



PO Box 1037
Getzville, New York 14068 USA
Email: Hopeful@HopefulWays.org
www.HopefulWays.org
EIN # 46-3069446

November 7, 2025

2026 Hopeful Ways Mission Summary

The Hopeful Ways Eye Care Mission to Nicoya, Costa Rica will occur January 24 to February 1, 2026. The Nicoya Lions Club will provide local support for the mission team, including pre-trip preparation, logistics coordination, and ground transportation.

The eye care mission goals are to bring timely, quality and free eye care to improve the vision for people who otherwise would not have access to these services. This is done through comprehensive eye exams to generate a vision prescription, and delivering the appropriate eyeglasses, whether prescription or reading glasses. Sunglasses are provided for all patients to protect their eyes from irritants, such as bright sunlight, dust wind and smoke. Expensive exposure to eye irritants can cause pterygium, a growth on the eye that must be removed surgically and which is prevalent in Central America. Safety glasses are also dispensed to patients based on their employment conditions. Patients identified with other eye abnormalities, such as cataracts, are referred to the hospital ophthalmologist for follow-up examination and treatment.

The Hopeful Ways Eye Care Mission to Nicoya Costa Rica is proceeding on schedule with no identified obstacles. The clinic will be located within Hospital La Anexión in Nicoya, which is providing extensive use of their facility and staff, as well as daily lunches and snacks for all volunteers. A typical eye care mission will treat 900 to 1500 patients during a week-long clinic depending on the patient population and the severity of vision issues identified.

The 17 member Hopeful Ways team consists of 6 eye care professionals (1 Ophthalmologist, 3 Optometrists, 2 Opticians). The remainder of the team includes 4 other medical professionals (2 RNs, 1 OB/GYN, 1 Veterinarian) and 7 non-medical support volunteers. 5 team members are also WNY District 20-N Lions (1 Pendleton, 1 Kenmore, 2 Lockport, 1 Barker). Approximately 40 Nicoya Lions will provide logistics, patient registration, transportation and general support during the clinic as well as 20 hospital staff members.

Providing Hope. Enriching Lives.

The 2026 mission will also execute 3 small research projects. This opportunity will bring grant money allowing the purchase of new equipment that will improve the level and quality of eye care that is delivered. The projects will identify (1) barriers to care, (2) intervention opportunities for care, and (3) early detection of eye diseases. The Nicoya Lions will be instrumental to the completion of these projects.

Equipment and supplies to support the mission come from various sources. Eyeglasses are sourced from the Lions Eyeglass Recycling Program. Equipment is obtained through donations or used equipment and grants from foundations. Medical supplies are obtained through material grants from foundations or purchased on the open market.

The Hopeful Ways Team logistics are coordinated by the Nicoya Lions. This includes ground transportation from/to LIR airport and daily ground transportation between Hospital La Anexión and the hotel. The Lions also help with arranging accommodations at the Wilson El Regalo Hotel in Nicoya. The Hopeful Ways Team enjoy group meals with breakfast at the hotel, lunch at the hospital cafeteria and dinner at a local restaurant (typically walking distance).

For questions regarding the mission, contact:

Jim Carlins, Hopeful Ways Mission Project Manager
jjcarlins@gmail.com or 716-909-8942 (mobile)

Providing Hope. Enriching Lives.