

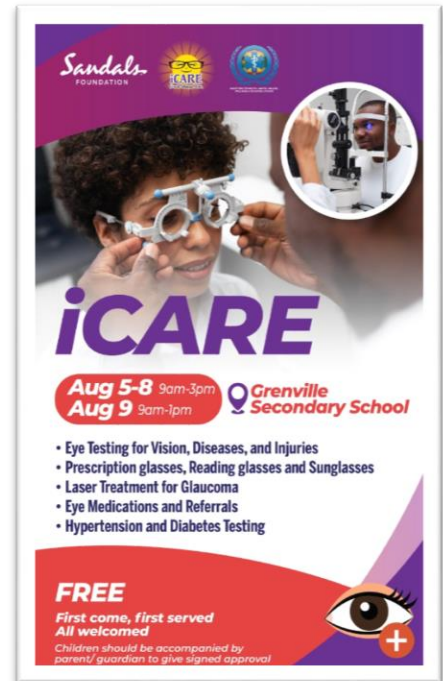
August 20, 2024

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed the inaugural mission for the people of Grenville, Grenada and surrounding communities. Our free eye care clinic, held from August 5 to 9, 2024 was very successful. We served at Grenville Secondary School (GSS), a winding, scenic hour-long drive each way. We were encouraged to serve in this area by the Chief Medical Officer who stated this region has the most need for our services since they are rarely the recipient of outreach in this more remote part of the island.

We began with a busy first day occurring on a public holiday. This set the tone for the remainder of the week. Our team of 45 volunteers served with love, grace, and diligence to ensure as many as possible were treated each day to our services of full eye exams, glasses, medications, and hypertension/diabetes screening. On Tuesday evening, after clinic, we held a night clinic at Sandals Grenada, serving 97 staff members over 2.5 hours. This makes for a very long day.

The population of Grenada is estimated at 126,947, of which we served 1,915, or 1.5% of the people. We distributed 43 generic prescription glasses. Additionally, 627 custom prescription glasses will be manufactured in the U.S. and delivered in November. This means 34.9% of our patients required prescription glasses.

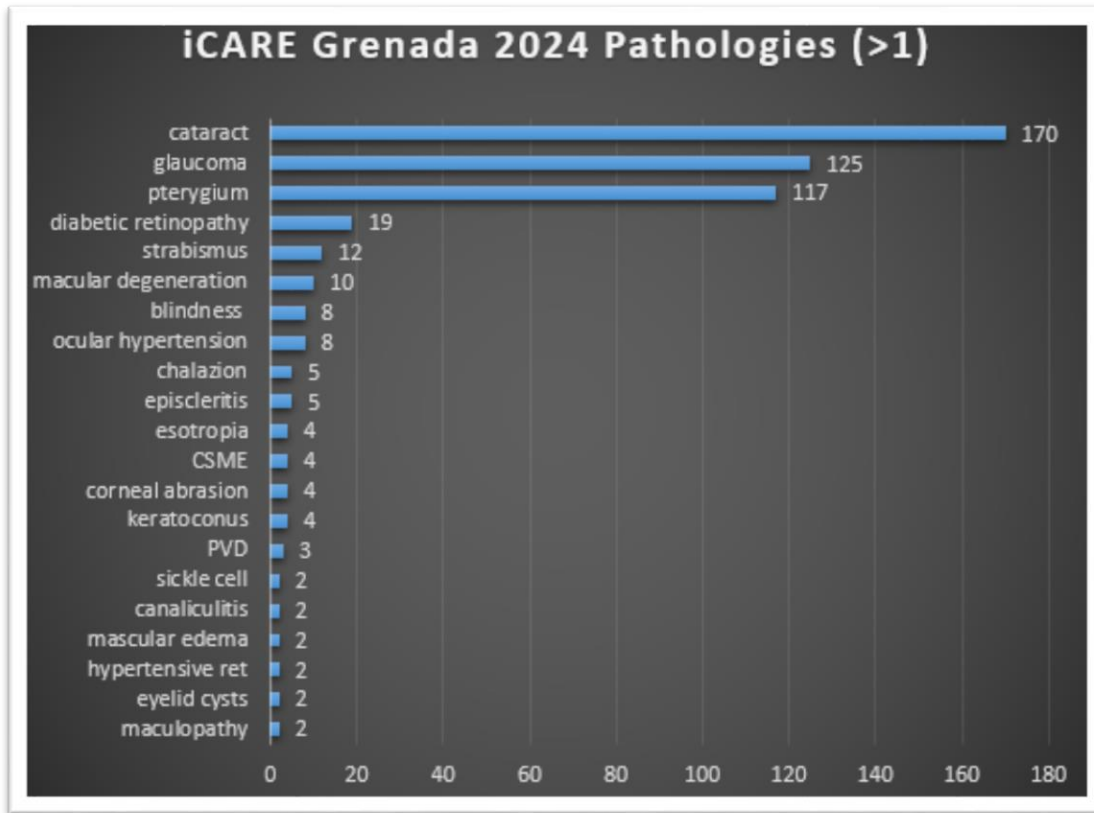


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The predominance of pathologies discovered were cataract, glaucoma, pterygium, and diabetic retinopathy (see chart). We referred our patients for follow-up care for all pathologies found. Those with glaucoma were given several months of medication drops.

The following graph outlines the number of pathologies diagnosed in our clinic, where more than one case was discovered:



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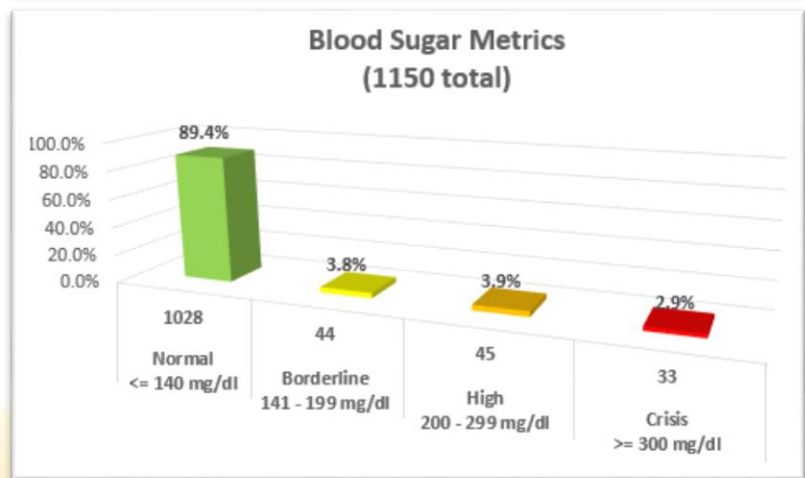
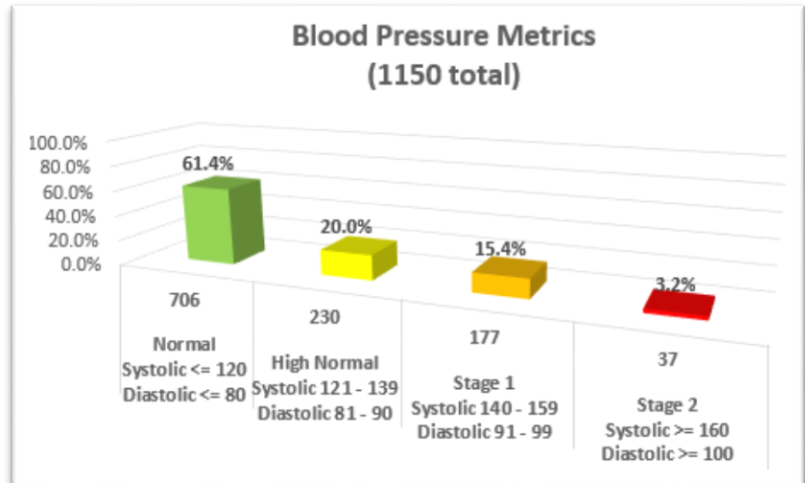
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Our health evaluation team screened patients over 45 years of age with a family history of hypertension, diabetes, those not recently tested, or those who asked for a test. This group represented 1,150 patients. Those exhibiting unhealthy levels were educated on methods to restore health and referred to their local health care provider for immediate care. Many admitted to not taking doctors ordered medications or using local herbs which were more available to them.



38.6% of those screened for hypertension exhibited higher than normal blood pressures (see chart). The highest was recorded at 290/120. For diabetic screening, 10.6% exhibited higher than normal blood glucose levels (see chart). The highest was recorded at 555 and rechecked for 540 mg/dl 2 hours later. Again, many were not taken doctor ordered medications and substituted for local herbs.

There is a much higher prevalence of hypertension versus diabetes in this population compared to countries with better health care services. Most individuals were aware of their conditions but are noncompliant with lifestyle recommendations and medications. We were told that healthcare and medications to treat these conditions are accessible and affordable.



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The metrics for iCARE Grenada 2024 are as follows:

Clinic Site: Grenville Secondary School, Grenville, Grenada
8/5/2024 to 8/9/2024

- 45 volunteers
- 1,915 vision exams
- 1,150 health screenings for hypertension and diabetes
- Dispensed 43 generic prescription glasses and another 627 pairs of custom prescription glasses will be made and delivered the week of November 21 – for a total of 670.
 - 34.9% of total patient count required prescription glasses
- 1,820 reading glasses distributed and donated
- 2,560 sunglasses distributed and donated
- over 200 pathology referrals to the local or private healthcare system
- US\$372,976 retail value of medications dispensed and donated
- US\$837,160 estimated total value in goods and services

Since our inception 15 years ago, iCARE has conducted 31 weeks of clinics and 6 weeks of cataract 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, and Grenada at an estimated total value of over US\$16.74 million. This includes:

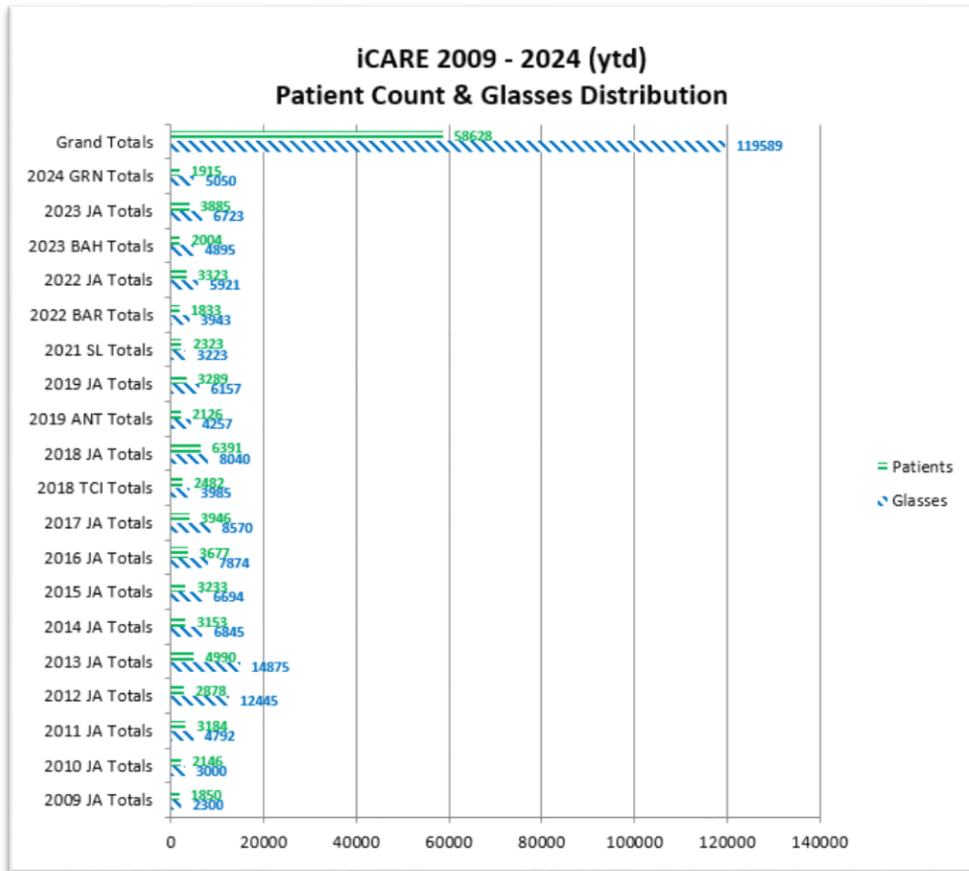
- 58,628 eye exams and procedures (includes 266 cataract surgeries, 50 MIG surgeries, 820 SLT laser procedures, 132 diabetic retinopathy PRP laser procedures, and 2 laser retinopexies)
- 119,589 glasses (includes prescription, reading, and sunglasses)



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The following graphs illustrate our patient & glasses totals and the value of goods & services (year to date) over the 16 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:



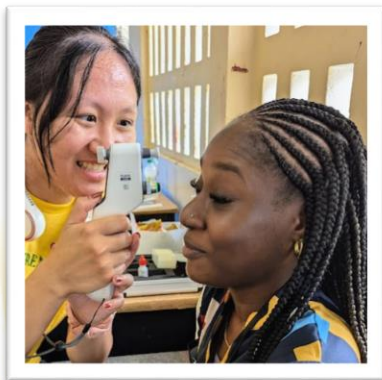
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As always, we are very grateful to Sandals Foundation and Sandals Resorts for our incredible partnership and their committed and generous support which gives us the ability to impact so many lives and to serve in, yet again, another new country. Thank you Adam Stewart, Heidi Clarke, Peter Fraser, Deleon Forrester, Matthew Saunders, Reiana Joseph, Kamee Smith, Anne Marie Tait Mason, Leston Noel, and the entire Sandals Foundation and Sandals Grenada team.

Big acknowledgements to Dr. Shawn Charles, the Grenada Ministry of Health and Wellness, and the many other government officials who helped us serve in Grenada and guided us through the process. Thank you for allowing us to perform these critical services for your delightful people. It was our honor.

Special thanks to Kwame Hypolite, Grenville Secondary School, Lions of St. Andrew, Tiffany Delaney, Jaime Morgan, Jason Forbes, Jamita Yizar, Cheryl Goldberg, Sight is a Right, Onesight EssilorLuxottica Foundation, americares, Michael Walach & Quest Vision Care Specialty Lab, Illinois College of Optometry SVOSH, Southern California College of Optometry SVOSH, Drs. Jenna & Travis Zigler, Eye Believe Foundation, Dr. Tracy Matchinski, Dr. Alex Pinhas, Dr. Ken Merchant, Leon & Robyn Andris, Dr. Dan Brown, Dr. Craig Bowen, Cole Demarest, Emily Dinh, Barbara and Gina Demmerly, Brenda Travis, Diane Kenney, Kurt Fischer, VOSH Colorado, VOSH & SVOSH International multiple chapters throughout the US and Canada, National Vision, Restoring Vision, our returnee volunteers, everyone transporting supplies & equipment, and all of our many supporters.



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Finally, deep, heartfelt gratitude to our incredible team of U.S. and Canadian volunteers who served with beautiful dedication, humility, and big hearts during the long hot days. Big up Abby Wilhelmi, Adrienne Warren, Alex Vu, Amanda Brannan, Anastasiya Dudnyk, Anna Sandberg, Barb Demmerly, Brenda Travis, Carmen Wilson, Cole Demarest, Daina Wong, Dawn Kondor, Dean Weirtz, Dennis Matchinski, Diane Kenny, Dylan Malamed, Emily Dinh, Gina Demmerly, Haley Paul, Harley Malamed, Heather Oliveri, Holly Nguyen, Jamita Yizar, Jancy Rosado, Jayme Matchinski, Jessica Parr, Kara Fedders, Karin Bruhn, Katie Kamikubo, Ken Merchant, Kent Godfrey, Kristi Merchant, Laura Krick, Laurie Forshage-Hanus, Linda Julian, Liz Roginski, Meili Van Dyke, Pei Zhi Lin, Rose Gorniak, Scott Fedders, Temetrica Rhea Haynes, Tracy Matchinski, Wayne Archibald, and Yuki Chan! 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 and amazing human beings!



“I’m for truth, no matter who tells it. I’m for justice, no matter who it is for or against. I’m a human being, first and foremost, and as such I’m for whoever or whatever benefits humanity as a whole.” – Malcolm X



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We look forward to two more weeks of service this year in St. James, Jamaica and St. Ann, Jamaica this upcoming October and November. There are many more life-changing results to follow.

Blessings, thank you, and one love,

Steven Stern

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