



Therapy by the Sea

October 8-10, 2021
Hard Rock Hotel & Casino Atlantic City

Therapy by the Sea takes continuing education to the next level with the opportunity to **earn up to 17 optometric CE** credits while enjoying a weekend with family and colleagues. TBTS events include the See Well Be Well 5K, Young OD Meet & Greet, and Friday welcome reception featuring OD-run band Dizaster Horse!

Visit the Therapy by the Sea event website at www.njtbts.com

Earn up to 17 Optometric CE Credits

Save on hotel reservations until Sept.8

See Well Be Well 5K registration inside!

Full day of paraoptometric education



ATLANTIC CITY

New Jersey Society of Optometric Physicians
(609) 323.4012 www.njsop.org
Hard Rock Hotel Reservations: (609) 449.6860



#TBTS21

Therapy by the Sea has been the NJSOP’s premier event for many years; This year’s program will present 27 hours of COPE approved CE and will take place at the ever-fabulous Hard Rock Hotel & Casino Atlantic City. With ample conference space, fantastic restaurants, and a music vibe unlike any other, the Hard Rock will be a fun-filled venue for the more than 200 optometric physicians, paraoptometric, industry professionals, and families to gather for the weekend. The enclosed information will give you details about the weekend including lecture topics, speaker information, and social events being held throughout the 2021 conference -- be sure to check out Saturday’s injections workshops! We look forward to seeing you there!

A special THANK YOU
to our sponsors in-part:



Two Chances to Experience the Injectables Learning Lab!

Join Drew Rixon, OD and Jason Duncan, OD in one of the Injectables Learning Lab courses as they guide you through hands on administration of periocular and additional parenteral injection techniques commonly utilized by the primary eyecare practioner. It is taught by practitioners who employ these techniques on a routine basis in the daily clinic setting. There are four stations: subconjunctival, intralesional, intravenous, and an intravitreal video station. An optional intramuscular station is available to the attendees who choose to pursue it.

This course will be offered twice on Saturday (5B and 6B) and provides 2 Oral Credits! Workshops limited to 20 participants per session.



Rock Out at the Rock - Friday

While CE begins at 12, the Exhibit Hall doors will open at 3pm on Friday and you’ll have access to some of the greatest industry vendors (and NJSOP supporters) through 5:30 Saturday! We’ll kick off the weekend with a welcome reception amongst friends and exhibitors from 6pm - 7pm on Friday. Dizaster Horse, featuring NJSOP’s own Dr. Dan Kohansby, will headline the reception playing songs you forgot you loved! Check them out at <https://www.dizasterhorse.com>.



Young OD Meet & Greet - Saturday

This invitation-only event will provide attendees with the opportunity to meet their VSP representatives and share ideas on how VSP can support future Young OD programs with the NJSOP. Light food and drinks will be served in a casual atmosphere.

The Mentor Committee will also be hosting a Job Fair during this event. Come join us to network with fellow NJSOP members and learn about different practice opportunities available. Whether you’re looking for a full time position, interested in filling in certain days, or planning on hiring someone, we look forward to seeing you.

See Well Be Well 5K/Fun Run - Sunday

The See Well Be Well 5K/Fun Run will take place Sunday, October 10th at 7:30am on the Boardwalk near the Hard Rock entrance. This event benefits the Richard J. Favreau, OD Health Foundation which serves as a catalyst for ideas, partnerships, and programs that improve the health and quality of life of at-risk populations in NJ. The first 50 registrants (prior to September 1st) will receive a t-shirt. More details, including information on sponsorship opportunities can be found on Page 8.

OD & Guest Registration Information

The 3 Day Package ***BEST VALUE***

Includes all of the available CE over the three days (27 hours offered, maximum of 17 hours can be taken); Exhibit Hall admission Friday and Saturday; Friday coffee/cookie break; Friday evening Welcome Reception; Saturday breakfast; Saturday lunch; Saturday evening reception; Sunday breakfast; Sunday morning coffee/power break.

OD Price:	Guest Price:
\$590 member	\$175 adult/\$55 child (age 12 and under)
\$735 non-member	(Cost for guests includes NJSOP food functions/Exhibit Hall admission)

The 2 Day Package

FRIDAY/SATURDAY: Includes CE on Fri/Sat; Exhibit Hall admission Fri/Sat; Friday coffee/cookie break; Friday evening Welcome Reception; Saturday breakfast; Saturday lunch; Saturday evening reception.

OD Price:	Guest Price:
\$440 member	\$150 adult/\$55 child (age 12 and under)
\$545 non-member	(Cost for guests includes NJSOP food functions/Exhibit Hall admission)

-OR-

SATURDAY/SUNDAY: Includes CE on Sat/Sun; Exhibit Hall admission Saturday; Saturday breakfast; Saturday lunch; Saturday evening reception; Sunday breakfast; Sunday morning coffee/power break.

OD Price:	Guest Price:
\$410 member	\$125 adult/\$55 child (age 12 and under)
\$510 non-member	(Cost for guests includes NJSOP food functions/Exhibit Hall admission)

The Daily Rates

Includes all of the CE on the chosen day(s); Exhibit Hall admission on the chosen day(s) *Note: exhibit hall is not open Sunday; NJSOP food function on chosen day(s).

OD Prices:	Guest Prices:	
Friday: \$215 member	Friday Guest: \$90	
Friday: \$315 non-member	Friday Child: \$20 (age 12 and under)	
Saturday: \$270 member	Saturday Guest: \$125	
Saturday: \$400 non-member	Saturday Child: \$45 (age 12 and under)	
Sunday: \$175 member	Sunday Guest: \$50	
Sunday: \$260 non-member	Sunday Child: \$20 (age 12 and under)	

[Cost for guests includes food function and Exhibit Hall admission on chosen day]

Paraoptometric Registration Information

Saturday CE

Includes coursework, exhibit hall, breakfast, and lunch on the selected days (Saturday only, or Friday and Saturday) as well as the Saturday Evening Reception. Please note, Friday courses will not be AOA/CPC approved, however Paras are still invited to attend Friday courses for COPE CE credit.

Saturday Only Paraoptometric Price:	Friday & Saturday Paraoptometric Price:
\$185 Paraoptometric Member	\$275 Paraoptometric Member
\$200 Paraoptometric Non-member	\$290 Paraoptometric Non-member
\$125 Guest adult/\$45 Guest Child (age 12 and under)	\$150 Guest adult/\$55 Guest Child (age 12 and under)

Exhibit Hall Pass Only Options - For those who will not be attending any courses but still want to visit the exhibit hall.

Friday Exhibit Hall Only	Saturday Exhibit Hall Only
\$125 Member OD	\$150 Member OD
\$145 Non-member OD	\$175 Non-member OD
\$65 Member Para	\$100 Member Para
\$75 Non-member Para	\$125 Non-member Para

Friday, October 8, 2021 - Track A [Track open to ODs and Paras]

1A 12pm - 1pm: Practical Approach for Controlling Acute Eye Pain with Oral Medications
Rodolfo Rodriguez, OD ■ 1 NJSBO Oral Credit - COPE # 73808-PH

Optometric physicians should be competent and feel comfortable prescribing oral medications to control acute eye pain. This lecture will describe a sensible and safe process for managing acute ocular pain in primary care with oral medications.

2A 1pm - 2pm: The ODs Role in Understanding the Microinvasive Glaucoma Surgery (MIGS) Revolution
George Veliky, OD ■ 1 NJSBO TPA Credit – COPE # 73538-GL

While these devices and or procedures are surgical in nature, it's imperative that the optometrist understands the potential use of each and is fully aware of their possible inclusion with cataract surgery or use of those that can be done as a stand-alone procedure as a way to further lower IOP in their glaucoma patients. This course will start with a review of the basic physiology of aqueous humor production and outflow and attempt to teach those in attendance the mechanisms by which each of these devices and or procedures effectively alter IOP; post-operative care of the MIGS patients will be reviewed as well.

3A 2pm - 3pm: Ocular Emergencies: How to Deal with Anything That Walks in Your Door
Melanne Rosetta, OD ■ 1 NJSBO TPA Credit – COPE # 73545-PD

A grand rounds style lecture on how to diagnose and treat ocular emergencies, when to refer, and how to order further testing such as blood work and imaging. There is an emphasis on common emergencies but also less common but important diagnoses to recognize due to their potential for sight- or life-threatening complications. This lecture aims to be open for interaction and discussion with the audience and will end with some practical tips about how to incorporate emergency care within optometric practices.

3:00pm - 4:00pm EXHIBIT HALL BREAK

4A 4pm - 6pm: Is Your Practice HIPAA Compliant?
Marc Haskelson, CEO and President, Compliancy Group ■ 2 NJSBO Regular Credits – COPE # 73558-PM

HIPAA compliance is a living culture that healthcare organizations must implement into their business in order to protect the privacy, security, and integrity of protected health information. However, many practices are only addressing parts of the regulation. In order to be fully HIPAA compliant, you must have an effective compliance program. This course will teach you how to implement the seven elements of an effective compliance program. Not only will this protect you from violations and fines, but it will also have a lasting positive impact on your organization!

Saturday, October 9, 2021 - Track A [Track open to ODs only]

5A 8am - 8:50am: The Glaucoma Lecture Diagnosis of Glaucoma
Murray Fingeret, OD ■ 1 NJSBO TPA Credit – COPE # 72471-GL

As the OCT has become a common part of the ocular examination, clinicians occasionally are faced with the dilemma of the OCT findings not agreeing with visual field results. There are a host of reasons why this may occur, from unreliable OCT images or visual field results to anatomic differences in the eye compared to normative results. This course will explain reasons why differences may be seen and how the clinician may integrate the findings into their management plans.

6A 8:50am - 9:40am: New Horizons in Glaucoma
Murray Fingeret, OD ■ 1 NJSBO TPA Credit – COPE # 70581-GL

Recent advances in diagnostic technologies and therapeutic modalities have altered how glaucoma is diagnosed and managed. This lecture reviews some of the new technologies, medications and philosophies and how they impact on glaucoma care.

9:40am - 10:20am EXHIBIT HALL BREAK

7A 10:20 am - 12:00pm: Glaucoma Grand Rounds
Murray Fingeret, OD ■ 2 NJSBO TPA Credits - COPE # 72777-GL

The management of glaucoma requires the clinician to make an ongoing series of decisions that start with deciding if glaucoma is present and whether the initiation of therapy is needed. The decisions continue as the patient is followed over time. Using case presentations, this course reviews the clinical decisions facing the optometrist managing glaucoma and discuss alternatives for each decision.

12:00pm - 2:00pm LUNCH IN EXHIBIT HALL

8A 2:00pm - 2:50pm: Glaucoma Progression
Murray Fingeret, OD ■ 1 NJSBO TPA Credit – COPE # 73154-GL

An important area in the management of glaucoma is the detection of change or progression. This course will explain the assessment of the optic nerve, retinal nerve fiber layer and visual field in watching for change. Which instruments come into play and how they enable the clinician to monitor for progression will be described as well as the steps that are taken when progression is discovered.

CONTINUED ➡

Saturday, October 9, 2021 - Track A Continued

9A 2:50pm - 3:40pm: Glaucoma Therapy Update
Murray Fingeret, OD ■ 1 NJSBO TPA Credit – COPE # 73153-GL

This lecture will examine new developments in glaucoma therapy. Included will be a discussion on recently introduced glaucoma medications including rho-kinase inhibitors and the nitric oxide class of agents. Their mechanism of action, indications, contraindications and their role in managing glaucoma will be discussed. Also, advances in understanding how narrow angles may elevate IOP and ways to recognize when they may be clinically significant will be described and how they may be managed.

10A 3:45pm - 4:35pm: Keep Your Head in the Game! Oral Treatments for Concussions
Vittorio Mena, Jr., OD ■ 1 NJSBO Oral Credit - COPE # 73535-OP

When it comes to treatment for concussions one thing that is often overlooked is nutrition! As primary eye care providers it is important for optometrists and health care professionals to understand the importance of gut health, brain health and how omega 3's have a crucial benefit to these patients.

Saturday, October 9, 2021 - Track B [Open to ODs only; Limited to 20 registrants in each session]

5B 8:00am - 9:40am: Injections Learning Lab
Drew Rixon, OD and Jason Duncan, OD ■ 2 NJSBO Oral Credits- COPE # 73317-IS

This workshop utilizes hands on administration of subconjunctival and intralesional injection techniques commonly utilized by the primary eyecare practitioner.

6B 2:00pm - 3:40pm: Injections Learning Lab
Drew Rixon, OD and Jason Duncan, OD ■ 2 NJSBO Oral Credits – COPE # 73317-IS

This workshop utilizes hands on administration of subconjunctival and intralesional injection techniques commonly utilized by the primary eyecare practitioner.

Saturday, October 9, 2021 - Track C [Track open to ODs and Paras]

5C 8:00am - 8:50am: Special Care for the Special Needs
Kathleen Kinzley, OD and Maria Richman, OD ■ 1 NJSBO Regular Credit / AOA-CPC #SP-0016-21 / COPE # 73536-PM

This course will prepare the attendees in servicing the special needs population. Attention will be given to the specific medical, visual, and behavioral issues these patients present with.

6C 8:50am - 9:40am: The Visual Journey of a Stroke Patient
Maria Richman, OD ■ 1 NJSBO TPA Credit / AOA-CPC #SP-0015-21 / COPE # 73537-NO

This course will take you on the visual journey of a stroke patient. The attendees will become familiar with screening, evaluating and managing the visual sequelae of a stroke patient.

7C 10:00am - 11:00am: Cannabis is Cool
Harvey Richman, OD ■ 1 NJSBO Oral Credit / AOA-CPC #CW-0014-21 / COPE # 73546-PH

This course will bring the attendees up to date with Cannabis for medical purposes, as well as, the New Jersey decriminalization law of 2021.

8C 11:00am - 12:00pm: Coding Updates for 2022
Harvey Richman, OD ■ 1 NJSBO Regular Credit / AOA-CPC # CW-0013-21 / COPE # 73547-PM

This course will provide the current and future codes for diagnosis, procedures, and legislative concepts that will be impacting optometry for the future.

12:00pm - 2:00pm LUNCH IN EXHIBIT HALL

9C 2:00pm - 2:50pm: Specialty Contact Lens Update
Steven Sorkin, OD ■ 1 NJSBO Regular Credit / AOA-CPC #CL-0024-21 / COPE #73548-CL

New contact lens technology in specialty contact lens practice has expanded tremendously in the past few years. Review new contact lens materials, lens designs and instrumentation that has enhanced the practice of specialty contact lenses and how we are more effectively able to treat our patients with challenging corneal conditions.

10C 2:50pm - 3:40pm: Red Eye Triage
Steven Sorkin, OD ■ 1 NJSBO TPA Credit / AOA-CPC #SP-0017-21 / COPE # 73550-PD

This course will discuss using case studies, the role of staff in the triage of patients that present with acute red eye symptomatology. The discussion of proper decision making by staff to appropriately schedule and direct the patient will also be part of this lecture.

11A

9am - 10:40am: Glaucoma Update
J. James Thimons, OD 2 NJSBO TPA Credits – COPE #73266-GL

This course will highlight the latest developments in glaucoma, including diagnostic technology, pharmaceutical development and therapeutic intervention. Special emphasis will be placed on the implementation of these advances into the primary care practice.

12A

10:40am - 11:30am: Disruptive Technologies
J. James Thimons, OD 1 NJSBO TPA Credit – COPE # 73882-GO

As medical innovation continues new technologies are being developed that will challenge traditional systems and methods of care. This course will review some of the most disruptive developments that currently available.

13A

11:30am - 1:10pm: Top Ten Drugs - What's in Your Cabinet?
J. James Thimons, OD 2 NJSBO Oral Credits – COPE #73881-OP

This course will review the common and uncommon applications of the most popular oral pharmaceuticals used in the ophthalmic arena. Special attention will be given to the indications, contraindications and side effects of these important therapeutic agents.

SEE WELL BE WELL

5K/FUN RUN | SUNDAY, OCTOBER 10, 2021 | BOARDWALK AT HARD ROCK HOTEL

We cordially invite you to participate in this year's **See Well Be Well** 5K/Fun Run on Sunday, October 10, 2021 at the Boardwalk at Hard Rock Hotel.

The event proceeds go entirely to the programs of the Richard J. Favreau, OD Health Foundation, a 501 (c) (3) nonprofit charitable corporation (Tax ID # 27-4637570).

The Richard J. Favreau, OD Health Foundation, which was formed in 2010, serves as a catalyst for ideas, partnerships, and programs that improve the health and quality of life of at-risk populations in New Jersey. This is achieved by concentrating efforts on funding programs which increase public awareness and provide services to expand eye health and vision care access, ultimately enhancing the quality of life for our target populations.

Charitable contributions include: In 2016, a donation was made to the Special Olympics NJ for equipment for athlete vision screenings and fabrication of eyeglasses during the Summer Games. In 2015, the Foundation was able to make a sizable donation to Camp Marcella, New Jersey Camp for Blind Children, Inc. Camp Marcella is a residential summer camp ground designed specifically for children and teens with blindness, visual impairments, and special needs.

5K/Fun Run - 7:30 am
Pre-Registration Fee: \$25 On-Site Registration Fee: \$30
First 50 pre-registered participants prior to Sept. 1st will receive a t-shirt.
Medal given to top male and female finishers.

Registrant Information: (all fields required)

Name_____Age_____

Address_____

City_____State_____Zip_____

Phone Number_____Email_____

Registration Fees & Discounts:

- ☐ 5K/Fun Run Pre-Registration.....\$25.00
- ☐ 5K/Fun Run On-Site Registration.....\$30.00

T-shirt Size:

- ☐ Womens Small ☐ Mens Small
- ☐ Womens Medium ☐ Mens Medium
- ☐ Womens Large ☐ Mens Large
- ☐ Womens Extra Large ☐ Mens Extra Large
- ☐ ☐ Mens 2X Large

Checks should be made payable to The Richard J. Favreau, OD Health Foundation

➔ **Mail completed registration form with payment to:**

NJSOP 4 AAA Drive, Ste. 204 Hamilton, NJ 08691

Questions? Contact the New Jersey Society of Optometric Physicians at (609) 323-4012

Registration

Choose your courses (indicate your choice in the box next to each selection). You will be contacted immediately via phone if any of the courses you have chosen are sold out.

Notice to Members

NJSOP Dues must be current to qualify for registration at the reduced member rate. Failure to remit the correct registration fee will result in your unprocessed registration being returned to you.

Handouts

Course Materials (i.e. handouts) will be available for download from the NJSOP event website several weeks prior to the event. A \$50 fee will be charged to those attendees who request pre-printed handouts.

Pre-Registration is Required

Walk-ins will NOT be accepted under any circumstance. Registrations will be processed on a first-come, first-served basis.

Refund Policy

You are entitled to a full refund if cancellation is received by September 17th or a 50% refund if cancellation is received by September 24th. No refund will be given for cancellation on or after September 25th.

Name Badges

Properly displayed name badges will be required for admission to all education, exhibit, business and social functions. Only paid registrants may attend activities and events.

Confirmations

Confirmations along with travel directions will be mailed out upon receipt of your registration.

Education

It is the responsibility of out-of-state registrants to ascertain if the credit for any particular course can be applied toward that state's CE requirement. NJSOP will seek CE certification for COPE only.

Waiver of Liability

Please be advised that by remittance of the registration form to NJSOP, it is agreed by all parties involved that NJSOP shall not be held responsible for any injury, damage, lost or stolen articles, or any additional expense incurred over and above state registration fees in conjunction with these events.

1. Select a registration package and any applicable guest/children options:

3 DAY OD REGISTRATION

BEST VALUE

☐ NJSOP Member \$590

☐ Non-Member \$735

☐ Guest \$175

☐ Child (12 & under) \$55

PARA: FRI & SAT

☐ Member Para \$275

☐ Non-Member Para \$290

PARA: SATURDAY ONLY

☐ Member Para \$185

☐ Non-Member Para \$200

2 DAY OD REGISTRATION

FRIDAY/SATURDAY

☐ NJSOP Member \$440

☐ Non-Member \$545

☐ Guest \$150

☐ Child (12 & under) \$55

-OR-

SATURDAY/SUNDAY

☐ NJSOP Member \$410

☐ Non-Member \$510

☐ Guest \$125

☐ Child (12 & under) \$55

OD DAILY REGISTRATION

☐ Fri. NJSOP Member \$215

☐ Fri. Non-Member \$315

☐ Sat. NJSOP Member \$270

☐ Sat. Non-Member \$400

☐ Sun. NJSOP Member \$175

☐ Sun. Non-Member \$260

FRI. EXHIBIT HALL ONLY

☐ Member OD \$125

☐ Non-Member OD \$145

☐ Member Para \$65

☐ Non-Member Para \$75

GUESTS & CHILDREN

Must be 12 or under for child rate.

☐ Fri. Guest \$90

☐ Fri. Child \$20

☐ Sat. Guest \$125

☐ Sat. Child \$45

☐ Sun. Guest \$50

☐ Sun. Child \$20

SAT. EXHIBIT HALL ONLY

☐ Member OD \$150

☐ Non-Member OD \$175

☐ Member Para \$100

☐ Non-Member Para \$125

2. Choose your CE coursework:

FRIDAY

Track A (ODs/Paras)

☐ 1A: 12PM - 1PM

☐ 2A: 1PM - 2PM

☐ 3A: 2PM - 3PM

☐ 4A: 4PM - 6PM

SATURDAY

Track A (ODs)

☐ 5A: 8AM - 8:50AM

☐ 6A: 8:50AM - 9:40AM

☐ 7A: 10:20AM - 12PM

☐ 8A: 2PM - 2:50PM

☐ 9A: 2:50PM - 3:40PM

☐ 10A: 3:45PM - 4:35PM

Track B (ODs)

☐ 5B: 8AM - 9:40AM

☐ 6B: 2PM - 3:40PM

Track C (ODs/Paras)

☐ 5C: 8AM - 8:50AM

☐ 6C: 8:50AM - 9:40AM

☐ 7C: 10AM - 11AM

☐ 8C: 11AM - 12PM

☐ 9C: 2PM - 2:50PM

☐ 10C: 2:50PM - 3:40PM

SUNDAY

Track A (ODs)

☐ 11A: 9AM - 10:40AM

☐ 12A: 10:40AM - 11:30AM

☐ 13A: 11:30AM - 1:10PM

Handouts will be available for download on the NJSOP event website several weeks before the event. A \$50 fee will be charged for pre-printed handouts. Handouts MUST be ordered by OCTOBER 1st. Please check the box, if you would like your handouts pre-printed. (Include \$50 in total fee at bottom.)

☐ \$50 Fee for printed handouts

3. Complete your registration by filling in the information below:

Name: _____

I am a(n) ☐ Optometrist ☐ Paraoptometric

Address: _____

City: _____ State: _____ Zip: _____

Tel.: _____

Fax: _____

Email: _____

ARBO Tracker #: _____

Year of Graduation (for Young OD Meet & Greet) _____ (Invitation mailed separately)

Guest Name/Child Name & Ages: _____

Total Number of Guests: _____

TOTAL REGISTRATION FEE: \$ _____ METHOD OF PAYMENT (circle one): CREDIT CARD CHECK

If paying by Credit Card (circle one): VISA MASTERCARD AMEX

Account #: _____ Exp. Date _____ Security Code: _____

☐ PRIVACY DISCLAIMER: I DO **NOT** permit the NJSOP to provide my contact information (name, email, address and/or phone number) to event sponsors and/or exhibitors. (Only check box if you do **not** want your information shared with event sponsors and/or exhibitors)

4. Complete Your Registration:

If paying by credit card, please fax completed registration form to NJSOP at (609) 323-4014;

If paying by check, please send completed registration form and check to NJSOP at 4 AAA Drive, Suite 204 Hamilton, NJ 08691. Please make checks payable to NJSOP;

OR visit the event website at www.njtbts.com to register online.

Accommodation Information

Hard Rock Hotel & Room Rates - Each guest is responsible for making their own room reservation with Hard Rock Hotel. Reservations must be made via the website <https://book.passkey.com/go/NJTherapybytheSea2021>. Use Group Code: **GOP1021** to receive the discounted room rate of \$155 for Run of the House room category. You may also reserve a room by calling 609-449-6860 and using the group code above, however a surcharge will be added to all call-in reservations. Please make reservations early as rooms have sold out in the past.



All reservations are based upon availability. Room rates are for Run of The House room category: \$155/night (if reserved by September 8th). Rates are subject to all applicable state and local taxes. Check-in is 4pm; Check-out is 11am. Parking options are self or valet. Parking rates are posted and may vary. After paying initial fee upon entry, hotel guests will not pay for additional entries or exits during stay dates. For additional hotel information visit <https://www.hardrockhotels.com/atlantic-city>.

Don't Miss A Moment

Document your weekend in AC and follow along as we do the same using #TBTS21. Find us on Facebook at www.facebook.com/njsop and on Instagram and Twitter @NJeyedocs.

