded Optometric Diversity Mini-Grant

In the 2011-12 academic year, we funded 75 people with an average of $90/patient required (range $26-$620). We have donated frames from which patients may select their next eyeglasses. Our referral sources are diverse, from Salvation Army, Lions Club, school social workers or nurses, and area St. Louis shelters. We currently have several funds, and if you are interested in helping in this way, please contact Dr. Barb Brown at brownbw@umsl.edu or 314-516-6030. Funding opportunities exist not only with general indigent funding (these patients are generally, but not always, Salvation Army, battered women, young adults in training programs, or Goodwill clients), but also with specialty areas such as low vision, pediatrics, vision therapy, contact lenses (e.g., K-cone specialty lenses), and Special School District students. If you wish, you may fund by location such as the Optometric Center on Lindell, East St. Louis, Harvester, or to assist students served by our Mobile Examination Vehicle.

The College of Optometry Loses a Friend

The College of Optometry Faculty Coordinator of Admissions, Dr. Angel Novel-Simmons ('02) was awarded an Optometric Diversity Mini-Grant from the Association of Schools and Colleges of Optometry. This is a competitive program which only funds a limited number of such grants.

The goal of the Optometric Diversity Mini-Grant Program is to develop and implement activities/programs that are designed to recruit and/or retain underrepresented minority students, financially disadvantaged students, and first-generation college students. The UMSL program is entitled “Eyes on Diversity” and the goal of the program—in collaboration with the UMSL Bridge Program—is to expose, recruit, and retain underrepresented students into optometry. Eyes on Diversity creates a two-fold program that targets both high school juniors and seniors and optometry students. The program is a one-week course that employs both didactic and clinical instruction. The primary focus of the program is to allow students the change to experience optometry school firsthand.

The College is Awarded Optometric Diversity Mini-Grant

To establish the College of Optometry it takes the support of the administration of the university for which the College is to be associated with. Fortunately, the formation of our College was made possible in part due to the support of it’s chancellor, Arnold Grobman, who passed away on July 8th at the age of 94. Dr. Grobman was chancellor of the University of Missouri-St. Louis from 1975 to 1985 and during his tenure the university added the schools of optometry and nursing. According to Dr. Gerald Franzel, Associate Dean of Continuing Education and E-Learning, and one of primary individuals responsible for the formation of the College of Optometry, Grobman’s role was very significant. “Arnold Grobman was very supportive of the establishment of our College. In fact, the opportunity to have a College of Optometry was submitted to all four University of Missouri campuses. Only UMSL was receptive to this proposal, largely a result of the support of it’s Chancellor.” Dr. Grobman was a prominent scientist who participated in the nation’s first research into atomic energy.
Celebrating the wedding of Dr. Dinita Bockhold ('11) and Travis Cooley on October 13th were several members of the “Fab Five” from the Class of 2011 highlighted in the Spring 2010 issue of the EyeWire. Pictured are Drs. Hanna Kim, Tim Hougland, Alicia Triplett Janssen, Dinita Bockhold, and Sarah Burgett.

The EYEwire is published by the Office of the Dean at the University of Missouri-St. Louis College of Optometry.

Dr. Ed Bennett, Editor
EBennett@umsl.edu

Janice White, Designer
janice.white@umsl.edu

Dr. Larry J. Davis, Dean
ljdavis@umsl.edu

If you have missed a previous issue of the EyeWire you can navigate to the archive page as well as the current issue from our homepage > optometry.umsl.edu

Looking for a New Position?
Looking for a New Associate?

Send your information to ODJobs@umsl.edu and we'll try to connect you!

Need to Change Your Address, Name or Find Out License Information?

Alumni simply need to remember one email for all Alumni Service: ODAumni@umsl.edu.