

# Your Gift Is the Difference Between **This & This**



**seva.org**

**Gifts of Sight 2023**

# You have the power to transform lives.

You can send beautiful cards to your loved ones while helping people in need with **Gifts of Sight.**

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

» Visit [www.seva.org/gifts](http://www.seva.org/gifts)

or

» Fill out and mail the envelope included in this catalog

**According to the World Health Organization, at least 2.2 billion people in the world have a vision impairment or blindness.** At least 1 billion have a vision impairment that could have been prevented or has yet to be addressed. Our mission at Seva, as a global nonprofit, is to end avoidable blindness around the world. Since 1978, we have delivered eye care services to more than 50 million people worldwide. Your gift will help us reach many more in need. **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.



**When you give sight back to one person, you also change the lives of those around them.**

People living with visual impairment often rely on family members and neighbors for their daily needs.



## 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 most 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 surgery.

### 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.

It's easy to send a gift to a loved one: visit [www.seva.org/gifts](http://www.seva.org/gifts)



## A Gift of Sight:

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Breaks the cycle of poverty

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Builds brighter futures through new opportunities for education

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Leads to improved health

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Transforms the future for the person who was visually impaired and his or her family

### Where Does the Money Go?

Last year, donors like you have helped provide:

**687,046**  
sight-saving surgeries

**43,878** pairs  
of life-changing glasses  
for children

**136** doctors trained

**652** ophthalmic  
support staff trained

**255** administrators trained

**2,725** community health  
workers trained

Or, fill out and mail the envelope included in this catalog.

# Cataract Surgery Is Simple to Perform and Costs Just \$50.



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



**T1: \$50**  
**Give the Gift of Sight**

Restore Sight to a Person Who Is Blind

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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

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\$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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# Cataract Surgery Is Highly Effective.

## What Is a Cataract?

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

## What Causes Cataracts?

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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.





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?

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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.

# 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 write your own personal message above Seva's description of how your gift will change someone's life.



G3 - She Can See Clearly Now  
T3 - A Child's Future in Focus



T1 - Give the Gift of Sight  
T22 - Education for the Future



G170 - See the Need  
T23 - The Chance to See



T20 - Sprint for Sight  
T24 - Sprint for Sight  
T4 - Sprint for Sight



T11 - Native American Focus

# Choose How You Want to Change Someone's Life.



**T1: \$50**  
**Give the Gift of Sight**

Restore Sight to a Person Who Is Blind



**T22: \$25**  
**Education for the Future**

Job Training in Vision Care



**T23: \$15**  
**The Chance to See**

Glasses and Medicine



**G3: \$100**  
**She Can See Clearly Now**

Support Eye Care for Women and Girls



**G170:**  
**See the Need**

General Donation



**T3: \$150**  
**A Child's Future in Focus**

Restore the Eyesight of a Child



**T11: \$50**  
**Native American Focus**

Support Sight for Native Nations



**T20: \$375**  
**Sprint for Sight**

Support a Portion of a One-Day Eye Camp



**G10: \$100**  
**Send a Clear Message**

10-Pack of Gift Cards



**T24: \$750**  
**Sprint for Sight**

Support a Portion of a One-Day Eye Camp



**G12: \$25**  
**Envision the Future**

Wall Calendar



**T4: \$1,500**  
**Sprint for Sight**

Support a One-Day Eye Camp

## Women and Children Are Hugely Impacted by Blindness.

According to the International Agency for Prevention of Blindness, 55% of people with vision loss are women and girls. More than 90 million children and adolescents live with some form of visual impairment. 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



It's easy to send a gift to a loved one: visit [www.seva.org/gifts](http://www.seva.org/gifts)

## 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.

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

# 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

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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

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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.**

# Be Bold. Give Generously to Help People with Just One Opportunity to Restore Sight.

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

It's easy to send a gift to a loved one: visit [www.seva.org/gifts](http://www.seva.org/gifts)



## Our gift pack of 10 gift cards makes 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 2022 Seva Wall Calendar, a 12-month calendar by various talented photographers. Proceeds from each sale go directly to restoring a person's sight.

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



## Seva Works Closer to Home Too.

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



### **T11: \$50** **Native American Focus** Support Sight for Native Nations

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

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## 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.

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## PHOTO CREDITS

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1786 Fifth Street  
Berkeley, CA 94710  
1-800-223-7382  
[www.seva.org/gifts](http://www.seva.org/gifts)

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**PAID**  
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# Order your **Gifts of Sight** in 3 easy steps:



## STEP 1: **CHOOSE YOUR GIFTS OF SIGHT**

CODE	GIFT	QUANTITY	AMOUNT	TOTAL
T1	<b>Give the Gift of Sight</b> Restore Sight to a Person Who Is Blind			
T3	<b>A Child's Future in Focus</b> Restore the Eyesight for a Child			
T11	<b>Native American Focus</b> Support Sight for Native Nations			
G3	<b>She Can See Clearly Now</b> Support Eye Care for Women and Girls			
T22	<b>Education for the Future</b> Job Training in Vision Care			
T23	<b>The Chance to See</b> Glasses and Medicine			
T20	<b>Sprint for Sight</b> Support a Portion of a One-Day Eye Camp			
T24	<b>Sprint for Sight</b> Support a Portion of a One-Day Eye Camp			
T4	<b>Sprint for Sight</b> Support a One-Day Eye Camp			
G12	<b>Envision the Future</b> Wall Calendar			
G10	<b>Send a Clear Message</b> Pack of 10 Gift Cards			
G170	<b>See the Need</b> General Donation			
<b>ORDER TOTAL</b>			\$ _____	

Your donations go directly to projects you select unless an item has already met its funding target. In that case, your donation will be applied to the same program area to the best of our ability. Gifts of Sight donations are tax-deductible and a tax receipt will be mailed to you. Federal Tax ID: 38-2231279

### **THANK YOU FOR YOUR SUPPORT!**

Would you mind answering the following questions to help us perform better?

**In what year were you born?**

\_\_\_\_\_

**Due to COVID-19, we are seeing an increase in the cost of delivering safe eye care services and surgery. We thank you in advance for any additional support you can give to help us provide critical eye care services to underserved communities worldwide.**



## STEP 2: **CONTACT & PAYMENT INFORMATION**

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Your Name

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Your Address

Apt.

---

City

---

State

---

Zip

---

Phone:  Work  Cell  Home

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Email:  Please add me to Seva's email mailing list

### **I'd like to give by:**

Check/Money Order *(Please make payable to Seva Foundation)*

Visa  MasterCard  Discover  AMEX

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Credit Card Number

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Expiration Date

---

Signature

Date

STEP 3: **SEND YOUR GIFT CARD** (SELECT ONE)

- Send the gift card to me
- Send the gift card to recipient's address
- I don't wish to receive or send gift cards



Enter your personal message to recipient (maximum of 30 words):

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*For additional gift-recipients and messages, please attach a separate sheet of paper.*

**Send the card to recipient's address below:**

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Gift-Recipient's Name

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Address

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City

State

Zip

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Email

- Please do not trade my name

**Please send me information about:**

- Circle of Sharing: Seva's Monthly Giving Program
- Including Seva in My Will (Estate Planning)
- Employee Matching Gifts
- Stock and Wire Transfers

**FOLLOW US:**



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