

# EQUITY + INNOVATION + SUSTAINABILITY = GREATER HUMAN CAPITAL



## Dear Seva Canada Supporters,

Human Capital – defined as the collective potential of individuals – is directly linked to a country's growth and is one of its greatest assets. Human capital grows, in part, by ensuring equitable access to health and education, promoting innovation and creating sustainability, both human and financial.

Blindness weakens people's potential by limiting childhood education and minimizing adult productivity, which negatively impacts individuals, families and entire communities. Restoring someone's sight is one of the most cost-effective health interventions according to the World Bank – when a

person can see, they can work, provide for their family and contribute to their community.

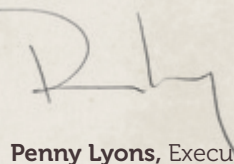
Seva Canada builds human capital by ensuring that entire populations receive the eye care services they need, including vulnerable and disadvantaged groups such as the very poor, women, and girls. Gender-integrated health interventions to reach women and girls are key, because their health and their awareness of health services is foundational to overall public health.

We have implemented innovative solutions to deliver healthcare, manage information and respond to the needs of eye care providers and users. We have developed unique business models for hospitals and rural clinics that have resulted in increased productivity while providing the highest quality services.

Seva Canada's eye care programs are built and managed by our international partners. The programs are high-quality, self-sufficient and self-sustaining in terms of both human and financial resources.

For almost 4 decades, Seva Canada has increased human capital through eye care initiatives built on equity, innovation and sustainability. But the countries we support are still poor, their health systems are still inadequate, and inequality is still present in most settings.

Together, we have to do more.



**Penny Lyons**, Executive Director

NICOLA WEALTH MANAGEMENT PRESENTS

# Motown Meltdown

IN SUPPORT OF SEVA CANADA

A NIGHT OF MUSIC & DANCING IN SUPPORT OF SIGHT



APRIL 27, 2019

COMMODORE BALLROOM 868 GRANVILLE ST. • DOORS 7PM • SHOWTIME 8PM

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MUSIC FROM MOTOWN TO MEMPHIS, NEW YORK AND BEYOND!

HOSTED BY:

David Wills (Stonebolt)  
& Karen Lee Batten

MUSICAL DIRECTORS:

Steve Hilliam  
& Andrea Schuld

PRODUCED BY:

Kendra Sprinkling

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

Joani Bye	Warren Dean Flandez	Karen Lee Batten	David Steele
Leora Cashe	Krystle Dos Santos	Jane Mortifee	Olivia Steele Falconer
Candus Churchill	Roy Forbes	Will Sanders	Don Stewart
Oliver Conway	Tim Fuller	Rebecca Shoichet	Garfield Wilson
Dee Daniels	Linda Kidder	Kendra Sprinkling	Tom Pickett

AND MORE!



GENEROUSLY SPONSORED BY:



About Nicola Wealth Management: Established in 1994, Nicola Wealth Management (www.nicolawealth.com) is among Canada's fastest growing asset fund management and private investment counsel firms (Investor Economics) with close to \$6 billion in assets under management. The firm provides portfolio diversification well beyond stocks and bonds, comprehensive and integrated wealth planning, and historically consistent and stable returns, serving affluent families, entrepreneurs, and foundations across Canada.

## RECAPPING SEVA'S 2018 ANNUAL GENERAL MEETING



PENNY, NYIMA, DR. ZHENGONG, RATANA AND DR. TOUK (FROM RIGHT TO LEFT)

Following Penny's speech was an engaging panel discussion with Seva's program guests. They fielded questions from the audience and brought insight into why they chose to work in eye care and devote their time to helping those in need.

*"After the killing fields (in Cambodia), I was a young boy and at that time I was very poor, I slept on the streets and needed help from rich people so I know the feeling of the poor. I know that money is important but I need to give back because I am from the poor people,"* said Dr. Barang Touk.

They also discussed how they fulfill Seva's mission in Cambodia and the Tibetan Areas of China by finding those in need of eye care in remote areas and ensuring they get treatment.

The evening would not have been possible without the help of our outstanding volunteers: Becci Foley, Riley Paulishyn, and Merrin Shelton. Thank you all for your hard work and dedication!

We hope to see everyone in the fall on November 15<sup>th</sup> at VanDusen Gardens for Seva's 2019 AGM.

Thank you to everyone who attended Seva's 2018 Annual General Meeting (AGM) at VanDusen Gardens on November 16<sup>th</sup>.

Dr. Vivian Yin, acting Board Chair, opened the meeting by welcoming our program guests and attendees. Joining us this year were Ratana Vann and Dr. Barang Touk from Seva Cambodia and Nyima Yongsam and Dr. Zhengong from our partner program in the Tibetan Areas of China.

Penny Lyons, Executive Director, spoke about how Seva Canada's sight-restoration and blindness prevention programs not only alleviate human suffering, but also contribute to the development of "human capital", defined by the World Bank as the potential of people. Penny explained how Seva's programs ensure equity, incorporate innovation and enable sustainability in terms of both human and financial resources. To read Penny's full speech, please visit: <http://bit.ly/Seva2018AGM>



DR. TOUK WITH RATANA ANSWERING QUESTIONS FROM THE AUDIENCE

CELEBRATING THE

WOMEN DELIVER 2019 CONFERENCE

Seva Canada is supporting Women Deliver, a global advocacy organization that generates commitment and investment for fulfilling the health rights and wellbeing of women and girls around the world. Women Deliver is hosting a global conference from June 3-6, 2019 in Vancouver that will bring together people from across a multitude of sectors, issues, and cultures. Seva Canada will have a booth at the conference and we look forward to seeing you there.

# INVESTING IN SIGHT IS AN INVESTMENT IN PEOPLE: BUILDING HUMAN CAPITAL THROUGH EYE CARE



# YOUR LEGACY IS THEIR VISION



"NOW THAT I CAN SEE, I CAN GO BACK TO WORK. THANK YOU FOR MY INDEPENDENCE."

– Mandir, a Seva patient in Nepal cured of blindness through cataract surgery.

A gift in your Will changes lives. After you've remembered your loved ones, please consider a gift to Seva Canada.

For more information, contact Christine at **604-713-6622** or email [fundraising@seva.ca](mailto:fundraising@seva.ca)



## THE COST OF VISION IMPAIRMENT IN ASSAM, INDIA

Uncorrected presbyopia, (far-sightedness), a visual disorder that comes inevitably with age, is the world's leading cause of vision impairment, affecting an estimated 1 billion people worldwide, the majority of whom live in low-income countries. The disorder, caused by the natural hardening of the lens of the eye thereby reducing its ability to change shape to focus on close-up images, is easily corrected by a pair of reading glasses costing as little as \$1.50.

In low-income countries, women and men work in labour-intensive industries well into old age to support their families, yet many have limited access to basic eye care services. The cost of uncorrected presbyopia in terms of lost productivity has been estimated at \$14 billion USD annually, yet no randomized control trials, the gold standard for evaluating the effectiveness of interventions, have demonstrated the impact of improved eyesight on productivity and income.

Priya Adhishesha Reddy, a long-time partner of Seva, led a trial to prove that a simple pair of glasses is a cost-effective and easy way to boost household income and business performance in low-income communities. The trial took place in tea estates in Assam, India over a three-month period and involved 751 female tea pickers over the age of 40. The women were randomly assigned to intervention and control groups, where glasses were provided at the start and end of the study, respectively. After the

three-month period, women who were given glasses at the start of the study had nearly a 5-kilogram increase (from 26 kg to 30.6 kg) in the daily weight of tea picked or a 21.7% increase in productivity.

In addition to being the highest increase in productivity compared to every other health intervention in low- and middle-income countries studied to date, the results directly link improved vision to increased economic productivity and, with it, the opportunity to transform lives.

## DETERMINATION IN ACTION - FELICIENNE

*Felicienne Muragijimana was 8 years old when a rock hit her in the eye. Her mother took her to the closest health centre which was in Nyabikenke, Rwanda; a 5km walk away. Felicienne's experience in that health centre decided her future career: she wanted to help others to get the same excellent eye care she received.*

Felicienne trained as an Ophthalmic Clinical Officer (OCO) in Rwanda. An OCO is similar to an optometrist in Canada but can also prescribe drugs and perform minor procedures. Felicienne undertook additional ophthalmology training and worked in a hospital ophthalmology unit for 12 years. As an OCO, she knew that most people could not and would not travel far from their village to receive health care. She also realized that if there had not been access to eye care near her village, she likely would have lost her eye because her mother could not have afforded to travel far for her treatment.

Two years ago, Felicienne decided to create a small Community Eye Centre (CEC) in her own community to ensure access to care. She spoke to a local ophthalmologist and asked how to create such a centre. He told her about Dr. Levi Kandeke, an ophthalmologist and Seva partner in Burundi who had created many eye care centres in rural areas. Unfortunately, the ophthalmologist had no idea how to contact him.



FELICIENNE EXAMINING A PATIENT

Felicienne was not deterred. She tracked down Levi's contact information, arranged an appointment with him in Bujumbura, Burundi and used her own money to travel alone by bus for the meeting (3 days round trip). Felicienne convinced Levi to not only open Rwanda's first Community Eye Centre (CEC) but also to hire her as the OCO and manager.

Today, Maisha Optical is a thriving and profitable eye care centre that provides free treatment for those too poor to pay and also generates a healthy profit from patients who can afford to pay a small fee for consultation, glasses and medicine.

With Seva's support, Levi and Felicienne are planning to create additional CECs in other underserved areas of Rwanda.

Initiative, leadership, clinical excellence and commitment to serving those in need are exceedingly rare qualities to find in a single individual like Felicienne. When Seva finds them, we support them, all in.



## HOW YOU HAVE HELPED

Right now, the majority of children living with blindness are girls. Here's how you are helping to change this reality.

Thanks to you:

- **261** girls received the power of sight through life-changing cataract surgery
- **4,475** girls can see clearly with their new prescription glasses
- **503** field workers were trained to find girls and help them get treatment

**On behalf of all the girls whose lives you have transformed, thank you for giving the power of sight.**

We ended 2018 with a special campaign to help girls see and succeed. A generous donor matched gifts so Seva supporters could provide twice and many girls with the eye care they need and deserve. **Seva's community gave generously to help ensure girls have an equal right to sight.**

## A NEPALESE COUPLE'S TREACHEROUS JOURNEY FOR SIGHT



MANISARA AND HER GRANDDAUGHTER

*Durga and Manisara Gaha have been married for over 50 years. They live in the Nepali Himalayas with their son and grandchildren. They both developed cataracts and had been blind for over 15 years.*

After losing their vision, Manisara could no longer cook or take care of their household. Her husband, Durga, could no longer farm or feed their animals. They became completely dependent on their family for their most basic needs.

Fortunately for the couple, they were found by a Seva-sponsored outreach team who were going door-to-door looking for people in need of eye care. After a quick vision screening, Durga and Manisara were referred to a Seva-sponsored hospital to receive sight-restoring cataract surgery.



Manisara was skeptical, unsure that it would be worth the treacherous journey down the mountain. But, with her youngest granddaughter cradled in her lap, Manisara knew that if the surgery was successful she would be able to see her granddaughter for the very first time. "Maybe her toes are just like mine," she said.

Manisara and Durga agreed to travel to the hospital for surgery. They set out down the mountain with the outreach team, stumbling into goats and over stones as they made their way. Manisara's son, Govinda, carried her part of the way until they reached the road and continued their journey by bus.

The next day, while anxiously awaiting her surgery, Manisara said "I will be happy to see the world again." When her bandages were removed after her operation, Manisara barely recognized Govinda because she had been blind for so many years. Eager to see their grandchildren, the couple climbed back up the mountain to their home.

Both Durga and Manisara were thrilled at the sight of their family; Manisara picked up her granddaughter and exclaimed, "she has my toes!" as she began to sing and dance with joy.

*You can watch "Open Your Eyes" a documentary on Durga and Manisara's journey to sight by Irene Taylor Brodsky at [crave.ca/hbo](http://crave.ca/hbo)*

DURGA AND MANISARA BEING TRANSPORTED TO THE EYE HOSPITAL

# INVEST IN THE POTENTIAL OF PEOPLE



THE POWER OF SIGHT MEANS SO MUCH MORE THAN GOOD VISION.  
IT MEANS A LIFE OF INDEPENDENCE, PRODUCTIVITY AND FULFILLMENT.

Right now, there are 29 million people around the world living with treatable blindness. That's 29 million people who could go back to work or school, who would no longer need to rely on a caregiver, who could help lift themselves, their families and communities out of poverty – if only they had access to the eye care they need.

**Your donation to Seva Canada is an investment in the potential of people.**

When people can see and are able to lead healthy, productive lives, entire communities have a chance at a better future.

**When more people can succeed, we all succeed.**

**YES! I want to invest in the potential of people.**

Please accept my gift of: \$ \_\_\_\_\_

**I prefer to give by:**

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My cheque to Seva Canada is enclosed

Credit Card # \_\_\_\_\_

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Cardholder Name \_\_\_\_\_

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Email \_\_\_\_\_

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

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

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

# GIVING BACK

Proud parents Sarah and Matt were delighted at the birth of their son Henry in September 2017. But when Matt noticed Henry's left pupil was cloudy, the first-time parents feared for their son's vision.

Within a few weeks, Henry was diagnosed with a Persistent Fetal Vasculature (PFV) congenital cataract: a developmental anomaly where the vessel that helps the eye develop during pregnancy doesn't dissolve as it should. Sarah and Matt were told their baby could only see light through his left eye and would require corrective surgery.

At only 9 weeks old, Henry underwent an operation to remove the cataract. He now wears a contact lens every day, as well as a patch over his healthy eye for three hours a day; both of which have proven challenging for the spirited toddler's parents! In time, when his eye is fully developed, Henry will have another surgery to insert an intraocular lens.



Sarah and Matt are grateful for the high-quality eye care Henry received and the knowledge that their son will have healthy vision for life. In lieu of gifts for Henry's first birthday, the couple raised money for Seva so children in low-income countries can have access to the same care.

Thank you Sarah, Matt and Henry for your generous support!

# INSPIRING SEVA DONORS



## Danny Peart

Danny is a writer and long-time Seva Canada supporter.

Last March, Danny hosted an evening of poetry, music and chocolate, to raise funds for Seva. Danny read from his new collection of poems, titled *Another Mountain to Climb*, at the Chocolate Arts Café in Vancouver. He was supported by Peter Hnik on guitar and Jacques Khouri on bass.

Tickets were \$20 and all proceeds went to Seva Canada. The well-attended event brought in \$1,020 plus an additional match by a generous donor for a total of \$2,040 in funds raised!

Danny's efforts and dedication helped give the power of sight to 41 people through life-changing cataract surgery! Thank you Danny for your loyal support!

*Danny will be hosting another fundraiser for Seva at Chocolate Arts Café on March 27<sup>th</sup>, 2019. Please see [bit.ly/dannypeart](http://bit.ly/dannypeart) for more details.*

# INSPIRING SEVA DONORS CONTINUED



## Sam

Sam is a 10-year-old boy who knows firsthand what it's like struggle with eye problems. Sam wears glasses and has Coats disease in his left eye; he has undergone two successful surgeries and been to many appointments with his ophthalmologist and optometrist. Sam and his family feel that he is very lucky and are grateful that his eyes have been cared for by an amazing team of eye care professionals.

The treatment Sam received has motivated him to help children in other countries have access to the same high-quality eye care he did. After visiting the Seva office, Sam decided that Seva was the perfect fit to collaborate with to hold a fundraiser. Sam set out to raise \$500 and within a week he had already reached his goal.

Sam raised enough to provide 100 kids with glasses! Way to go Sam!

Sam says his next step in fundraising is to form a club at his school that will contribute to Seva.



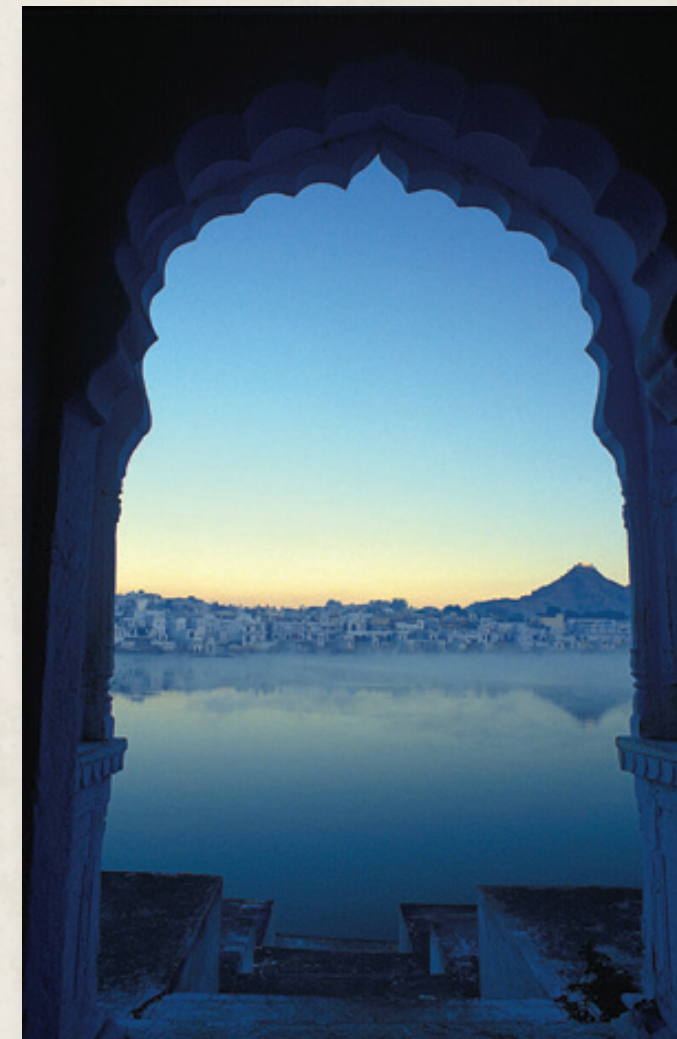
## Wyld Coffee

Wyld Coffee is a brand of premium, fair trade, certified organic coffees that consumers can purchase online and have delivered directly to their doorsteps on a subscription plan or as a one-time purchase. Wyld's mission is to create partnerships with Canadian charities such as Seva where consumers can turn their daily ritual of drinking coffee at home into a way to contribute to a cause close to their heart.

Not only do they make great coffee, but your purchase can help restore sight and prevent blindness. When you purchase a bag, select Seva Canada at checkout and Wyld will donate \$2 to our international eye care programs!

Purchases can be made on their website: [wyldcoffeeco.com](http://wyldcoffeeco.com)

# SPECIAL GIFT FOR LEGACY DONORS



PUSHKAR SUNRISE

Dear fellow Seva Canada supporters,

Would you imagine I was almost trembling with fear while photographing this sublime sunrise in Pushkar, India? An angry pack of feral dogs was close on my heels as I ran down the ghats of this oasis town to get the shot. Just in time, I evaded the dog pack by jumping through a nearby doorway. Now 32 years have passed since I first began travelling to India and Tibet to take photographs for the Seva campaigns that Seva staff, volunteers and I created to fund its sight programs. I often return to those images to savour the memories. Every photograph magically conjures up a recollection, so vital and vivid, and even the stress-related ones are a delight to recall.

In the early days of Seva, many of us wanted to help because we aspired to the deep wisdom of Seva's core messages of "Spirit of Service" and "Compassion in Action". By trying to embody these goals, we tapped into a wellspring of energy to do the service work that was and is so vital. What started out as a volunteer effort on my part grew into full-time work for Seva. Happily this also helped me with my Buddhist practice of "right livelihood", which means making a living in a way that positively benefits others and does not cause harm. I am deeply grateful for that opportunity.

It is in this spirit of service (seva) and gratitude that my wife, Paula Ford, and I have decided to donate my collection of photographs of India and also include a bequest in our Wills to Seva Canada. I am asking you today to please join us in leaving a gift to Seva Canada in your Will.

When you include a gift in your Will to Seva Canada before the end of May 2019, Paula and I will send you a signed print of the photo shown here. To receive your photo, just confirm your intention by contacting Christine at the Seva Canada office office by emailing [fundraising@seva.ca](mailto:fundraising@seva.ca) or calling 1-877-460-6622.

Paula and I look forward to sending you our gift!

May all beings be happy and free of distress.



Paula and I are donating my India collection and including a bequest in our Wills to Seva Canada. Please join us in leaving a bequest to Seva in your Will. When you do, with our appreciation, we will send you a signed print of Pushkar Sunrise.

Learn more at <https://www.seva.ca/special-gift-legacy-donors>

# 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-income countries to receive surgery, glasses and medicine that they need to build brighter futures. For more information, visit our website at [seva.ca/monthly-giving](http://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 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

## HONOURARY PATRONS

The Honourable Lloyd Axworthy  
The Right Honourable Adrienne Clarkson

The Honourable Janet Austin, OBC  
Lieutenant Governor of British Columbia

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