



September 10, 2019

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed its first mission for the people of Antigua. It was an overwhelming success! We served in St. John's at Grace Baptist Church. We were met by long lines each morning and all day as patients arrived as early as 4 AM.

The population of the island is estimated at ~97,000, of which we served 2,126. This is almost 2.2% of the country in 5 days of our free eye care clinic. Everyone who needed prescription glasses will receive them in a few months after we fabricate them in the US.

Our RNs performed over 1000 glucose and blood pressure screenings. Of those screened, approximately 50% of patients had blood pressures and/or glucose levels outside of healthy parameters, with 21% 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 Antigua Ministry of Health guidelines for the management of hypertension and diabetes. Of note are the several previously unknown cases of diabetes that were undiagnosed. This is life-saving information!



The metrics for iCARE 2019 Antigua are as follows:

Clinic Site: Grace Baptist Church – St. John’s – 8/26/2019 to 8/30/2019

- 26 volunteers - includes 5 optometrists, 3 RNs, and 3 opticians
- 2126 vision exams in clinic
- over 1000 nurse visits – with blood pressure and/or blood sugar screenings
- almost 16.7% of total patients served require new prescription (test) glasses
 - distributed ~35 pairs of prescription glasses
 - making 320 pairs of custom prescription glasses in the US to be delivered asap
- distributed ~1600 pairs of reading glasses
- distributed ~2300 pairs of sunglasses
- 89 pathology referrals to the local hospital – MSJMC
- 214 pathology diagnosis, consisting of:
 - 95 glaucoma
 - 44 cataracts
 - 12 pterygium
 - 7 macular degeneration
 - 7 ocular hypertension
 - 40 miscellaneous, includes keratoconus, corneal abrasion, chalazion, CSME, PCO, solar retinopathy, maculopathy, optic neuropathy, macular edema, blindness, pre-retinal membrane, retinitis pigmentosa, symblepharon, ocular myasthenia, entropion, bacterial conjunctivitis, eyelid cysts, corneal ulcer, strabismus, and band keratopathy
 - Appropriate on-hand medications were dispensed.
- ~US\$347,087 value in goods and services



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Since our inception 11 years ago, iCARE has conducted 21 weeks of clinics and 5 weeks of cataract surgery – providing the following critical services and goods free of cost to the beautiful people of Jamaica, Antigua, and Turks & Caicos, at an estimated value of over US\$10.78 million:

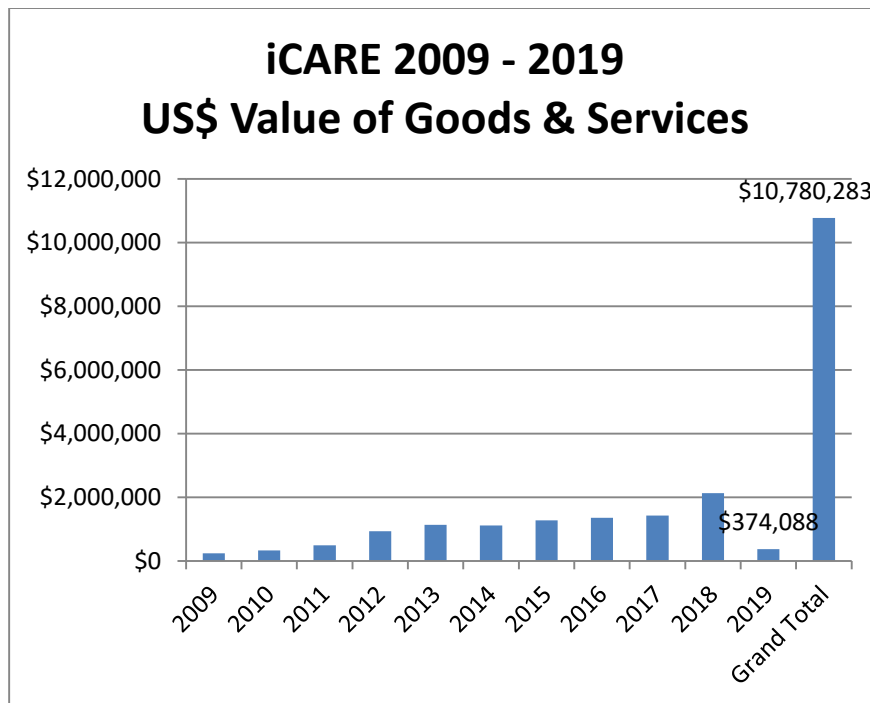
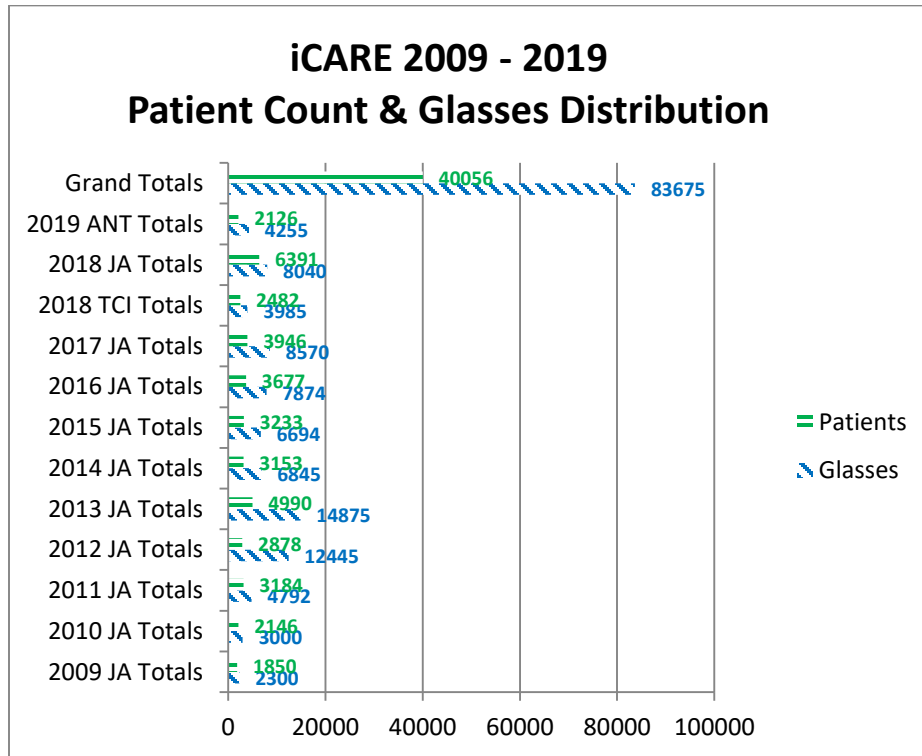
- ~40,056 eye exams (includes 176 cataract surgeries, 255 SLT laser surgeries, and 33 diabetic retinopathy PRP laser surgeries)
- ~83,675 pairs of glasses (includes prescription, reading, custom, and sunglasses)

Please note that all of these numbers will increase for 2019, as we still have two weeks of clinic and one week of surgery to complete this year in Jamaica during October and November.



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The following graphs illustrate our patient & glasses totals and the value of goods & services, to date, over the 11 years of the program:



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We are extremely grateful to Sandals Foundation and Sandals Resorts for our incredible partnership and their committed and generous support, which gives us the ability to impact so many lives and to serve in yet another new country. Thank you Butch Stewart, Adam Stewart, Heidi Clarke, Amar Sayers, Matthew Cornall, Tricia Vickers, and the entire Sandals Foundation and Resorts staff.

Big thanks to Minister Molwyn Joseph & the Antigua Ministry of Health, Dr. Rhonda Sealy-Thomas, Dr. Oritta Zachariah, Dr. Derek Marshall, Sight is a Right, SEE International, Alcon, Allergan, NW LERC, VOSH International & multiple chapters throughout the US and Canada.

Special thanks to Pastor David Murphy, Pastor Robert Williams, Grace Baptist Church, Teije, Samantha Leacock, Ann Burnett, Tiffany Delaney, Essilor Vision Foundation, Michael Walach & Quest Vision Care Specialty Lab, Dr. Travis Zigler & Dr. Jenna Zigler and Eye Love Cares Foundation, Dr. Timothy Lynch, Dr. Rose Knowles, Dr. Gary Knowles, Sherry Phillips, Yvonne Pelkey, Nikki Robertson, Kurt Fischer, Tom Hicks, National Vision, Restoring Vision, Ed & Jody Taylor, Madeline Lesh, and all of our many supporters.

And finally, deep, heartfelt gratitude to our incredible team of 26 US and Canadian volunteers, who served with beautiful dedication and heart. Big up Mary Abbott, Lori Braaten, Teresa Contreras, Cathy Edwards, Nikki Edwards, Peggy Fischer, Kurt Fischer, Stephanie Fitzgerald, Annie Grubbs, Margie Johnston, Janet Kernick, Bradley Kernick, Gary Knowles, Rose Knowles, Pamela Mencia, Bella Mencia, Rissa Ochs, Yvonne Pelkey, Sherry Phillips, April Rice, Tori Rush, Joanne Taylor, Ed Taylor, Brenda Travis, and Carmen Wilson! Your hard work and selfless service to others is inspirational and the manifestation of **One Love** in practice. It is my honor and privilege to serve with you. You are truly my heroes!



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We look forward to our next two iCARE 2019 clinics in Jamaica later this year, and to many more years of service in the Caribbean.

Blessings, thank you, and one love,

Steven Stern

iCARE Director

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Sight is a **Right**



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Lions Clubs International



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