SPRING HAS SPRUNG!

Allergy Season In Florida

Springtime in Southwest Florida means many things. It means snowbirds and spring breakers have flocked here to enjoy our white sandy beaches and our beautiful weather, but it also means Seasonal Allergies. Now, you could say that because of our year-round warm temperatures, allergies are an all-year nuisance...and you are correct. But springtime allergies here can be especially bothersome if you don't know how to handle them. One of the biggest contributors to Season Allergies in Florida is Tree Pollen. Actively taking preventative measures against pollen can have great benefits during tree pollen season. Keeping your home allergen-free by vacuuming often, replacing air filters, and drying your clothes inside are all great first steps. When you do go outside, try to avoid the areas where your trigger trees are prominent, and remember to shower frequently. The most common culprits for seasonal allergies in Florida are American Elm, Bayberry, Bluejack Oak, Maple, Pine and River Birch.

Depending on how your body reacts to allergens, you could experience a wide variety of eye-related symptoms during allergy seasons. The most common are itchiness, redness, and watery discharge. These could be accompanied by a burning sensation, contact lens discomfort, swollen eyelids, and a scratchy or gritty feeling. You could also experience adverse side-effects from decongestants, which might dry out your eyes as well as your sinuses, making them even more vulnerable to airborne allergens.

If preventative do not provide the protection you need, you may want to use some of the many over-the-counter remedies available. If these do not give you relief, you should consult your doctor about prescription medicines or allergy shots.

FLLEC inSight
Meet Our New Team Members
As we continue to grow to better meet the needs of the community, we are thrilled to welcome some new doctors and team members to the Florida Lions Eye Clinic family.

**Dr. Sanjay Shaw**

Dr. Shaw was born in India and emigrated to the U.S. in 1968. He attended Johns Hopkins Medical School and the Cleveland Clinic for Ophthalmology. In 1992 he joined the Iowa Eye Center in Cedar Rapids where he practiced general ophthalmology until 2021. In May of 2021, he and his family relocated to Southwest Florida...and they love it! He enjoys playing the violin, playing pickleball, bird watching, photography, travel and gourmet and ethnic cooking. Welcome and thank you for your service Dr. Shaw! "Dr. Shaw brings a wealth of skill and experience to our clinic. His compassion and commitment to serving patients makes him invaluable to our mission," said Dawn Lieb, FLLEC Board President.

**Dr. Shauna Berry**

Dr. Berry has made a significant difference in adding to the services we provide to the children of the community. She grew up in Bonita Springs and attended Nova Southeastern University in Fort Lauderdale. She did a fellowship in Neuro-Ophthalmology in Houston and graduated from UCLA Medical School specializing in Pediatric Ophthalmology. She worked at Children's Hospital in Orange County, CA and at the Golisano Children's Hospital. She is currently in the process of opening her own private practice and we are so fortunate that she still makes time to volunteer at FLLEC. "It is a pleasure working with Dr. Berry. She is a ray of sunshine while in the clinic and the staff and patients notice that. Without hesitation, Dr. Berry has added clinic days to attend to the needs of our younger population and is doing so at the same time while remodeling and opening her own practice. We can only wish her the absolute best in this new endeavor and we are blessed to..."
David Kastan

Joining the staff at the FLLEC as our new Director of Marketing & Development is David Kastan. David worked in TV News for 15 years in Louisville, West Palm Beach and Cincinnati where he earned 2 Regional News Emmy Awards. He studied Communications at the University of Delaware and has certifications in Website Development and Search Engine Optimization. He has worked in destination marketing since 2011 and specializes in digital marketing and public relations. "We are thrilled to have David as part of the team. His marketing skills and connections with the business community of SWFL will make him a great asset as we continue to grow," said Robin Goldstone Garcia, Executive Director.

The DeArmond Grant Supports the Florida Lions Eye Clinic

Larry and Dawn DeArmond recently awarded a $150,000 grant to the Florida Lions Eye Clinic (FLLEC). The funding will allow the Clinic to serve more patients and perform more in house procedures and surgeries, procedures that were at one time referred out for service. The grant adds two additional staff at the Clinic.

“We are honored and fortunate to have both Mr. and Mrs. DeArmond on the FLLEC Board of Directors!”, said Robin Goldstone Garcia, FLLEC Executive Director. “Through their generous donation, we will be able to add to our staff and increase the number of patients we serve with the goal of providing no cost eye care to those in need. Larry and Dawn DeArmond have truly made a difference for us through their service as Board Members and through their generosity, and we are extremely grateful!”

Thank you!

FLLEC and United Way
Visit Area Publix Stores
To Thank Them For Their Support

As you may know, the Florida Lions Eye Clinic is very proud to partner with the United Way of Lee, Hendry, and Glades Counties to provide services and support for those less fortunate in our communities. The United Way's expertise in uniting the community, problem solving, and driving collective action to amplify the power of the individual helps us achieve things we could not do alone.

This week, we joined with them to visit area Publix Grocery Stores to thank them for all they do through financial contributions, food donations, and volunteer support. Publix's combined contributions total about $1.4 million dollars to the United Way. Thanks so much to the managers and associates of each Publix store for all you do for the community!

Calling All Volunteers!

As the need for the services the Florida Lions Eye Clinic provides to the community, so does our need for volunteers. We welcome anyone in the community who would like to volunteer their time to help us at the clinic and at events in the community. We are also looking for volunteer physicians in the area who are willing to donate their time and services at the clinic or at their practices. If you are interested in helping us meet the needs of those most vulnerable in Southwest Florida, or if you know someone who might be willing to help, please visit out website or give us a call at (239) 498-3937 for more information on how you can be part of our cause.

Visit our Website

Don't Forget to Follow Us on Facebook

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You’ll find the exact same low prices, selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the Florida Lions Eye Clinic. Amazon Smile is also available on the Amazon Shopping app on your phone. You can find it in the App Store for iOS or Google Play for Android.