

EYE CARE A STONE'S THROW AWAY

Dear Seva Supporters,

Most of the barriers facing blind people are within a stone's throw from their front door. Fear, poverty, and a lack of education don't cause blindness but they certainly prevent people from accessing care when it's available and free.

How do we ensure both availability (outreach programs) and acceptance (agreeing to the care they need) of eye care for those who need it most?

Outreach brings eye care personnel and education about prevention, treatment and cure to the front doors of those who need help. It can be transient through camps or permanent through Community Eye Centres. Community Eye Centres are located in remote areas, treat most conditions and refer complex problems to a hospital.

Outreach creates a community eye health system. It establishes a bridge from communities to hospitals and helps to guide people along the way.

Screening is the process by which disease is identified in a population, using simple tests which can be applied rapidly and on a large number of people. Screening is an initial examination; actual diagnosis requires appropriate follow-up examination by trained eye care personnel. Screening can be done by non-medical personnel like teachers and eye health volunteers



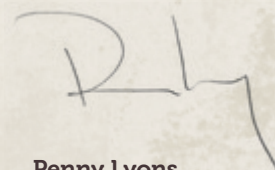
who receive a minimal amount of training on vision testing and are taught to refer every person who they think needs care – accepting that many people with healthy eyes are seen as well.

In a perfect world, screening for eye disease is built into the health system. Babies are checked when they are born, children are screened in schools and adults receive regular checkups from an eye care provider. In developing countries, little of this screening occurs and so eye disease remains under-diagnosed and untreated.

Seva funds both outreach and screening in all of our programs; from school screening, to community

screening by health volunteers, to eye camps, to the establishment of permanent Community Eye Centres in remote and rural areas. No single strategy works the same in every country or even within different regions of one country but we continue to test and evaluate different approaches to make best use of all the eye care resources a country might have.

Together we can ensure eye care is available starting at everyone's front door.



Penny Lyons
Executive Director

PAYING IT FORWARD



Gordon Watts

Gordon Watts knows a thing or two about impaired vision. His grandmother lost her eyesight to glaucoma and both his mother and mother-in-law lost theirs to macular degeneration. He has

had surgery for cataracts and glaucoma himself, the latter leaving him almost sightless for three months during recovery. With this history, he has a lot of sympathy for the people Seva serves and has been a generous donor for the past 5 years.

Seva: Tell us a bit about yourself.

I am a semi-retired Mining Engineer on the north side of 70 and living in Toronto.

Seva: How did you find out about Seva Canada?

Gordon: Shortly after my cataract operations in 2008, I was working in Vancouver when I noticed flashing lights in a totally darkened room. Since this can be a sign of retinal detachment, a common side effect of cataract surgery, I went to the ophthalmology department at St. Paul's Hospital. While

waiting, I came across a small stand with brochures about Seva. I liked what I saw, memorized the name for future reference and a few years later looked it up on the internet and began donating.

Seva: Why do you support Seva?

Gordon: There are a number of reasons. Given my own experience with visual impairment, I have a lot of empathy for people suffering from various visual disorders. There is also the incredible value that a donation can achieve. For \$50, you can restore the sight of someone with cataracts – it is hard to believe such a small amount could achieve such a dramatic outcome. I also appreciate Seva's low-cost overhead. I want to contribute to a charity where most of the funds are spent in the field, not the head office. Finally, back in the late 60's I was in a number of countries, including Nepal and Cambodia, where Seva operates. I am familiar with the poverty in these countries as well as the generous way in which they treat each other as well as visitors.

Thank you Gordon for your commitment and compassion for our shared vision: a world where no one is needlessly blind.

≡ UPCOMING EVENTS ≡

SAVE THE DATE FOR SEVA'S ANNUAL GENERAL MEETING!

Mark your calendar so you can join us in celebrating Seva Canada's 35th Anniversary and all that we have achieved together.

On December 1, 2017 we are throwing a party and inviting you and some of our program partners from around the world to commemorate 35 years of giving the power of sight to those in need.

We will look back on the evolution of Seva and the innovations that

have changed the face of eye care in developing countries and what the future holds.

Hear firsthand accounts from our local partners that will inspire you and then get ready to celebrate!

DATE: December 1, 2017

TIME: 7pm

LOCATION:

New Venue Creekside Community Recreation Centre in Olympic Village

More information to follow. We look forward to celebrating with you!

NICOLA WEALTH MANAGEMENT PRESENTS

Motown Meltdown

IN SUPPORT OF SEVA CANADA

A NIGHT OF MUSIC & DANCING IN SUPPORT OF SIGHT



APRIL 8, 2017

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MUSIC FROM MOTOWN TO MEMPHIS, NEW YORK AND BEYOND!

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& Angela Kelman

MUSICAL DIRECTORS:

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CATCH ALL THESE AMAZING SOLO PERFORMANCES IN ONE ROOM, ON ONE NIGHT:

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Dalannah Gail Bowen
Joani Bye
Leora Cashe
Candus Churchill
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Krystle Dos Santos
Roy Forbes
Angela Kelman
Linda Kidder
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AND MORE!

PRESENTED BY:



GENEROUSLY SPONSORED BY:



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CELEBRATING OUR SUCCESSES TOGETHER



NANCY MORTIFEE WELCOMING GUESTS

Thank you to everyone who attended Seva's 2016 Annual General Meeting (AGM) at VanDusen Gardens on November 18th, 2016. Our AGM featured a spectacular visual show by storyteller and board member Susan Erdmann.

To begin the evening, Board Chair Nancy Mortifee welcomed, and thanked everyone for another year of incredible support for Seva Canada's work preventing blindness and restoring sight. Norm Grdina then presented the auditor's report and was appointed to serve as auditor again for the coming year.

After five years of dedicated service, Nancy Mortifee stepped down as Board Chair but will continue to serve as a board member. In her place, Laura Spencer will now serve as Board Chair.

Laura has been involved with Seva since early childhood, accompanying her parents to various Seva programs abroad, and now actively fundraises, volunteers and travels to see Seva in action.

Joining the board are two new members, Harish Krishnan and Neil Smith.

Executive Director Penny Lyons took the stage to discuss what it takes to help children in developing countries access eye care. For a child to receive the care they need is nothing short of miraculous. The chance that most children, particularly girls, will be treated is almost zero. Even when children are identified as needing care and the expertise and funding exists, their care is still far from assured. There are educational, social, economic and cultural barriers in the way. It is not Seva's place to challenge the barriers but to find ways over, under or through those barriers and we do so with the help of Seva supporters like you.

To read Penny's full speech visit: www.seva.ca/news/help-kids-see

The evening concluded with a beautiful visual presentation by Board Member Susan Erdmann sharing her experience visiting Seva's programs in Tanzania.

Her show started by highlighting some common misconceptions about the African continent and traced its natural and human history through to today. Susan then took us all on a journey with her to visit the Maasai women leaders and microfinance recipients who are working to help their communities access eye care services. The dramatic storytelling and stunning photos rendered the room speechless. Susan's presentation ended with an upbeat message of progress made toward helping people in this region of the world get the eye care they need and deserve.

As always, this evening would not be possible without the support of our volunteers, Stéphane, Darryl, Ezat and Dawn. A special shout out to Ezat for making jewelry for our draw. Thank you to all our volunteers for all that you do!

Join us next year on December 1, 2017 at a new location – the Creekside Community Recreation Centre to celebrate 35 years of preventing blindness and restoring sight.



SUSAN ERDMANN ANSWERING QUESTIONS ON HER PRESENTATION

SWEATING FOR SIGHT



Last October, in support of World Sight Day, the fitness community in Vancouver came together to use the power of sweat to raise awareness of global blindness and give the power of sight. Six studios held specialty classes or offered classes by donation in support of Seva Canada's eye care programs:

- Baza Dance Studios held a by donation blindfolded Kizomba class
- The Dailey Method hosted a spin class in the dark complete with glow sticks and glow paint
- Full Circle Studios: Movement Arts held a by donation blindfolded Pilates mat class
- Lagree West held a by donation candlelit session on their transformers

- Line-5 Studios donated 10% of their profits for a week in October and held a blindfolded Pilates class on World Sight Day
- Pure Barre Kitsilano held a by donation class followed by a meditation session

In total, the participating studios raised **\$1,530** which will train a cataract surgeon, restore the eyesight of a child, contribute to a Community Eye Centre in French West Africa, and restore the eyesight of 17 people in developing countries.

We are so grateful for the support of these studios and the efforts of all of the participants who attended the various specialty classes and got sweaty for sight.

We would also like to thank the studios and individuals who contributed their time and effort to promoting Seva Canada and Sweat for Sight by providing prizes, taking sweaty selfies or videos and posting them on social media: Harbour Dance Centre, Amy Diehl's Personal Training and Active Rehab, Bayswater Neuromuscular Massage, KORE Brands Inc., Open Door Yoga, Eat Play Love Fitness, and The Hive Boulderling Gym.

Sweat for Sight will be returning for World Sight Day in 2017 so if you know a gym, studio, personal trainer or team who would be interested, please email admin@seva.ca

A TEACHABLE MOMENT IN SCHOOL SCREENING

Healthy vision is essential for a child's development and must be assured at an early age. The timely detection and treatment of childhood eye conditions, however, remains challenging in low income countries as ophthalmic professionals are scarce and public awareness of childhood eye problems and available services is low.



Schools provide a convenient, cost-effective opportunity to identify children with visual disorders and to deliver eye health education. Teachers are ideally placed to identify children with learning challenges, screen them for eye problems and coordinate regular visits by an ophthalmic team. While school-based eye health programs are commonly practiced, few have been subjected to proper program evaluation.

Aravind Eye Care System, Seva's partner in India, is committed to rigorously evaluating and sharing knowledge from their eye programs.

In 2014, Priya Adhisheshan, Pediatric Program Manager at Aravind Pondicherry, began evaluating school screening using a simple control study methodology.

For school vision testing, the usual model involved using a few 'select teachers' from each school to receive training and to test all the children in the school. The study compared this traditional model to an alternative approach whereby all the 'home room' teachers of the school were provided training to test their own students. This small widely adoptable change resulted in huge improvements:

- **141%** increase in children correctly identified who need glasses and other eye care treatment
- **42%** decrease in children incorrectly identified by teachers as having an eye problem
- **393%** increase in compliance with hospital referrals (due to teachers' relationships with their own students and ability to motivate parents)
- Vision testing in a school completed **6 times** faster
- **1/3** the cost (due to fewer children having to see the ophthalmic team)

This study, which was published in *Ophthalmic Epidemiology* and whose findings will soon be highlighted in a much more widely read *Community Eye Health Journal*, is one of many being conducted and shared by our partners each and every year. Supporting research and actively investigating and adopting alternative methods remains a cornerstone of our work as it directly translates into greater awareness and more people, particularly children, receiving the care they need to succeed.

SISTERS IN SAMBAVA



JANETTE & SUSAN WITH PHILIPPE

Drs. Janette and Susan Lindley are sisters, ophthalmologists and longtime Seva supporters. In August of 2016, they travelled to Sambava, in northeast Madagascar, to train our local partner on a newly purchased argon green laser. Acquired with Seva's support, the laser will help treat an increasing number of diabetic and glaucoma patients seen in this area.

Upon arrival, the Lindleys met with local ophthalmologist Dr. Lantoniaina Philippe Rakotonandrajoa (Philippe). Philippe is based in a bright, clean eye clinic where he has a dedicated team

covering both administration and clinical care.

While he performs over 700 cataract surgeries per year, Philippe has not had the tools he needed to provide other complex treatments. Under the guidance of the Lindleys, Philippe and his staff used the new laser to treat a woman with rapidly progressive diabetic retinopathy, who would have otherwise gone blind.

In addition to the laser training, the Lindleys also answered a number of questions from the eye clinic nurses. They left Sambava confident that the eye care there is in excellent hands and that the clinic now has the tools Philippe and his team require to save the sight of his diabetic and glaucoma patients.

Thank you Janette and Susan for your ongoing support of Seva's work, both at home and abroad.

HEROES IN THE FIELD: OUTREACH IN THE LAND OF SNOWS



Nyima Yongsam, eye care outreach coordinator for the Kham Eye Centre in Dartsedo, China is tireless. In this land of mountains and high plateaus the season for eye screening and outreach is short, the distances enormous and the need great. Nyima spends most of her time between March and October travelling with a team of eye care specialists. They

travel hundreds of kilometers between towns organizing eye screening, treatment and surgeries to those living on 'the roof of the world'.

Travelling to some eye camp locations can take days of driving at average elevations of 3500 to 4500 meters. The scenery is both desolate and spectacular – tree filled

valleys, mountain passes, Tibetan cowboys, ornate monasteries and animals from wild yaks, foxes, horses, and antelopes to camels.

A combination of genetics, high UV light and little available healthcare results in the nomads, farmers and herders who live here suffering from the highest rates of blindness in the world.

Nyima is funny, bawdy, passionate and very skilled at mobilizing resources to bring eye care to those who need it most.



NYIMA & EXECUTIVE DIRECTOR PENNY LYONS

THE WINDING ROAD TO RECOVERY

Lamsi Maya Rai married the love of her life Dev Bhadur Rai, in Nepal, when they were just 16 years old. Together, they raised 6 daughters until Dev passed away.

Rather than be alone, 83-year-old Lamsi moved in with her youngest daughter's family, helping to raise her 3 grandchildren. She would take care of the home, prepare meals, and do laundry while her daughter and son-in-law worked on the farm.

That all stopped 3 years ago when Lamsi began to go blind. She could no longer do the most basic tasks on her own and fell off the veranda many

times injuring herself. Last year, while listening to the radio she heard of an upcoming eye screening and surgical camp near her village. Excited about the possibility of seeing again, she got on a bus to travel to the eye camp only to get so nauseous from motion sickness that she returned home deflated. Being blind was just going to be her lot in life she thought.

Less than a year later, another Seva-supported eye camp was being promoted over the radio and her daughter and son-in-law decided that she must go. They carried Lamsi on their backs and walked for 3.5 days in the hope that she would be able to see again.



A GRATEFUL LAMSI AFTER SURGERY



LAMSI, HER DAUGHTER AND SON-IN-LAW PRIOR TO SURGERY

At the outreach screening Lamsi was diagnosed with cataracts in both eyes and received sight-restoring surgery. When the bandages were removed, she couldn't contain her excitement and gratitude. She could see again!

Lamsi was incredibly thankful to her daughter and son-in-law for carrying her the entire way there and to the surgical team and Seva donors for giving her the power of sight. When asked what she was most excited about, Lamsi replied "Now I won't have any problems managing the household work and taking care of my grandchildren but mostly, I will no longer be a burden to my family."

HOW YOU HAVE HELPED

Around the globe an estimated 1.4 million children live with blindness, and each year another half million will lose their sight. Here's how you are helping to change this reality.



At the end of 2016, Seva Canada held a special campaign to help children who suffer from blindness. A generous donor offered to match gifts so Seva supporters could help twice as many kids.

Our community gave generously and \$120,000 was raised to provide sight-restoring cataract surgery and life-changing eye care to children in some of the most remote and underserved areas in the world.

Kids who have their vision restored are given an average of 50 years of sight, allowing them to go to school, play with friends and grow up to lead healthy and productive lives. Thank you for helping give them a better future!

Thanks to you, more than 800 children will see again in 2017!

YOUR GIFT...THEIR VISION

"Seva gave me my life back!"

-Seva Canada cataract patient

A gift in your Will changes lives. After you've remembered your loved ones, consider a gift to Seva Canada and give the power of sight for generations to come.

Call 604-713-6622 or email fundraising@seva.ca for more information.



INSPIRING SEVA DONORS



KORE BRANDS INC.

KORE Brands Inc. is an independently-owned Canadian company dedicated to the sales and distribution of specialty made goods across Canada and the U.S. They are also a new corporate partner of Seva's!

In December, KORE held a sample sale at its Vancouver headquarters with a portion of sales donated to Seva's eye care work in developing countries. KORE staff also volunteered at the Seva office in January, making thank you calls to holiday season donors.

Going forward, CEO and Co-founder Darrin Kenigsberg wants to engage both his staff and customers in supporting Seva with a goal of eventually raising enough to build a Community Eye Centre in Africa.

"I like to think of business as a vehicle. KORE Brands Inc. is a vehicle to help support amazing organizations, like Seva, achieve their initiatives. We're lucky enough to work with a group of amazing, like-minded people who align with this common goal, and it's very exciting!" - *Darrin Kenigsberg*

Merritt Trinity United Church

Sunday school teacher Gail Mitchell wants children to know that being young and few in numbers does not prevent them from making a difference in the world.

Her students James, Jake and Liam took this lesson to heart. The boys sold fire starters made out of egg cartons collected by their congregation as well as homemade dog cookies at their church's annual Christmas sale. They raised \$400 for Seva, enough to restore the sight of 2 kids through cataract surgery and provide another 20 with glasses.



Estelle Mitchell

Estelle has been a loyal Seva donor for over ten years. She's also involved with the Skeena Diversity Centre, a local community organization in her hometown of Terrace.

Last summer, the Centre hosted a block party and Estelle ran a booth selling jewelry – some that she'd made herself as well as other pieces she'd collected over the years. She generously donated the proceeds of \$90 to Seva. That's enough to provide 18 people with prescription glasses!



SCREEN ENTIRE COMMUNITIES FOR EYE DISEASE



Much of the blindness in the developing world can be prevented or cured. Vision screening can help identify people who are at risk for eye disease.

But most of the 285 million people in the world who suffer from visual impairment will not walk into a hospital and request sight-restoring eye care. They are too poor. They don't understand they can be helped. They have no way to get to the hospital. They are frightened.

Seva's screening programs send field workers to remote areas to find and screen patients as well as train school teachers in basic eye care screening and referral.

Your gift today will help ensure people in remote, rural areas have access to eye care by contributing towards screening entire communities for eye disease.

Together we can stop blindness before it happens.

☐ **YES! I want to give the power of sight through screening entire communities for eye disease.**

Please accept my gift of: \$ _____

I prefer to give by:

☐ Visa ☐ MasterCard

☐ My cheque to Seva Canada is enclosed

Credit Card # _____

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A tax-deductible receipt will be issued to the name on the cheque or credit card.

Please send your donation to Seva Canada using the enclosed envelope.

Seva Canada Society
Suite 100 – 2000 West 12 Avenue
Vancouver, BC V6J 2G2

BECOME A MONTHLY DONOR

You can help blind people see again every day of the year. Join our Circle of Sharing family of monthly donors by visiting **seva.ca** or by calling **1-877-460-6622** toll-free.

"It makes me feel so good to know that my monthly donation is in the hands of people who care with such devotion, compassion and competence! As well, to know that people who I will never know can see the faces of their loved ones and the world around them because Seva does such a good job in bringing together the teams who can restore sight to those so in need."

– **Arlene McGibbon**
Monthly donor



ABOUT SEVA CANADA

SEVA'S VISION

Seva Canada's vision is a world in which no one is needlessly blind or visually impaired.

SEVA'S MISSION

Seva Canada's mission is to restore sight and prevent blindness in developing countries.

SEVA'S GUIDING PRINCIPLES

We are guided by:

- Our belief in equal access to eye care for all
- Our belief that with adequate resources, all people can meet their own needs
- Our commitment to working with international partners to build local, sustainable eye care programs
- Our respect for cultural, ethnic, spiritual and other forms of diversity
- Our commitment to inform and inspire Canadians to join us in achieving our mission

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