





Girl Scout

Vision Awareness Program

• Earn a Girl Scout Patch while learning about your eyes, your vision and the importance of an eye exam.



 All levels of the Girl Scouts are eligible to participate in this program.



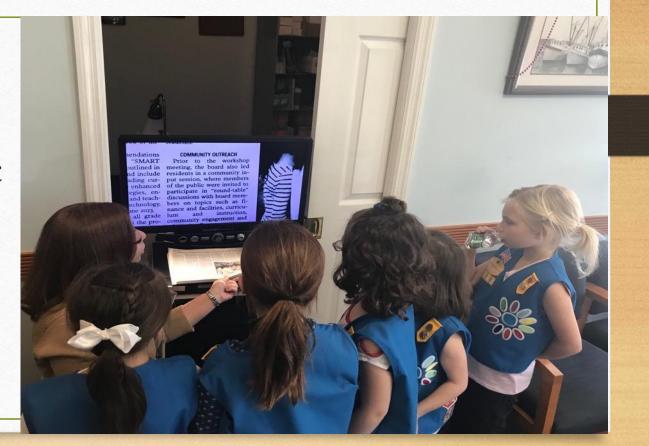
 Activities required for this patch are fun, educational and you get to visit an Eye Doctor's Office.



 For more information, please call the NJ Society of Optometric Physicians at 609-323-4012 or Dr. Maria Richman OD at 732-223-0202.



 This opportunity is brought to you by the NJ Society of Optometric Physicians and the Dr. Richard Favreau Health Foundation.



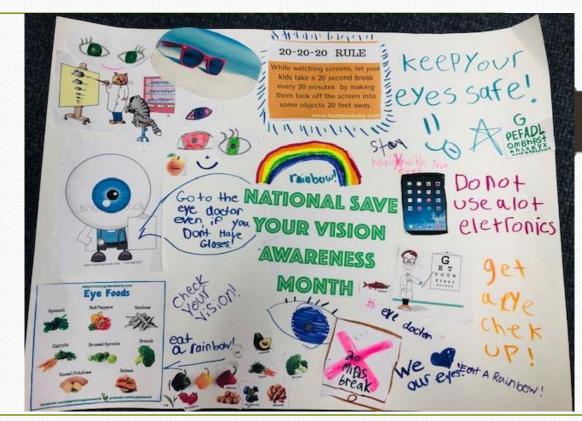
- Visit a Doctor of Optometry to learn about an eye exam or have a Doctor come to your meeting.
- Locate an Optometrist near you by calling NJSOP 609-323-4012 or by visiting NJSOP.org and click on the Find-A-Doctor search tab &
- Complete 2 of the following activities:



- 1. Not everyone has 20/20 vision. Learn about nearsightedness, farsightedness, astigmatism and how contact lenses or glasses can help.
- 2. Children often experience vision problems that are not easily detected. Learn how vision can affect school activities and how a Doctor of Optometry can help.
- 3. Learn about Camp Marcella, a summer camp in NJ for blind and visually impaired children.



- 4. National Save Your Vision Month is March. Make a poster in March or any time of the year that promotes eye health and good vision practices.
- 5. Learn about a career in Optometry. What are Optometry School requirements? Where are Optometry Schools located?
- 6. Run an Eyeglass Donation Drive. Contact a local service organization that collects them.



• 7. Do "activities in the dark". Divide the Scouts into pairs, having one scout put a blindfold on and the other scout be nonblindfolded. The blindfolded scout should try some basic activities such as buttoning or zipping a coat, tying shoes, etc. The non-blindfolded scout should lead, explain what is seen and guide the scout for safety. Then trade roles. How did it feel to not be able to see? What would you do if you met a blind person?





In one year over 1000 girls earned this patch in NJ



Let's get your scouts involved!

