

In the Eye of the Storm

Super Typhoon Odette left in its wake a trail of destruction and despair that will not soon be forgotten. But this tragedy also summoned the best in people. Our PODSters share their stories.

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This is from Osmena to Dapa proper, our way to the clinic from our house" - Dr. Buniel



Dr. Kristine Buniel went to Dapa, Siargao Island, Surigao del Norte on October 26, 2021 to help in an optometry clinic her aunt is running. She found herself busy with the thriving clinic as there were not many eye care practitioners in the area. The idyllic seaside life in Siargao made the days pass by quickly and enjoyably for Dr Kristine. Then Odette struck.

The area where the clinic is located was not spared by the grunt of the super typhoon and suffered extensive damages. Power, water, and communication services went down.

Days after the devastation, the clinic opens again. Together with her aunt, they continue to service vision care needs of the

community with whatever resources they have left. Faced with such a dire situation, Dr. Kristine asked PODS for help, and PODS responded.

Now, Dr Kristine travels from her hometown (Cantilan, Surigao del Sur) to Siargao back and forth every few weeks for

resources (food, water, gasoline, etc).

As the situation on the island is stabilizing, Dr. Kristine vowed to continue helping the community until the clinic and the practice have gotten back to some semblance of normalcy.

PODSter Profile

Dr. Kristine Mary Louise Buniel, OD

Dr. Kristine has been practicing for 6 years and is currently based in her hometown of Cantillan, Surigao del Sur. Her areas of special interest are in pediatrics and prosthesis. She is an active volunteer in provincial public health. Her practice caters to patients from areas of the province that have limited access to eye care.



AG Buniel Optical
Orillaneda St., Cantilan, Surigao del Sur





"People were lining up under the heat of the sun because their brgy hall was totally damaged. We were able to give relief goods to around 200 households"
- Dr. Espina



When Dr. Douren Espina, a PODS stalwart who practices in Tacloban City, Leyte, heard of the devastation brought by Odette, she immediately mobilized people and gathered resources to respond.

With friends and church-mates, she was able to collect funds, food, water and other badly needed relief items and send them to Panaon Island, Southern Leyte. The effort is ongoing.

PODS, for its part, has committed to provide support to ODs whose practices have been disrupted. It is hoped that, with the help and resources that PODS would be able to muster, these optometrists would be able to continue providing vision care services to their constituents.

Also, in consideration of ODs living or practicing in areas suffering from power outages and communication disruptions, PODS rescheduled some online events.

Though we hope that none, or just less, of these calamities visit us, it is encouraging that if they do happen, they also bring to focus the innate goodness in all of us.



PODSter Profile

Dr. Douren Ararao-Espina, OD, RN

Dr. Douren has been in private practice since 2001, rotating among her three clinics in Leyte. She is also a licensed nurse. Her practice's mission is to provide comprehensive, affordable and personalized clinical optometry and optical services in the community.



Espina Eye Care
Abuyog, Palo and Tacloban, Leyte

CLASS IS IN SESSION!

STRABISMUS
PROF. VANESSA R. MOODLEY

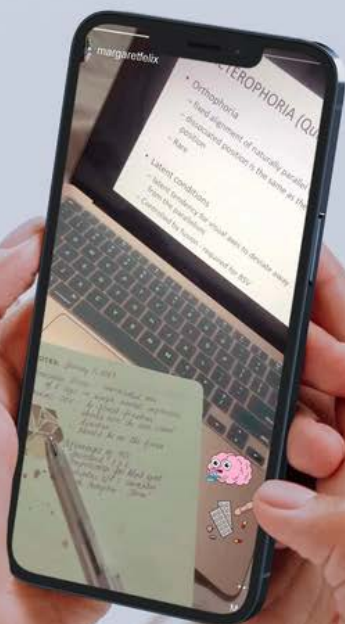
The Strabismus Online Course by Professor Vanessa R. Moodley started its first session last January 11. Around 30 ODs who finished Part 1 (Binocular Vision Fundamentals) by Dr. Kate Gifford of Myopia Profile attended. The course will run for at least 12 weeks.

The course is designed to be dynamic and interactive, and applies concepts of peer learning - the sharing of knowledge, ideas, feedback and experience between the participants, which facilitate two-way reciprocal learning.

Practical activities, self-directed learning and other innovative learning activities are also integrated into the course by Prof. Moodley.

For more information, please visit our the EVENTS page of our website.

PODS on the GRAM



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to be featured.**

**@professionalods
#professionalods**



Counsel's Corner

Atty. Bayani F. Abesamis

While most ushered in 2022 with trepidation (with the Omicron threat making the previous 2 years look like walks in the park), I suggest that we welcome this new year with open arms. Cautious hope may be prudent, but I say let 2022 in with exuberance. Why?

Firstly, as bad as 2020 and 21 were, we survived. As the virus mutated, so have we. We have adapted our habits, routines- our lifestyles- and have come out OK. Some would even say we came out better.

Secondly, trials like what the pandemics posed might have been unnerving, but life is supposed to be like that- equal measures up, equal measures down. It's part of the process we call living. Sometimes we need an earth shaking event like the pandemic to jar us out of our complacency.

Thirdly, unlike in 2020 when the pandemic hit us in the face like a brick, we are now better prepared and conditioned to face this challenge. We now have a better handle of the situation. In no time in recent history has human resiliency been so remarkably demonstrated as in the past two years, and I believe the best is yet to come.

So welcome 2022 with open arms, and keep on keeping on. Happy New Year!