



October 26, 2012

Dear iCare Partners, Supporters, and Volunteers,

iCare has completed its fourth year of free eye care and nursing services supporting the people of Jamaica. This year's project occurred at two different clinics – Grange Hill Community Center (Westmoreland), during the week of 10/8, and Eltham Community Center (St. Ann), the following week of 10/15.



We continue to encounter more patients than we can possibly serve during these short time frames. The demand is great and Jamaicans are very grateful for this much needed care. It is not uncommon to see a patient that is 50 years or older who has never had an eye exam. Some people travel five or more hours to attend the clinics. We meet many school children, unable to see the blackboard, who will return to school with glasses and the opportunity to learn. The volunteers are continually moved by faces that light up with elation and tears of joy as a pair of glasses allows a patient to see properly, often for the first time in their life [see left].

This year we also shipped and delivered a wheelchair to a boy in Eltham who walked on crutches with great difficulty. This gift will positively affect his mobility and quality of life.

In the nursing sector we continue to witness high levels of hypertension and diabetes. Many of our patients, while previously aware of their condition, are not consistently taking their medications due to lack of knowledge, access, and/or cost. The education we provide them is an eye opener, often resulting in a commitment to making appropriate lifestyle changes and following up with their public health clinic.

Approximately 35% of patients screened have blood pressures and/or glucose levels outside what is considered healthy, with 5% to 10% showing life threatening levels (blood pressure > 180/110 and/or blood sugar greater > 400mg/dL). Individuals in this group are referred to the hospital for immediate care.

The statistics for iCare 2012 are as follows:

**Week One (Grange Hill Community Center)**

- 35 overseas volunteers
- 6 doctors (4 Optometrists and 2 Ophthalmologists) and 2 nurses
- 1128 eye exam patients
- 1692 pairs of glasses with 19 orders for custom glasses to be made in the U.S. and returned
- Multiple referrals to Cornwall Regional Hospital for sight saving surgery
- 544 nurse visits – with blood pressure and/or blood sugar screenings

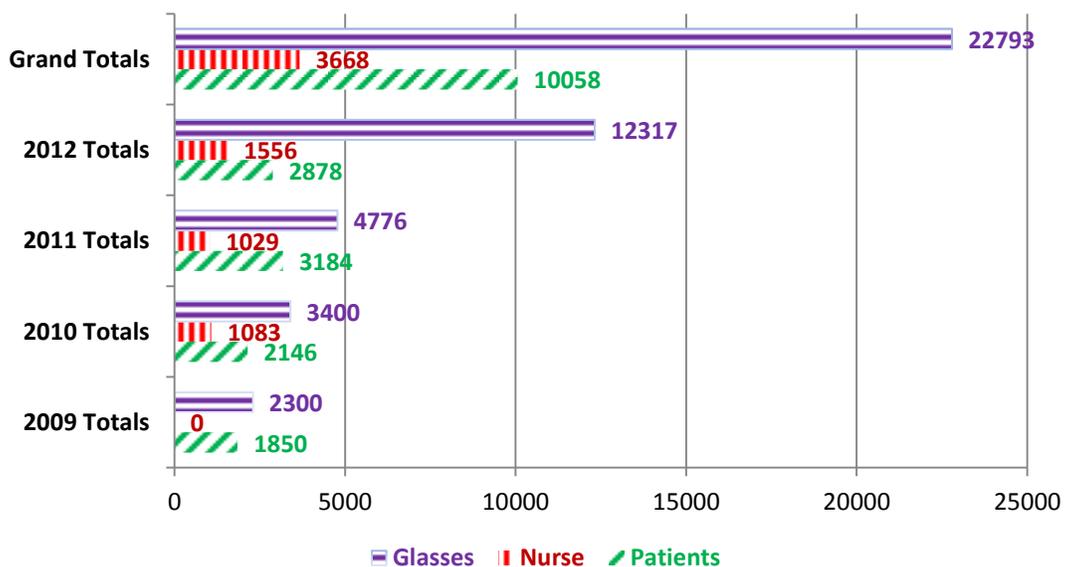
**Week Two (Eltham Community Center)**

- 39 overseas volunteers
- 5 doctors (Optometrists) and 3 nurses
- 1750 eye exam patients
- 2625 pairs of glasses with 109 orders for custom glasses to be made in the U.S. and returned
- 8,000 pairs of glasses donated to local Lions Club
- Multiple referrals to Cornwall Regional Hospital for sight saving surgery
- 1012 nurse visits – with blood pressure and/or blood sugar screenings

Since its inception 4 years ago, iCare has run 7 weeks of clinics – providing the following critical services and hardware free of cost to the wonderful people of Jamaica, at an estimated value of over 1.6 million US dollars:

- Over 10,058 eye exams
- Over 22,793 pairs of glasses (includes prescription, reading, and sunglasses)
- Over 3668 nursing visits with blood pressure and/or blood sugar screening and education

**iCare 2009 - 2012 Results**



The amazing partnership between Sandals Foundation and Great Shape! Inc. facilitates the transformation of thousands of lives in Jamaica. We are so thankful and grateful for Sandals' generosity in providing lodging, meals, logistics, public relations, and transportation support which allows us to perform these tasks and focus on the clinics and patients rather than our day to day needs. The work could not be accomplished without the further support and partnership of VOSH, LERC, the Jamaican Ministry of Health, Seaboard Marine, and all of our volunteers and supporters.



The program continues to grow with more publicity and interest than ever before – this year conducting television, and several live radio and print media interviews. We have every expectation that we will be performing surgery in Montego Bay in 2013 – bringing our services to a whole new level. iCare is stronger than ever, and we look forward to providing healthcare in Jamaica for years to come.

Blessings, thank you, and one love,

*Steven Stern*  
iCare Program Director  
Great Shape! Inc.  
[ss@beitso.com](mailto:ss@beitso.com)



**Lions Clubs International**