



Unlimited Potential

FY 2021-2022 Annual Report

Mission Unlimited Potential ignites unity, pride, and dignity through education and advocacy.

Vision Equitable opportunities grounded in acceptance and respect, promoting strong individuals, families, and communities.



Healthy Living



Healthy living oversees multiple projects such as the Health Start program which works to support and prepare prenatal mothers till their child turns 2 years through in-home visits, classes, mental health checks, and more. The Garden and Farmer's Market (every Saturday) provide 6 paid positions and engage the community with nutritious food. Fresh Connections distributes fresh produce from local farmers to families and senior centers. The Abriendo Puertas program, opened in April 2021, helps guardians prepare their children for success in the future.

16

Food Distribution sites **each serving**

20-50

Families

184

Families currently registered for Health Start

Around

5,460

Totes of fresh food were distributed 2021-2022

Adult Education



Unlimited Potential recommitted to community education and academic support by creating the Adult Education Department in 2021. This last year, Unlimited Potential became certified as a Community Health Worker (CHW) Training Site and currently trains 61 CHWs. Each CHW undergoes 32 weeks of Core Competency training, mandatory monthly education, and specialized training for their roles. Department changes include 4 new levels of English classes, placement exams, and a new textbook. The department provided ESL services to St. Vincent de Paul Parent Education Program from 2021-2022 and will continue to through 2023.

7

Students expected to graduate with GED Diplomas by end of year

63

Enrolled in Adult Education Courses

4

Adult Education course services provided to St. Vincent de Paul and Lutheran Services

Disease Control & Prevention



Disease Control & Prevention organizes 50 health education classes (i.e. vaccines, asthma, chronic disease, COVID-19) and 48 Core Competency classes (discussing CHW skills) year round. Working as a contractor for CDC, Unlimited Potential has continued to work on the Million Hearts, Tobacco Cessation, Tomando Control, and is a licensed Diabetes Empowerment Education Program (DEEP). Tomando Control and DEEP are programs teaching preventative methods for managing chronic disease which were held 6 days a week for 2 months. 72 people enrolled and completed DEEP offered at Unlimited Potential.

212

Hours of Health Education for CHWs

76

Health Fairs **per year**, offering resources and information to the community

Of **900** community members,

38%

were informed of a blood pressure **130/90 or up** and connected with health providers

Environmental Justice



Unlimited Potential has been working on heat mitigation strategies such as the Cool Island tree planting project in West Mesa, climate and health workshops, a summer cooling center, and air conditioning services. The Cool Island project, spearheaded by ASU, planted over 350 trees from April 30th to May 7th. In May 2021, Unlimited Potential helped 27 people sign up for air conditioning services funded by Arizona Public Service and Foundation for Senior Living; currently, 6 participants have received air conditioning. Other projects include Healthy Roots focused on nutrition and how to plant, cook, and identify nutritious plants native to Arizona.

15

Climate and health workshops reaching

300

Community members

10,000

Asthma and pollution flyers distributed

1 Cooling Center sheltering

24

Community members **per week** since June 2021

Volunteer & Community Outreach



Unlimited Potential's volunteers and CHWs support many programs and community outreach efforts in all departments. All 216 volunteers attend trainings, health workshops and share with their communities. This year, volunteers spoke to over 900 people about health issues like hypertension, diabetes, cancer, and helped gather data from focus groups. Many CHWs that begin as volunteers are trained by Unlimited Potential and participate in several programs. Projects that incorporate outreach include everything from health fairs and the community garden to workshops and Fresh Connections.

CHWs volunteered

13,288

hours January 2021- June 2022

36

New volunteers of

216

Volunteers reached **over**

2,630

Community members through health fairs, Saturday markets, special events, and more

Unlimited Potential Funding Distribution

FY 07/01/2021 - 06/30/2022

Secured Funding

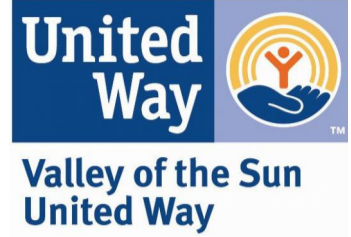
Donations	\$	10,242.86
Service Revenue	\$	22,553.10
Contributions	\$	142,435.70
Grants	\$	1,322,456.29
Total	\$	1,497,687.95



Thank you to our Partners:



ARIZONA DEPARTMENT
OF HEALTH SERVICES



PINNACLE
PREVENTION
Growing healthy families and communities.



American
Heart
Association.



Board of Directors

Hunter Perlmeter
Betty Crisanti
Joan Brunner
Fabiola Perez
Michelle Moreno
Kathryn Marquoit
Alberto Rodriguez

Chair
Co-Treasurer
Co-Treasurer
Co-Secretary
Co-Secretary
Member
Member