

Seeing Things Clearly:

Free keiki vision screening for Ho'okele Elementary

The American Academy of Ophthalmology says that it's vitally important to check a child's vision in the first few years of life to catch such conditions as poor vision, misaligned eyes, "lazy eye," and other problems that need correction with glasses. Early detection and treatment can usually help to correct them before they become lifelong vision problems. Not to mention that good vision is key to a keiki's development and success in school.

This is why Kapolei Eye Care's Nancy Chen, MD, along with optometrists Peony Tam and Ernesto Suarez, have teamed up with the Kapolei Rotary Club to bring free vision screening to

Ho'okele Elementary students. They held the first screening in September for 1st and 2nd graders, and will be screening 3rd and 4th graders on November 9. Kindergarteners and 5th graders will be screened in early 2016.

"Our goal is to identify any vision problem so that they can be corrected early in life," said Chen. "The vision system is not fully formed in babies and young children, and equal input from both eyes is necessary for the brain's vision centers to develop normally. If a child's eyes cannot send clear images to the brain, his or her vision may become limited in ways that can't be corrected later in life."



Chen offers some general advice for parents:

Newborns. An ophthalmologist, pediatrician, family doctor or other trained health professional should examine a newborn's eyes using a red reflex test to check that the eyes are normal. The ophthalmologist should do a comprehensive exam if the baby is premature or at high risk for other reasons, has signs of abnormalities, or has a family history of serious vision disorders in childhood.

Infants. Between the ages of six months and the first birthday, one of the health professionals listed above should perform a second screening at a well-child exam.

Preschoolers. Between the ages of three and three-and-a-half, the child's vision and eye alignment should be checked by a pediatrician, family doctor, ophthalmologist, optometrist, orthoptist or person trained in vision assessment of preschool children.



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School Age. When a child starts school, the eyes should be screened for visual acuity and alignment by any of the health professionals listed above, or by a school nurse, if a problem is suspected. Nearsightedness (myopia) is the most common problem in this age group and can be corrected with eyeglasses. More serious problems should be checked by an ophthalmologist.



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Kapolei Shopping Center BLOOD DRIVE



Saturday, November 21
7:30 a.m. - 12:00 p.m.
Bloodmobile

1 hour can save 3 lives.
Contact BBH @ 848-4770



Blood Bank of Hawaii
Give Blood. It's Safe. It's Simple. It Saves Lives.

Please bring a valid photo I.D. with birthdate | Be sure to eat well and drink plenty of fluids before donating
Drive date, time and location are subject to change



Giving Thanks by Giving Back

Ko Olina Resort volunteers will distribute more than 4,000 Thanksgiving meals complete with turkey, stuffing, gravy, pie and more to 14 churches and veteran organizations in West O'ahu on Saturday, November 21, 2015.

This annual tradition began 17 years ago, with resort employees coming together to prepare and distribute the hot meals. This year, Leeward Community College culinary students will be preparing more than 2,700 pounds of turkey, with Disney's Aulani culinary team handling all side dishes and dessert. UPS, who has been an integral part of the community outreach program since its inception, will deliver the meals to organizations at locations from Pearl City to Wai'anae.



Photos: Ko Olina Resort



Happy Thanksgiving!

Let It Snow!

Weather forecast calls for 30 tons of Hawaiian snow

It'll be falling at Kapolei Commons on Saturday, November 28, 2015 at the Country Christmas & Snow Zone. The family event, which runs from 10 a.m. to 12:30 p.m., will kick off the holiday season with lots of free activities for the keiki including photos with Santa and Snowy the Snowman,

twisty balloons, face painting, glitter tattoos, and games booths with prizes. Snacks and beverages will be available for purchase.

Snowfall is set for the parking area across from Down to Earth at 4450 Kapolei Parkway across from Wet 'N Wild Waterpark.

Happy Holidays!



KAPOLEI PROPERTIES DEVELOPMENT

Kapolei Properties Development is an affiliate of the James Campbell Company with a focus on the development of the City of Kapolei, and on economic development and job creation in the Kapolei region.

FOR MORE INFORMATION ON KAPOLEI, PLEASE VISIT:

www.kapolei.com or contact Steve Kelly at stevek@kapolei.com

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