Your Gift Is the Difference Between

This & This

seva.org

Gifts of Sight 2020
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.

Eighty percent of blindness is treatable or preventable, and our mission at Seva, as a global nonprofit, is to end avoidable blindness around the world. Over the past four decades, we have restored sight to 5 million people. Another 36 million in the world are blind. Your gift of $50 or more will help us reach 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.
Vision = Freedom

About 90 percent of people affected with vision impairment live in low and middle income 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 80 percent of all vision impairment can be prevented or cured. 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?
Last year, donors like you have helped provide:

146,166 sight-saving surgeries

84,821 pairs of life-changing glasses

302 clinician trainings for medical professionals specializing in cataract surgery, retina conditions, transplants, and more

1,882 women with training to become health volunteers in rural areas
Cataract Surgery Is Simple to Perform and Costs Just $50.

It’s easy to send a gift to a loved one: visit www.seva.org/gifts
It provides one of the most miraculous gifts: **vision**.

**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.

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Age is the most common cause of cataracts in the U.S., followed by smoking and diabetes. Experiencing prolonged sun exposure without wearing sunglasses is another cause. Eye injuries can cause cataracts.

What Is a Cataract?
A cataract is a clouding of the natural lens in the eye.

What Causes Cataracts?
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 and can result in blindness.

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.

How Do Cataracts Affect Vision?
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 see with a Gift of Sight.

“Put your good where it does the most.”

Wavy Gravy, Seva co-founder

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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 more than half of the visually impaired 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.
Give the Gift of Sight to Someone in Need in Honor of Your Loved One.

“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

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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: $15**
The Chance to See
Glasses and Medicine

For $15, 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.

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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.

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.

T20: $375
Sprint for Sight
Support a Portion of a One-Day Eye Camp

T24: $750
Sprint for Sight
Support a Portion of a One-Day Eye Camp

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

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Our gift pack of 10 gift cards make a wonderful giveaway.

They feature photography by talented international photographers who’ve created images exclusive to Seva.

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.

G12: $25
Envision the Future
Wall Calendar

For $25, you can purchase the 2020 Seva Wall Calendar, a 12-month calendar by photographer Jon Kaplan. Proceeds from each sale go directly to restoring a person’s sight.

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Do you prefer to give to causes in the United States? Seva has worked with Native Nation programs for 30 years.

Seva Works Closer to Home Too.

T11: $50
Native American Focus
Support Sight for Native Nations

For $50, you can improve eye care for Native Nations 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.

**PHOTO CREDITS**
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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.
Choose How You Want to Change Someone’s Life.

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General Donation

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Glasses and Medicine

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Restore Sight to a Person Who Is Blind

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