

November 9, 2023

Dear iCARE Partners, Supporters, and Volunteers,

We have just completed two more highly successful eye care weeks in Jamaica. Our free outreach was conducted during the weeks of October 9 and October 30.

The clinics were held at Open Bible Church in Savanna-la-Mar, Westmoreland and Shiloh Apostolic Church in Mango Valley, St. Mary. Our 5-person team also conducted a week of surgery at Cornwall Hospital in Montego Bay, St. James. Over these two weeks of service we were able to treat 3,885 patients. Our teams worked diligently, often in very hot conditions, to ensure that we were able to provide needed treatment for as many as possible. Our services included full eye exams, glasses (prescription, reading, sun), pathology referrals, medications, cataract and MIG (minimally invasive glaucoma) surgery, PRP (panretinal photocoagulation) laser procedures for diabetic retinopathy, and hypertension/diabetes screenings with education. The clinic days were long and rewarding.

In St. Mary, we sent teams to Boscobel All Age, Exchange All Age, and Mango Valley Basic schools to screen a combined 393 children. Those with issues were referred to our main clinic in Mango Valley for further treatment. Additionally, we conducted a two-hour clinic Tuesday evening at Beaches Ochi to serve 53 employees unable to travel to our Mango Valley clinic.



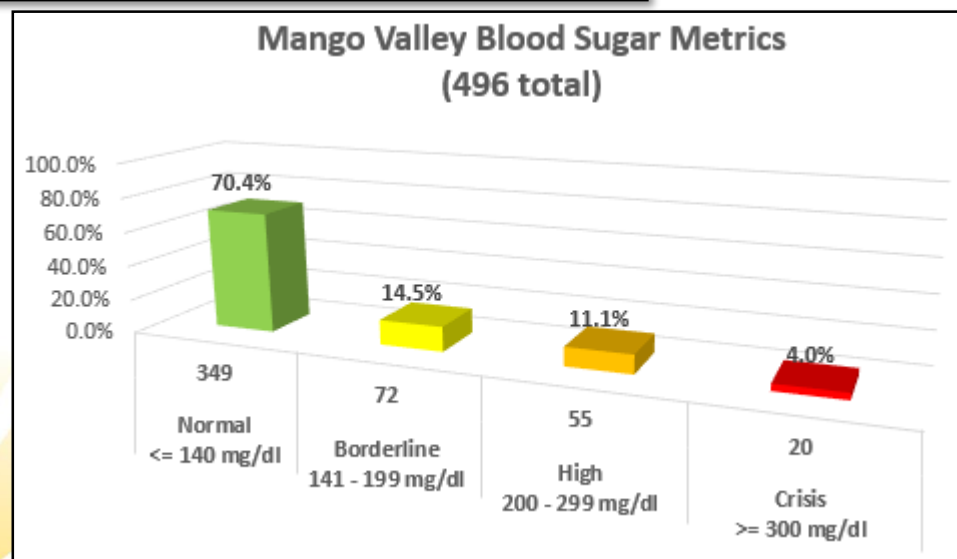
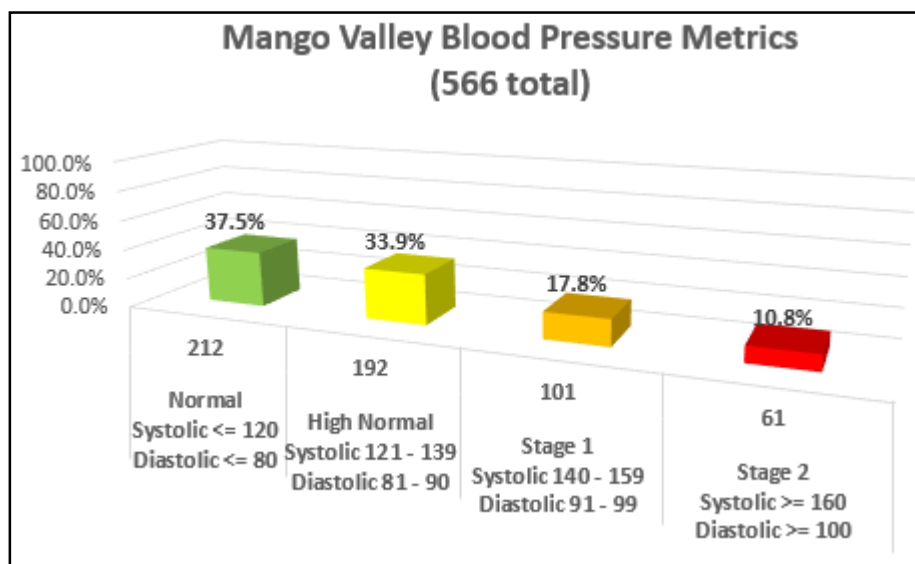
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Our health evaluation team screens patients over 40 years of age with a family history of hypertension or diabetes, who have not recently been tested or who ask for a test for any reason. Those exhibiting unhealthy levels were educated on methods to restore health and referred to their local health care provider for immediate care if needed.

We only screened for hypertension during our first week in Savanna-la-Mar, due to the small size of our team and the absence of nurse volunteers. Metrics were not obtained for that cohort of 400.

In our Mango Valley clinic, 62.5% of those screened for hypertension exhibited higher than normal blood pressures (see chart). 29.6% of those screened for blood sugar exhibited higher than normal glucose levels (see chart).



The metrics for iCARE 2023 Jamaica are as follows:

**Clinic Site: Open Bible Church – Savanna-la-Mar, Westmoreland**

**Surgical Site: Cornwall Regional Hospital – Montego Bay, St. James**

October 9, 2023 to October 13, 2023

- 32 volunteers
- 1,712 patients
- 49 cataract surgeries
- 28 MIG surgeries
- 23 PRP laser procedures
- 400 health screenings for hypertension with education
- 619 pair of prescription glasses will be dispensed. We distributed 50 in clinic and we will fabricate 569 custom made pair in the U.S. to be returned in January
- distributed 836 reading glasses
- distributed 1,858 sunglasses
- medical referrals to public or private healthcare system
- ~US\$221,387 retail value of medications dispensed



**Clinic Site: Shiloh Apostolic Church – Mango Valley, St. Mary**  
**Also Beaches Ochi and schools**

October 30, 2023 to November 3, 2023

- 48 volunteers
- 2,095 patients
- 9 PRP laser procedures
- 1,062 health screenings for diabetes and hypertension with education
- 711 pair of prescription glasses will be dispensed. We distributed 63 in clinic and we will fabricate 648 custom made pair in the U.S. to be returned February
- distributed 837 reading glasses
- distributed 1,862 sunglasses
- medical referrals to public or private healthcare system
- ~US\$221,387 retail value of medications dispensed



**Totals for both weeks:**

- 3,807 patients
- 6,723 pairs of glasses



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The estimated total value in goods and services for both Jamaica clinics combined is ~US\$1.448 million. Including our week of service in Exuma, Bahamas in August, iCARE 2023 has served in total 5,156 patients, with total goods and services valued at ~US\$2.070 million.

Since our inception 14 years ago, iCARE has conducted 30 weeks of clinics and 7 weeks of cataract/MIG surgery – providing the following critical services and goods free of cost to the beautiful people of Jamaica, Antigua, Turks & Caicos, St. Lucia, Barbados, and The Bahamas at an estimated total value of over **US\$16.747 million**. This encompasses:

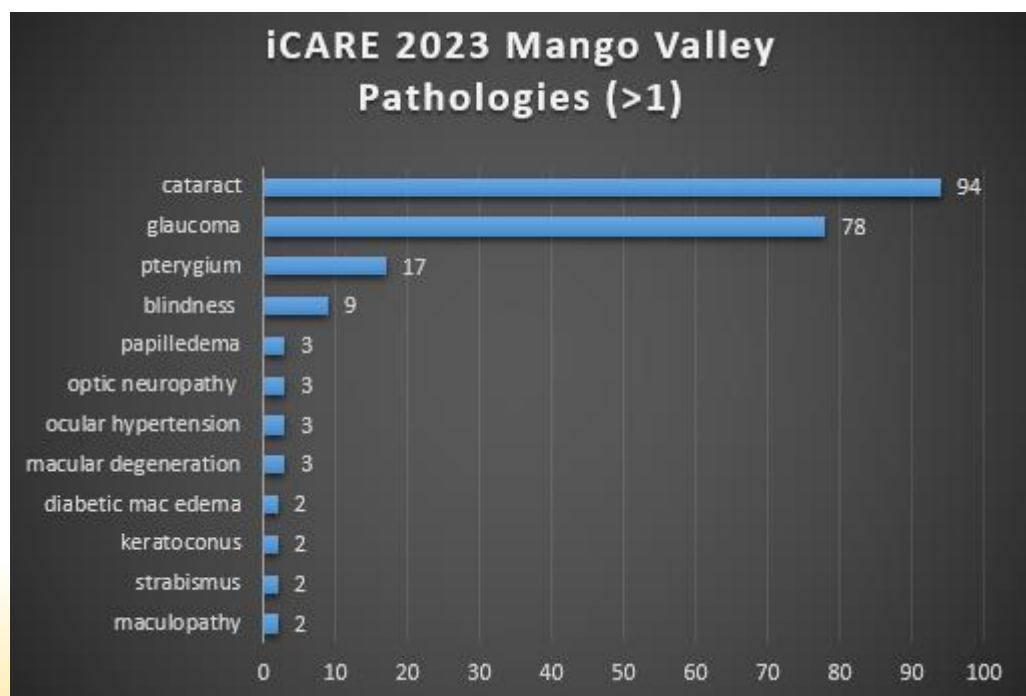
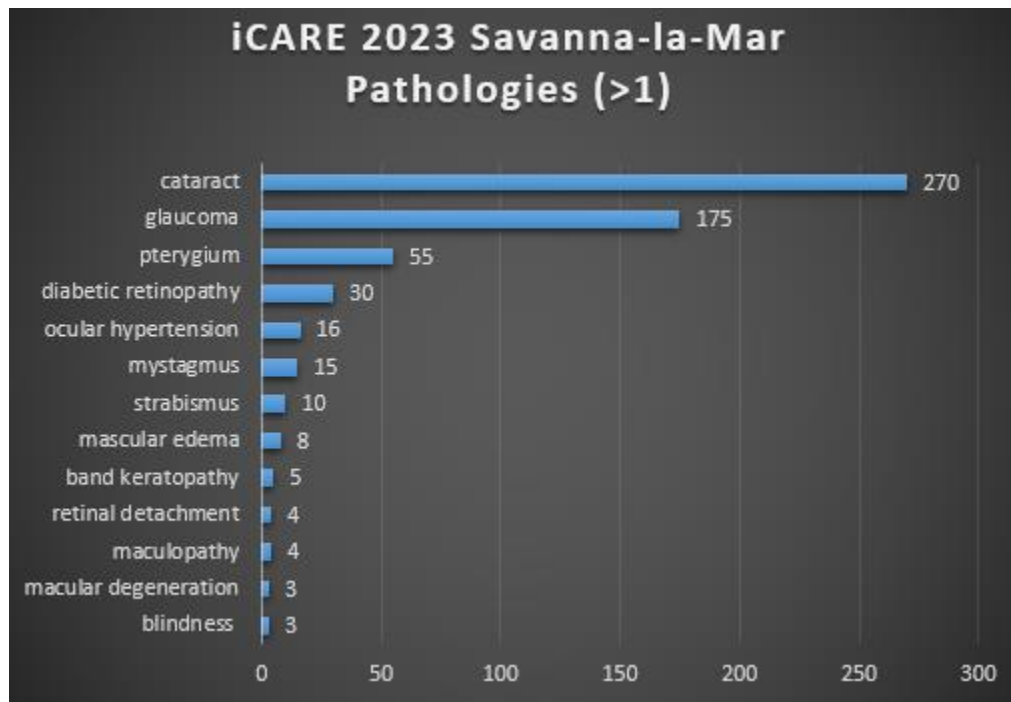
- 56,713 eye exams and procedures (includes 266 cataract surgeries, 50 MIG surgeries for glaucoma, 820 SLT laser procedures for glaucoma, 132 PRP laser procedures for diabetic retinopathy, and 2 laser retinopexies for detached retina)
- 114,539 glasses (includes prescription, reading, and sunglasses)



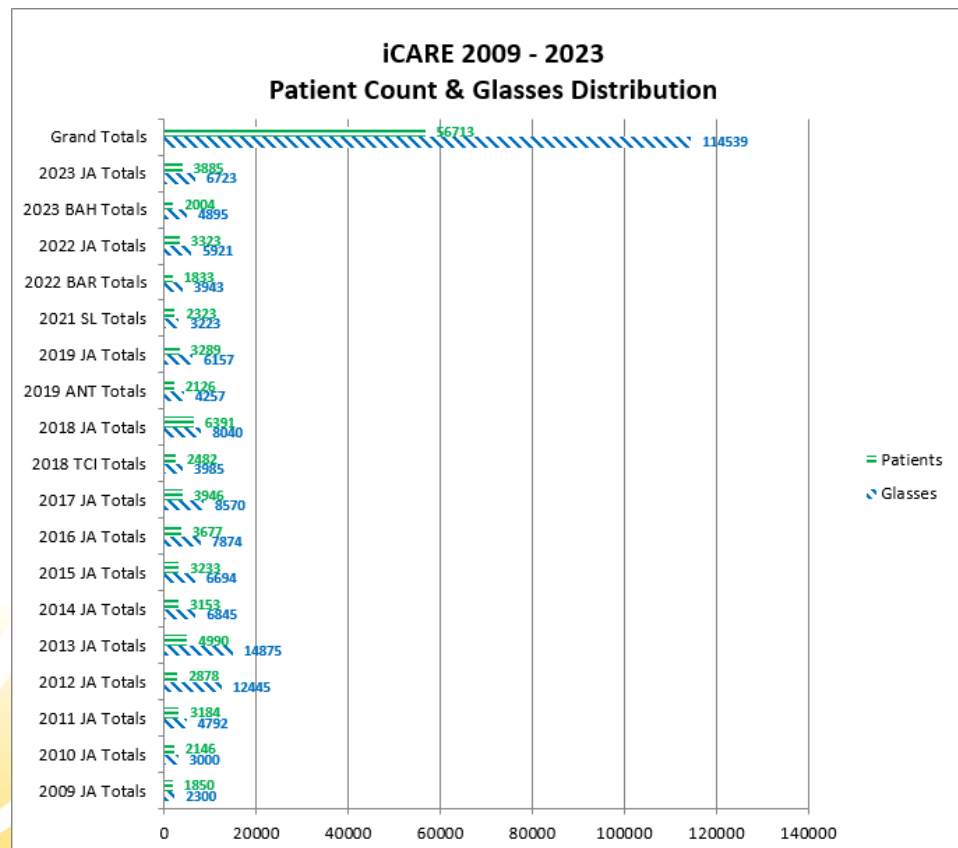
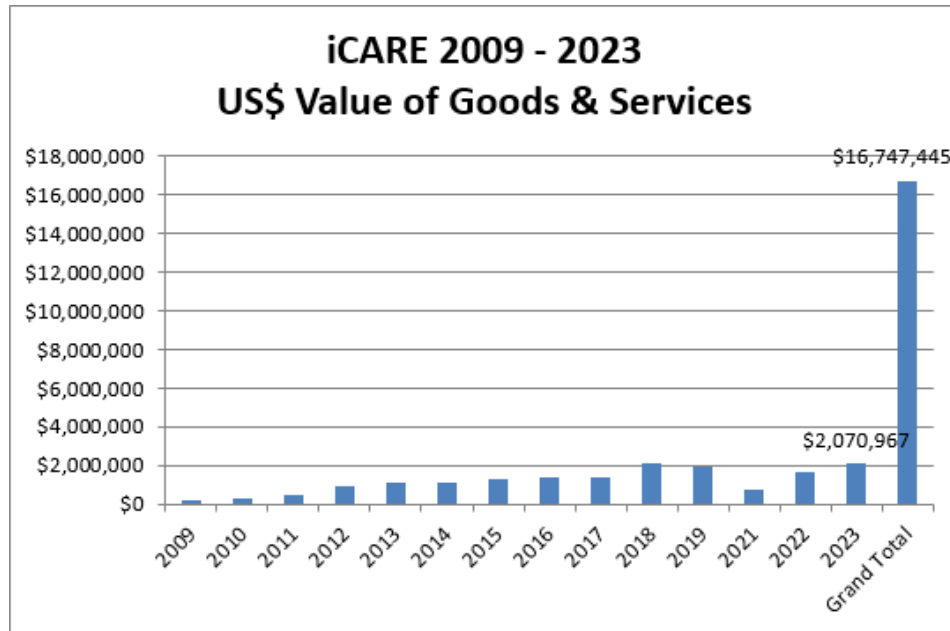
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The following graphs outline the number of pathologies diagnosed in our two Jamaica clinics, where more than one case was discovered:



The following graphs illustrate our patient & glasses totals and the value of goods & services over our 15 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:



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As always, we are forever grateful to Sandals Foundation and Sandals Resorts for our incredible partnership, commitment, and generous support which provides us the ability to impact so many lives throughout the West Indies. Thank you Adam Stewart, Heidi Clarke, Tricia Vickers, Ashley Crisp and team, O'Brian Heron, Lyndsay Isaacs and team, Charles Blacher, and the entire staff of Sandals Foundation, and Sandals Resorts.

Big acknowledgements to Reverend Shane Gillette, Maxine Campbell & team, Open Bible Church, Pastor Cinderella Anderson, Jody, Deacon William, Alvin, Marsha, Marcia, and Shiloh Apostolic Church. Thank you for your generosity in hosting us and allowing us to conduct our clinics at your lovely parishes. We appreciate your tremendous support.

Special thanks to Tiffany Delaney, Joseph Wright and the board of Great Shape! Inc., Leana Rinaldi, Sight is a Right, Michael Walach & Quest Vision Care Specialty Lab, Drs. Jenna & Travis Zigler, Eye Love Cares Foundation, Dr. Brian Haugen and the surgical team, Drs. Rose & Gary Knowles, Drs. Jenna & Travis Zigler, Eye Believe Foundation, Jamita Yizar, Lorenzo Marcolongo, SEE International, Essilor Vision Foundation, americares, Dr. Alex Pinhas, Dr. Tim Lynch, Dr. Kathy & Karl Ward, Brenda Travis, Barbara Demmerly, Mary Seguti, Hillsborough Community College, Shalom Anderson, Cynthia Mcbean, Kurt Fischer, Jason & Malkah Forbes, Norma Crespo, Olive Campbell, 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.



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And finally, deep, heartfelt gratitude to our incredible team of U.S. and Canadian volunteers who served with beautiful dedication, humility, and heart. Big up William Yee, Tori Rush, Toni Crummett, Tim Lynch, Thu-Ha Easter, Thomas Neff, Shalom Anderson, Sue Girling, Stuart Harrell, Ryan Vincent, Rose Knowles, Roland Desrochers, Patrick Stone, Patricia Jones, Pamela Mencia, Nina Day, Nikki Robinson, Naomi Shaver, Michelle Wemhoff, Melissa Tom-Kun, Mary Seguti, Marcy Fleming, Mackenzie Mencia, Lynn Desrochers, Liz Roginski, Lesha Shaver, Lena Kosunick, Laurie Pierce, Khushali Shah, Kelly Scherer, Karl Marvel, Karin Bruhn, Josie Kosunick, Jonathan Shaver, Jodie Butler, Jeremy Dennis, Jeanne Donahue, Jamita Yizar, Jacqui Harrell, Jackson Scharf, Jackie Walker, Iris Stone, Heather Rush, Greg Kosunick, Gina Demmerly, Gary Knowles, Gabriela Miller, Fred Seguti, Elvia Mejia, Donna South, Don Fleming, Dawn Renwick, Cynthia Mcbean, Crystal Blevins, Cindy Hall, Chantel Nicholson, Candy O'Keefe Culp, Brian Haugen, Brian Beck, Bev Chado, Bernadette Suh, Becki Schoepke, Barrett Wingard, Barb Demmerly, Bao Truc Ton, Atala Valdes, Anthony Paniagua, AnnMarie Harmer, Angela Denton, Andrea Cooks, Amanda Arnold, Alison Fleming, and Adriana Kosunick! Your hard work and selfless service to others is inspirational and the manifestation of **One Love** in practice. It is my honor and privilege to serve with you. You are all heroes! Most will never do what you do. As the great Father Daniel Berrigan said, "Faith is rarely where your head is at. Nor is it where your heart is at. Faith is where your ass is at!"



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These are our last clinics of the year. We look forward to conducting another three in 2024. Lots more to follow for iCARE. Please stay tuned and follow us on Facebook. Everyone deserves vision!

Blessings, thank you, and one love,

*Steven Stern*

iCARE Founder and Director

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