

# A CARD CARING DONOR

Here at the Seva Canada office, we don't receive as many phone calls as we used to, as many donors now give online. However, we are often treated to the lovely Irish brogue of one of our long-time donors, Helen, calling to request a tribute card. Helen chooses Seva Canada cards as her way to recognize important events such as birthdays, holidays, weddings, and memorials. Giving the gift of sight in someone's honour is a way for her to acknowledge the kindness she has received from others, throughout her life.

She doesn't want much attention, which is why we're only publishing her first name but we couldn't resist sharing her story in our newsletter.

Before immigrating to Canada 28 years ago, Helen was a nurse studying tropical diseases in London. After arriving in Canada, she studied social work and spent the remainder of her career volunteering. She believes strongly in education and appreciates Seva's focus on inclusion of women, girls, and the elderly. In her words: *"Without Seva Canada many*

*women and girls may never have the opportunity to receive an education, and ultimately be denied the right to decent employment...The work Seva does may ultimately result in the alleviation or eradication of poverty for many families and communities."*

### And about the cards she so often purchases?

*"I love Seva Canada's unique cards! The photos and the stories of the people featured on these cards captures the caring nature of Seva's work internationally. I appreciate that I can make a donation and request a personalized card be made in honour of someone who has passed away, because this gesture often means so much to the families who are mourning. Seva Canada is one of the few organizations where a volunteer or staff member calls to thank supporters for their donations. My special thanks to Deanne for the hundreds of cards she has mailed to me. I love speaking with each of the staff members in the BC office!"*

**We love speaking with you too, Helen!**



HELEN'S FAVOURITE CARD, "FRIENDSHIP," WAS TAKEN BY MATT MAREK AT BOUDHANATH IN KATHMANDU, NEPAL

# THE MIRACLE OF SIGHT IN AN INSTANT



Dear friends,

What has drawn me to Seva Canada over the years, first as staff, then as a donor and volunteer, and now as Executive Director, is that our work engages the heart and the mind. Nurturing sustainable vision programs in low-resource settings is complex, but at the patient level, eye care has a unique magic in its often quick results – and of course the wonder of clear vision.

Community Eye Centres (CECs), for example, require a lot of work behind the scenes before they are ready to launch. Assessing the population need, building the local support, finding the right staffing, sourcing cost-effective equipment, establishing the financial model, and setting up the monitoring and evaluation systems needed to create a Community Eye Centre in a remote area is a lengthy and labour-intensive process. But, for the child who visits that centre and gets fitted with a pair of glasses, the effect is instantaneous. In a moment, that child can see, go back to being a kid, and look forward to a brighter future.

The time it takes to train an eye doctor spans years – but the 15-minute cataract surgery that a skilled physician can perform goes by in the blink of an eye. And the next day, like a miracle, our patient who

was once blind can now see and enjoy a cascade of immediate, life-altering benefits.

And a side bar: the fact that – even during the throws of economic inflation – cataract surgery can still be done for just \$50, and glasses provided for just \$5, is a secondary miracle. This is thanks to the efficiency and ingenuity of our program partners, whom you will read about in this newsletter.

Thank you for being part of Seva Canada, and for making a profound and immediate impact in the lives of others.

Sincerely,



**Liz Brant**, Executive Director

## YOU'RE INVITED! 2023 ANNUAL GENERAL MEETING — THE POWER OF OUR PARTNERS —

We invite you and the Seva Canada community to join us at our 2023 Annual General Meeting (AGM) on November 17, to celebrate the successes of the past year, and look forward to the work ahead.

We will be taking the opportunity to recognize and celebrate the leadership of our program partners, whose vision and expertise are what allow your donations to make the impact they do.

Our special guest this year is Peter Kileo from the

Kilimanjaro Centre for Community Ophthalmology (KCCO). Please help us welcome Peter, and hear about all the ways your continued support goes to work in Africa, resulting in lives transformed through the power of sight.

Peter's program mentorship in community ophthalmology is fundamental to the delivery of our mission: connecting people living needlessly with vision loss with the services that will restore their sight. We are thrilled to host Peter in Vancouver and connect him with you, our incredible donors who make it all possible!

*Continued on next page >*

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## EVENT DETAILS

**Date:** November 17, 2023

**Time:** 7pm PST

**In-person Location:** VanDusen Botanical Garden, Floral Hall, 5251 Oak St, Vancouver, BC V6M 4H1

**Zoom:** Link: <https://us06web.zoom.us/j/82714713114?pwd=OXB3LzlTT1VGNHpTU0hsQWdFbUdHZz09>

**Meeting ID:** 827 1417 3114

**Passcode:** 158863

### PLEASE RSVP:

**In-person:** <https://bit.ly/InPerson2023AGM>

**Zoom:** <https://bit.ly/Zoom2023AGM>

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## ABOUT OUR GUEST, PETER KILEO:



Peter Kileo is the Program Coordinator and Assistant Director at the Kilimanjaro Center for Community Ophthalmology (KCCO Tanzania). Since 2014, Peter has worked very closely with Seva Canada as KCCO's key contact person in supporting and mentoring programs across different nations in Africa including: Tanzania, Burundi, Malawi, Ethiopia, Congo-Brazzaville, Benin and Madagascar.

Peter holds a BA in Philosophy from Urbanianna University in Rome, Italy, a Postgraduate Diploma in Community Development, and a Master's Degree in Cooperative and Community Development from Sokoine University of Agriculture in Morogoro, Tanzania.

When Peter joined KCCO in 2014, he was introduced to ophthalmology through courses in the management of community ophthalmology programs. He received training at LAICO Aravind in Southern India, at the Blantyre Institute of Community Ophthalmology in Malawi, and at the University of Cape Town in South Africa.

Peter is very interested in research related to the management of community ophthalmology programs, and is highly involved in program monitoring, evaluation and mentorship.

Peter lives in Moshi; a small, beautiful town at the foot of Mt. Kilimanjaro. He and his wife Agnes are also busy raising their three children: 11-year-old Philbert, 7-year-old Damin and 4-year-old Arriela.

### PLEASE NOTE:

Everyone is welcome to attend the AGM, however, to be considered a member of Seva Canada Society and eligible to vote at our AGM, a person must have donated a minimum of \$20 between November 15, 2022 and November 16, 2023. Any member may be nominated to the Board of Directors by submitting a letter signed by a nominator and a seconder, both of whom must be members in good standing of Seva Canada Society. Letters can be sent to the Seva Canada office to the attention of the Chair of the Governance and Nominating Committee.



# LOVE YOUR EYES IN THE WORKPLACE

## WORLD SIGHT DAY, OCTOBER 12<sup>TH</sup>

World Sight Day (Thursday, October 12<sup>th</sup>) is a day to focus the world's attention on the issues of blindness and vision impairment. Together with the International Agency for the Prevention of Blindness (IAPB) and its global partners and members, Seva Canada is proud to participate in the #LoveYourEyes campaign. The heart of the campaign each year is promoting the importance of protecting your vision, and this year's focus is on eye health in the workplace.

We'll encourage employers to make eye health initiatives standard practice which will benefit the well-being, safety and productivity of millions of employees.

From factory floors and office buildings, to staff rooms and studios, let's ensure that eye care is available, accessible and affordable to all!

### How can you take part in World Sight Day?

1. Prioritise your own eye health and pledge to #LoveYourEyes and get an eye exam.
2. Motivate your employer to provide quality eye care to their employees.
3. Review the "A Love Your Eyes at Work Checklist for all Employers" at <https://bit.ly/WorkplaceChecklistforEyes> and implement some of the recommended strategies.
4. Share your learnings and raise awareness via social media.
5. Download and have some fun decorating and taking selfies with #LoveYourEyes heart-shaped glasses at [seva.ca/worldsightdayglasses](https://seva.ca/worldsightdayglasses)



### Or use the heart-shaped glasses instagram filter.

Here's how:

- Open the Instagram app, select new post, then STORY
- Swipe left on the effect options until you reach the magnifying glass (browse effects)
- Search for 'World Sight Day' and select the 'Love Your Eyes' effect
- Post your story!

### 8 THINGS YOU NEED TO KNOW ABOUT YOUR EYES AT WORK



Good vision helps us work better. Did you know that a pair of spectacles can improve productivity by 22%?



Good vision can improve our earning potential, with one study showing that 46% of people moved up an income bracket after cataract surgery.



Almost 9/10 workplace eye injuries can be prevented with appropriate safety eyewear.



Eye injuries are a workplace hazard that can lead to vision loss.



Prolonged use of digital screens can affect people of all ages and can negatively impact productivity if not managed well.



Even the slightest vision impairment can reduce your productivity by 10% and your accuracy by 22%.



90% of all sight loss is preventable or treatable. The majority of eye diseases can be treated, or progression slowed, if detected early.



Around 160.7 million individuals who had moderate to severe sight loss were of working age.



Additional #LoveYourEyes workplace resources can be found here: [seva.ca/events/world-sight-day-2023](https://seva.ca/events/world-sight-day-2023)

**Don't forget to tag @SevaCanada and @IAPB and use the hashtag #LoveYourEyes**

*Do you have a cool idea to promote World Sight Day with the #LoveYourEyes heart-shaped glasses?  
Contact Deanne at [communications@seva.ca](mailto:communications@seva.ca)*

# Q&A WITH SEVA NEPAL'S NEW COUNTRY PROGRAM DIRECTOR, DR. BINITA SHARMA



DR. BINITA SHARMA

*We welcomed Dr. Binita Sharma as Seva Nepal's Country Program Director in January 2023. She is an eye health leader and champion for high-quality programs that serve the needs of communities. She is from Kathmandu and has spent her career as an ophthalmologist, cornea consultant and hospital administrator in Nepal.*

## **Seva Canada: Why did you choose to study ophthalmology?**

**Dr. Binita Sharma:** After I finished medical school I joined a hospital in which the primary role was reconstructive surgery and plastic surgery. It was the only hospital in that region, so people came for all sorts of problems, not just surgery. We used to have a lot of kids who came and said "I cannot see what the teacher writes on the blackboard." So that was what actually led me to ophthalmology. I thought "this is a good thing to do, it will be nice to be able to help these kids." I was also wearing glasses at that time, so I knew the difference between having a pair of glasses and not having them.

## **Seva Canada: What made you want to work for Seva Nepal?**

**Dr. Binita Sharma:** I had been working as a clinician for a long time, and during that time I also took up the responsibility as the medical administrator. Our work involved a lot of outreach activities. It was then that it actually struck me that a lot of work needed to be done outside of the hospital, in the community. Nepal has been very fortunate in that we produce a lot of

ophthalmologists now – we have 400 and about 20 graduate each year. The surgical part is being taken care of very well. But I came to know that in the outreach programs, in planning the programs, in identifying what programs work for the patient, we needed not only the administrative and financial aspect, but also the clinical aspect. There was a little bit of scarcity in this area and I took the lead in working on it at my hospital.

At that time, I was consulting with Seva on the quality and safety program, and when I saw this role [the country program director role] I applied because I saw the opportunity to apply my clinical and technical knowledge in creating even more patient-friendly, accessible and efficient methods in reaching out to the communities and making an impact.

## **Seva Canada: What do you see as opportunities for Seva Nepal to advance gender equity among eye health providers?**

**Dr. Binita Sharma:** The most important thing would be for our implementing partners to develop gender equity policies. Our interactions with the hospitals will focus on promoting a working culture and structure where women are welcomed, where they are valued, and where their contributions, jobs and activities are validated and



DR. BINITA SHARMA PROVIDING EYE CARE

encouraged. It is important that a clear career path can be established for women. Most of the time a young girl studies but reaches a point where the competition and social structure is such that they cannot move forward.. However, if we can support a female allied ophthalmic personnel's studies, and then after a certain amount of work experience, send her for further training, we can help establish a clear career path for her to follow.

**Seva Canada: What would you like Canadians to know about Seva Nepal and about eye health?**

**Dr. Binita Sharma:** Seva Nepal has been working in Nepal since 1981 and Seva Canada has been a strong ally since then. Whatever achievement Nepal can claim in improvement in eye healthcare I can very confidently say Seva Nepal has a very big role to play in it. We work with NNJS (Nepal's National Society for Comprehensive Eye Care) which provides 90% of the eye care in the country.

When we are working with hospital partners, we try not to just replicate programs. The most important thing about Seva Nepal is that our projects are not donor-driven. Seva Canada has never told us to do a particular project. Our programs are always based on what is necessary on the ground – whatever is necessary to provide services to the community. That's the most important thing and the most striking feature of Seva Nepal.

We are in constant contact with our partners. They tell us their needs and their barriers and challenges. That is how we work together to eliminate those challenges.

Seva Canada has always helped us to reach our goals – especially with the Sherman School and ophthalmic assistant training which is the backbone of eye healthcare services in Nepal. Seva Canada has focused on the far west in the country and with Geta Eye Hospital. After the last RAAB (Rapid Assessment of Avoidable Blindness) study it was shown that the prevalence of blindness in far west Nepal is less than the average for the whole nation. Geta is the only eye health provider in that province and so that achievement is Geta's achievement and Seva Canada has been supporting them from the very beginning.

**Thank you Seva Canada for being such a good partner and for allowing the community to come up with their own problems and solutions. We are very happy to be working with you.**

**Seva Canada: What is your favourite patient story?**

**Dr. Binita Sharma:** A 92-year-old man was living two hours from Kathmandu. He came to a screening in his area and we saw that he had operable cataract in both eyes and his vision was very poor. We wanted to take him to the hospital for surgery; we had a vehicle to take him. He refused. He said *"how much longer do I have to live, there is no one to take care of me, and cook for me."* We could not get him to come. All of his children were working abroad.

Four months later, one of his sons came back and he came to know that the hospital staff had asked his father to come to the hospital. His father still had the referral slip the staff had given to him and so he brought his father to the hospital. The 92-year-old man had one eye operated on and the next morning the patch was removed. I was there and I asked him how he was feeling. He looked around and said *"I missed seeing this beautiful world for four months. I could have seen this four months earlier if I had listened to you"*. A week later, he had his other eye operated on. Now he is active, back in his village and very happy.

**To read the full interview with Dr. Binita Sharma, visit <https://bit.ly/DrBinitaSharma>**





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# A POEM FROM THE ROOF OF AFRICA

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*'...all he could see, as wide as all the world,  
great, high, and unbelievably white in the sun,  
was the square top of Kilimanjaro. And then he knew  
that there was where he was going.'*

Ernest Hemingway



In 2008, donors and Seva Canada volunteers, Dr. Janette Lindley and Danny Peart, had the chance to visit Moshi, Tanzania and stay at the home of Paul Courtright and Dr. Susan Lewallen, founders of Seva Canada's partner in Africa, the Kilimanjaro Centre for Community Ophthalmology (KCCO).

While in Tanzania, Danny and Janette climbed Mount Kilimanjaro as a fundraiser for Seva Canada. Danny wrote this poem a few years later and we wanted to share it with you.

*The mountain is 19,340 feet high.  
At the summit the atmosphere contains less than half  
of the oxygen available at sea level.  
Gradual acclimatization is essential.*

*Our guide was called Old Man, though  
he was six years younger than me.*

*I set off to lead. But Old Man called me back,  
saying, "Mama will take the lead. Baba is too fast."  
My wife, Janette, went on ahead and I followed,  
muttering "Pole, pole."*

*On our summit night we were up  
and warmly dressed at 11:00 pm.  
Four of us in headlamps would climb all night  
seeking Uhuru Peak by sunrise.*

*We reached Gilman's Point,  
Summit now two hours away.  
Mama Janette, feet and fingers frozen,  
paused at times to find her breath.*

*As she leaned over behind a huge frozen rock to vomit,  
our younger guide took my arm saying,  
"Baba, don't worry. I have prayed  
to almighty God and he will come to our assistance."  
We shuffled on.*

*Morning light revealed the stark landscape  
and the glacial ice that remained.  
The sign for Uhuru Peak just a hundred yards ahead.  
We were alone there, taking turns for photos  
from the roof of Africa.*

Danny Peart  
from Another Mountain to Climb

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# TEACHING MARKETING IN MADAGASCAR

WRITTEN BY DEANNE BERMAN, MARKETING & COMMUNICATIONS DIRECTOR



DEANNE IN 2023 WITH LALAINA AND MINU, TWO MALAGASY GIRLS SHE MET IN 2015

My first trip to Madagascar in 2015 was also my first time teaching marketing and fundraising to one of Seva Canada's partners. It was also Seva Canada's first time teaching these skills to any of our partners. My aim was to share tools that could ultimately help them care for more people. I was honoured and a little bit overwhelmed to say the least.

Our Malagasy partners had requested this help to raise awareness of their eye care services and find new patients, including paying patients to help subsidize care for those who cannot pay. And our partners were also facing a new threat – a foreign competitor – a for-profit eye care provider who could draw the paying patients away and, as a result, reduce our partners' financial sustainability.

Our partners needed concepts that they could easily use and implement. They didn't have marketing staff or a marketing budget. This was going to be done off the corner of the hospital manager and ophthalmologist's desks, which were already piled high with work.

With a limited amount of time to teach, I focused on concepts that would have the biggest impact. We determined that increasing the sale of glasses in the hospital optical shops would have the greatest revenue potential.

I taught our Malagasy partners the importance of the patients' and customers' overall experience at every touchpoint, value propositions, the concept of 'good,

better, best', merchandising, directional signage to the eye unit and optical shops, and probably the most important – word of mouth advertising.

Our Malagasy partners understood the value of marketing and after we returned to Canada, requested additional lessons. As a result, we helped facilitate an in-country marketing specialist to hold an all-day session for them.

In February of this year, at my first opportunity to visit our programs post-Covid, I went back to Madagascar to get new photos, videos and stories to share with all of you. I also went back, at the request of our partners, to teach them more marketing concepts to help them further improve their sales and marketing techniques in their optical shops and eye units. Again, all these efforts were intended to generate local funds that they could use to subsidize care for those who cannot pay, and over time, reduce reliance on foreign support.



DEANNE TRAINING IN 2015

When I reconnected with our partners, I was thrilled to see that they'd implemented the strategies and tactics I'd previously taught and even quoted some of the phrases back to me! They proudly displayed their new directional signage, their well-merchandised optical

shops, and told me about some of the press they'd received. But times are getting tougher in Madagascar due to the impact of climate change, the slow economy and severe unemployment. There is still a lot of work to be done.

It is still overwhelming but if there weren't challenges our partners needed to overcome and concepts to be learned then you and I wouldn't be needed. Our work would be done and our partners would be financially sustainable and able to meet the eye care needs of their communities. This is the end goal but we aren't there yet. We still need each other to learn, grow, and most importantly, provide the eye care that so many people desperately need.





# SEEING HER FUTURE



Eight-year-old Rorsynin is the baby of her family and doted on by her four siblings and her parents. The family lives in a remote village in Cambodia and they make their living by fishing in the nearby river.

Rorsynin had been attending the local government primary school

for 3 years until one day she refused to go. Her parents were confounded. They never had the opportunity to go to school themselves and had always prioritized education in their family. They knew it would help their children to get a good job and dreamed of Rorsynin becoming a teacher. Yet they couldn't convince her to go back to class.

In discussions with her teacher, Rorsynin's parents learned that she always held her books close to her face to read and was no longer interested in playing with her friends.

They then asked Rorsynin herself what was holding her back. The answer was clear. She couldn't see. Rorsynin told her parents that she didn't want to go to school because she couldn't see the lessons on the blackboard,

the text in her books or her friends when they played outside. She would rather stay at home where she felt safe and not like a failure.

When Rorsynin's father, Makara, learned that a free community eye screening was being held at the village chief's home, he eagerly took his daughter. When the outreach worker examined Rorsynin's vision he told her father that she needed to be seen by an ophthalmologist at the eye hospital.

Makara and Rorsynin were transported to the eye hospital where she received an eye exam. *"Your daughter needs to wear glasses because she has high myopia (nearsightedness),"* said the eye doctor. Makara explained that he couldn't afford the glasses that Rorsynin so desperately needed.

Thankfully, due to the support of donors like you, Rorsynin was provided with a pair of prescription glasses free of charge. As soon as she put them on she could finally see clearly. *"I promise to go to school again, to study regularly. Now I can become a teacher!"*

Rorsynin's parents thanked everyone at the eye hospital for providing the glasses that would enable their daughter to go back to school. *"We will share our story with the people in our village so they can help their children with vision problems too."*

## HOW YOU HAVE HELPED

## THIS PAST SPRING YOUR GENEROSITY HELPED TRAIN EYE CARE PROFESSIONALS AROUND THE WORLD



Thanks to you, locals like Dr. Camillus Mbaga in Tanzania are being trained to provide their communities with the power of sight for years to come, ensuring the sustainability of eye care programs.

Demand for eye care services continues to grow. By 2050, without significant investment, 600-million additional people will have vision loss. Skilled professionals – from outreach workers to ophthalmologists – are needed to provide care today and in the future.

### Because of you:

- **2 cataract surgeons** will be trained to perform countless cataract operations each year in their community
- **4 ophthalmic nurses** will receive training to deliver basic eye care to a community
- **16 community outreach workers** will receive the training needed to find people with eye disease in remote communities and ensure they get to the hospital for care
- **226 adults** will have life-changing **cataract surgery**
- **235 children** will receive **glasses**, helping them see and succeed

# 'MADE IN NEPAL' COMMUNITY OPHTHALMOLOGY COURSES



Seva's work and belief system – that everyone deserves the right to sight – means that we need to develop and teach the proven strategies that reach the unreached.

Seva Canada and Seva Nepal are collaborating to provide more training in community ophthalmology in Nepal. Housed and administered by Bharatpur Eye Hospital, this new initiative will coordinate and improve existing courses, as well as develop new courses involving local, national and international faculty.

Nepal has a strong, high-quality, internationally-supported and nationally-coordinated eye care system that is self-sustaining in terms of clinical and management training. This new initiative will add local capacity to provide courses in and share knowledge about community ophthalmology.

Community ophthalmology – eye care for the community, by the community – has been proven to be the most effective way to provide treatment to people who are blind or visually impaired living in remote areas. It is the discipline in medicine that promotes eye health and blindness prevention through programs utilizing methodologies of public health, community medicine and ophthalmology. It recognizes the failure of hospital-based eye care to provide preventive services for at-risk populations by helping to overcome the barriers they face: lack of awareness that they can be helped, the lack of financial means along with the fear of travelling to a city hospital to be treated.

Seva Nepal provided its first 'made in Nepal' community ophthalmology course this year – a 3-week curriculum that takes a preventative approach to eye disease, designed for outreach managers.

Additional courses will be developed on how to:

- Improve, disseminate and utilize population-based knowledge of eye care needs
- Provide effective and efficient community-based programs to increase service uptake
- Provide services equitably to an entire population
- Monitor, evaluate, and study health services and health systems

We will continue to update you on the courses and the impact they have on our eye care programs.



## YOUR LEGACY IS THEIR FUTURE IN FOCUS

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

**For more information, contact Liz at 1-877-460-6622 or email [Lizbrant@seva.ca](mailto:Lizbrant@seva.ca)**



# LEAVING A CHARITABLE LEGACY THROUGH YOUR WILL

WRITTEN BY MICHELLE KARBY, LLC, TEP (TRUST AND ESTATE PRACTITIONER), OWEN BIRD LAW CORPORATION & SEVA CANADA VOLUNTEER



There are many good reasons to make a gift to one or more charities through your Will. It's a way to make a final and lasting contribution to causes that have been important to you during your lifetime. What many people don't know, however, is that leaving a charitable gift through your

estate can also significantly reduce or even *eliminate* your estate taxes – a win/win for your loved ones and your charity beneficiaries.

## How does it work?

Gifts to qualified charities receive special treatment under the Federal *Income Tax Act*. They result in a tax credit that can be used to reduce income taxes payable by the donor.

When a donation is made through your Will, if certain conditions are met, there is significant flexibility in how

the donation tax credit can be used and it may be able to be deducted against up to 100% of the net income tax reported in your final tax return and in the preceding year (as opposed to 75% that otherwise applies).

Donations may take the form of cash gifts, in-kind donations of art or real estate, and/or the donation of shares in privately held or publicly held corporations. Donating shares of public companies can be a particularly tax effective way to give. Other options for charitable giving include designating a charity as the beneficiary of a Registered Retirement Savings Plan or income fund, tax free savings account or to receive the proceeds of a life insurance policy.

Charitable giving should be planned in advance as there are many different structures that can be used to maximize the benefits to your loved ones and the causes you care about. By making a planned testamentary charitable gift, you are able to benefit those organizations that are important to you, and leave a lasting legacy.

**Learn more about leaving a gift in your Will to Seva Canada by contacting Liz at 1-877-460-6622.**



## Help Kids **See and Succeed** with Glasses

Help give **5000** kids in low-income countries a pair of prescription glasses this back-to-school season. When kids can see clearly they can succeed in school, play with friends and thrive.

**\$25 = 5 pairs of prescription glasses**

Donate at [seva.ca/kidsglasses](http://seva.ca/kidsglasses) or mail in the enclosed form.



# BECOME A MONTHLY DONOR

RESTORE SIGHT AND PREVENT BLINDNESS. EVERY MONTH.

Join ForSight, Seva Canada's community of monthly donors committed to providing the means, opportunity, and capacity for people in low- and middle-income countries to receive surgery, glasses and medicine, so they can build brighter futures. For more information, visit our website at [seva.ca/monthly-giving](https://seva.ca/monthly-giving) or call 1-877-460-6622.

## FOR SIGHT

*"It hits my heart because sight is the most important thing in the whole world. By giving sight to people in remote areas – young and old people – you're giving them a job and freeing them to live independent lives."*

– Current 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 low- and middle-income 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

## HONORARY PATRONS

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The Right Honourable Adrienne Clarkson

The Honourable Janet Austin, OBC  
Lieutenant Governor of British Columbia

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Deanne Berman, Marketing & Communications Director  
Ashley Holm, Donor Relations & Operations Manager  
Katie Judson, Program Consultant  
Priya Reddy, Program Consultant

## CONTACT

Seva Canada Society  
#100 – 2000 West 12<sup>th</sup> Avenue  
Vancouver, BC V6J 2G2

Tel: 604-713-6622  
Toll-free: 1-877-460-6622

Email: [admin@seva.ca](mailto:admin@seva.ca)  
Website: [seva.ca](https://seva.ca)

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