

Health Career Observer



The Official Newsletter of the WNY R-AHEC

May, 2025

Optician

Opticians fit customers for eyeglasses and contact lenses and help them select which frames and lenses to buy. Opticians review prescriptions that customers receive from optometrists and ophthalmologists. These prescriptions have information about the eyeglasses and contact lenses customers need. Opticians also help customers select eyewear based on the customer's prescription, lifestyle, and other factors. After finalizing a customer's selections, the optician creates a work order for an ophthalmic laboratory technician. Work orders provide specifications on how lenses need to be cut and fabricated. Some opticians cut lenses and insert the lenses into frames themselves.



"I love working with patients and feeling like I'm doing my small part in making a difference in their life."

-Alejandra Cedeño

Average Annual Pay: \$44,170 per year

How Do I Become an Optician?

**PROJECTED JOB
GROWTH RATE IS
3% BY 2033**

Opticians typically need a high school diploma or the equivalent and receive on-the-job training. Some opticians enter the occupation with an associate's degree or a certificate in ophthalmic dispensing or a related field. Some states require opticians to be licensed. Education programs typically include both classroom instruction and clinical experience. Coursework includes topics such as optics, eye physiology, and lens dispensing. Clinical work, which is supervised by an optician, provides students with hands-on experience assisting customers.

What Does an Optician Do?



Receive customers' prescriptions for eyeglasses or contact lenses.



Measure customers' eyes and faces, such as the distance between their pupils.



Help customers choose eyeglass frames and lens treatments that best fit their vision needs and lifestyle.



Create work orders for the optical laboratory.



Adjust, repair, and replace eyewear.



Assist customers with inserting and removing contact lenses.



Educate customers about caring for eyewear.



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<https://www.r-ahec.org/>

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A Professional Account

Alejandra Cedeño, Optician at Cornerstone Eye Associates, shares her insight into the field.

What is the most rewarding part of your job?

"The most rewarding part would be patient interaction. I love working with patients and feeling like I'm doing my small part in making a difference in their life. Whether it's with helping fit them in a prescription that's going to improve their vision or helping them find a pair of glasses that makes them feel comfortable and confident. I love knowing a patient is happy with their eyewear and our interactions."

What is the most challenging?

"That would also be patients, but I think it's a good challenge. You see people who, on top of any other personal life issues, are now also having vision troubles. You have to be able to not only speak to all different people, but to be a really good listener and quick on your feet to solve any problem or any concern that may arise. But I think that's also the most fun part, I love having a patient who was not happy to begin with come back with a smile. Oh, and insurance, insurance is also challenging."

What do you wish you knew back in school that you know now?

"Organizational and time management skills. I somehow managed to cheat my way around fully polishing these skills and I cannot stress how badly these skills can hinder you not only professionally but in life."

Anything else you want to share?

"Currently there's a huge need for licensed opticians in the area. There's a lot of room for growth and different ways to branch out if you find yourself to be passionate about a specific part of the job."



Click on the image for information on a career as an Optician

<https://www.youtube.com/watch?v=IP3pmq9p814>



Click on the image for a day in the life of an Optician

<https://www.youtube.com/watch?v=2jpOm5xP6I0>



For more information visit the U.S. Bureau of Labor Statistics
<https://www.bls.gov/ooh/healthcare/opticians-dispensing.htm>

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EMS CAMP

Emergency Medical Services

2025

Experience the Thrill of Saving Lives!
Hands-on training, real-life emergency simulations, and expert guidance from certified EMS professionals. Learn about different EMS healthcare careers and the requirements, skills, and job duties. Step into the shoes of a first responder!


No Cost for Students entering Grades 9-12th
Spots are limited!

JULY 28, 2025
9 AM- 3 PM
Wyoming County Training Grounds
3651 Wethersfield Road
Warsaw, NY 14569

Questions?
(585) 786-6275
info@r-ahec.org


APPLY NOW >>
Apply by May 30th





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Health Career Resource Guide







MASH CAMP

2025

Join us for this exciting camp at Medina Memorial Hospital!

Are you a student entering grades 7-10 with an interest in the medical field?

Join us for a one-day MASH Camp at Medina Memorial Hospital!

Explore exciting healthcare careers, learn from real medical professionals, and get hands-on experience with skills like blood pressure monitoring, suturing, and more through interactive rotations and skill stations.

No Cost! Limited spots available!
Don't miss this opportunity to discover your future in healthcare.

JULY 23, 2025
9 AM- 3 PM
Medina Memorial Hospital
200 Ohio Street
Medina, NY 14103

Questions?
(585) 786-6275
info@r-ahec.org

APPLY NOW >>
Apply by June 15th



2025

BEA SUMMER CAREER EXPLORATION CAMPS

REGISTRATION OPENS MARCH 25 AT 9 AM



Medical Camp

July 21 - July 23
8:30 AM - 4:00 PM
Various Locations

\$75/Camper**

****Scholarships Available. Contact the BEA for more information.**

For students entering Grades 6-9 in Fall 2025.

<https://www.beagenesee.com/2025-camp-registration>