



Hope for Healthcare: SLO Noor Newsletter

Upcoming Specialty Clinics



If you or someone you know doesn't have insurance, we have options.

For those in need of their yearly mammogram screening, SLO Noor is working in conjunction with Dignity Health to offer a free checkup coming this October.

Learn more about these

Thank you! We Had a Blast!



Or should we say "boogie"? Either way, thank you to all who attended our Eye Will Survive! Disco Benefit. Your support will assist in providing healthcare to the uninsured as well as prescription glasses to those in need through the SLO Noor Foundation and **I Care International**.

It's easy to forget how dependent we all are

specialty clinics on our Facebook page in the link below. ▲

[Learn More](#)

on simple things, things like a pair glasses. You forget them on your nightstand, on the coffee table, even on top of your own head, but for so many people in the United States and beyond, prescription glasses are a necessity yet pretty much inaccessible.

(continued below)

And when you consider the equipment and procedures necessary to prescribe a pair of glasses to someone, they become so much more valuable.

I Care International's efforts to supply prescription glasses for those in need is no less complex, and is one of great time, effort, and care. This process, as one can suspect, begins with donation, and as glasses are donated and collected, several important steps must be taken in preparation for their redistribution. The first of these is to wash and make smaller repairs to each pair of glasses received, and considering the volume of glasses that I Care International handles, this task would be quite daunting if it were not for the generous help of their volunteers.

And yet, after all effort to reach this point, the glasses are still not quite ready to be shipped out because understandably, it'd be a shame to mail out a prescription that wasn't as close as possible to that of the person in need. This is why I Care International gained, at no small feat, access to a lensmeter--an industrious piece of optometry equipment that can find the exact prescription of any pair of lenses.



Once the prescription of each pair is determined, they are labelled, boxed, and ready to go, lined up in hundreds of boxes to be sent to places where they will be upcycled and appreciated, such as Zihuatanejo in Mexico, San Lucas Toliman in Guatemala. There, teams of optometrists, assistants, and translators set up clinics that, in a matter of days, must meet with patients, determine their needs, and distribute the glasses.

At these appointments, optometrists must work with the limited equipment they've been able to bring such distances and work fast. Assistants and other volunteers are scattered across the clinics, helping with anything from organizing the crowds into lines to finding the closest possible prescription glasses for each patient. Translators sit attentively next to each patient in order to assure that they can make the most of their short visit. In some instances, chains of translators are required to get various Latin American languages translated into English. This works almost like a game of telephone yet much more involved as languages such as Kaqchikel are translated into

Spanish and from Spanish into English.

All these steps, while complicated, are essential and life-changing for the people in these countries.

For people whose ages range from six to sixty, these are the first pairs of glasses they have ever received

and they make an enormous difference in their quality of life. For those with I Care International, the work is laborious, but worth all the effort to make the lives of these people more than a little clearer. Not a bad cause to support while getting down at the disco. ▲



Over the past year, we've seen tremendous growth at SLO Noor.

In fact, we've helped nearly twice the amount of patients and expect to see a similar rate of development in 2018. Because we've been able to reach and help more uninsured locals in the Central Coast and because of three substantial grants we've received recently, we expect to expand upon our dental facilities and services coming very soon.

Within the past month, **Delta Dental**, **California Wellness Foundation** and **The City of Pismo Beach** awarded the SLO Noor Foundation a combined total of \$280,000, much of which will be focused on our dental clinic and services. This comes as great news to both us at SLO Noor and to individuals within our community without dental care, a population which nearly doubles

that of those without general healthcare. Individuals within this population regularly withstand or "wait out" oral pain until it becomes intolerable, requiring immediate and intense treatment in hospital emergency rooms.

And according to **recent studies**, not only does poor oral health frequently cause significant pain, but it quantifiably lowers one's quality of life as a whole. This means that, while sustaining constant discomfort, people without access to dental care and treatment suffer higher levels of anxiety and general unhappiness due to altered abilities to chew and talk. As a result, the success and satisfaction people find in their work and school lives are negatively affected.



That doesn't mean that there isn't light at the end of the tunnel. With the help of community support and medical volunteers, we at SLO Noor are able to conduct an array of dental procedures from regular dental cleanings to root canals. Our facilities currently house several dental engines complete with all the tools and equipment you'd see in any other dentist's

chair. And while much of these funds will go towards equipment purchases and upkeep, another portion will help regularly man these stations with a dental assistant. With this in mind, we hope to expand our hours and outreach, planning to pull from our waitlist and attract dentists willing to volunteer in support of SLO Noor's mission to provide our uninsured locals with the dental care they need.

At our clinic, we've seen serious oral conditions turned into smiles, affirming that quality dental care, like healthcare, is a right that everyone deserves. We're thankful for the grants, excited for new development, and happy to say that the ball is rolling. With your continued help and support, we'll keep it that way. ▲

[Check Us Out](#)

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