

December 2, 2019

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed our free 2019 annual eye care outreach. Our services and the amount of outreach we are able to perform continues to grow. We had several notable events and milestones this year, which includes:

- Our 1st year of service in Antigua.
- Our 11th year of eye care services in the Caribbean.
- Our 6th year of performing cataract surgery.
- Our 1st year performing MIG surgeries (using stents) to treat open angle glaucoma.
- Our 1st laser retinopexy for treating retinal detachment.
- Our 2nd year of performing SLT laser surgery to treat open angle glaucoma.
- Our 2nd year of conducting PRP diabetic retinopathy laser surgery to prevent diabetic blindness.

Our 115 volunteers were privileged to serve over 5,415 patients in the communities of St. John's – Antigua, and the Jamaican communities of Mt. Carey – St. James and Ocho Rios – St. Ann. We experienced over and over again the great joy of our patients seeing properly, often for the first time in their lives. Witnessing this is emotionally moving beyond words. In our clinics we saw:

- A little girl helping to make her own glasses in clinic for her and her mother.
- A school teacher with a -35 prescription who will receive custom made glasses which will greatly improve her vision and benefit her in her vocation.
- A [little boy navigating](#) through the previously unseen world as he wears his custom made glasses and sees properly for the first time. Click the link to watch this beautiful, must-see video.

These are only a few of the countless blessings that continually occur in our clinics each day. We are honored to be in a position to provide these services where they are most needed.

Blindness caused by glaucoma and diabetes is prevalent in Jamaica. In the past we were only able to refer our patients to public health for possible treatment. This year we were again able to combat both in clinic with laser surgeries. We were also able to provide MIG surgery for the first time, which treats glaucoma via the insertion of a stent. During these operations, which includes cataract surgery, our surgeons were able to train local MDs in advanced surgical procedures.

Our RNs performed over 2,383 glucose and blood pressure screenings. Of those screened, typically 50% to 75% of patients have blood pressures and/or glucose levels outside of healthy parameters, with 10% to 20% showing life threatening levels (blood pressure > 180/110 and/or blood glucose greater > 400mg/dL). Patients with these excessive levels were referred to their local hospital or clinic for immediate care. Healthy lifestyle counseling, disease process education, and instruction on medication compliance were also provided based on respective country Ministry of Health guidelines for the management of hypertension and diabetes. Of note are the several previously unknown cases of diabetes that were undiagnosed. This is critical, life-saving information!



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The metrics for our three iCARE 2019 sites are as follows:

Clinic Site Session 1: Grace Baptist Church (St. John's, Antigua) – 8/26/2019 to 8/30/2019

- 26 volunteers - includes 5 optometrists, 3 RNs, and 3 opticians
- 2,126 vision exams in clinic
- over 1,000 nurse visits – with blood pressure and/or blood sugar screenings
- distributed ~35 prescription glasses
- will make in the US and return 322 more custom prescription glasses
- distributed ~1,600 reading glasses
- distributed ~2,300 sunglasses
- ~US\$374,787 value in goods and services

Clinic Sites Session 2: Mt. Carey Baptist Church (St. James, Jamaica), Falmouth Regional Hospital (Trelawny, Jamaica), & Cornwall Regional Hospital (St. James, Jamaica) – 10/28/2019 to 11/1/2019

- 45 volunteers – includes 5 Ophthalmologists, 7 Optometrists, 3 RNs, and 9 Opticians
- 1,460 vision exams in clinic and 1,716 patients total
- 41 cataract surgeries (Falmouth Hospital)
- 22 MIG surgeries (Falmouth Hospital)
- 150 SLT laser surgeries (Mt. Carey Clinic and Cornwall Regional Hospital)
- 42 PRP laser surgeries (Mt. Carey Clinic and Cornwall Regional Hospital)
- 1 laser retinopexy (Mt. Carey Clinic)
- over 812 nurse visits – with blood pressure and/or blood sugar screenings
- distributed ~595 prescription glasses (includes 91 made in our clinic)
- will make in the US and return 69 more custom prescription glasses
- distributed ~702 reading glasses
- distributed ~1,660 sunglasses
- ~US\$909,089 value in goods and services

Clinic Site Session 3: Ocho Rios Methodist Church (St. Ann, Jamaica) – 11/18/2019 to 11/21/2019

- 44 volunteers – includes 1 Ophthalmologist, 9 Optometrists, 2 RNs, and 9 Opticians
- 1,286 vision exams in clinic (146 in local schools) and 1573 patients total
- 141 SLT laser surgeries (Ocho Rios Clinic)
- over 571 nurse visits – with blood pressure and/or blood sugar screenings
- distributed ~760 prescription glasses (includes 190 made in our clinic)
- will make in the US and return 51 custom prescription glasses
- distributed ~688 reading glasses
- distributed ~1,632 sunglasses
- ~US\$613,028 value in goods and services



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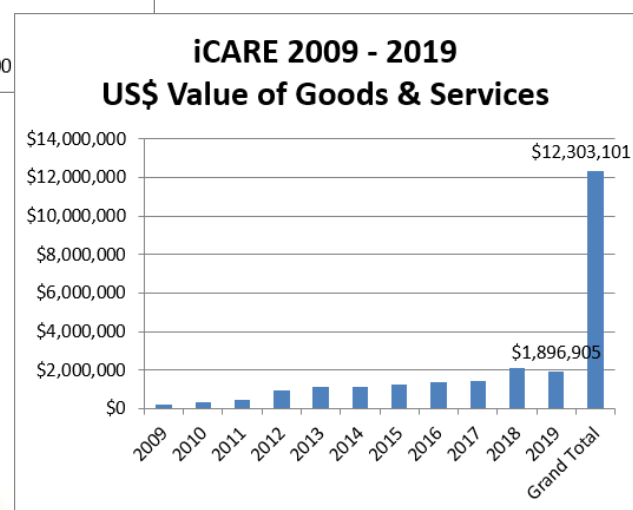
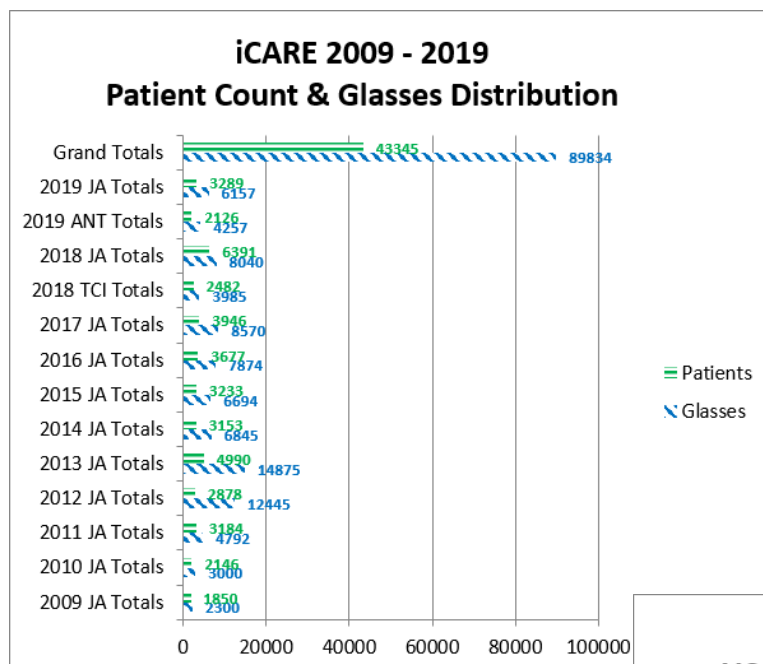
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In Jamaica, this year alone, the value of goods and services delivered is valued at ~US\$1.52 million for 3,289 people served. Our total delivered for year 2019, including Antigua, is ~US\$1.89 million, serving 5,415.

Since our inception in 2009, iCARE has conducted 23 weeks of clinic, 6 weeks of cataract surgery, 4 weeks of SLT surgery, and 2 weeks of PRP surgery – providing the following critical services free of cost to the beautiful people of Jamaica, Antigua, and Turks & Caicos, at an estimated value of over US\$12.3 million:

- ~43,345 eye exams (includes 217 cataract surgeries, 22 MIG surgeries, 546 SLT laser surgeries, 75 diabetic retinopathy PRP laser surgeries, and 1 laser retinopathy)
- ~89,834 glasses (includes prescription, reading, and sunglasses)

The following graphs illustrate our patient and glasses totals, and the value of goods & services delivered over the 11 years of the program:



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We are extremely grateful to Sandals Foundation, Sandals Resorts, and Beaches Resorts for our incredible partnership which gives us the support and ability to impact so many lives. Thank you Butch Stewart, Adam Stewart, Heidi Clarke, Tricia Vickers, and the entire Sandals Foundation staff.

This work was also accomplished with the committed support and partnership of the Jamaican Ministry of Health, the Antigua Ministry of Health, SEE International, Essilor Vision Foundation, Alcon, Sight is a Right, Allergan, NW LERC, VOSH International & multiple chapters throughout the US and Canada.

Special thanks to Lyndsay Issacs, Sherine Williams, Amar Sayers, the entire staff of Sandals Montego Bay, Sandals Antigua, & Beaches Ocho Rios, Pastor David Murphy & Grace Baptist Church, Pastor Kevin Stewart & Mt. Carey Baptist Church, Reverend Michael Sewell & Ocho Rios Methodist Church, Dr. Charmain Scarlett & her team, Falmouth Regional Hospital, Cornwall Regional Hospital, Tiffany Delaney, Dr. Brian Haugen & Northridge Eye Care, Dr. Dan Brown & Oregon Eye Specialists, Heather Rush, Michael Walach & Quest Vision Care Specialty Lab, Mary Seguti & HCC School of Opticianry, Yvonne Pelkey & JSRCC, Jody & Ed Taylor, Tom Hicks & Oxford Opticians, Andrea Dalton, Dr. Travis Zigler & Dr. Jenna Zigler & Eye Love Cares Foundation, Dr. Timothy Lynch & Interviz LLC, Dr. Alex Pinhas, Dr. Rose Knowles, Dr. Gary Knowles, Sherry Phillips, Shalom Anderson, Nikki Robertson, Liz Ashworth, Kurt Fischer, National Vision, Restoring Vision, Madeline Lesh, and all of our many supporters.

And finally, deep, heartfelt gratitude to our three amazing 2019 teams (115 volunteers total) and especially to our returnee volunteers who are the lifeblood of iCARE. Your hard work and selfless service to others is inspirational and the manifestation of **One Love** in practice. It is my honor and privilege, and the team's honor and privilege, to serve with each of you. You are true heroes to many!



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We look forward to iCARE 2020 and to serving on other Caribbean Islands in the near future.

Blessings, thank you, and one love,

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