

May 15, 2025

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed our return mission to The Bahamas, serving both Exuma and Nassau. Our free eye care clinics, held from April 28 to May 2, were big successes. For the first time we conducted more than 1 clinic in a week, creating an amazing 11 clinics (11 schools and 1 resort staff) in Exuma over 3 days, and an additional staff clinic in Nassau for the Sandals employees. Our primary objective for the mission was screening all of the children in all of the schools in Exuma, an island southeast of Nassau.



Our small team of 21 volunteer arrived in Nassau and flew to Exuma on Sunday. We were lodged at Sandals Emerald Bay where we were the only occupants, as the property is transitioning to a Beaches Resort. We were well taken care of by the small resort crew. On Monday, Tuesday, and Wednesday we were mobile, traveling by bus to the various schools. When we arrived at each, we had to determine an appropriate space for the clinic and quickly set up, serve the students and faculty, then move on to the next school on our list. Some of these spaces were quite small and challenging, but we made each one work. On Thursday we flew back to Nassau and conducted the staff clinic at Sandals Grand Bahamian the next day.



In total we served 1,384 patients with eye exams, health screenings, medications, and glasses (reading, sun, and prescription). 26 received pre-made prescription glasses and another 303 prescriptions will be custom made and returned to our patients in early September.

According to the census of April 2023, the population of Exuma is 7,293. We served 1,028 on Exuma alone, which is 14% of the island. Two years ago we served 28% of the island, which included very few children as schools were not in session and most of them were in Nassau with family.

Our health evaluation team screened patients over 45 years of age with a family history of hypertension, diabetes, those not recently tested, or those who asked for a test. Anyone exhibiting unhealthy levels were educated on methods to restore health and referred to their local health care provider for immediate care. The highest blood pressure was recorded at 181/151. The highest glucose level was recorded at 345.



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The metrics for iCARE Bahamas 2025 are as follows:

Monday, April 28 (Exuma)

- Clinic Locations:
 - Stuart Manor School, Stuart Manor
 - Rolleville Primary School, Rolleville
 - Roker's Point Primary School, Roker's Point
 - Forest Primary School, Forest
 - Sandals Emerald Bay
- Served 198 patients (70 in depth exams)
- Dispensed 4 pre-made prescription glasses and will make another 53 custom
- 43 health screenings for diabetes and/or hypertension



Tuesday, April 29 (Exuma)

- Clinic Locations:
 - Mt. Thompson Primary School, Mt. Thompson
 - George Town Primary School, George Town
 - Included the children of Williams Town Primary School, Williams Town
 - St. Andrews Anglican School, George Town
- Served 310 patients (102 in depth exams)
- Dispensed 5 pre-made prescription glasses and will make another 48 custom
- 59 health screenings for diabetes and/or hypertension

Wednesday, April 30 (Exuma)

- Clinic Locations:
 - L. N. Coakley High School, Moss Town
 - Moss Town Primary School, Moss Town
 - Exuma Christian Academy, Ramsay
- Served 520 patients (163 in depth exams)
- Dispensed 8 pre-made prescription glasses and will make another 88 custom
- 33 health screenings for diabetes and/or hypertension



Friday, May 2 (Nassau)

- Clinic Location: Sandals Royal Bahamian, Nassau
- Served 356 patients (all in depth exams)
- Dispensed 9 pre-made prescription glasses and will make another 114 custom
- 158 health screenings for diabetes and/or hypertension



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Work in total:

- conducted 1,384 vision exams
- served 12 clinics (11 schools and 2 staff) – 1 clinic consisted of 2 schools
- performed 270 hypertension screenings and 105 diabetes screenings
- dispensed 329 prescription glasses (303 to be custom made)
- distributed and donated 760 reading glasses
- distributed and donated 700 sunglasses
- made several pathology referrals to the local or private healthcare system
- retail value of medications dispensed and donated is US\$133,186
- estimated total value in goods and services is US\$371,663

Since our inception 16 years ago, iCARE has conducted 34 weeks of clinics and 8 weeks of cataract surgery – providing the following critical services and goods free of cost to the beautiful people of Jamaica, Turks & Caicos, Antigua, St. Lucia, Barbados, The Bahamas, and Grenada at a conservatively, estimated total value of over US\$19.84 million. This includes:

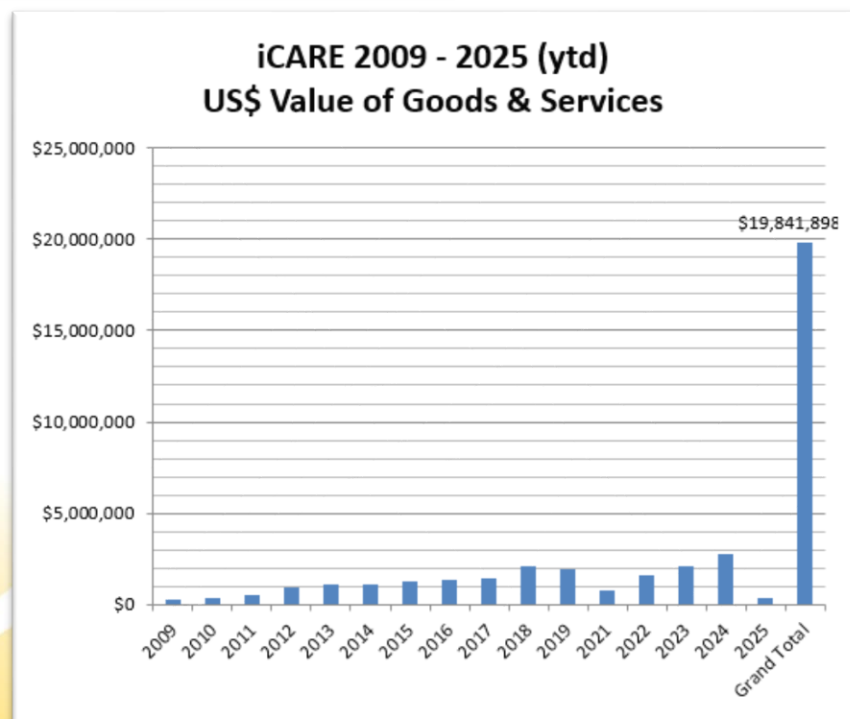
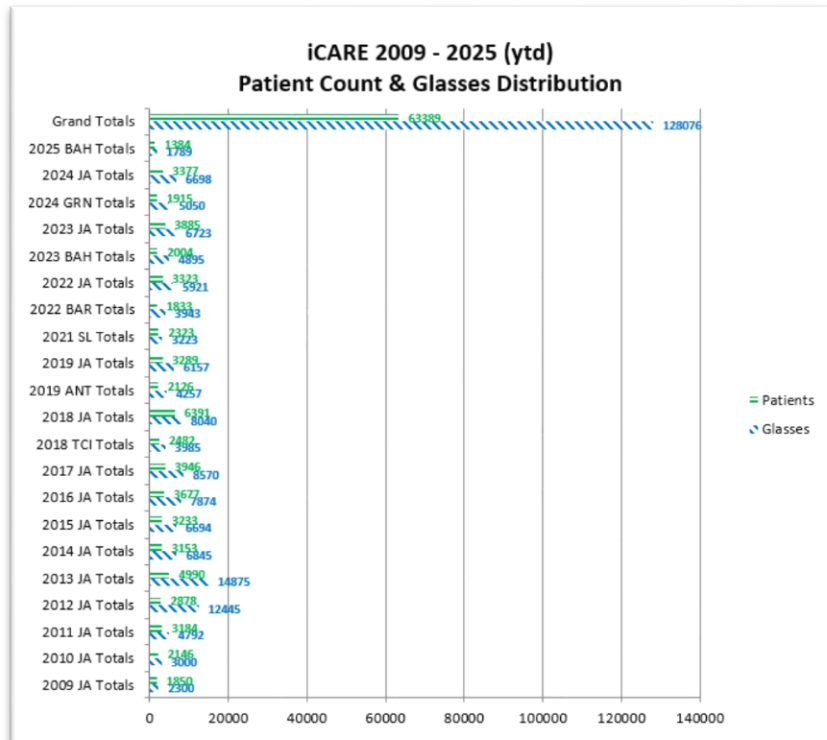
- 63,389 eye exams and procedures (includes 323 cataract surgeries, 77 MIG surgeries, 820 SLT laser procedures, 160 diabetic retinopathy PRP laser procedures, 2 laser retinopexies, 1 IOL reposition, and 1 ectropian)
- 128,076 glasses (prescription, reading, and sunglasses)



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The following graphs illustrate our patient & glasses totals and the value of goods & services (year to date) over the 17 years of the program. Note that patients receiving both eye exams/services and laser procedures or surgery are counted twice in this graph, as they are separate treatments:



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Huge thanks and gratitude to Sandals Foundation and Sandals Resorts for their commitment and generous support of this important work. We are honored and blessed for our partnership – as are thousands of patients. Thank you Adam Stewart, Heidi Clarke, Delino Moss, Kevin Clarke, Dorsea Daniel, Snovakia Watson, Renee Deleon, and the entire teams of Sandals Foundation, Sandals Royal Bahamian, and Sandals Emerald Bay.

Big acknowledgements to Don Barr, Superintendent of Exuma Schools, The Bahamas Ministry of Health and Wellness, and all of the staff and teachers at all of the schools who helped facilitate our work. Thank you for your patience with us and for allowing us to perform these critical services for all of the children; many whose lives will be greatly improved as they go forward academically with proper vision. It was our honor.

Special thanks to Tiffany Delaney, Jason Forbes, Jamita Yizar, Sight is a Right, americares, Michael Walach & Quest Vision Care Specialty Lab, Drs. Jenna & Travis Zigler, Eye Believe Foundation, Onesight EssilorLuxottica Foundation, Leon & Robyn Andris, Amanda Brannan, Lisa Ikeda, Northwest LERC, Brenda Travis, Diane Kenney, Kurt Fischer, Yetta Jean Stern, Cheryl Goldberg, National Vision, Restoring Vision, our returnee volunteers, everyone transporting/bringing supplies & equipment, and all of our many supporters.



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Finally, deep, heartfelt gratitude to our team of U.S. volunteers who served with dedication, humility, and big hearts. Big up Wayne Archibald, Tracy Beyer, Amanda Brannan, Michaela Brannan Oswald, Denise Corbo, Kathy Farris, Tanya Gorder, Emma Gorder, Lisa Ikeda, Ananya Jalsingh, Kristel Johnson, Diane Kenny, Mel Park, Jenis Serraino Steve Wassmuth, Lynnel Wassmuth, Carmen Wilson, Jamita Yizar, Travis Zigler, and Jenna Zigler! 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.



"History will judge us by the difference we make in the everyday lives of children."

– Nelson Mandela



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We still have three more clinics planned for this year – one in St. Vincent in August and two in Jamaica in October and November. Each clinic is its own adventure, always full of life-changing moments for our patients, and even for our volunteers. Stay tuned for more great results throughout the year.

Blessings, thank you, and one love,

Steven Stern

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