



August 14, 2018

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed its first mission for the people of Turks & Caicos. This is also our first mission outside of Jamaica and it was an overwhelming success! Our clinic was conducted on the island of Providenciales, the most populous island in the chain with a population of 23,769 (2012 census). The country has a total population of 31,458 (2012 census). We were told that we would be lucky to see more than 1,000 patients, but we greatly exceeded that number serving 2,482! This is 7.8% of the country and 10.4% of Providenciales. And more importantly, everyone who needed prescription glasses received them or will receive them in a few months after we fabricate them in the US.

Our RNs performed over 1200 glucose and blood pressure screenings. Of those screened, approximately 75% of patients had blood pressures and/or glucose levels outside of healthy parameters, with 10% to 15% 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 Turks and Caicos Ministry of Health guidelines for the management of hypertension and diabetes.



The metrics for iCARE 2018 Turks & Caicos are as follows:

Clinic Site: Community Fellowship Centre – Providenciales – 7/30/2018 to 8/3/2018)

- 41 volunteers
 - includes 8 doctors (1 Ophthalmologist, 7 Optometrists), 5 RNs, and 6 Opticians
- 2482 vision exams in clinic
- Over 1200 nurse visits – with blood pressure and/or blood sugar screenings
- distributed ~943 pairs of prescription glasses
- will make in the US and return 67 pairs of custom prescription glasses
- distributed ~975 pairs of reading glasses
- distributed 2000 pairs of sunglasses
- 133 pathology referrals – 10 for pterygium, 35 for cataracts, 63 for glaucoma, and 25 other cases (includes diabetic retinopathy, retinitis pigmentosa, macular scar, neurologic disorders). Appropriate medications were dispensed.

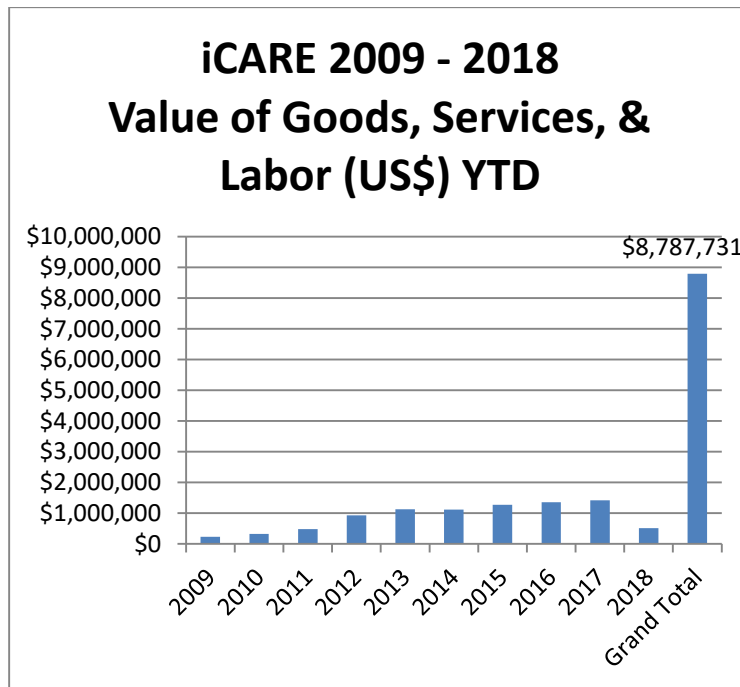
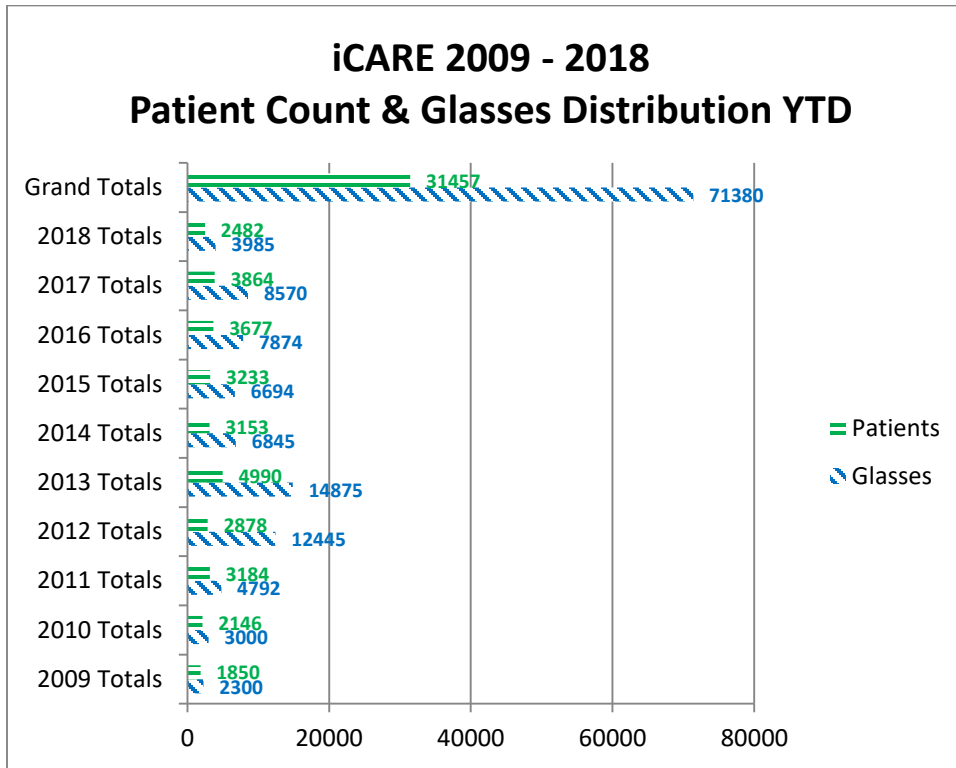
Since our inception 10 years ago, iCARE has conducted 18 weeks of clinics and 4 weeks of cataract surgery – providing the following critical services and goods free of cost to the beautiful people of Jamaica and Turks & Caicos, at an estimated value of over US\$8.78 million:

- ~31,457 eye exams (includes 142 cataract surgeries)
- ~71,380 pairs of glasses (includes prescription, reading, custom, and sunglasses)



Great Shape! Inc. • 4120 Dale Rd Ste. J-8 #183 Modesto, CA 95356
• 510-893-1751 • greatshapeinc.org
Great Shape! Inc. is a 501 (c)(3)

The following graphs illustrate our totals and the value of goods, services, and labor over the 10 years (year to date) of the program:



Great Shape! Inc. • 4120 Dale Rd Ste. J-8 #183 Modesto, CA 95356
 • 510-893-1751 • greatshapeinc.org
 Great Shape! Inc. is a 501 (c)(3)

iCARE is scheduled for two more weeks of clinic in Jamaica this October. We will serve in Steer Town, St. Ann and Little London, Westmoreland – so our outreach for 2018 is just beginning.

We are extremely thankful for Sandals Foundation and Beaches TCI's incredible partnership who give us the ability to improve so many lives. Thank you Butch Stewart, Adam Stewart, Heidi Clarke, and The Foundation staff!

This work was also accomplished with the support and partnership of the TCI Ministry of Health, Alcon, Allergan, Sight is a Right, VOSH International & multiple chapters throughout the US and Canada, Northwest LERC, Community Fellowship Centre, and InterHealth Canada.

Special thanks to Elanor Finfin Krzanowski and her team, James McAnally, Pastor Bradley Handfield and the volunteer team at Community Fellowship Centre, the entire staff of Beaches TCI, Tiffany Delaney, Dr. Dan Brown & Oregon Eye Specialists, Betty Leervig & Walman Optical, Michael Walach, Louie Walach & Quest Vision Care Specialty Lab, Liz Ashworth, Yvonne Pelkey, Sherry Phillips, Madeline Lesh, Kurt Fischer, Gary and Rose Knowles, National Vision, Restoring Vision, and all of our supporters.

And finally, deep, heartfelt gratitude to all of our volunteers 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 to serve with you. You are truly my heroes!



We look forward to iCARE 2018 in Jamaica this autumn and to serving on other Caribbean Islands in the near future.

Blessings, thank you, and one love,

Steven Stern

iCARE Director
Great Shape! Inc.

plannedvalue@gmail.com



Great Shape! Inc. • 4120 Dale Rd Ste. J-8 #183 Modesto, CA 95356
• 510-893-1751 • greatshapeinc.org
Great Shape! Inc. is a 501 (c)(3)