

GREAT SHAPE! INC.

EMPOWERING JAMAICAN CHILDREN SINCE 1988



November 13, 2018

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed our free 2018 annual eye care outreach. We had several notable events and firsts this year, which include:

- Our 10th year of eye care services in the Caribbean, and specifically Jamaica
- Our 5th year of providing cataract surgery
- Our 1st year of service on another island – Turks & Caicos
- Our 1st year of performing SLT laser surgery to save the sight of patients with open angle glaucoma
- Our 1st year of conducting PRP diabetic retinopathy laser surgery to prevent diabetic blindness

Our volunteers are privileged to serve the communities of Jamaica and Turk & Caicos, experiencing the great joy of our patients seeing properly, often for the first time in their lives. Witnessing this is emotionally moving – beyond words. In our clinics we saw:

- A little boy making his own pair of glasses while his mother watched proudly.
- A little girl with strabismus (crossed eyes) receive two pair of custom-made glasses designed to permanently correct her condition since it was corrected in time. Her family travelled from Exchange, St. Ann to Little London, Westmoreland – a 4 hour drive each way.
- A woman in her eighties breaking into a big smile as she put on her new glasses and clearly saw her great-grandchild's face for the first time.



These are only a few of the countless blessings that occur over and over again in our clinics each day. We are honored to be in a position to provide these services where they are most needed.

Blindness caused by glaucoma and diabetes is prevalent in Jamaica. In the past we were only able to refer our patients to public health for possible treatment. This year we were able to combat both in clinic with laser surgeries. This is an important step forward in our offerings – which we hope to provide annually. These surgeries are expensive, thus unaffordable for most.

Our RNs performed over 3200 glucose and blood pressure screenings. Of those screened, approximately 75% of patients had blood pressures and/or glucose levels outside of healthy parameters, with 10% to 15% showing life threatening levels (blood pressure > 180/110 and/or blood glucose greater > 400mg/dL). Patients with these excessive levels were referred to their local hospital or clinic for immediate care. Healthy lifestyle counseling, disease process education, and instruction on medication compliance were also provided based on respective country Ministry of Health guidelines for the management of hypertension and diabetes.



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The metrics for our three iCARE 2018 sites are as follows:

Clinic Site 1: Community Fellowship Centre – Providenciales, TCI – 7/30/2018 to 8/3/2018

- 41 volunteers
 - includes 8 doctors (1 Ophthalmologist, 7 Optometrists), 5 RNs, and 6 Opticians
- 2482 vision exams in clinic
- over 1200 nurse visits – with blood pressure and/or blood sugar screenings
- distributed ~943 pairs of prescription glasses
- will make in the US and return 67 pairs of custom prescription glasses
- distributed ~975 pairs of reading glasses
- distributed 2000 pairs of sunglasses
- ~US\$571,435 value in goods and services



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Clinic Sites 2: Steer Town Methodist Church (St. Ann), Falmouth Regional Hospital (Trelawny), & Cornwall Regional Hospital (St. John) – 10/15/2018 to 10/19/2018

- 45 volunteers
 - includes 17 doctors (3 Ophthalmologists, 10 Optometrists, 4 other), 3 RNs, and 7 Opticians
- 1857 vision exams in clinic
- 1566 vision exams in local schools (Ocho Rios Primary, Steer Town Primary, & Exchange All Age)
- 34 cataract surgeries
- 145 SLT laser surgeries (Steer Town Clinic and Cornwall Regional Hospital)
- over 1000 nurse visits – with blood pressure and/or blood sugar screenings
- distributed ~705 pairs of prescription glasses (includes 185 pairs made in our clinic)
- will make in the US and return 62 pairs of custom prescription glasses
- distributed ~1151 pairs of reading glasses
- distributed ~2024 pairs of sunglasses
- ~US\$825,109 value in goods and services



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Clinic Site 3: Christian Fellowship Church of God (Little London, Westmoreland) & Cornwall Regional Hospital (St. John) – 10/29/2018 to 11/2/2018

- 49 volunteers
 - includes 11 doctors (2 Ophthalmologists, 9 Optometrists), 4 RNs, and 10 Opticians
- 1944 vision exams in clinic
- 702 vision exams in local schools (Little London Primary, Negril All Age, & Broughton Primary)
- 110 SLT laser surgeries (Little London Clinic & Cornwall Regional Hospital)
- 33 Diabetic Retinopathy PRP laser surgeries (Little London Clinic & Cornwall Regional Hospital)
- over 1000 nurse visits – with blood pressure and/or blood sugar screenings
- distributed ~739 pairs of prescription glasses (includes 98 pairs made in our clinic)
- will make in the US and return 34 pairs of custom prescription glasses
- distributed ~1205 pairs of reading glasses
- distributed ~2119 pairs of sunglasses
- ~US\$731,008 value in goods and services

In Jamaica, this year alone, the value of goods and services delivered is valued at ~US\$1.55 million for 6391 people served. Our total delivered for the year 2018 including Turks & Caicos is ~US\$2.12 million, serving 8873!

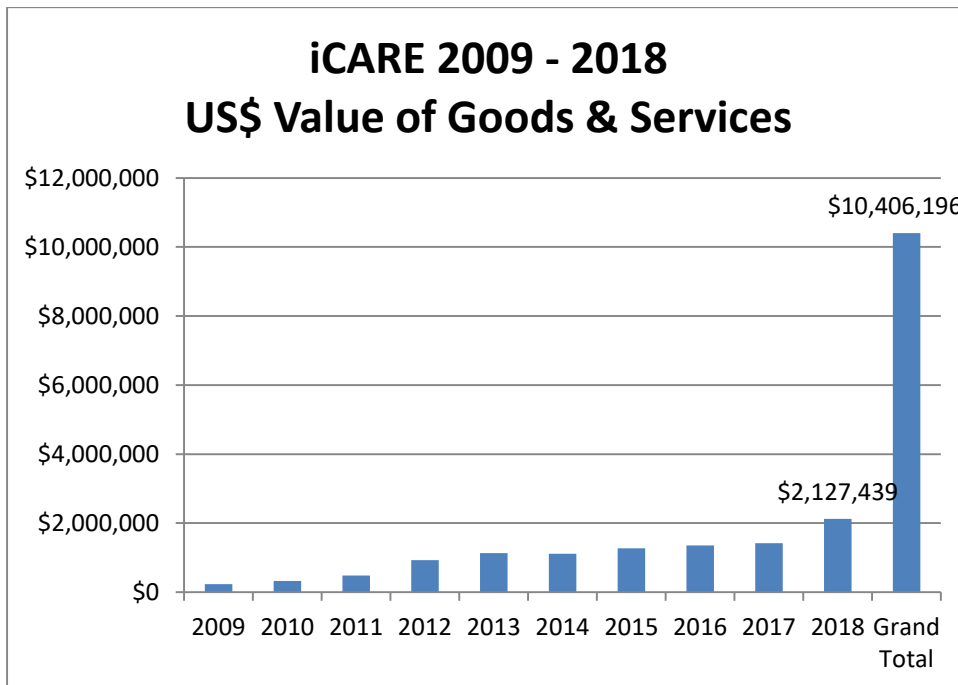
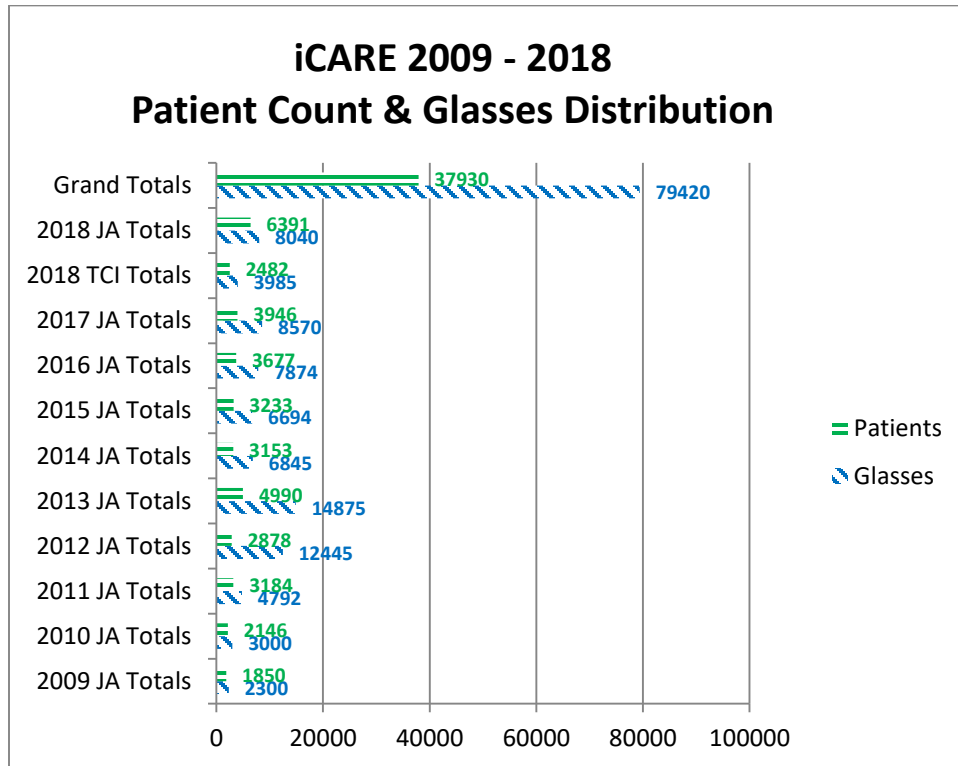
Since our inception in 2009, iCARE has conducted 20 weeks of clinics, 5 weeks of cataract surgery, 2 weeks of SLT surgery, and 1 week for PRP surgery – providing the following critical services free of cost to the beautiful people of Jamaica and Turks & Caicos, at an estimated value of over US\$10.4 million:

- ~37,930 eye exams (includes 176 cataract surgeries, 255 SLT laser surgeries, and 33 diabetic retinopathy PRP laser surgeries)
- ~79,420 pairs of glasses (includes prescription, reading, and sunglasses)



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The following graphs illustrate our patient & glasses totals and the value of goods & services over the 10 years of the program:



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We are extremely grateful to Sandals Foundation, Sandals Resorts, and Beaches Resorts for our incredible partnership which gives us the ability to impact so many lives. Thank you Butch Stewart, Adam Stewart, Heidi Clarke, Tricia Vickers, and the entire Sandals Foundation staff!

This work was also accomplished with the committed support and partnership of the Jamaican Ministry of Health, the TCI Ministry of Health, SEE International, Alcon, Sight is a Right, Allergan, NW LERC, Inter-Health Canada, VOSH International & multiple chapters throughout the US and Canada.

Special thanks to Lyndsay Issacs, Elanor Finfin Krzanowski, Jerveen Simpson, Kevin Clarke, David Latchimy, James McAnally, the entire staff of Sandals Ochi, Sandals Negril, & Beaches Turks & Caicos, Pastor Bradley Handfield & the Community Fellowship Centre - Providenciales, Pastor Rose Davis & Steer Town Methodist Church, Bishop Deanword Graham & Christian Fellowship Church of God - Little London, Dr. Charmain Scarlett, Falmouth Regional Hospital, Cornwall Regional Hospital, Tiffany Delaney, Dr. Brian Haugen & Northridge Eye Care, Dr. Dan Brown & Oregon Eye Specialists, Heather Rush, Michael Walach, Louie Walach & Quest Vision Care Specialty Lab, Mary Seguti & HCC School of Opticianry, Sabreen Onallah & Illinois College of Optometry (ICO) SVOSH, Yvonne Pelkey & JSRCC, Tom Hicks, Andrea Dalton, Dr. Kathy Ward & Penobscot Eye Care, Dr. Travis Zigler & Dr. Jenna Zigler and Eye Love Cares Foundation, Dr. Timothy Lynch, Brian Boddy, Mitchell Kronenberg & Mark Maio and Haag-Streit, Ellex Medical Lasers, Iridex Laser Systems, Dr. Alex Pinhas, Dr. Konstantin Astafurov, Karl Ward & Nickerson & O'Day, Inc., Chris Allen & Opticians Association of America – Vision of Hope, Dr. Rose Knowles, Dr. Gary Knowles, Sherry Phillips, Shalom Anderson, Nikki Robertson, Gabby Aguilar, Liz Ashworth, Kurt Fischer, National Vision, Restoring Vision, Roberta Fender, VOSH SE, Madeline Lesh, and all of our many supporters.

And finally, deep, heartfelt 2018 teams (135 volunteers returnee volunteers who are hard work and selfless inspirational and the practice. It is my honor and You are truly my heroes!



gratitude to our three amazing total) and especially to our the lifeblood of iCARE. Your service to others is manifestation of **One Love** in privilege to serve with you.



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We look forward to iCARE 2019 and to serving on other Caribbean Islands in the near future.

Blessings, thank you, and one love,

Steven Stern

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