



The New Hampshire Optometrist

New Hampshire Optometric Association Member Newsletter
newhampshire.aoa.org

Spring 2026

The Mission of the New Hampshire Optometric Association is to advance and protect the practice of Optometry to ensure the health and vision of the public.

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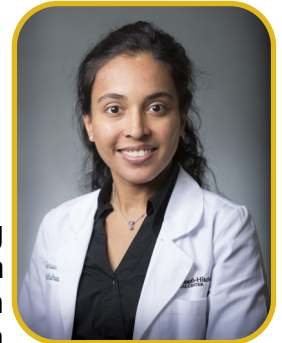
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President's Message from Sowmya Srinivas, OD, MS, FAAO, ABO, ABCMO



Dear Colleagues,

It is my pleasure to welcome you to our Spring Conference. This gathering represents more than just an opportunity to earn continuing education credits—it is a time for us to reconnect as a professional community, exchange ideas, and reflect on the evolving role of optometry in today's healthcare landscape.

Over the past year, our profession has continued to adapt and grow in response to new clinical advancements, emerging technologies, and the changing needs of our patients. From innovations in myopia management and ocular disease treatment to expanding scope of practice, optometrists remain at the forefront of delivering accessible, high-quality eye care.

This year, we also find ourselves at an important moment in our advocacy efforts. The recent gubernatorial veto of the laser procedures bill was a significant development for our profession. While this outcome was not what we had hoped for, it underscores the importance of continued engagement, education, and collaboration with policymakers and stakeholders. Our commitment to advancing patient access to safe, effective care remains unwavering, and we will continue working thoughtfully and persistently toward that goal.

This conference has been thoughtfully designed to provide you with practical knowledge, meaningful discussion, and inspiration you can bring back to your practices. I encourage you to take full advantage of the educational sessions, engage with our speakers and exhibitors, and connect with colleagues both old and new.

I would also like to extend my sincere appreciation to the planning committee, speakers, sponsors, and volunteers who have made this event possible. Your dedication and commitment to excellence continues to strengthen our profession.

Thank you for being here and for your ongoing commitment to patient care, advocacy, and professional growth. Together, we will continue to move our profession forward.

Warm regards,

Sowmya Srinivas, OD

REGISTER OR DONATE



**FUTURE
IN SIGHT**

2026

**WALK
FOR
SIGHT**

Saturday, May 16th
Downtown Concord, NH



The **2026 Walk For Sight** consists of a 1-mile loop through Downtown Concord, starting and ending at the NH State House. We'll also have a DJ, exciting raffles, the Guiding Eyes puppy kissing booth, and fun photo opportunities!

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FROM THE DESK OF THE EXECUTIVE DIRECTOR

At the Sorbonne on a cool spring day in Paris, former U.S. President Theodore Roosevelt delivered a speech titled *Citizenship in a Republic*. In it, he reflected on what it means to contribute, to lead, and to make the world a little better. A portion of that speech has become one of the most widely quoted speeches of its time. I'm sure you've heard it.

The 26th US president used that moment to highlight the responsibility to step forward, take risks, and strive for more – even in the face of criticism, conflict, and doubt. For the rewards of doing so are, in essence, guaranteed... even if an outcome falls short of stated goals or intentions.



I came to understand that message long before I knew where it came from.

At 15, I was the youngest player on a 16–18-year-old American Legion baseball team. I struggled at times trying to keep up with older, stronger, more experienced players. But our coach, a former Vietnam Marine, who cared far more about the development of his players than wins and losses (on most days), saw something in me and my team. He appreciated how we showed up – we played hard and gave it everything we had. He gave us all a copy of Roosevelt's words.

By my second year, I earned the starting catcher position, stepping into baseball's quarterback role – even displacing a Division I recruit who also played a strong center field. Coach Gorman didn't just talk about Roosevelt's words – he instilled it in each of us.

And over the past 3+ years, I've watched NHOA members live it too.

You stepped forward. You put yourself, your training and your profession in the arena. You advocated, testified, educated, and pushed – all in the name of improving access to care for patients across New Hampshire. Many gave their time, money and energy, and in many cases, made sacrifices we'll never fully know.

So yes – Governor Ayotte's veto is disappointing, frustrating, perhaps even infuriating.

But let's be clear: coming up short at this moment is through no fault of those who carried this effort. Anyone who has spent time turning ideas into laws learns one thing – decisions aren't always about the merits. Sometimes, they're political. And in the end, we may never fully know why HB 349 was vetoed. It's not my place to critique the message that came with it.

What I do know is this: NHOA members don't sit on the sidelines.

You step forward. You sacrifice. You lead – for your patients and for a shared and impactful profession. In doing so, you've lived exactly what Roosevelt prescribed – High achievement is not the timid souls, but those willing to strive, to fall short, and to rise again.

I hope there's real comfort in knowing you belong to an organization filled with incredibly smart, kind, and committed friends and colleagues. Everything happens for a reason.

Walk proudly. The work continues.

And we will be back.

Sincerely,

A handwritten signature in black ink that reads "Timothy F. Boni". The signature is fluid and cursive.



GOLD**EssilorLuxottica****Essilor® Stellest® Ask the Expert Webinar Series for ECPs****12:30p EST/9:30a PST**

<https://teams.microsoft.com/join/37837949662080?p=f5AOctr6WnFYZ0Qrh> (CTRL click)

Meeting ID:378 379 496 620 80

Passcode:Rp7IT3Ck

3:30p EST/12:30p PST

<https://teams.microsoft.com/join/33976731227239?p=w1kgwfrmmQP7sjtMee> (CTRL click)

Meeting ID:339 767 312 272 39

Passcode:gb6S6he2

WEBINAR DATES:

Both sessions on a given date are the same content

Friday, March 6th

Friday, March 20th

Friday, April 3rd

Friday, April 17th

Friday, May 1st

Friday, May 15th

Friday, May 29th

Friday, June 12th

Friday, June 26th

These links and login information will work for each respective session throughout the series. Microsoft Teams is required.

Congratulations!

Gretchen Thurber, daughter of Dr. Jeanne and Ed Thurber, graduated Cum Laude from the University of Pittsburgh in December with a Bachelor of Science in Rehab Science.



In June Gretchen will begin the Doctor of Physical Therapy program at Northeastern University.



Events Committee

Elizabeth Reese, OD (Chair)

Committee Members: Lydumila Sutherland, Sowmya Srinivas, Tim Bonin, Lora McMahon

Meeting Schedule: Tuesdays from 12:30-1:00pm via Zoom (Passcode: 842873)

Since our last newsletter, the Events Committee has focused on two key priorities: securing high-quality continuing education across our event calendar and strengthening outreach so more optometrists, students, and residents are aware of—and register for—our programs.

We are especially excited as we prepare for our 125th anniversary celebration this fall at our October Annual Meeting at Wentworth by the Sea. We have confirmed an outstanding lineup of speakers for optometric education and are planning to introduce concurrent paraoptometric courses during this year's meeting. Our goal is to ensure these offerings meet the evolving needs of New Hampshire's optometric community, and we look forward to sharing more details soon. In addition to strong educational programming, this year's social events promise to be both celebratory and engaging, blending fun activities with a meaningful recognition of New Hampshire optometry.

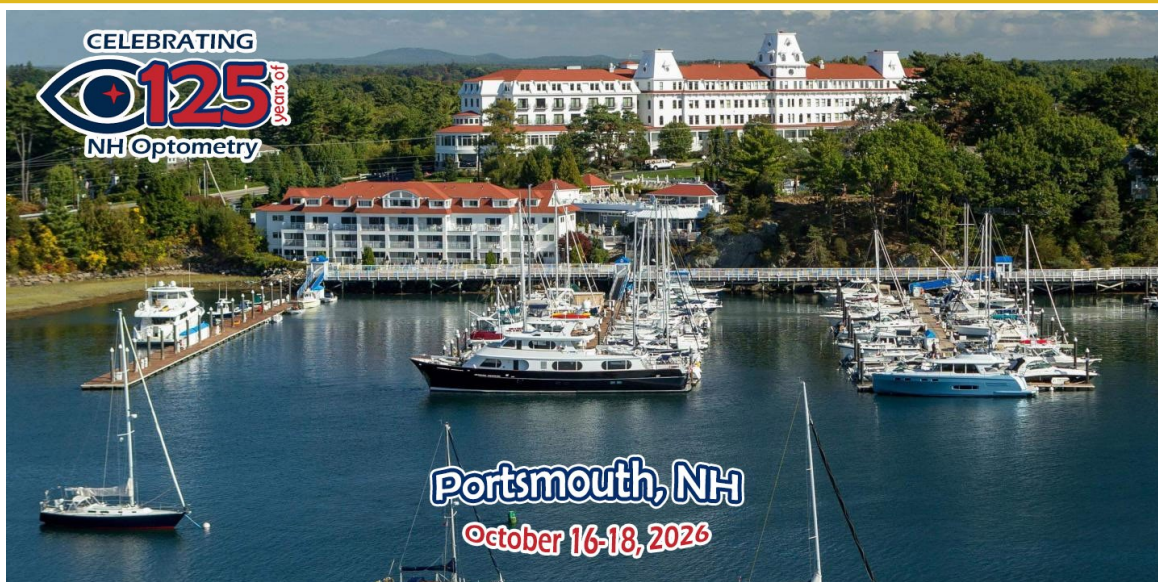
As a committee, we are also recognizing a growing challenge: attending in-person continuing education during the workweek is becoming increasingly difficult for both speakers and clinicians. We welcome your feedback as we begin shaping next year's event calendar to better meet your scheduling needs.

Membership engagement and outreach remain central to our efforts. We've identified gaps in communication, with some practicing optometrists not receiving event information. In response, we are implementing new outreach strategies, including the use of streamlined materials and one-pagers, and expanding communication to affiliates in neighboring states—particularly within our AOA region.

Engaging students and residents continues to be a top priority as we build the future of our profession. We are exploring additional ways to expand invitations through local rotation sites and other channels, with a strong emphasis on reducing financial barriers by offering complimentary registration and meals for student and resident attendees.

Finally, we are continuing work on marketing initiatives, aligning industry sponsorship opportunities, and making long-term calendar decisions. We encourage your support in connecting us with industry partners—if representatives visit your offices or reach out, please direct them to our meetings and events team or executive director, Mr. Tim Bonin.

Overall, we are seeing strong momentum as we build a reliable, high-quality CE and event schedule while enhancing communication to ensure more clinicians can participate, connect, and benefit.



2025 NHOA ANNUAL MEETING HIGHLIGHTS



Dr. Sawyer installs the
2026 NHOA Officers and Directors



Tamworth Distilling Cocktail Class



CPR Re-certification



AWARDS PRESENTED AT THE 2025 ANNUAL MEETING



**Certificate of Appreciation
was presented to
Dr. Anjelica Donnelly
for her work in reviving the
NHOA Diabetic Initiative.**

**NHOA Dr. Sylvio Dupuis
Community Impact Award
was presented to
Dr. Carl Quimby.**



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*SeeMax™ Ultimate is an N code product at VSP.



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Silka Medina

Business Development Partner | Nikon Optical USA

Silka Medina is a seasoned professional in the optical industry, currently serving as Business Development Partner at **Nikon Optical USA**. With a strong foundation in customer experience and technical operations, she plays a key role in driving strategic growth and delivering high-quality lens solutions.

At Nikon, Silka combines her deep industry knowledge with a passion for innovation, helping partners and clients navigate the evolving landscape of optical technology. Her commitment to excellence and clear communication makes her a trusted collaborator and advocate for customer-centric solutions.



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Mark W. Harris, OD

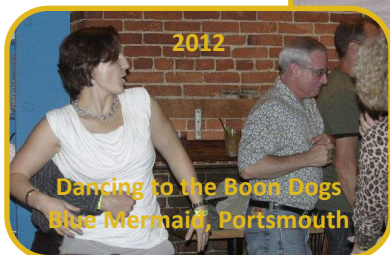
June 18, 1955—March 28, 2026

Mark was a longtime and deeply valued member of the New Hampshire Optometric Association. A 1994 graduate of the New England College of Optometry, optometry was his second career following a decade in radiation therapy at Elliot Hospital. He went on to serve patients for more than 20 years at Merrimack Vision Care before retiring in 2021.

Mark joined the NHOA in 1995 and quickly became an active and engaged member. After becoming a Director in 2002, he served as Effective Management Chair before transitioning to Legislative Committee Co-Chair in 2004, and later Chair from 2007 to 2020. During this time, he advanced through the organization's leadership roles, serving as President in 2009. Following his term as Immediate Past President, Mark continued his commitment by serving as a Director for an additional 10 years.

In recognition of his dedication to the profession, Mark was named NHOA Optometrist of the Year in 2013 and received the Distinguished Service Award in 2018.

Donations in Mark's memory may be made to the General Scholarship Fund at the New England College of Optometry: <https://www.neco.edu/giving/>



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Diana Reason
Only Eyes Optical Boutique, FL

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Edwin Davison
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