

November 14, 2025

Dear iCARE Partners, Supporters, and Volunteers,

This year we planned to conduct two weeks of eye care clinics and a week of surgery. Our first week was a great success, while our second week was preempted by powerful Hurricane Melissa. We are deeply saddened that we were unable to complete our planned service and more distraught by the damage wrought on the country we serve and love. Our hearts go out to the people of Jamaica who have lost so much, but continue to be optimistic and unyielding, showing the world their beautiful spirits, resiliency, and culture. Jamaica shall overcome and we will do what we can to support the many rebuilding efforts.

Our second week was scheduled for William Knibb Memorial Baptist Church in Falmouth, Trelawny and included cataract and MIG surgery at Cornwall Hospital in Montego Bay, St. James. We also planned to perform laser procedures for PRP and SLT.

Our free clinic was held during the week of September 29 in the hills above Lucea at the Greenland United Church in Greenland, Hanover. Our services included full eye exams, glasses (prescription, reading, sun), pathology referrals, medications, PRP (panretinal photocoagulation) laser procedures for diabetic retinopathy, and hypertension/diabetes screenings with education.

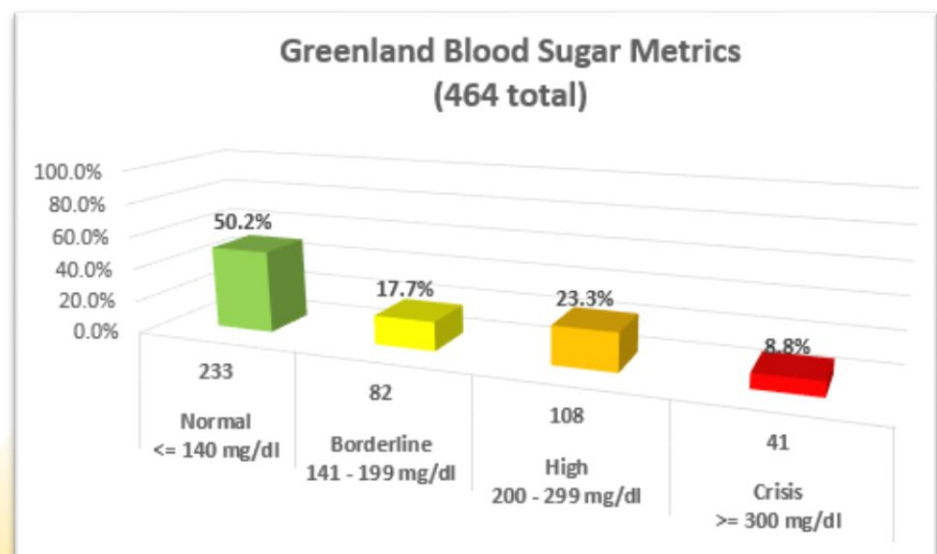
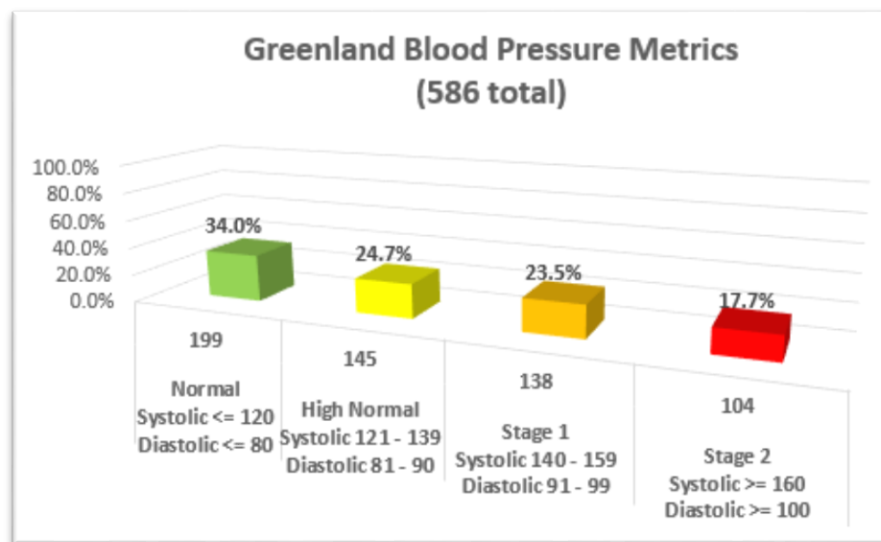


4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

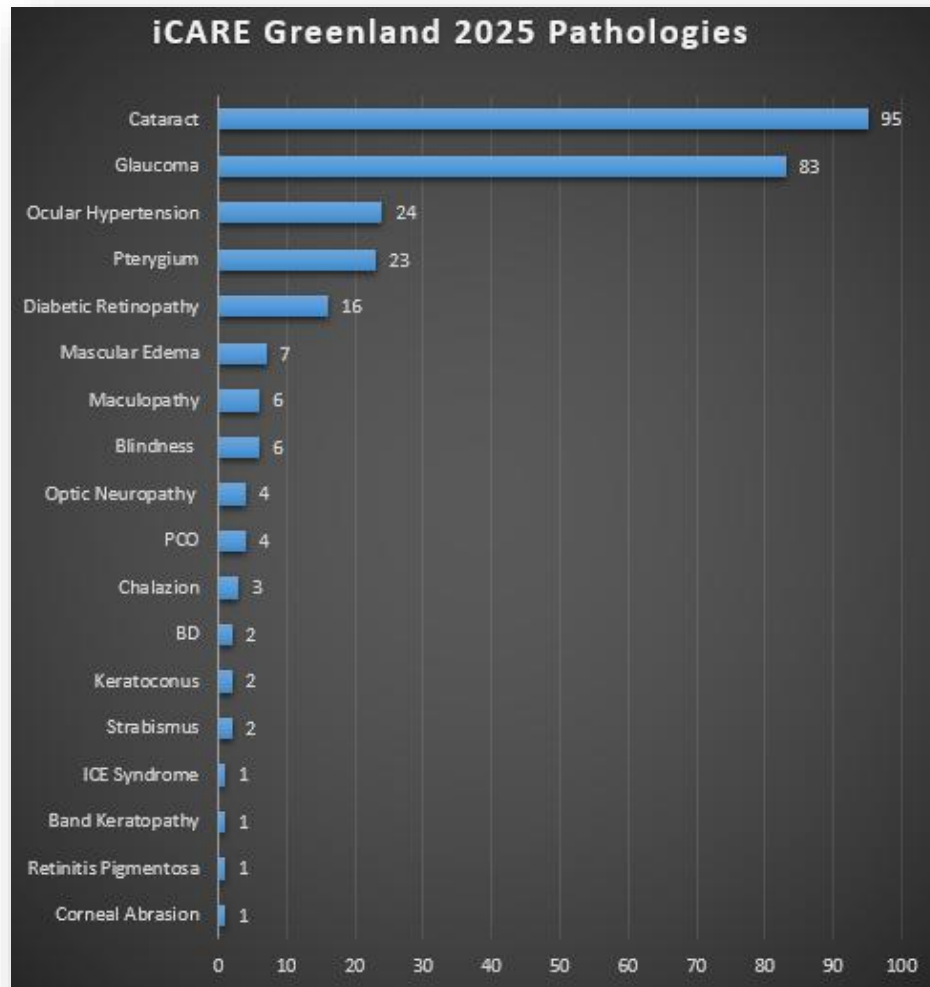
info@greatshapeinc.org
greatshapeinc.org
[@greatshapeinc](https://www.instagram.com/greatshapeinc)

Our health evaluation team screened patients over 45 years of age with a family history of hypertension or diabetes, who have not recently been tested or who ask for a test for any reason. Those exhibiting unhealthy levels were educated on methods to restore health and referred to their local health care provider for immediate care if needed.

In our Greenland clinic, 66% of those screened for hypertension exhibited higher than normal blood pressures, with the highest reading of 211/125 (see chart). 49.8% of those screened for diabetes exhibited higher than normal glucose levels, with the highest reading of 581 (see chart).



The following graph outlines the type and number of pathologies diagnosed:



4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

info@greatshapeinc.org
greatshapeinc.org
[@greatshapeinc](https://www.facebook.com/greatshapeinc)

The metrics for iCARE 2025 Jamaica are as follows:

Clinic Site: Greenland United Church – Greenland, Hanover

PRP Laser Site: Cornwall Regional Hospital – Montego Bay, St. James

September 29 2025 to October 3, 2025

- 52 volunteers & 3,516 patients served
 - 1,365 in clinic
 - 2,116 school screenings
 - 35 PRP patients
- 50 PRPs
- 586 health screenings for hypertension with education
- 464 health screenings for diabetes with education
- 475 pairs of prescription glasses will be dispensed. We distributed 116 in clinic and we will fabricate 359 custom made pairs in the U.S. to be returned in January.
 - 34.8% of total clinic patients seen required prescription glasses
- distributed ~532 reading glasses & ~1,499 sunglasses
- over 200 medical referrals to public or private healthcare system
- ~US\$417,152 retail value of medications dispensed



4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

info@greatshapeinc.org
greatshapeinc.org
[@greatshapeinc](https://www.facebook.com/greatshapeinc)

The estimated total value in goods and services for iCARE Jamaica 2025 is ~US\$847,768. Including our week of service in Exuma & Nassau, Bahamas (April/May) and Kingstown & Buccament, Saint Vincent (August), iCARE 2025 served in total 7,257 patients, with total goods and services valued at ~US\$2.127 million.

Since our inception 16 years ago, iCARE has conducted 36 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 St. Vincent at an estimated total value of over **US\$21.598 million**. This encompasses:

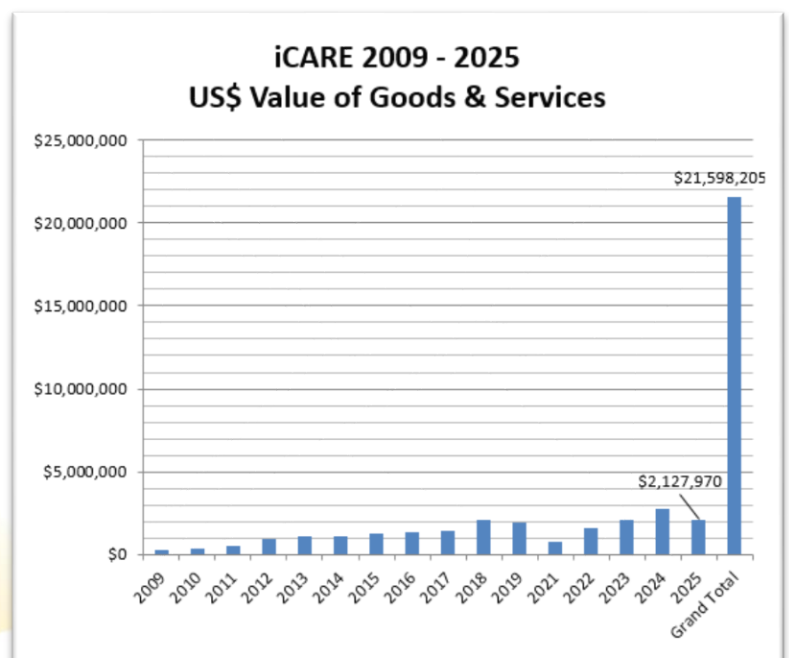
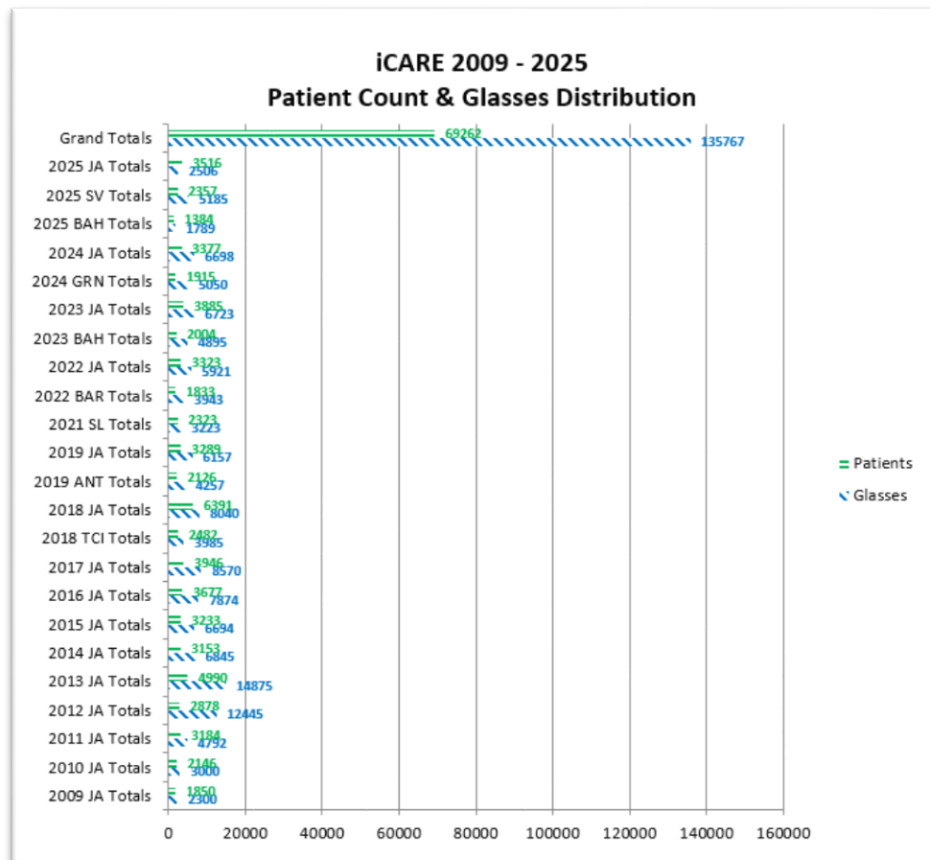
- 69,262 eye exams and procedures (includes 323 cataract surgeries, 77 MIG surgeries for glaucoma, 820 SLT laser procedures for glaucoma, 225 PRP laser procedures for diabetic retinopathy, 2 laser retinopexies for detached retina), 1 IOL reposition, and 1 ectropian.
- 135,767 glasses (includes prescription, reading, and sunglasses)



4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

info@greatshapeinc.org
greatshapeinc.org
[@greatshapeinc](https://www.instagram.com/greatshapeinc)

The following graphs illustrate our patient & glasses totals and the value of goods & services over our 16 years of clinics. Note that patients receiving eye exams/services and additionally surgery/procedures are counted twice in this graph, as they are two separate services:



4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

info@greatshapeinc.org
greatshapeinc.org
@greatshapeinc

We are so grateful to Sandals Foundation and Sandals Resorts for our partnership, commitment, and generous support which provides us the ability to annually impact thousands of lives throughout the West Indies. Thank you Adam Stewart, Heidi Clarke, Ashley Simms, Sheldon James, Patrice Gilpin, and the entire staff of Sandals Foundation, and Sandals Resorts.

Big acknowledgements to Greenland United Church, Rev. Glenroy Clarke, Nervalyn Green, and Greenland team. Thank you for your generosity in hosting us and allowing us to conduct our clinic at your beautiful church. We appreciate your tremendous support and trust.

Special thanks to Tiffany Delaney, Joseph Wright, the board of Great Shape! Inc., Leana Rinaldi, Sight is a Right, Jamita Yizar, Michael Walach & Quest Vision Care Specialty Lab, Onesight EssilorLuxottica Foundation, Mimi Bateman, americares, Dr. Brian Haugen, Dr. Ryan Vincent, Heather Rush, and the entire surgical team, Drs. Rose & Gary Knowles, Drs. Jenna & Travis Zigler, Eye Believe Foundation, Dr. Elliott Kim, Dr. Harsha Reddy, Dr. Alex Pinhas, New York Eye and Ear Infirmary of Mt. Sinai, Amanda Martinez, Pennsylvania College of Optometry, SEE International, Dr. Timothy Lynch, Dr. Kathy & Karl Ward, Brenda Travis, Shalom Anderson, Patricia Jones, Ginny Honemann, Kurt Fischer, Jason Forbes, Cheryl Goldberg, Yetta Jean Stern, Olive Campbell, Andrea Harmon, The Idaho Shirt Shack, VOSH & SVOSH International multiple chapters throughout the US and Canada, National Vision, Restoring Vision, Jamaican Ministry of Health & Wellness, all of our local volunteers, everyone transporting equipment, and all of our many supporters.



4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

info@greatshapeinc.org
greatshapeinc.org
[@greatshapeinc](https://www.instagram.com/greatshapeinc)



And finally, deep, heartfelt gratitude to our incredible team of volunteers from the US, Canadian, UK, & Jamaica who served with purpose, humility, and heart. Big up Jamita Yizar, William Yee, Barrett Wingard, John Truong, Kirsten Tran, Rachel Staib, Klaesyn Sibless, Erin Sherman, Becki Schoepke, Kelsey Schnabel, Mike Scheuerman, Ashley Scheuerman, Kaylee Sajovic, Emma Roggenbuck, Ashly Rivera, Dawn Renwick, Nate Redmond, Sahana Ramshankar, Chandni Raithatha, Korey Patrizi, Judith Parker, Anthony Paniagua, Martial Morrison, Andrew Meagher, Amanda Martinez, Jessica Malinsky, Thuy Le, Inderpreet Lail, Karaan Raj Kothari, Gary Knowles, Rose Knowles, Elliott Kim, Patricia Jones, Jaycee Jezwinski, Ginny Honemann, Lama Fawaz, Mary Evans, Jeanne Donahue, Terryann Davy, Alex Conn, Veronica Cole, Njau Casteel, Cassidy Capan, Ted Archdale, Candy Archdale, Shalom Anderson, Neka Amato, Noor Alami, Salwa Aladhamy, Melis Akman, and Michelle Ahumada.

Your hard work and selfless service to others is inspirational and the manifestation of **One Love** in practice. It is always my honor and privilege to know you and to serve with you. You are all heroes! Most will never do what you do. Talk is cheap, but you all walk the walk. Respect!



4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

info@greatshapeinc.org
greatshapeinc.org
@greatshapeinc

This was our last clinic of the year. We look forward to our 2026 clinics and to returning to Jamaica to serve the hard hit communities and continue with our surgical services. Please stay connected and follow us online.

Everyone deserves vision!

Blessings, thank you, and one love,

Steven Stern

iCARE Founder and Director
Great Shape! Inc.
plannedvalue@gmail.com



4120 Dale Rd Ste J-8 #183
Modesto, CA 95356
510.893.1751 (US)

info@greatshapeinc.org
greatshapeinc.org
[@greatshapeinc](https://www.instagram.com/greatshapeinc)