

August 18, 2022

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed its inaugural mission for the people of Barbados. Our free eye care clinic, held from August 8 to 11, 2022 was wildly successful. We continue to see greater need since pandemic times because of lack of access and financing due to shutdowns. We served in the parish of Christ Church in the beautiful Sandals Royal Barbados Ballroom, located on Maxwell Coast Road, which was generously made accessible to the general public.

From the first day of clinic the patient turnout was impressive. Bajans queued from the early morning hours. Our team of 33 volunteers served with love, grace, and diligence to ensure as many as possible were treated each day to our services of full eye exams, glasses, medications, and hypertension/diabetes screening. The clinic days were long.

The population of Barbados is estimated at ~288,000, of which we served 1,833. We distributed 2,151 sunglasses, 1,295 reading glasses, and 139 premade prescription glasses. Custom prescription glasses will be manufactured in the U.S. for the 346 we could not accommodate in the clinic, for a total of 485 patient prescriptions – almost 27% of our patient total. The custom glasses will be hand delivered in the next three months.

Our health evaluation team performed 985 diabetes and hypertension screenings. 56% exhibited higher than normal blood pressures with 10% showing critical, life-threatening pressures – the highest recorded at 244/156. 31% presented elevated blood sugar with 7% displaying critical, life-threatening levels – the highest recorded over 500 (greater than our meters are 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 Barbados 2022 are as follows:

Clinic Site: Sandals Royal Barbados Ballroom, Christ Church, Barbados  
8/8/2022 to 8/11/2022

- 33 volunteers
- 1,833 vision exams
- 985 health screenings for diabetes and hypertension with education
- 26.4% of total patients required prescription glasses (485 total), of which 346 will be custom made in the U.S. and returned in a few months
- distributed 1,295 reading glasses
- distributed 2,151 sunglasses
- over 300 pathology referrals to the local or private healthcare system
- over US\$120,000 retail value of medications dispensed
- ~US\$484,239 estimated total value in goods and services

Since our inception 13 years ago, iCARE has conducted 25 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, St. Lucia, and Barbados at an estimated value of over US\$13.53 million:

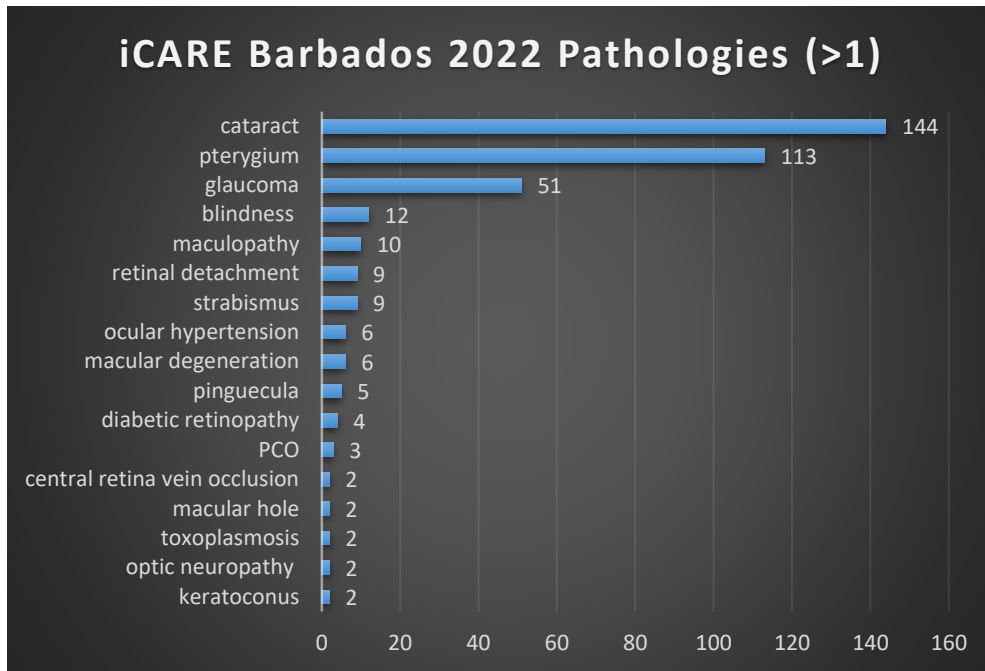
- ~47,501 eye exams and procedures (includes 217 cataract surgeries, 22 MIG surgeries, 792 SLT laser surgeries, 100 diabetic retinopathy PRP laser surgeries, and 1 laser retinopexy)
- ~97,027 glasses (includes prescription, reading, and sunglasses)



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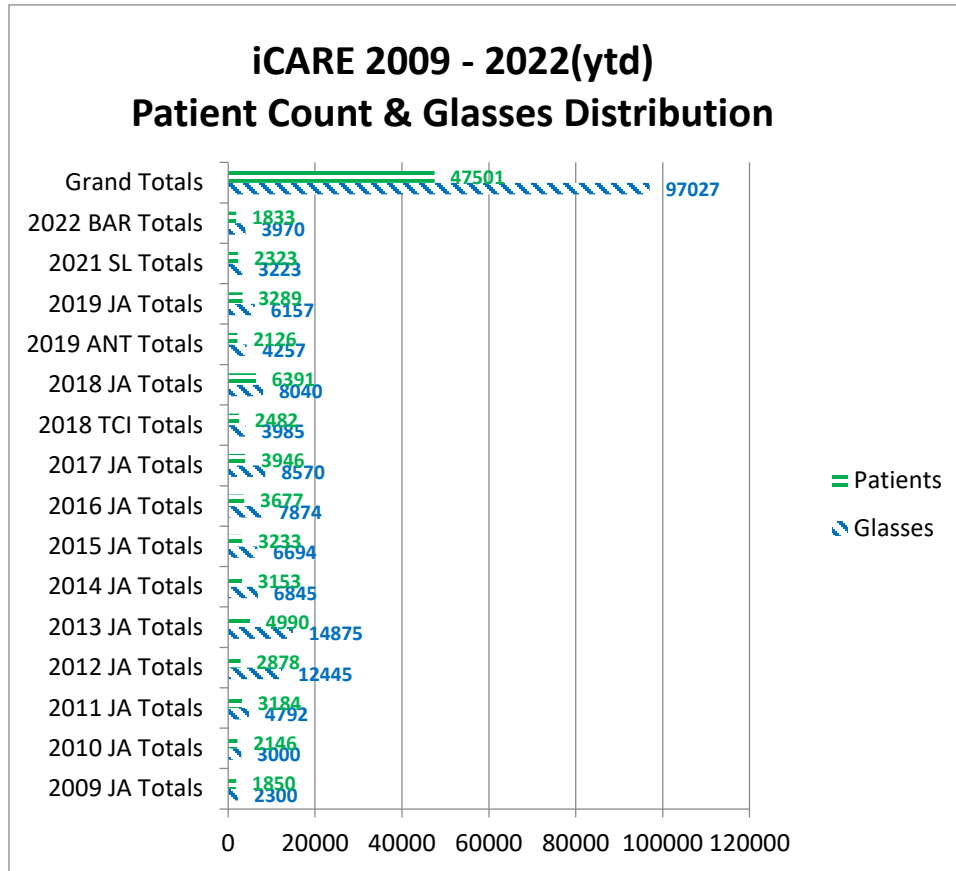
The following graph outlines the number of pathologies diagnosed in our clinic, where more than one case was discovered:



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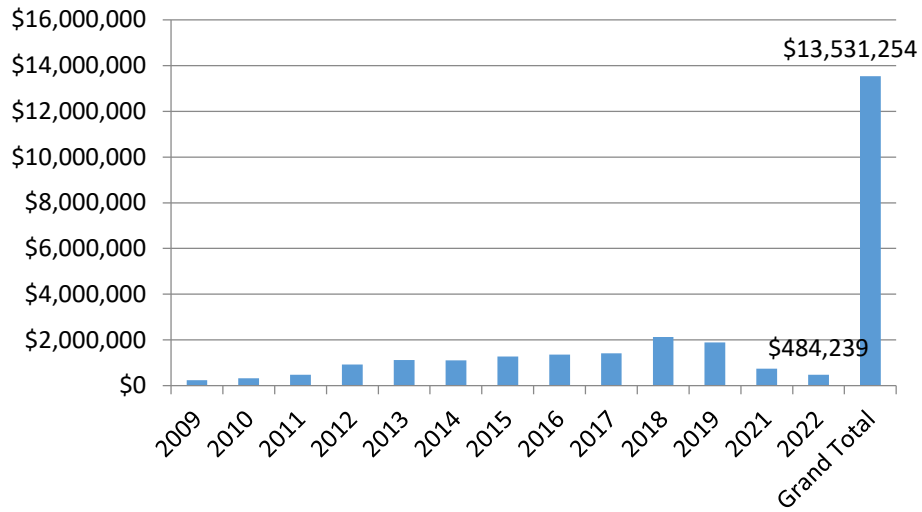
The following graphs illustrate our patient & glasses totals and the value of goods & services (year to date) over the 13 years of the program. Note that patients receiving eye exams/services and additionally surgery are counted twice in this graph:



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## iCARE 2009 - 2022(ytd) US\$ Value of Goods & Services



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As always, 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 again, another new country. Thank you Adam Stewart, Heidi Clarke, Nicholas Simmonds, David Hinds, Stacia Brathwaite, Sharon Yearwood, and the entire Sandals Foundation and Resorts team.

Big acknowledgements to the Barbados Ministry of Health and Wellness, Honourable Minister Ian Gooding-Edghill, Dr. Kenneth George, Dr. Reeshemah Cheltenham-Niles, Dr. Francine Browman-Jones, Dr. Nigel Barker, Ms. Gillian Applewhaite, Ms. Janet Phillips, Ms. Michelle Bryan, Queen Elizabeth Hospital, and the many others who helped from The Ministry. Thank you for allowing us to perform these critical services for your wonderful people.

Special thanks to Tiffany Delaney, Jaime Morgan, Sight is a Right, Michael Walach & Quest Vision Care Specialty Lab, Illinois College of Optometry SVOSH, Ani Tokhmakhian, Drs. Jenna & Travis Zigler, Eye Love Cares Foundation, americares, Dr. Gary and Dr. Rose Knowles, Dr. Ken Merchant, Dr. Stuart Harrell, Dr. Ashely Yearling, Dr. Alex Pinhas, Atala Valdes, Essilor Vision Foundation, Sherry Phillips, Brenda Travis, Eryn Halford, Kurt Fischer, VOSH & SVOSH International multiple chapters throughout the US and Canada, National Vision, Restoring Vision, all of our local volunteers, everyone transporting equipment, and all of our many supporters.

And finally, deep, heartfelt gratitude to our incredible team of U.S. and Canadian volunteers who served with beautiful dedication, humility, and heart. Big up Amina Cheema, Angela Davis, Ani Tokhmakhian, Annika Crawford, Ashley Yearling, Brenda Travis, Christina Wentz, Cindy Dang, David Adeyeye, David Lee, Eddie Eutimio, Elizabeth Butuk, Emily Strand, Eryn Halford, Hollie Doyle, Idelish Gonzalez, Jasdip Mann, Ken Merchant, Kristi Merchant, LaTasha Monique, Lauren Ng, Luma Alsamarai, Lydia Bouman, Mahek Firasta, Meaghan Devany, Megan Piraino, Melisa Philogene, Reneta Simeon, Samantha Davidson, Shehnaaz Brar, Sherry Phillips, and Smruti Mehta! 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 all heroes!



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Now it's onward to two more weeks of clinics in Jamaica in September and October. More great results are expected to follow. Stay tuned.

Blessings, thank you, and one love,

*Steven Stern*

iCARE Director and Founder

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