



Faces of Hope Faces of Hope

Summer 2024



People making a difference on Hopeful Ways Projects.

"We provide medical & humanitarian services and educational opportunities to improve the quality of life for the people of Nicaragua. We do this with great love, compassion, and a sincere desire to be of service to those living in impoverished conditions."

Providing Hope. Enriching Lives.

President's Message



Hopeful Ways is excited about our first eye care mission clinic in Costa Rica. The location will be Nicoya, the largest town on the Guanacaste peninsula. This mission represents a major expansion in the geographic region being serviced by Hopeful Ways missions.

Hopeful Ways is partnering with the Nicoya Lions Club, Hospital de La Anexion, and local community leaders to bring an eye care clinic to Nicoya. The 1-week medical team will arrive in Costa Rica on January 11, 2025, and is expected to serve 1300 - 1500 needy people.

This newsletter issue highlights this first mission with articles about the mission, our Nicoya partners, the needs of the people, and the Costa Rica lifestyle. I hope this information provides insight into the Costa Rican people, and the value of our mission to serve their needs.

Always in service,

Jim Carlins, President

Save the Dates

Hopeful Ways Eye Care Mission

*Nicoya, Guanacaste,
Costa Rica*

Travel Starts:
January 11, 2025

Clinic Days:
January 13 - 17, 2025

January 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Nicoya Eye Care Mission Dates						
19	20	21	22	23	24	25
26	27	28	29	30	31	

"In serving each other we become free."

~Inscription on Knights of the Round Table in the movie First Knight (Sean Connery & Richard Gere)

Answering Nicoya's Needs

Why take an eye care mission to Nicoya, Costa Rica?

Many Americans view Costa Rica as a relatively prosperous 3rd world country where many Americans retire and vacation. This perception is valid in isolated areas, like resorts and gated retirement communities. However, the interior and rural areas of the country tell a different story.

The first Hopeful Ways Eye Care Mission in Costa Rica will provide services to one of these needy areas. Nicoya is the largest town in the Guanacaste peninsula and is almost an hour drive from the nearest beach community or tourist district. Costa Rica has a national socialized healthcare system which sounds great in theory. In practice, however, Nicoya has only one hospital to serve a wide geographic area containing 450,00 people. While that hospital's facilities appear fairly modern, some upgrades are needed, and the resources cannot support the needs of the people. In particular, there is a shortage of eye care professionals.

This makes eyecare services a serious deficiency for people in the Nicoya region. Currently, over 2,500 people are on the hospital's waiting list to receive an eye exam. It will take well into 2027 for the hospital to see all of these patients, even if no more are added to the list in the interim. Can you imagine waiting 2 ½ years to receive an eye exam?

The January 2025 Hopeful Ways Eye Care Mission will provide a 1-week clinic at Hospital Anexion in Nicoya to meet the immediate eye care needs of about 1500 of the people on this waiting list. The clinic will allow 1500 people to receive clearer vision 2 years sooner. A second 1-week clinic by Hopeful Ways in the future could potentially eliminate the waiting list. What a gift for these people!!!

Hospital Receives IOL Donation

Recently Jim and Loretta Carlins visited Costa Rica to make preparations for the upcoming Hopeful Ways Eye Care Mission in January 2025. During their visit, they met with the Director and staff at Hospital Anexion. They took the opportunity to present the hospital with over 100 IOLs (intraocular lenses) on behalf of Hopeful Ways. The donation will support over 100 cataract surgeries resulting in clearer vision for many needy individuals.



Help From Friends

Hopeful Ways cannot execute an international mission without help from many partners. For the January 2025 eye care clinic, the most notable partner is the Nicoya Lions Club. They have already invested over a calendar year in preparations, including Clearing 2 pallets through Customs and transporting them over 100 miles to Nicoya and storing them for months.

Arranging meetings with various government organizations to gain authorizations for the clinic and its staff, including Anexion Hospital, the Health Ministry, and the College of Optometry.

Arranging for dozens of English-Spanish interpreters to work with the Hopeful Ways volunteers during the clinic. Many interpreters will be volunteer teachers from a local bilingual school.

Providing in-country transportation for all volunteers, equipment, and supplies. This includes airport transfers and daily transportation in Nicoya.

Anexion Hospital has been very supportive during the preparations. Their administrators have been liaisons to gain the required authorizations from other government agencies. They have also opened the hospital resources for the clinic. Six (6) examination rooms, patient waiting areas, and a large space for eyeglass distribution are being dedicated for the clinic's use. The hospital will also be providing lunches in their cafeteria for all volunteers at the clinic. Hopeful Ways cannot complete this mission project without the dedication and enthusiastic involvement of volunteers from our Costa Rica Partner organizations.



Thank You !!! Thank You !!! Thank You !!!

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[HopefulWays.org](https://www.HopefulWays.org)



Our Values

Humility

Outreach

Passion

Enthusiasm



Guanacaste Blue Zone

Where is Guanacaste and what is a blue zone?

Guanacaste is a peninsula on the Costa Rica Pacific coast that was a separate country until it joined Costa Rica in 1824. Nicoya is the largest town in Guanacaste and has been selected as the first Hopeful Ways Eye Care Mission site.

David Buettner from National Geographic coined the phrase “Blue Zones”. A “blue zone” is an area in the world where there is a higher than normal average of people who live to over 100 years old, and live longer, happier, and healthier lives. Why is this? Most likely for a combination of reasons associated with lifestyle and environment: the food and water consumed, family and social relationships, an active lifestyle, reduced stress, and probably other factors. Whatever the reasons, Guanacaste (and therefore Nicoya) exists within a blue zone.



For more information on blue zones, watch the 4-part Netflix series “Live to 100: Secrets of the Blue Zones”, which highlights these areas of the world and investigates the lifestyles of the people.



Pura Vida - Pure Life

The unofficial national slogan of Costa Rica. But it means more than its literal translation - “Pure Life”. “Pura Vida” has come to symbolize the Costa Rica way of life: a simple lifestyle with a cheerful outlook. It is why Costa Rica is often called the happiest country on Earth.

You can hear *pura vida* everywhere and in different contexts, and it’s always a positive expression. Saying *pura vida* can mean “thank you,” “you’re welcome,” “that’s great,” “awesome” or “life is good”.



In Costa Rica, “Pura Vida” expresses pleasure in life lived to its fullest.





8th Annual Bicycling to Restore Sight

This 8th annual Bicycling to Restore Sight Fundraiser's **Goal is \$2,000**, which will be used to provide cataract surgeries for the needy and to defray startup costs associated with executing the first Hopeful Ways Eye Care Mission in Costa Rica.

Cataract surgeries in Nicaragua are supported by Hopeful Ways in cooperation with Nicaraguan Lions Clubs and FONIPRECE Eye Surgery Clinic. Each \$200 delivers a cataract surgery to restore sight for a needy person.

The Nicaraguan Government has implemented restrictions on the transportation of goods. Therefore, Hopeful Ways cannot move its existing optometry equipment from Nicaragua to Costa Rica. New or used equipment must be purchased to outfit the Costa Rica Clinic.

The theme for this year's ride is: ***"Sweets for Sight"***

The exact date and route for the ride are still TBD, but the route will definitely include a rest stop at an ice cream shop. Riders must replenish their energy.

Follow **Jim Carlins** and **Hopeful Ways** on Facebook for updates on this fundraiser (www.facebook.com/jjcarlins and www.facebook.com/hopefulwaysorg respectively).

For more information, or to join Jim on the ride, contact:
Jim Carlins at jjcarlins@gmail.com or 716-909-8942

Donate via credit card on the Hopeful Ways website:
www.hopefulways.org

– or –

Mail a check to:
Hopeful Ways, PO Box 1037, Getzville NY 14068

Hopeful Ways is an all-volunteer 501c3 non-profit organization.
100% of donations support much-needed and valuable services.

Thank you for your support !!!





Many thanks to Hopeful Ways' Partners and Sponsors for their continued cooperation and support. The success of our mission is a credit to their commitment and generosity.

Partners



USA, Nicaragua
Costa Rica



Nicaragua Mission Project

PROVIDING HOPE. ENRICHING LIVES.

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