

August 18, 2021

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed its first mission for the people of St. Lucia. The free eye care clinic, held from August 9 to 13, 2021 was successful beyond our expectations. We served the Castries community of Marchand at the Bishop Charles Gaget R.C. Primary School, formerly known as Marchand School.

From the first day of clinic we were met by crowds, many arriving as early as 4 AM. Our team of 39 volunteers served diligently to ensure as many as possible were treated each day to our services of full eye exams, glasses, medications, SLT laser surgery for glaucoma, PRP laser surgery for diabetic retinopathy, and hypertension/diabetes screening.

The population of St. Lucia is estimated at ~184,568, of which we served 2052 – representing 1.1% of the entire country. Even the prime minister checked in on us. We distributed over 1,800 sunglasses and 870 reading glasses. Prescription glasses will be custom made in the U.S. for the 553 patients requiring them – almost 27% of the patient total. The glasses will be hand delivered in the month of October. We also performed 246 SLTs and 25 PRPs, which provide treatment for diseases that can lead to permanent blindness. A large number of our patients were geriatric.

Our nurses performed 1,036 diabetes and hypertension screenings. 58% exhibited higher than normal blood pressures with 6% showing critical, life-threatening pressures – the highest recorded at 240/132. 33% presented elevated blood sugar with 7% displaying critical, life-threatening levels – the highest recorded over 600 (more than our meter was able to read). Abnormal patients were educated on ways to restore health and were referred to their local health care providers for immediate care.



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The metrics for iCARE 2021 St. Lucia are as follows:

Clinic Site: Bishop Charles Gachet R.C. Primary School – Marchand, Castries, St. Lucia  
8/9/2021 to 8/13/2021

- 39 volunteers - includes 2 MDs, 3 optometrists, 4 nurses, 5 opticians, and 18 advanced optometry students
- 2,052 vision exams and 271 laser procedures (2323 total visits)
- 1,036 nurse visits with diabetes and hypertension screening/education
- 26.9% of total patients require prescription glasses, which will be custom made (553 pair) in the U.S. and returned in October
- distributed ~870 pairs of reading glasses
- distributed ~1,800 pairs of sunglasses
- over 200 pathology referrals to the local healthcare system
- over US\$270k retail value of medications dispensed
- total ~US\$743,914 value in goods and services



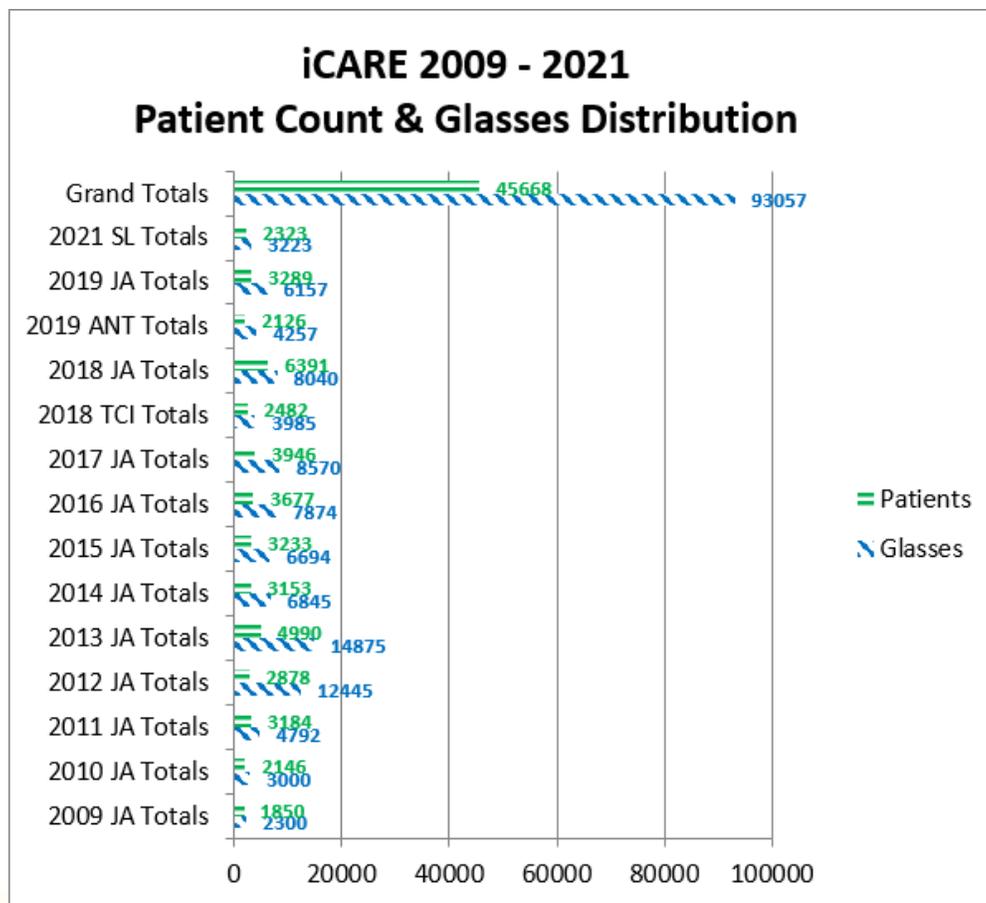
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Since our inception 12 years ago, iCARE has conducted 24 weeks of clinics and 5 weeks of cataract surgery – providing the following critical services and goods free of cost to the beautiful people of Jamaica, Antigua, Turks & Caicos, and St. Lucia, at an estimated value of over US\$13.04 million:

- ~45,668 eye exams and procedures (includes 217 cataract surgeries, 22 MIG surgeries, 792 SLT laser surgeries, 100 diabetic retinopathy PRP laser surgeries, and 1 laser retinopexy)
- ~93,057 glasses (includes prescription, reading, and sunglasses)

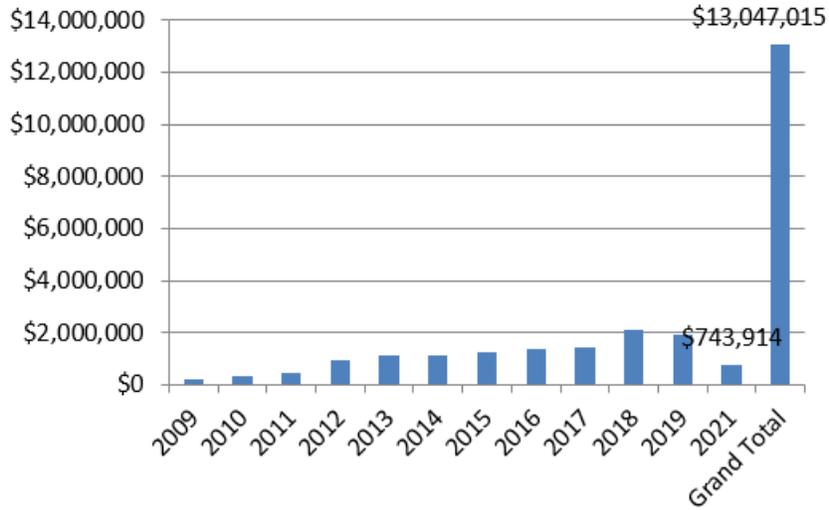
The following graphs illustrate our patient & glasses totals and the value of goods & services over the 12 years of the program. Note that patients receiving eye exams/services and additionally surgery are counted twice in this graph:



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## iCARE 2009 - 2021 US\$ Value of Goods & Services



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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. Our clinic was conducted in the memory of our partner and patron Gordon Butch Stewart. Thank you Adam Stewart, Heidi Clarke, Judy Deterville, Shervon Alfred, Chester Dupres, Martina Roth, Anesia Nicholas, Filius Laurent, Tiaan Gobler, and the entire Sandals Foundation and Resorts team.

Big acknowledgements to the St. Lucia Ministry of Health and Wellness, St. Lucia Medical and Dental Council, Allied Health Council, Dr. Sharon Belmar-George, Dr. Shana M. Cyr-Philbert, Nurse Sharon Tench-Norbal, Nurse Julietta Frederick-Cassius, and everyone supporting our work at these great organizations. Thank you for letting us perform these critical services and allowing us to do what we love doing most during this atypical time.

Special thanks to our clinic host Mrs. Cornelia Lubin & Bishop Charles Gachet R.C. Primary School, all of our local support volunteers, Tiffany Delaney, Sight is a Right, Dr. Dan Brown & Oregon Eye Specialists, Dr. Brian Haugen & Northridge Eye Care, Michael Walach & Quest Vision Care Specialty Lab, Illinois College of Optometry (ICO), Mary Seguti & the team from HCC School of Opticianry, Yvonne Pelkey & the team from JSRCC, Drs. Jenna and Travis Zigler, Eye Love Cares Foundation, Dr. Tim and Interviz LLC, Dr. Gary and Dr. Rose Knowles, Dr. Ken Merchant, Dr. Julia Fallon, Dr. Alex Pinhas, Essilor Vision Foundation, Americares, Nurse Sherry Phillips, Kurt Fischer, Barb & Gina Demmerly, Madeline Lesh, VOSH & SVOSH International and multiple chapters throughout the US and Canada, Alcon, Allergan, National Vision, RestoringVision, everyone transporting equipment, and all of our many supporters.

And finally, deep, heartfelt gratitude to our incredible team of 39 U.S. and Canadian volunteers who had to jump through many hoops to travel during a pandemic, and who served with beautiful dedication, humility, and heart. Big up Alek Karthikeyan, Alex Pitts, Alia Raad, Allison Turner, Amir Ghanipour, Anam Waris, Audrey Duong, Barb Demmerly, Belinda Bellows, Brenda Travis, Brian Haugen, Emi Lewis, Eryn Halford, Faith Tjoe-A-Long, Gina Demmerly, Jennifer Lai, Jessie Boycott, Jim Roche, Julia Fallon, Katelyn Bult, Ken Merchant, Kim-Anh Nguyen, Kristi Merchant, Kurt Fischer, Lori Lewis, Milena Opacic, Peggy Fischer, Rebekah Yu, Ria Shah, Sarah Sanchez, Shayna Mellesmoen, Sherry Phillips, Shu Lan, SJ Lee, Tenley Bands, Thu-Ha Easter, Trisha Haugen, and Victoria Johnson! 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 heroes!



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We look forward to our iCARE 2022 clinics and to many more years of service in the Caribbean.

Blessings, thank you, and one love,

*Steven Stern*

iCARE Director and Founder

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