



OCTOBER-DECEMBER RECAP



OPERATIONS TEAM

QUARTERLY REPORTS

HEALTH FAIRS

WE'VE HAD HEALTH FAIR CONTRIBUTION IN VARIOUS WAYS AND LOCATIONS. WE'VE BEEN INVOLVED IN 32 DIFFERENT HEALTH FAIRS WITH A TOTAL ATTENDEE ENGAGEMENT OF 501 PEOPLE, AND 141 PARTICIPATION HOURS.



COMMUNITY THERAPY



WE'VE CONTINUED DOING OUR COMMUNITY CIRCLES. WE'VE HELD 14 SESSIONS IN TOTAL, WE HAD 123 PARTICIPANTS, AND 28 HOURS INVESTED ON BEHALF OF THERAPISTS.

AHCCCS

ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM IS A PROGRAM THAT IS FUNDED BY MEDICAID. IT IS CATERED TOWARDS FAMILIES AND INDIVIDUALS OF LOW INCOME SO THAT IT CAN HELP COVER THEIR MEDICAL NEEDS AMONG OTHER NECESSITIES. HERE AT UP WE HAVE STARTED A PROGRAM SO WE CAN ASSIST OTHERS IN SIGNING UP. KAREN ANAYA TOOK CHARGE OF THIS PROGRAM AND HAS HELPED OVER 12 FAMILIES FOR THIS QUARTER.



EXTRACURRICULAR CLASSES

THIS SEMESTER WE HAD THE PRIVILEGE TO PROVIDE CLASSES SUCH AS PIANO, GUITAR, SEWING, TECHNOLOGY, AND READING FOR PARENTS WITH THEIR CHILDREN.

THERE WERE 11 CLASSES FOR TECHNOLOGY AND WE HAD A TOTAL OF 6 STUDENTS THAT SIGNED UP WITH A TOTAL OF 22 HOURS PARTICIPATED

FOR PIANO, GUITAR, AND SEWING THERE WAS A TOTAL OF 14 STUDENTS COMBINED WITH 66 HOURS PARTICIPATED



CHWS CLASS



EVERY SEMESTER AT UP WE HAVE THE HONOR OF SERVING OUR COMMUNITY BY PROVIDING CLASSES REGARDING TOPICS THAT THEY CHOOSE OR VOTE ON. THE MAJORITY OF THE CLASSES ARE MEDICAL OR HEALTH SUBJECTS LIKE CHRONIC ILLNESSES, AND OTHER TOPICS LIKE ENVIRONMENTAL JUSTICE, FINANCE, AND PERSONAL DEVELOPMENT. WE REACHED 812 COMMUNITY MEMBERS, AND INVESTED 20 HOURS, AND 10 CLASSES. THERE WERE 6 CLASSES ON CHRONIC DISEASES, 3 ON ENVIRONMENTAL JUSTICE, AND ONE ON PERSONAL DEVELOPMENT.

HEALTH CLASSES

OUR HEALTH CLASSES ARE COMPOSED OF DIABETES PREVENTION PROGRAM (DPP), AND DIABETES EMPOWERMENT & EDUCATION PROGRAM (DEEP). IN TOTAL WE'VE HAD 24 STUDENTS, 14 CLASSES, AND THE TOTAL TIME INVESTED TOWARDS THESE PROGRAMS ARE 72 HOURS.



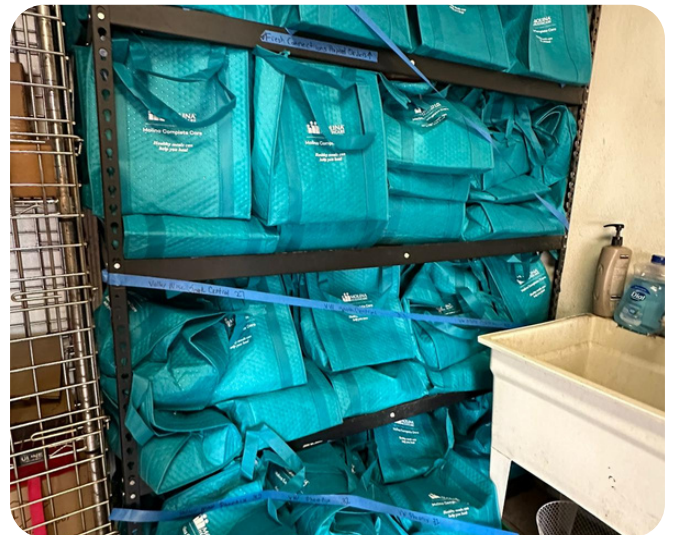
GROW WITH GOOGLE



FOR PEOPLE WHO ARE JUST STARTING A BUSINESS OR HAVE HAD THEIR BUSINESS FOR YEARS, GROW WITH GOOGLE HAS BEEN AN AMAZING CONNECTION FOR THEM BECAUSE OF THE RESOURCES AND TOOLS THAT MARY RABAGO HERSELF INTRODUCES TO THEM THROUGH THESE CLASSES. THERE WAS 6 SESSIONS WITH A TOTAL OF 198 PARTICIPANTS, AND 6 HOURS IN TOTAL.

HEALTHY TOTES

UNLIMITED POTENTIAL HAS PARTNERED UP WITH SEVERAL ORGANIZATIONS TO FORM THE PROGRAM FRESH CONNECTIONS WHICH PACKS FRESH PRODUCE FOR LOW INCOME COMMUNITIES IN AN EFFORT TO BATTLE FOOD INSECURITY. THERE WERE A TOTAL OF 1,158 TOTES DISTRIBUTED



SPACES OF OPPORTUNITY

SPACES OF OPPORTUNITY IS A COLLABORATION OF UNLIMITED POTENTIAL ALONG WITH OTHER ORGANIZATIONS TO PROVIDE SUSTAINABLE, FRESH PRODUCE AND FARMING OPPORTUNITIES TO SOUTH PHOENIX. WE OFFER FARMERS MARKETS ON SATURDAYS TO ENSURE THE COMMUNITY IS INVOLVED. FOR THIS QUARTER WE HAD 4 FARMERS MARKET EVENTS WITH 66 VENDORS PARTICIPATING AND A TOTAL ATTENDANCE OF 1,056 COMMUNITY MEMBERS!



YOGA



WE HAVE 2 DIFFERENT YOGA CLASSES OFFERED. ONE IS WITH MARICARMEN VIZCAINO AND THE OTHER CLASS IS A YOGA AND MEDITATION CLASS WITH KIRAN SHAH, ONE OF OUR VERY OWN BOARD MEMBERS TO IMPROVE MENTAL HEALTH. THERE WERE 13 CLASSES WITH 66 PARTICIPANTS. THESE SESSIONS IN TOTAL WERE 18 HOURS

HIGHLIGHTS

FOR THE HOLIDAY SEASON SOME OF THE COMMUNITY HEALTH WORKERS WENT TO VISIT THE SENIOR CENTER AT GUADALUPE TO BRING GIFTS AND HAVE FELLOWSHIP WITH THE RESIDENTS BRINGING THEM HOLIDAY CHEER FOR THE SEASON OF GIVING.

SENIOR CENTER OUTREACH



UNLIMITED POTENTIAL IS GLOBAL!



AS OF NOVEMBER 13, UNLIMITED POTENTIAL'S DESERT EDIBLES AND UNLIMITED POTENTIAL ITSELF BECAME GLOBAL THROUGH THE GOOD MARKET WEBSITE.

GOOD MARKET IS A DIGITAL COMMONS THAT MAKES IT EASIER TO FIND AND CONNECT WITH SOCIAL ENTERPRISES, COOPERATIVES, RESPONSIBLE BUSINESSES, CIVIC ORGANIZATIONS, NETWORKS, AND CHANGEMAKERS WHO ARE CREATING A BETTER WORLD.

END OF THE YEAR CELEBRATION!

ON DECEMBER 15 THERE WAS A CELEBRATION FOR ALL THE PARTICIPANTS OF UNLIMITED POTENTIAL AND THEIR FAMILIES TO CELEBRATE A YEAR OF HARD WORK AND COME TOGETHER TO COMMEMORATE ANOTHER SUCCESSFUL YEAR FOR UNLIMITED POTENTIAL! THERE WAS AN ATTENDANCE OF OVER 100 PEOPLE WITH GAMES, RAFFLES, AND FOOD MAKING THIS CELEBRATION ONE TO REMEMBER!



A SPECIAL THANKS TO MARY RABAGO FOR PROVIDING THE RAFFLE GIFTS!