Your Gift Is the Difference Between

This & This

seva.org

Gifts of Sight 2019
You Have the Power to Transform Someone’s Life for as Little as $50.

Your gift will enable Seva to perform a simple 15-minute procedure that will restore sight to one person, improving every facet of that person’s daily life. With more, we can do more.

We have gifts for every budget. And we’ve made it simple to purchase a gift:

- Visit www.seva.org/gifts
- or
- Fill out and mail the envelope included in this catalog.

Seventy-five percent of blindness is treatable or preventable, and our mission at Seva, as a global nonprofit, is to end blindness around the world. Over the past four decades, we have restored sight to 4 million people. Another 36 million in the world are blind. Your gift of $50 or more will help us give the gift of sight to another 2 million people by 2020. Please help.

The people photographed in this catalog are not models. We are proud to show real members of our global ecosystem, many of whom have regained their sight through Seva.
Give a Gift of Sight to Someone Who Desperately Needs It.

“If we kicked smallpox, the greatest killer known to humankind, we can end all forms of needless blindness. We have the science, we are an organization that has also gained the wisdom, now let us ask for the resources to get it done.”

Dr. Larry Brilliant, Seva co-founder

It’s easy to purchase a gift: visit www.seva.org/gifts
You don’t have to be an eye surgeon to change a life. **Cataract surgery takes 15 minutes to perform, and costs $50.** Likewise, a pair of prescription glasses can transform someone’s future in seconds.

**T23: $25**
**The Chance to See**
Glasses and Medicine

For $25, you can transform a person’s life in a remote region of the world by giving him or her prescription glasses and an eye screening. Glasses help children stay in school and help adults maintain their independence.

**T22: $25**
**Education for the Future**
Job Training in Vision Care

For $25, you can provide training, education, and eye-care services to communities in need. This gift goes toward training vision technicians, community health volunteers, and ophthalmologists to ensure that people receive life-changing eye care now and in the long term.

Or fill out and mail the envelope included in this catalog
Cataract Surgery Is Simple to Perform and Costs Just $50.

T1: $50
Give the Gift of Sight
Restore Sight to a Person Who Is Blind

A $50 donation funds a 15-minute surgery that can restore sight to a person who is blind. Your gift supports a lens implant, follow-up care, medication, and transportation. Transform a life by giving the gift of sight.

T3: $150
A Child’s Future in Focus
Restore the Eyesight of a Child

$150 is all it takes to give the gift of sight to a child. This gift provides for specialized pediatric surgery, post-op care, glasses, medication, and transportation. When you restore a child’s vision, you give him or her an average of 50 years of sight and a brighter future.

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It provides one of the most miraculous gifts: clear vision.

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Cataract Surgery Is Highly Effective.

What Is a Cataract?

A cataract is a clouding of the natural lens in the eye.

What Causes Cataracts?

Age is the most common cause of cataracts in the U.S., followed by smoking and diabetes. In developing countries, experiencing prolonged sun exposure without wearing sunglasses is another cause. Eye injuries can also cause cataracts—sometimes many years after the injury occurred.
As clumps of protein build up in the lens, they affect the sharpness of the image reaching the retina.

Over time, the clear lens in the eye slowly changes to a yellowish/brownish color, tinting a person’s vision and making it hard to see colors.

Cataracts typically grow slowly, but over time, the clouding-over effect can severely impact vision.

Cataract removal is one of the safest and most effective types of surgery. In about 90 percent of cases, people who have cataract surgery have better vision afterward.
Women and Children Are Hugely Impacted by Blindness.

A majority of people who are blind and visually impaired around the world are women and girls. Children make up 1.4 million of the total blind population. Give them a second chance to live with a **Gift of Sight**.

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Donate a Life-Changing Gift
to Someone Who Needs It.

Restoring sight is a hugely cost-effective health intervention that reduces poverty—and is a life-changing experience.

**G3: $100**
She Can See Clearly Now
Support Eye Care for Women and Girls

Women and girls represent two-thirds of the blind population. In regions with limited resources, men are often given priority treatment over women. This $100 gift supports programs that give women and girls the eye care they need and deserve.

**G170: See the Need**
General Donation

Empower Seva to put your gift toward the area of greatest need. We provide a wide spectrum of services to people in need—to educate, aid, and help them prevent future eye-health concerns. A general donation will let us meet important priorities.

Or fill out and mail the envelope included in this catalog.
Vision = Freedom

More than 90 percent of people affected with vision impairment live in developing countries, where not being able to see often means a life of poverty—or worse. It’s nearly impossible to work, to feed yourself, or to meet your basic needs when you can’t see.

Yet more than 75 percent of global blindness is treatable or preventable. In fact, more than half of the world’s blindness is caused by cataracts, a condition that can be reversed with a 15-minute operation.

The Ripple Effect

When you give someone the gift of sight, you’re not just helping one person to see again; you’re supporting an entire community. When one person regains sight, the rest of that person’s family can concentrate on work, school, improving their home lives, and helping others in need.
A Gift of Sight:

Breaks the cycle of poverty
Builds brighter futures through new opportunities for education
Leads to improved health
Transforms the future for the person who was visually impaired and his or her caretaker

Where Does the Money Go?
To date, donors like you have helped provide:

71,503 sight-saving surgeries
105,815 pairs of life-changing glasses
216 clinician trainings for medical professionals specializing in cataract surgery, retina conditions, transplants, and more
2,558 women with training to become health volunteers in rural areas

In very remote locations, people with visual impairment might have just one chance to regain their sight—a one-day eye camp run by Seva to effect the greatest change as quickly as possible.

"Seva helps me to fulfill the passion of my life, which is to develop eye-care services in remote rural areas where no eye-care services exist. Though I am far away from Nepal where I was born, I get to travel and interact with colleagues from developing countries and help them fulfill their joy of serving needlessly blind people."

Dr. Chundak Tenzing, Seva’s medical director

T4: $1,500
Sprint for Sight
Support a One-Day Eye Camp

You can restore sight to as many as 30 people who are blind in just one day! Your gift enables Seva to set up and run outreach eye clinics in some of the most remote communities in the world, such as Nepal, Tanzania, Cambodia, and Guatemala.

It’s easy to purchase a gift: visit www.seva.org/gifts
G12: $25
Envision the Future
Wall Calendar

For $25, you can purchase the 2019 Seva Wall Calendar, a 12-month calendar by award-winning international photographer Rebecca Gaal. Proceeds from each sale go directly to restoring a person’s sight.

G10: $100
Send a Clear Message
10-Pack of Gift Cards

Featuring photography by talented international photographers who’ve created images exclusive to Seva, these gift cards are a wonderful giveaway—but also help share Seva’s mission to cure blindness. The proceeds go toward life-changing eyesight programs, and help support the work we do around the globe.

Your 10-Pack Includes These Gift Cards.
Do you prefer to give to causes in the United States? Seva has worked with American Indian programs for 30 years.

Seva Works Closer to Home Too.

T11: $150
Native American Focus
Support Sight for American Indians

For $150, you can improve eye care for American Indians living in resource-poor communities across the U.S. Your donation helps to fund outreach programs, provide eyeglasses and reading glasses, and make sight-saving eye care more accessible.
Keep Your Eyes Healthy

Eye health is important no matter where in the world you live. Keep your eyes healthy with these tips.

+ Get annual eye exams.
In addition to updating your prescription, professionals can catch problems such as glaucoma, diabetic eye disease, and macular degeneration before they start.

+ Eat a healthy diet.
Fruits and vegetables such as leafy greens and carrots can keep your eyes healthy, as can eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

+ Maintain a healthy weight.
Diabetes and other conditions can lead to vision loss, diabetic eye disease, or glaucoma.

+ Know your family history.
Some eye diseases are hereditary. Know your family risks up front.

+ Give your eyes a rest.
When working at a computer, try the 20-20-20 rule: every 20 minutes, look away from your screen at a point 20 feet in front of you. Hold for 20 seconds.

+ Quit smoking (or never start).
Research has linked smoking to an increased risk for age-related macular degeneration, cataracts, and optic-nerve damage, all of which can lead to blindness.

+ Wear protective eyewear.
Wear safety goggles when playing sports or doing jobs that create airborne sawdust or other hazards. Wear sunglasses to protect from UVA and UVB radiation.
Envision a Clear Future for Everyone.

Help transform someone’s life by giving him or her the gift of sight, or provide training and education for individuals who can help others regain sight.

If your **Gift of Sight** is in honor of a friend or loved one, that person will receive a card featuring photography from around the world created exclusively for Seva. You can include a personal message in addition to a description of how your gift will change someone’s life.

> Seva has given so much help to so many people for so many years—such a wonderful example of love in action.

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**Bonnie Raitt**, singer/songwriter
Choose How You Want to Change Someone’s Life.

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  - General Donation
  - **T22: $25 Education for the Future**
    - Job Training in Vision Care

- **T23: $25 The Chance to See**
  - Glasses and Medicine
  - **G12: $25 Envision the Future**
    - Wall Calendar

- **T1: $50 Give the Gift of Sight**
  - Restore Sight to a Person Who Is Blind
  - **G3: $100 She Can See Clearly Now**
    - Support Eye Care for Women and Girls

- **G10: $100 Send a Clear Message**
  - 10-Pack of Gift Cards
  - **T3: $150 A Child’s Future in Focus**
    - Restore the Eyesight of a Child

- **T11: $150 Native American Focus**
  - Support Sight for American Indians
  - **T4: $1,500 Sprint for Sight**
    - Support a One-Day Eye Camp

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