



a mission with vision

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## FIRST QUARTER 2026 NEWSLETTER

### 2026 IS OFF TO A GREAT START

As we close out the first three months of the year, we at **Eye Doc in a Box** are excited by the work we have accomplished with all of you. This should be another great year of honoring the Lord through following His commandments to love your neighbor (Matthew 22:39) and make disciples of all nations (Matthew 28:19-20)...all through the connections made possible by eyeglasses. Read on for details.

### WHO WE ARE

**Eye Doc in a Box** is a nondenominational, evangelical, Christian organization whose goal is to help meet the eye care and spiritual needs of the millions of people who need eyeglasses but do not have access to them. We do so by training and equipping primarily lay people for this work. Everyone can participate: Pray, Give, Go.

### TRAINING NEWS

We at **Eye Doc in a Box** are humbled by your trust in us in preparing you for your upcoming mission trips or work in your ongoing in-country clinics. In addition to now weekly in-person or Zoom training sessions in the United States, we have lead training sessions in Egypt, Guatemala, and Zambia this quarter. In addition, we now have our training materials translated into Spanish.

As you are planning your next clinic, note that you will need to have your refraction kits available in the training session for the planned practice with the tools. And where possible, schedule your training session about six weeks before your departure date so that training content is both fresh and participants have sufficient opportunities to practice before they leave for the field.

### SUNGLASSES ARE MORE THAN A FASHION ACCESSORY

They may look fun, but sunglasses have a serious job: they protect eyes from harmful ultraviolet (UV) rays. The eye absorbs UV rays which can result in external and internal damage to the eye. The longer eyes are exposed to UV rays without protection, the greater the risk of developing serious eye problems. Extended exposure to the sun's UV rays has been linked to significant eye problems and diseases, which include:

- **Pinguecula** causes harmless growths on the conjunctiva. The conjunctiva is the clear, thin membrane that covers part of the front surface of the eye and the inner surface of the eyelid. The growths can cause redness and irritation.
- **Pterygium** is a growth of fleshy tissue that may start as a pinguecula. It can remain small or grow large enough to cover part of the pupil, which is when it can affect vision.
- **Cataracts** are when the lens of the eye gets cloudy. While age is the number one risk factor to the formation of cataracts, large studies show that cataracts are also linked to environmental factors such as UV exposure. Among the many conditions linked to UV exposure, the formation of cataracts stands out as the leading cause of preventable blindness worldwide.

**Eye Doc in a Box received a generous donation of 2000 eyeglasses from our partner Restoring Vision. Until they are gone, some will be included at no charge with every order of prescription glasses. Thank you, Restoring Vision!**

## FOLLOW US

In addition of staying connected with **Eye Doc in a Box** on our webpage ([eyedocinabox.com](http://eyedocinabox.com)), we are now available through Facebook and Instagram.



And a shout out to our Social Media leader, Camille Stephens. In addition to this great work, she was recently seen on Fox & Friends. Camille's cameo appearance can be found at the 3:15 mark.

[https://youtu.be/D8Vv4L2R\\_eA](https://youtu.be/D8Vv4L2R_eA)



## MATH PHOBIA?

For many individuals, growing uncomfortable with math starts in early childhood. There may be feelings of panic, wondering “What do I do with these numbers?” These same feelings can come back as adults. It has nothing to do with the person’s intelligence, instead it was developed due to a number of experiences as well as the way our brains react to stress.

To minimize the stress associated with adding positive and negative numbers when combining flippers in a refraction kit, **Eye Doc in a Box** has replaced the 4.25 flipper with a 4.00 flipper. Combining flippers is now as easy as counting 1, 1.5, 2, 2.5, 3, 3.5 and so on.

If you would like to replace your 4.25 flippers, just contact us to purchase 4.00 flippers. They are available at a cost of \$25 plus shipping.

## OUT & ABOUT

**Eye Doc in a Box** exhibited at the Mobilizing Medical Missions (M3) Conference in February. It was great seeing the many of you who stopped by to learn more or to say hello and share stories. In June, we will be exhibiting at the Southern Baptist Annual Meeting in Orlando as well as the Presbyterian Church of America General Assembly in Louisville. If you will be attending either of these sessions, please stop by our booth. We love to say hello and get your picture!

## PLEASE GIVE...YOUR DONATION IS NEEDED

We need your donation to accomplish our work in 2026. **Eye Doc in a Box** is scheduled to exhibit at more conferences next year, and every conference has exhibit fees. These conferences...both missions focused and annual denomination meetings...are our most cost-effective means for building awareness of **Eye Doc in a Box**. Our plan to provide our training manuals and presentations in Spanish has been accomplished. Qualified translation services were needed to ensure that content was accurately interpreted, enabling us to engage “even more” teams throughout Central and South America. Our plan to engage more people in the outcomes of the work being done by teams trained by **Eye Doc in a Box** by standing up and maintaining a robust Facebook and Instagram presence has begun. And while these are all positive areas of growth, one negative area of growth impacting **Eye Doc in a Box** is that of costs. The cost of new eyeglasses, which we use to supplement those from the Lions Club, continues to rise. Please visit our website for details on how to donate: [www.eyedocinabox.com/donate](http://www.eyedocinabox.com/donate). *Eye Doc in a Box is a registered 501(c)(3) non-profit organization. Your donation is tax deductible to the extent allowable by law. No goods or services are provided by Eye Doc in A box in return for any contribution.*

## CUE THE MUSIC

At the church service following the M3 Conference, the praise band sang an amazing song which has become our unofficial theme song for 2026. Each time you reach out for more supplies, to schedule another training session, to ask questions, or to make a donation, we are prompted to play it. Enjoy! Thanks for being our miracles.

<https://www.youtube.com/watch?v=5pUdr9Jj3k>