

Summerland Optometry

JUN 25



Don't forget about our eye health resolutions from the New Year:

June: Reduce blue light exposure
Consider wearing blue light-blocking lenses when using digital backlit devices. Exposure can cause eye strain & disruptions in circadian rhythm (sleep cycle).



hey, June

Summer is on the horizon, and we're here to help you see it clearly—while protecting your eyes every step of the way!

This month:

- Get vacation-ready with our essential eye care packing tips—because no one wants dry eyes or forgotten contacts on holiday!
- Learn how to keep your kids eyes safe this summer.
- Join us in celebrating the Class of 2025 and all students moving up! Your future looks bright, and we're proud to be part of your journey.

Wishing you sunny days and healthy eyes,
💙 The Summerland Optometry Team

read on for more...



Vacation Prep- with Summerland Optometry

Summer is calling! Whether you're hitting the beach, exploring a new city, or just enjoying some well-earned downtime, don't forget to pack your **eye care essentials**.

Here's your quick pre-vacation checklist to keep your vision sharp and comfortable while you travel:

- **Prescription Sunglasses** – Protect your eyes from harmful UV rays in style. Consider polarized lenses if you'll be on the water!
- **Contact Lenses & Solution** – Make sure you have enough for your whole trip (plus some backup) and that they are up to date!
- **Preservative- Free Eye Drops** – Combat dry eyes from planes, pools, or long sunny days.
- **Back-Up Glasses** – Better safe than squinting!
- **Lens Care Kit** – Pack your cleaning cloth, spray, and case.
- **Proper sun protection** – Protect your skin with the AlumierMD SPF. We carry 3 from their line: Sheer Hydration, Sheer Hydration with a versatile tint, and Clear Shield for acne prone skin!

Need to pick up supplies before you go? We're here to help!

Get vacation-ready with Summerland Optometry.



School's Out For Summer -

keeping kids eyes safe this summer

Summer break is here, but don't let your child's eye health take a vacation. Between sunshine, screen time, and pool days, young eyes face more **strain and exposure** than you might think.

Sun Damage and Kids

Children's eyes are more sensitive to UV rays, which can increase the risk of cataracts and skin cancer around the eyes later in life. Make sure they wear UV-blocking sunglasses and a wide-brimmed hat during outdoor play.

Dry, Irritated Eyes

Pools, AC, and allergens can lead to dry, itchy eyes—yes, even in kids. Watch for rubbing, redness, or complaints about burning. If symptoms persist, reach out to your optometrist for advice.

Screen Time Spike

More time at home often means more time on screens. Try to encourage at least 2 hours of outdoor play each day. Remind your kids to follow the 20-20-20 rule: Every 20 minutes, look 20 feet away for 20 seconds, and to use the elbow rule: hold screens no closer than your elbows length away.

Bonus: For parents, our IPL treatments can also help rejuvenate sun-damaged skin while treating dry eyes.

Questions about summer eye care or treatments? We're here to **help** protect your family's vision—all year long.



Congratulations Class of 2025!



- Your future looks bright from here!

Summerland Optometry is cheering on all the incredible graduates of the **Class of 2025** as they turn the page to their next adventure.

Whether you're heading off to college, starting a new job, or just soaking in the moment—you've **earned it**.



And to all students moving up a grade this year: Well done! Growth, learning, and progress deserve to be **celebrated at every stage**.

Here's to a summer full of sunshine, smiles, and success!

With pride,

♥ *The team at Summerland Optometry*



Okanagan Summer Inspired



← Okanagan
Lake Blue

Sunoka Sunrise →



← BC Cherry
Blossom

Paddleboard
Pink →



← Golf Course
Green



Function & Fashion
Vision & Values
Sight & Style
Eye health & Eye wear
it's nice to see you...

