

August 15, 2025

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed our inaugural mission for Saint Vincent and the Grenadines. Our free eye care clinics, held from August 4 to August 8, were a phenomenal success. Each day we were met with huge crowds of patients eager to receive our free eye care services. Although we were forced to turn away patients at the end of each day, we were able to treat most the following day, culminating with seeing everyone on Friday. The first four days we served at St. Joseph's Convent Secondary School, located in the capital city of Kingstown. On Friday we moved our clinic to the ballroom at Sandals Saint Vincent and the Grenadines in the community of Buccament. Sandals was gracious to allow community members, who were not Sandals employees, access to the clinic.



We had tremendous support provided by the Saint Vincent and the Grenadines Ministry of Health, Wellness, and the Environment. Several employees worked closely with us each day providing important roles throughout the clinic. This is the most participation iCARE has had from a local MoH. It made our jobs easier and helped us to serve the amazing number of patients that we did.

In total our team of 47 served an incredible 2,357 patients with eye exams, health screenings, medications, pathology referrals, PRP laser treatments, and glasses (reading, sun, and prescription). According to the Worldometers website, the current population of Saint Vincent and the Grenadines is 99,837. This means we served an astounding 2.3% of the country. 36 received pre-made prescription glasses and another 899 prescriptions will be custom made and returned to our patients in November. This is a new record for prescription glasses made, beating our old record by 110 pairs.

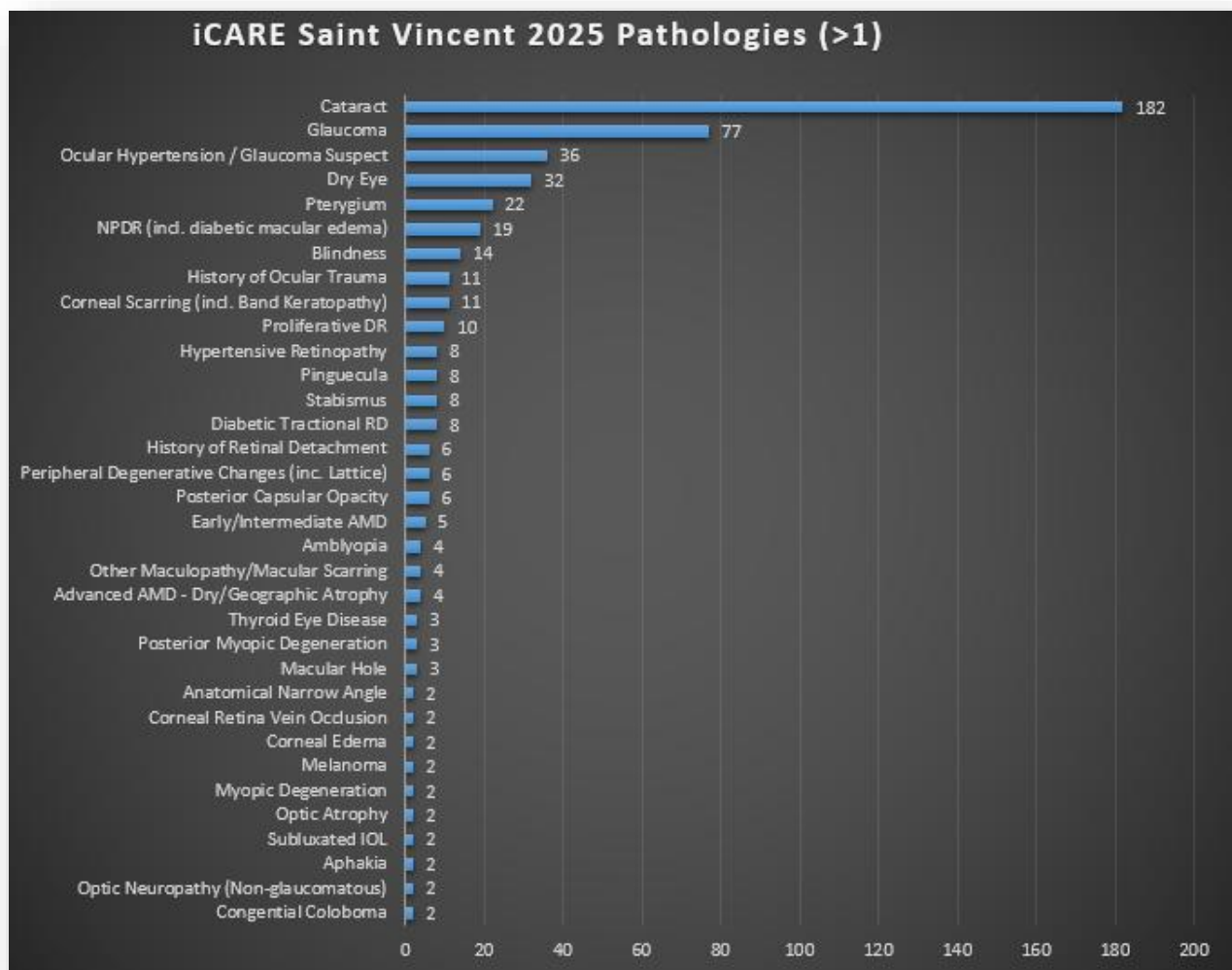


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The predominance of pathologies discovered were cataract, glaucoma, ocular hypertension, dry eye, and pterygium (see graph). We referred our patients for follow-up care for pathologies found. We were fortunate to have Dr. Rhealyn Burke, from the MoH, volunteering with us each day to process and record the referrals for the public health system. Those with glaucoma were given several months of sight-saving medication drops.

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



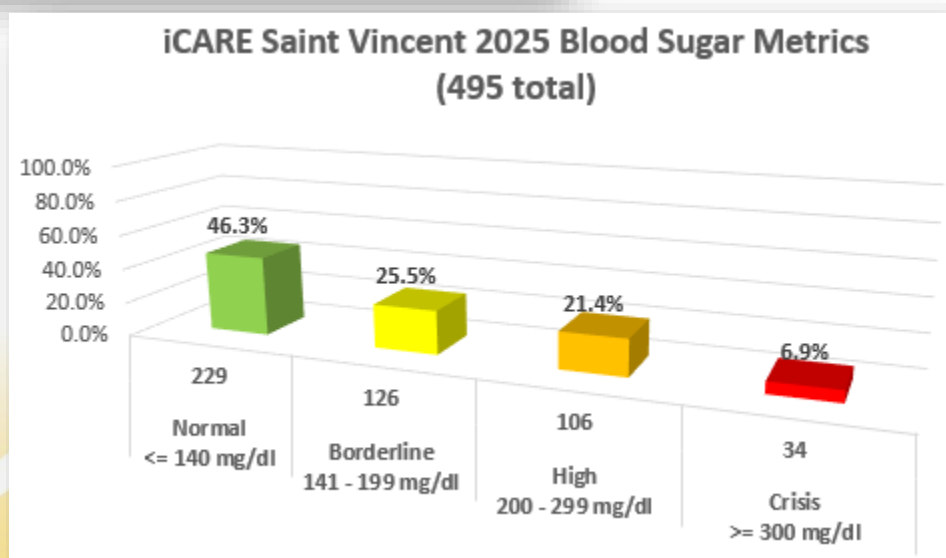
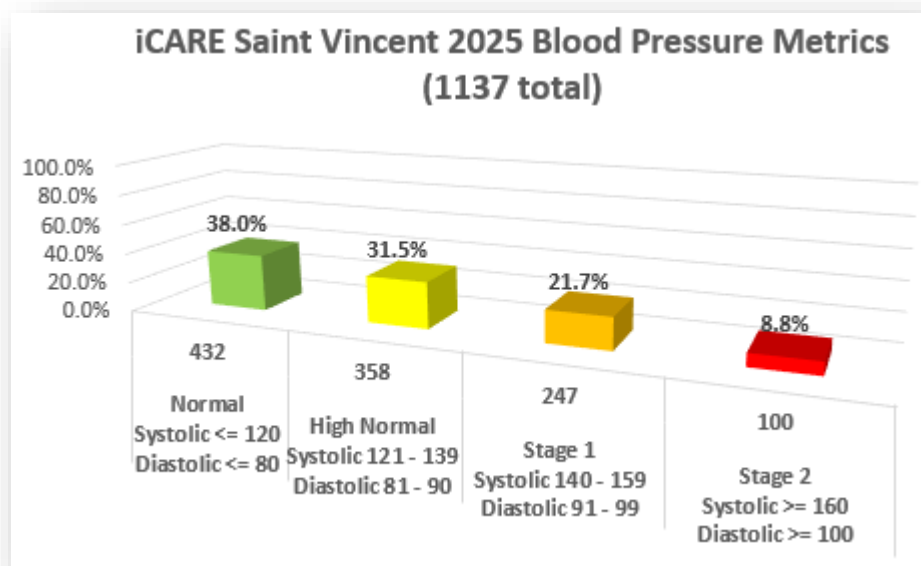
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Our health evaluation team screened patients over 45 years of age with a family history of hypertension, diabetes, those not recently tested, or those who asked for a test. Anyone exhibiting unhealthy levels were educated on methods to restore/maintain health and referred to their local health care provider for immediate care.



62% of those screened for hypertension exhibited higher than normal blood pressures (see graph). The highest blood pressure was recorded at 220/101. For diabetic screening, 53.7% exhibited higher than normal blood glucose levels (see graph). The highest glucose level was recorded at over 600 (the meter's limit).



The metrics for iCARE Saint Vincent 2025 are as follows:

- Clinic Sites:
 - St. Joseph's Convent Secondary School – Kingstown
 - Monday to Thursday, August 4 to August 7, 2025
 - Sandals Saint Vincent and the Grenadines – Buccament
 - Friday, August 8, 2025
- 47 volunteers from the United States and Canada
 - 8 optometrists, 1 MD, 7 opticians, and 31 support
 - In addition, several local volunteers from the Ministry of Health
- 2,357 vision exams / procedures performed
- 15 PRP laser procedures (for diabetic retinopathy)
- 935 pairs of prescription glasses:
 - 899 pairs to be fabricated in the US and returned to our patients in November.
 - 36 pre-made pairs distributed in clinic
 - 39% of clinic patients required prescription glasses
- Distributed 2,450 pairs of sunglasses
- Distributed 1,800 pairs of reading glasses
- Distributed medication worth US\$326,434
- Distributed 5 canes for the blind or profoundly vision impaired
- Performed 1,137 health screening for hypertension with education
- Performed 495 health screenings for diabetes with education
- Referred 223 patients for various pathologies, predominately cataracts, glaucoma, and pterygium.



The estimated value of goods and services delivered for our iCARE Saint Vincent 2025 mission is an unbelievable **US\$909,597**. A record for a one-week clinic.

Since our inception 16 years ago, iCARE has conducted 35 weeks of clinics and 8 weeks of cataract/MIG 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, Grenada, and Saint Vincent and the Grenadines at a conservatively estimated total value of over **US\$20.75 million**.

This includes:

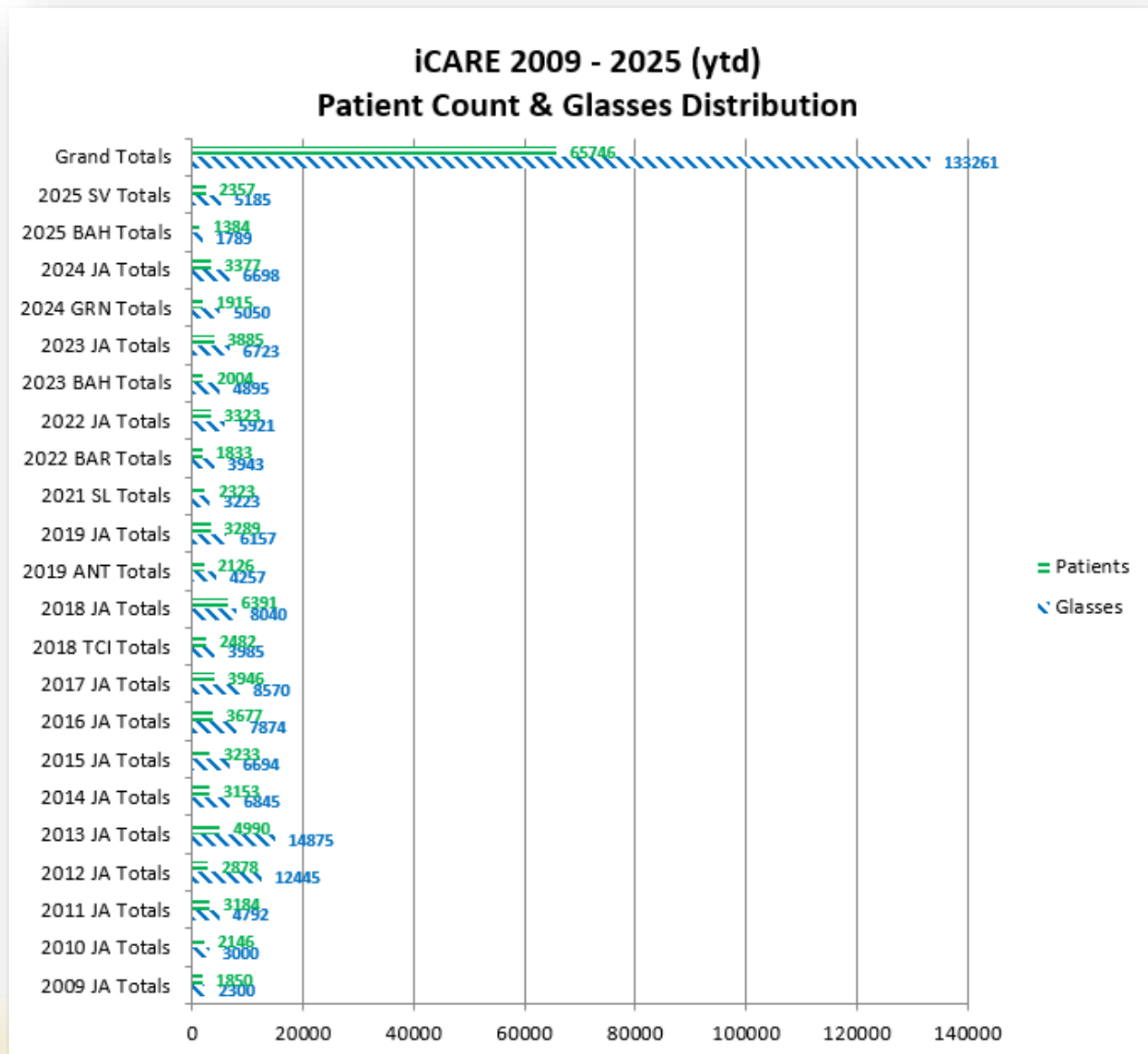
- **65,746** eye exams and procedures – includes 323 cataract surgeries, 77 MIG surgeries, 820 SLT (glaucoma) laser procedures, 175 PRP (diabetic retinopathy) laser procedures, 2 laser retinopexies, 1 IOL reposition, and 1 ectropian
- **133,261** glasses (prescription, reading, and sunglasses)



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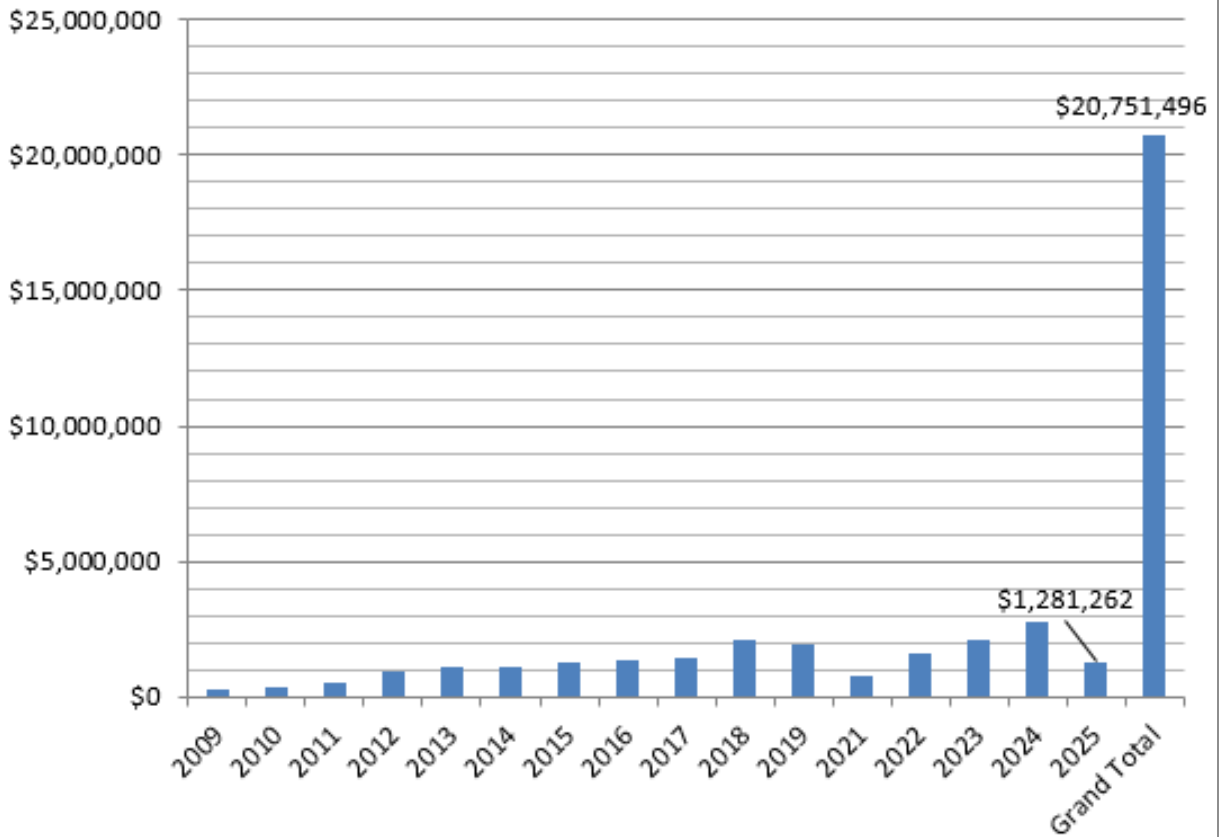
The following graphs illustrate our patient & glasses totals and the value of goods & services (year to date) over the 17 years of the program. Note that patients receiving both eye exams/services and laser procedures or surgery are counted twice in this graph, as they are separate treatments:



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iCARE 2009 - 2025 (ytd) US\$ Value of Goods & Services



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Huge thanks and gratitude to Sandals Foundation and Sandals Resorts for their commitment and generous support of this life-changing work. We are honored and blessed for our partnership – as are thousands of patients. Thank you Adam Stewart, Heidi Clarke, Tamon Allen, Joesel Pemberton, Stacia Brathwaite, Ashanti Pazzaglia, and the entire teams of Sandals Foundation, and Sandals Saint Vincent and the Grenadines.

Big acknowledgements to Shanika John and the entire Ministry of Health support team, Rhealyn Burke, The Saint Vincent Ministry of Health, Wellness, and the Environment, Sister Martha Sebastien, Lavern Walrond, and St. Joseph's Convent Secondary School.

Special thanks to Jamita Yizar, Tiffany Delaney, Jason Forbes, 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, Daniel & Karin Brown, Christof Dreyer, Craig Bowen, Joanne Harris, Anne Schreck, Brenda Travis, Kurt Fischer, Yetta Jean Stern, Cheryl Goldberg, Ellen Reh, 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 US and Canadian volunteers who served with dedication, humility, and big hearts through the long, hot days of clinic. Big up Jamita Yizar, Fione Yip, Ashley Yearling, Clarissa Wong, Brenda Travis, Donna South, Christine Snow, Michael Snow, Anne Schreck, Desi Saputo, Sabrina Samnani, Yvonne Pelkey, Jessica Parr, Caroline Onwuzu, Heather Oliveri, Jesse Most, Regina Mosley, Kelci Miller, Kristi Merchant, Ken Merchant, Justin Le, Khanh Le, Kimber LaRue, Manmeet Kaur, Henri Johnson, Judy Isaacson, Christine Harris, Joanne Harris, Thuy Ha, Trang Ha, Catalina Garzon, Heather Fullerton, Kaitlyn Forehand, Tamara Flippin, Jennifer Evans, Ryan Cummings, Cay Cooney, Lori Conti, Irene Combs, Chip Cobb, Dolores Chenoweth, Liz Burns, Craig Bowen, Curtis Bassindale, Liz Ashworth, and Alyssa Ang! Your hard work and selfless service to others is inspirational and the manifestation of **One Love** in practice. It is an honor and privilege to serve with you.



"The opposite of good is not evil, but indifference."

– Samuel Johnson



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We still have two more clinics remaining for this year in Hanover and Trelawny, Jamaica, for October and November. We are excited for the life-changing events to come. Follow us for more great results throughout the year.

Blessings, thank you, and one love,

Steven Stern

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