

OZIEL GRAND CHAPTER NEWSLETTER



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A Message from the Grand Worthy Matron

As we begin a new year, I extend warm wishes to every member of Ozies Grand Chapter. May the coming year bring renewed faith, good health, and many blessings to you and your loved ones. Let us continue to walk together in unity and friendship, guided by the beautiful lessons of our Order—charity, truth, and loving kindness. May this year offer new opportunities to strengthen our bonds, support one another, and serve our community with dedication and compassion.

Thank you for your continued commitment Ozies Grand Chapter. I look forward to sharing another year of fellowship, growth, and meaningful accomplishments together.

Wishing all a Happy, Healthy, and Prosperous New Year.

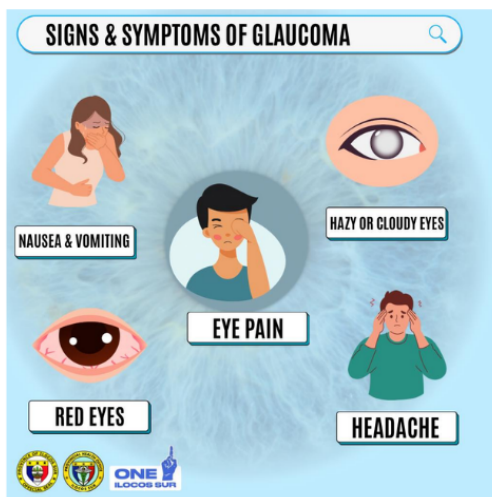


Spotlight: Nahndi Bush MD Optometrist

Dr. Bush has devoted more than 20 years to the practice of comprehensive Ophthalmology and glaucoma in Northern New Jersey. A graduate of Princeton University, she earned her MD from Rutgers–Robert Wood Johnson Medical School. Following an internship at Hackensack University Medical Center, Dr. Bush completed her Ophthalmology residency at Mount Sinai Medical Center in New York then stayed on as Chief Resident, completing a glaucoma fellowship.

Dr. Bush is passionately devoted to the education of her patients on the care of their eyes as part of a holistic approach. In addition to utilizing the most current surgical and laser treatments when needed. She believes the best care also involves attention to nutrition, and physical and emotional fitness, while building a trusting partnership between physician and patient.

Did You Know? January is Glaucoma Awareness Month



Glaucoma Awareness focuses on educating the public about glaucoma, a serious eye condition that damages the optic nerve and can lead to permanent vision loss or blindness if left untreated. Often called the “silent thief of sight,” glaucoma usually develops without noticeable symptoms in its early stages, making regular eye examinations essential for early detection.

The awareness campaign emphasizes the importance of routine comprehensive eye exams, especially for individuals at higher risk, including older adults, people with a family history of glaucoma, African Americans, Hispanics, and individuals with diabetes. While there is no cure for glaucoma, early diagnosis and proper treatment can significantly slow disease progression and preserve vision.

We'd Love to Hear From You!

Have a wellness story, homemade recipe, or local hero to spotlight? Email Sis. Erika Bennett at healthfirst@ogcoespha.org to be featured in upcoming editions. Your voice helps us grow stronger together.