

BACK TO SCHOOL

CUTLERVILLE EYECARE NEWSLETTER 2026

*Important
update!*

Dear Patients of Cutlerville Eyecare,

After over 38 wonderful years of caring for your vision and being part of your lives, I'm writing to share some personal news. Beginning **September 2026**, I will be transitioning to a **part-time schedule**. This decision comes after much reflection and with a heart full of gratitude for the trust you've placed in me over the decades.

While I will still be seeing patients on select days, I'm pleased to let you know that our practice will continue to offer full-time care. My trusted colleagues, **Dr. Stacy Crater** and **Dr. Courtney Bieszczad-Butler** will be available to provide the same high-quality, compassionate eye care you've come to expect. We work closely together, so your care will remain seamless, and your records will stay right here in our office.

It has been one of the greatest honors of my life to serve you and your families. I look forward to continuing to see many of you—just a little less often—and to knowing you are in excellent hands when I'm not in the office.

Thank you for allowing me to be part of your vision journey. I'm excited for this next chapter and grateful for your continued trust.

With Warmest Regards,
Dr. Lee Goodfellow

CONTACT INFO

Phone: (616)455-2525

**You can schedule an exam by texting
our phone number also!**

Email: ic2020@cutlervilleeyecare.com

www.cutlervilleeyecare.com

IN THIS EDITION

- Healthy vision for kids
- Dr. Bieszczad's new name!
- Contact Lens Do's & Dont's
- Insurance reminders
- Trunk Show



Healthy Vision for Kids

As summer winds down and a new school year approaches, now is the perfect time to make sure your child's vision is ready for success in the classroom. Clear vision plays a vital role in learning, reading, technology use, and overall academic performance.

Back-to-School Vision Tips:

- Schedule an annual comprehensive eye exam. Vision screenings at school are helpful, but they don't detect many common vision problems that can affect learning.
- Follow the 20-20-20 Rule. Every 20 minutes of screen time or close work, have your child look at something 20 feet away for at least 20 seconds to reduce eye strain.
- Spend more time outdoors. Aim for at least 2 hours of outdoor play each day. Natural daylight has been shown to help support healthy eye development and may reduce the risk of nearsightedness (myopia).
- Create a good homework space. Make sure your child has proper lighting and sits at a comfortable distance from books, tablets, or computers.
- Fuel healthy eyes. Offer foods rich in vitamins A, C, E, omega-3 fatty acids, and lutein, such as carrots, leafy greens, eggs, berries, fish, and oranges.
- Prioritize sleep. A well-rested child is less likely to experience tired, dry, or strained eyes during the school day.
- Protect young eyes. Wear protective eyewear during sports and UV-blocking sunglasses when spending time outdoors.

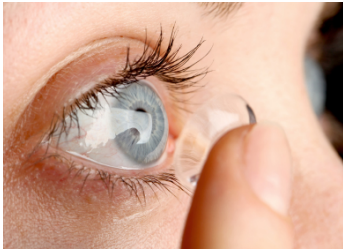
DR. BIESZCZAD IS NOW DR. BUTLER!

Dr. Courtney Bieszczad got married this past spring. Her and her husband, Patrick, have had a busy summer together. When Dr. B isn't at work, she enjoys exercising with her dog and spending time outdoors with her family.



Dr. Bieszczad has officially changed her last name and will now go by Dr. Butler – or Dr. B still works! Dr. Butler has been a part of Cutlerville Eyecare for over 3 years now. She is passionate about providing the best care for you and your entire family. Dr. Butler is eager to see patients of all ages and is always accepting new patients.

Contact Lens Do's and Don'ts



Contact lenses are medical devices that need to be used with proper care. Contact lens prescriptions are written with a precise power, size, and brand. It is important to order only what is prescribed to you by your optometrist. Dr. B has outlined below the Do's & Don't's of contact lens use:

Do:

- Wash your hands every time before handling your contact lenses
- Remove your contact lenses before bed every night
- Replace your contact lens case every 3 months
- Put makeup and lotion on after inserting your contact lenses
- Use preservative free artificial tears while wearing contact lenses (if needed)
- Call your eye doctor if you experience irritation, redness, or eye pain

Don't:

- Take naps with your contact lenses
- Clean your contact lenses with water
- Use eye drops with preservatives while contact lenses are on your eyes
- Put contact lens solution in your eyes
- Wear your contact lenses past their designated wear period - this causes eye infections!
- Order contact lenses with an expired prescription



Priority Health Medicare Insurance Reminder

At Cutlerville Eyecare, we are in network with Priority Health Medicare for medical conditions. If you are being monitored for conditions such as cataracts, glaucoma, macular degeneration, diabetes, etc - these conditions will fall under medical eye insurance and can be billed in network.

Although we are out of network with the vision portion of your plan (Eyemed Select), you can still use these benefits as out of network benefits through our office. A form provided by our office can be submitted to your insurance for partial reimbursement. If you do not qualify as a medical eye exam, your vision exam can also be submitted for reimbursement through this insurance. Please call if you have any questions!



Signs Your Child May be Struggling in School

Watch for these common signs:

- Frequent headaches or eye strain
- Squinting or covering one eye
- Holding books or screens very close
- Losing their place while reading
- Rubbing their eyes often
- Difficulty concentrating or avoiding reading and homework
- Complaints of blurry or double vision

A comprehensive eye exam can detect vision issues that school screenings may miss. Clear, comfortable vision plays an important role in learning, reading, and overall confidence in the classroom.

If you've noticed any of these signs, schedule your child's annual eye exam. We're here to help them start the school year seeing their best!

Cutlerville Eyecare

Dr. Lee Goodfellow

Dr. Stacy Crater

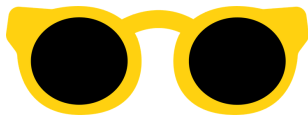
Dr. Courtney Bieszczad-Butler

6680 Division Ave S
Grand Rapids, MI 49548

Phone: 616-455-2525

Fax: 616-455-9135

Email: ic2020@cutlervilleeyecare.com



TRUNK SHOW!



Join us for our trunk show on **Monday September 21st** from **3:00 to 6:30 PM**

Maui Jim will have their opthalmic (dress) glasses and sunglasses to view!
Now is your chance to see their extended line!

Tura eyewear will also be joining us with cute styles to start off your Fall!

You will have a chance to win special discounts!
(insurance excluded with discounts)

We would love to SEE you there!