October 4, 2026

Dear iCARE Partners, Supporters, and Volunteers,



The Great Shape! Inc. iCARE program has completed our second mission, since 2018, in Providenciales, Turks & Caicos Islands. Our record-breaking, free eye care clinic was held from September 21 to 25, 2026. We came with a world-class team and delivered phenomenal results. Remarkably, we didn't turn away any patients, giving all the eye care they often waited several hours to receive. The majority of our 52 volunteer team served in Five Cays Church of God of Prophecy all week, while a smaller team consisting of three optometrists and a support person concurrently screened children in 16 school from Monday through Thursday. Tuesday evening, after a long day of clinic, several of our team conducted a well-attended night clinic, conveniently located on property, for the staff of Beaches.



In total we served an incredible 4,815 patients, besting our previous record from last year by 1,299 persons. On Friday alone we were conducting exams at an amazing rate of 100 patients per hour. We provided full eye exams with pathology, referrals, health screening with education for diabetes and hypertension, PRP and SLT laser treatments, and glasses (reading, sun, and prescription). 159 received pre-made prescription glasses and another 709 prescriptions will be custom-made using a frame of our patient's choice. They will be personally returned and fitted in January. According to the Worldometers website, the current population of Turks and Caicos is 47,264. This means we served an astounding ~10% of the country.



The predominance of pathologies discovered were glaucoma, cataract, pterygium, ocular hypertension, dry eye, blindness, proliferative DR, and NPDR (see graph below). Many of our glaucoma patients (4.5% of in-clinic patients) had either primary open angle glaucoma or normal tension glaucoma. They received IOP lowering medications, SLT laser in one or both eyes, and a referral to follow up with a local ophthalmologist.

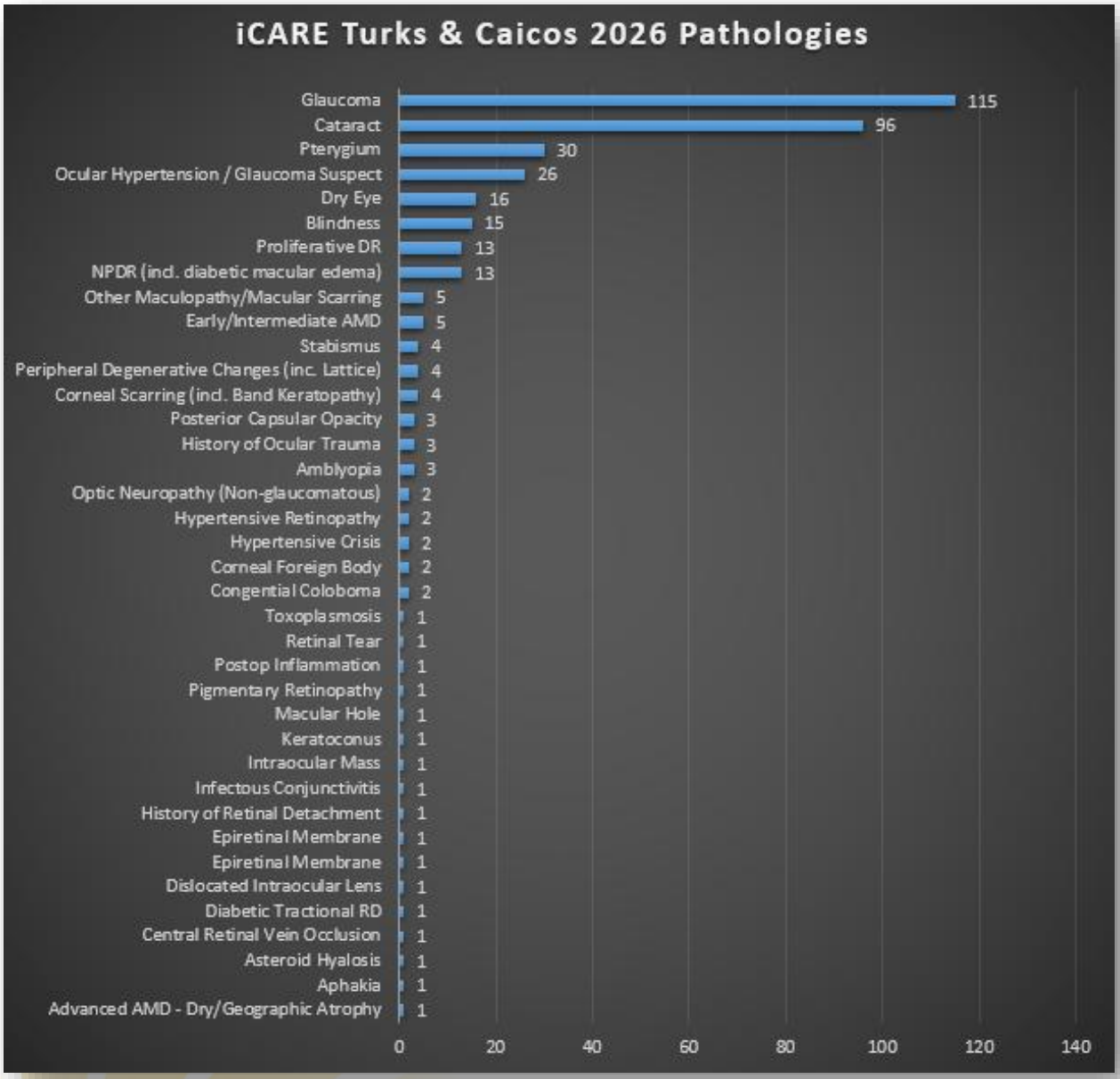
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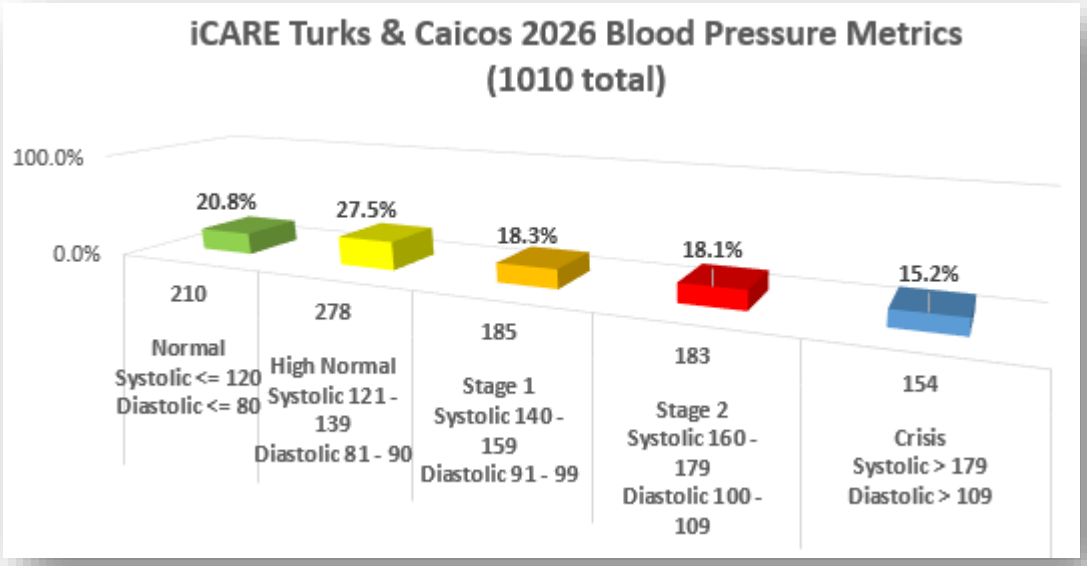
The majority of cataract patients were given referrals for cataract surgery at the local hospital. There was a smaller amount of diabetic retinopathy of whom some received PRP laser treatment in one or both eyes. Both of these sight-saving laser procedures were conducted in our clinic. Many referrals were written for other pathologies noted.

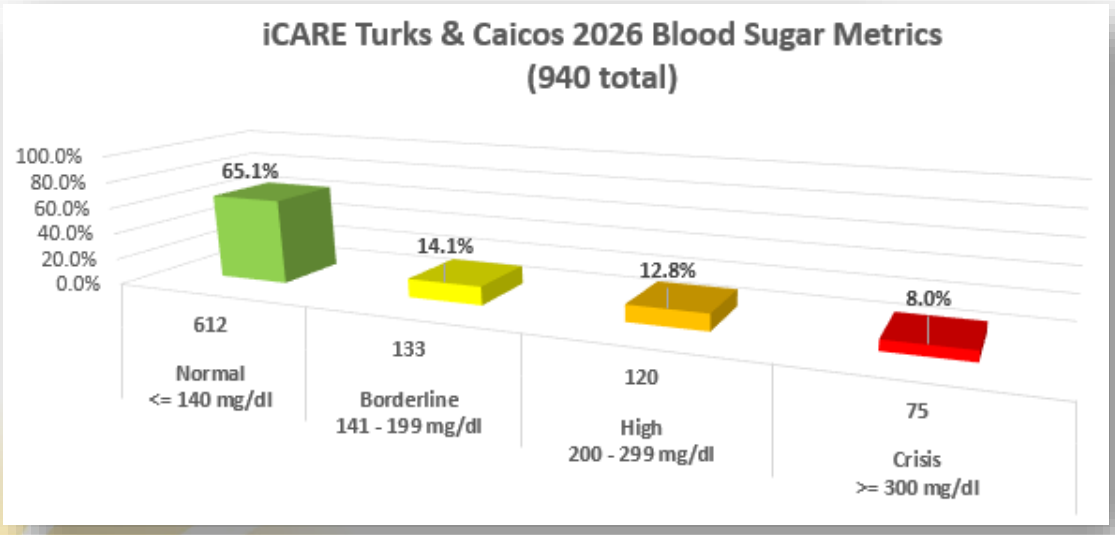
The following graph outlines the number of pathologies diagnosed in our clinic, where one or more cases were discovered:



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.

79.2% of those screened for hypertension exhibited higher than normal blood pressures (see graph). The highest blood pressure was recorded at 278/137. For diabetic screening, 34.9% exhibited higher than normal blood glucose levels (see graph). The highest glucose level was recorded at over 600 (the meter's limit). The lowest blood pressure was 50.





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The metrics for iCARE Turks & Caicos 2026 are as follows:



- 52 volunteers from the United States and Canada
    - 12 optometrists, 2 MDs, 9 opticians, 2 RNs, and 27 support
- Clinic Sites:
    - Church of God of Prophecy – Five Cays
        - Monday to Friday, September 21 to 25, 2026
        - 2416 patients
    - Beaches Turks & Caicos
        - Tuesday Evening, September 22, 2026
        - 138 patients
    - Schools Served (2,186 total patients / 420 referrals / 19.2% suspect overall):
        - Monday (387 patients)
            - Thelma Lightburn Primary (221 patients / 46 referrals / 20.8% suspect)
            - M.I.L.L.S. Institute (29 patients / 8 referrals / 27.5% suspect)
            - Wesley Methodist (115 patients / 27 referrals / 23.4% suspect)
            - Providenciales Primary (22 patients / 2 referrals / 0.9% suspect)
        - Tuesday (489 patients)
            - Ianthe Pratt (236 patients / 49 referrals / 20.7% suspect)
            - Richmond Hill Prep (80 patients / 18 referrals / 22.5% suspect)
            - Preparing Little Minds (15 patients / 2 referrals / 13.3% suspect)
            - B.E.S.T. Institute (158 patients / 30 referrals / 18.9% suspect)
        - Wednesday (734 patients)
            - Community Christian (70 patients / 16 referrals / 22.8% suspect)
            - Alpha Christian (36 patients / 9 referrals / 25% suspect)
            - Shining Stars (176 patients / 28 referrals / 15.9% suspect)
            - Oseta Jolly (452 patients / 67 referrals / 14.8% suspect)
        - Thursday (576 patients)
            - Provo Christian (46 patients / 11 referrals / 23.9% suspect)
            - Champions of Christ (28 patients / 11 referrals / 39.2% suspect)
            - Ashley Learning Center (8 patients / 4 referrals / 50% suspect)
            - Enid Capron Primary School (494 patients / 92 referrals / 18.6% suspect)



- Total patients: 4,815
    - 2,554 vision exams
    - 2,186 school vision screenings
    - 66 SLT patients
    - 9 PRP patients
- 123 SLT laser procedures (for glaucoma)
- 13 PRP laser procedures (for diabetic retinopathy)
- 868 pairs of prescription glasses:
    - 709 pairs to be fabricated in the US and returned to our patients in January
    - 159 pre-made pairs distributed in clinic
    - 33.9% of clinic patients required prescription glasses
- Distributed 2,554 pairs of sunglasses
- Distributed 1,418 pairs of reading glasses
- Distributed medication worth US$406,370
- Distributed 3 canes for the blind or profoundly vision impaired
- Performed 1,010 health screening for hypertension with education
- Performed 940 health screenings for diabetes with education
- Referred 284 patients for various pathologies, predominately cataracts, glaucoma, and pterygium.





The estimated value of goods and services delivered for our iCARE Turks & Caicos 2026 mission is an incredible **US$1,242,300**. A record amount for a one-week clinic.



Since our inception 17 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 Saint Vincent and the Grenadines at a conservatively estimated total value of over **US$22.84 million**.

This includes:

- **74,077** eye exams and procedures – includes 323 cataract surgeries, 77 MIG surgeries, 943 SLT (glaucoma) laser procedures, 238 PRP (diabetic retinopathy) laser procedures, 2 laser retinopexies, 1 IOL reposition, and 1 ectropian
- **140,607** glasses (prescription, reading, and sunglasses)

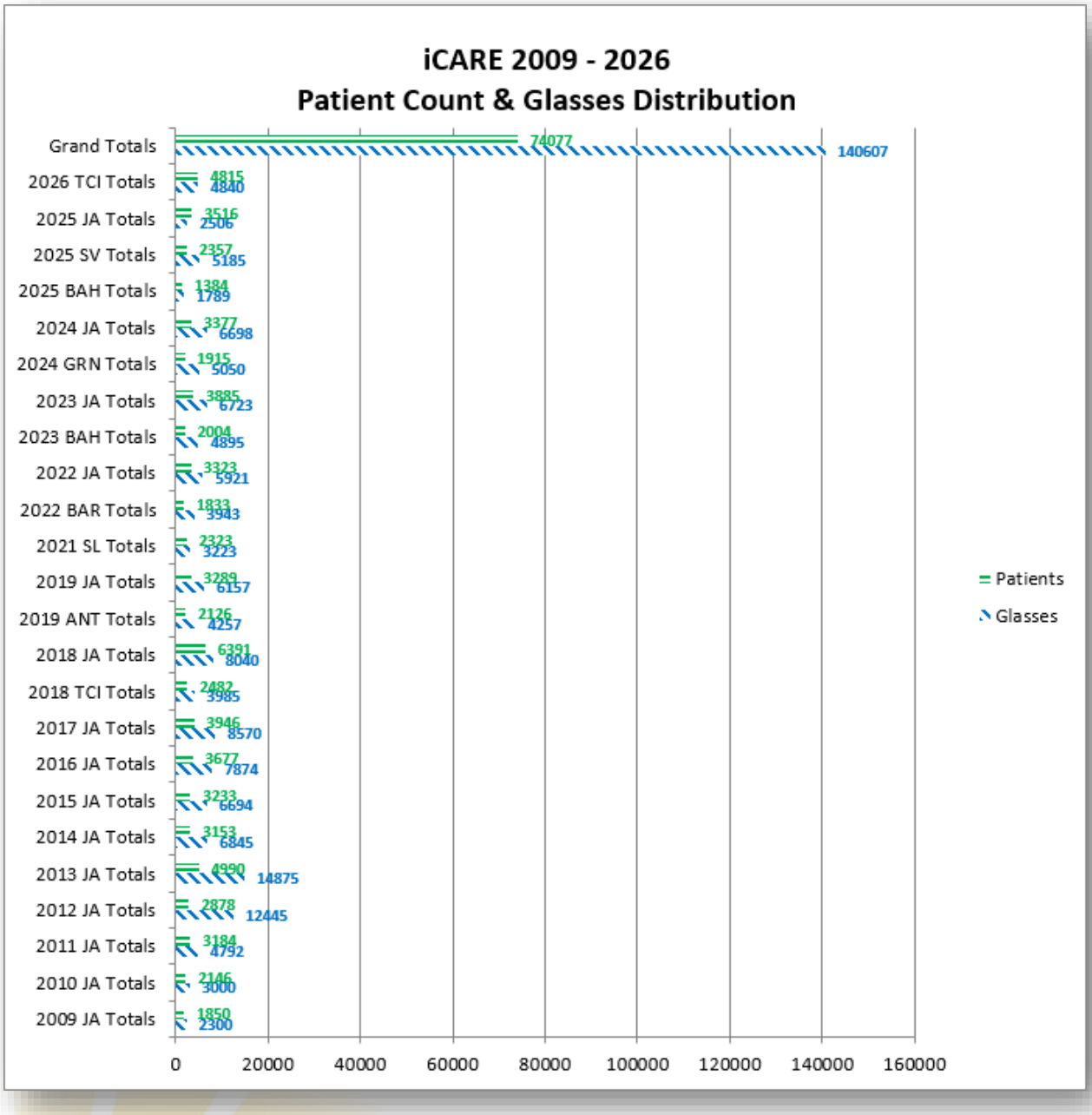


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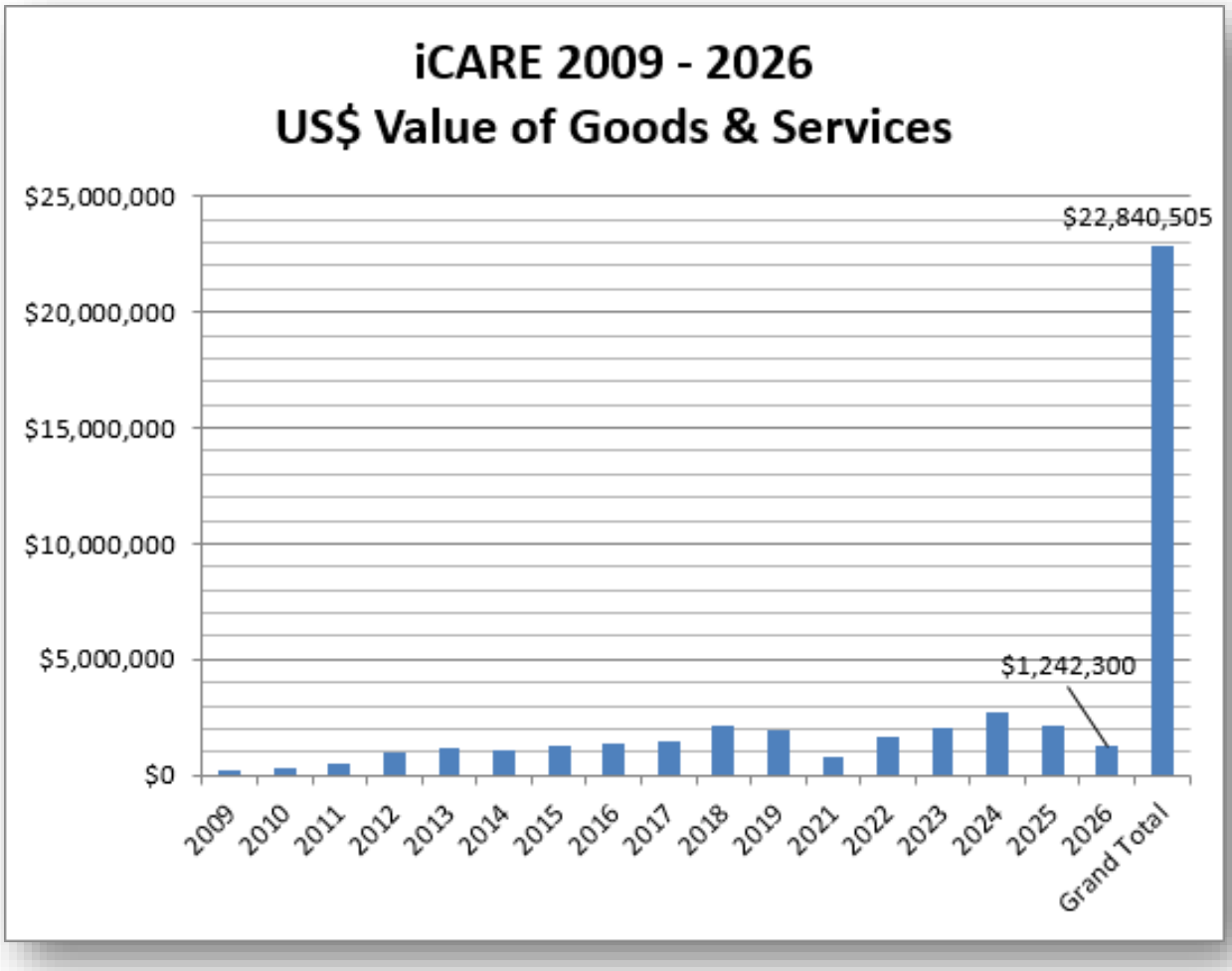
The following graphs illustrate our patient & glasses totals and the value of goods & services over the 18 years of the program. Note that patients receiving both eye exams/services and laser procedures or surgery are counted twice in this graph, as they are separate treatments:



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Huge thanks and gratitude to Sandals Foundation and Beaches / Sandals Resorts for your commitment and generous support of this life-changing program. We are extremely grateful and blessed to have you as our iCARE partner since 2009. Thank you Adam Stewart, Heidi Clarke, James McAnally, Deryk Meany, Orville Morgan, Ian Spencer, Ashley Crisp, Kayla Innis, and the entire teams of Sandals Foundation, and Beaches Turks & Caicos Resort Villages & Spa.

Big acknowledgements to Hon. Kyle Knowles, Minister of Health; Mrs. Desire Lewis, Permanent Secretary; Ms. Renessa Williams, Deputy Permanent Secretary; Dr. Nadia Astwood, Chief Medical Officer; Dr. Raven Saunders, Deputy CMO; Mrs. Romaine Missick-Smith, CEO, Health Regulation Authority; Dr. Don Carrington, CEO, Health Professions Authority; Mr. Lynrod Brooks, Director, Health Policy and Planning; Ms. Alrisa Gardiner, Primary Health Care Manager, and everyone from The Ministry of Health & Human Services for your great support throughout the whole regulatory process. We appreciate all of your many efforts and your confidence that allowed us to bring our services to the great people of Providenciales.

Thank you Hon. Rachel Marshall Taylor, Minister of Education, Youth, Sports and Culture; Mr. Mark Garland, Director of Education; Mr. James Astwood, Permanent Secretary of Education, Youth, Sports and Culture; Mr. Edgar Howell Deputy, Permanent Secretary of Education; Mr. Amin McCartney, Deputy Permanent Secretary of Education; Ms. Elisann Delancy, Deputy Director of Education; Mr. Reinwald Lewis, School Supervisor; Mrs. Juliet Arthur-Thelwell, School Supervisor; Mr. David Bowen, School Supervisor; Ms. Daniela Carroll, School Supervisor; Mrs. Wendy Saunders, Head of Secretariate Ministry of Education, Youth, Sports and Culture, and all from The Ministry of Education, Youth, Sports and Social Services who facilitated our school screening outreach. Your support helped us double the number of patients served, changing the trajectory of many children who will now be able to comprehend better in school and reach new heights in the world.



We appreciate the generosity of Pastor Wesley Missick, Bishop Andrew Stone, Pastor Eustace Musgrove, and everyone at Five Cays Church of God of Prophecy. Thank you for allowing us the use of your sanctuary to conduct our main clinic. It was a perfect space and community for us to serve.

Special thanks to Jamita Yizar, Tiffany Delaney, Jason Forbes, Sight is a Right, ABB Optical Group, Joanne Harris, Michael Walach & Quest Vision Care Specialty Lab, americares, New York Eye and Ear Infirmary of Mount Sinai, Drs. Travis & Jenna Zigler & Eye Believe Foundation, National Vision, Eight to Eighty Eyewear Inc., Dr. Timothy Lynch, Dr. Craig Bowen, Stacey Johnsky, Desi Saputo, Brenda Travis, Kurt Fischer, Leon & Robyn Andris, Yetta Jean Stern, Cheryl Goldberg, Dr. Ellen Reh, Restoring Vision, and all of our returnee volunteers and supporters.

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Finally, deep, heartfelt gratitude to our team of US and Canadian volunteers who served tirelessly with dedication, humility, and open hearts. Big up Travis Zigler, Jenna Zigler, Jamita Yizar, Ashley Yearling, Lynne Williams, Truthe West, Michelle Wemhoff, Allison Turner, Brenda Travis, Rainya Taylor, Heidi Stevens, Jonathan Shaver, Lesha Shaver, Becki Schoepke, Christopher Schlarb, Desi Saputo, Kayla Sansom, Monica Roy, Emily Perkins, Jessica Parr, Judith Parker, Timothy Lynch, Kate Lynch, Khanh Le, Sophia Lam, Michael Lai, Heather Klatt, Sam Kimball, Patricia Jones, Stacey Johnsky, Kristy Houck, Joanne Harris, Carol Grandison, Marcy Fleming, Don Fleming, Amanda Fernandes, Annie Eby, Kristen Eby, Jeanne Donahue, Roland Desrochers, Lynn Desrochers, Ashley Conroy, Marie Casimir, Michelle Burkhalter, Craig Bowen, Salicia Borges, Tom Borges, Tracy Beyer, Mike Barry, Dave Archibald, and Stacie Amatangelo! 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.



Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are.
– St. Augustine

The iCARE program continues to grow and serve in new communities annually. We look forward to several new clinics in 2027. Follow us for locations and great results.

Blessings, thank you, and one love,

Steven Stern
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