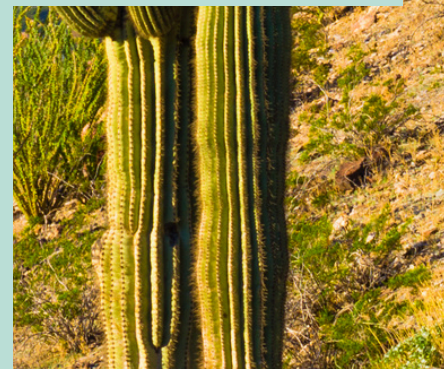




# Annual Report

2024-2025

Explore More



# Vision

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

and

# Mission

To ignite unity, pride, and dignity through education and advocacy



# Board of Directors



**Hunter Francis Perlmeter - Chair**

**Joan Nancy Brunner - Co-Treasurer**

**Karina Feliz - Co-Treasurer**

**Fabiola Perez - Board Secretary**

**Alberto Rodriguez - Member**

**Mary Rabago - Member**

**Kiran Shah - Member**

**Jeanine Bashir - Member**

**Betty Bauder Crisanti - Member**

**Diana Apresa - Member**



# Letter from the Executive Director

## Dear Friends and Partners,

This year we celebrate our 40<sup>th</sup> year anniversary. As we reflect on the past 40 years, we are reminded of the enduring truth: change is inevitable, but our response to it defines who we are. At Unlimited Potential, we have learned not to resist change, but to observe, adapt, and plan with intention.

We often remind our participants that the choices they make today shape both their present and their future. That wisdom continues to guide us as an organization. Today, change comes faster and uncertainty feels greater—but our focus remains steady. Our task is not to predict the future, but to stay grounded in the present, to understand the reality of our circumstances, and to serve our communities with clarity and purpose.

Education has always been our foundation. It empowers individuals to build stronger families, healthier lives, a skilled workforce, and more vibrant neighborhoods. Each day, we make a conscious choice to move forward.

Unlimited Potential was founded to ignite unity, pride, and dignity through education and advocacy. That mission continues to transform lives and communities. We develop leaders. We create opportunities for growth. We strengthen communication, foster imagination, and identify risks before they become barriers.

Every encounter, every program, and every act of service represents an opportunity—to invest in ourselves, in one another, and in the shared future we are building. As we celebrate 40 years of impact, let us honor our past, embrace our present, and continue our pursuit of a better future—one grounded in knowledge, compassion, and the courage to act.

Sincerely,

Emma N Viera, PhD, MPH  
Executive Director





# Healthy Living Programs: Getting Back to Basics

Together, creating a culture of health

-Ana Guzman, Director of Healthy Living

## Diabetes Programs

Total Encountered: 227

### Diabetes Prevention program

Over the past year, 102 participants enrolled in the Diabetes Prevention Program, achieving an impressive 95.5% attendance rate. On average, participants increased their physical activity from 0 to 200 minutes per week. Of the 25 individuals who completed the year-long program, 50% achieved a weight loss of 10–27 pounds and reported adopting healthier eating habits.

### Diabetes Self-Management & Support

A total of 109 participants engaged in our six-week workshops, with 84 successfully completing the program. Community Health Workers provided individualized support to 26 participants living with diabetes, resulting in an average A1c reduction of 2–3 points. Participants also demonstrated meaningful improvements in blood pressure

### Peer Training

This year, 16 peer educators were trained to expand community outreach. Together, they participated in 62 health fairs, reaching 1,870 individuals. In addition, 79 A1c tests were administered, supporting early detection and prevention efforts

### Health Start

This year, 48 families were served through the distribution of car seats, playpens, and booster seats



### My Health Comes First

Over the past year, Unlimited Potential delivered six four-week workshops to 125 participants, with 50 completing the full program. In addition, 100 fresh food bags were distributed to support community health and nutrition.



### DUET

Spanish-language program that supports Latino caregivers by providing education, resources, and tools to help them care for loved ones while maintaining their own well-being

43 Family caregivers supported through this program



# Healthy Living Programs: Getting Back to Basics

## Community Engagement

### Health fairs

**88** Health Fairs

**2,922** Community members reached



### Parenting Programs

**18** Parents successfully completed the 10-session workshops of **Abriendo Puertas**

**15** parents completed our reading program **Padres/Madres Leyendo**



### Community Circles

**55** Community Circles

**388** Community members participated



Total Encountered

**3,343**

## Wellness Programs

Unlimited Potential offers classes and programs that encourage movement, mindfulness, and wellness for a healthier community.

**Hiking: 61** participants total across multiple sessions



**Canning Classes: 14** participants

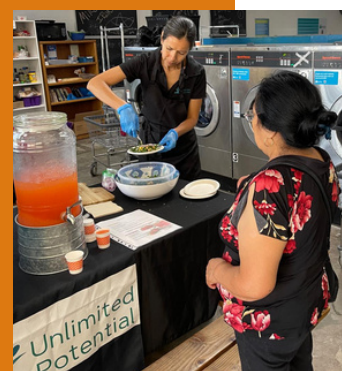
**Nutrition Classes: 9** participants

**Emergency Backpack Class: 38** participants

**Cancer Prevention Workshops: 16** participants completed **6** sessions

**Social Spin: Around 1,680** pounds of fresh produce given to the community

**Coming Soon: Tobacco Prevention Program 2025!**



Total Encountered  
**138**



# Healthy Communities: Transforming Communities

What matters to local people is what makes a healthy community. As a team of local people, we are focused on a common interest of bringing change where it matters most - the neighborhood level. I am grateful for our team, community members, and partners, who care about the same things and whose strengths and perseverance make a difference.

-Tawsha Trahan, Director of Healthy Communities

## Environmental and Climate Action

### Food Waste Diversion & Composting

**1** Composting Program  
116 individuals reported increased knowledge of Environmental Stewardship



**101** Pounds of food were diverted from the land fill



## Community Engagement and Leadership: Total Encountered 556

Our Neighborhood Committee brings together residents to discuss local issues, plan improvements, and strengthen community connections

**5** Neighborhood Committees established  
**271** Total Attendees

### Neighborhood Workshops

**5** Workshops in 5 neighborhoods  
**285** Total Attendees



### Tree Planting & Shade Projects

Thanks to our American Forestry grant our Tree Planting and Shade Projects increase green space, provide shade, and engage the community in tree care and environmental learning:

<b>Trees Planted</b>	16
<b>Trees Receiving Maintenance</b>	12
<b>Knot Tying &amp; Tree Care Learning Session Attendees</b>	14
<b>Urban Forestry Education Classes Offered</b>	3
<b>Community Members Participating</b>	29

Environmental Education classes teach residents about sustainable practices, local ecology, and ways to care for their community's environment.

**3** Urban Forestry Education Classes offered

**4** Sonoran Shade for All workshops

**1** Arboriculture 120 hour Paid learning program



# Creating Career Opportunities: Workforce Development

## Core Competencies

The Core Competencies Program prepares Community Health Workers (CHWs) for certification by building foundational skills in communication, advocacy, health education, and service coordination to better serve their communities.



**11** CHW education classes

**12** Online training sessions

**300+** CHWs reached through our online trainings



## Arboriculture Program

We provide a 10-week, 120-hour certification in tree care, equipping adults from low-income communities with hands-on training, professional tools, and an educational stipend. The program opens pathways to high-wage jobs while promoting tree canopy growth, cleaner air, wildlife habitat, and water conservation in Phoenix

**8** Students

**86%** Graduates employees in related full-time jobs

**87%** Graduation rate

**14%** Graduates employees in related part-time jobs





# Adult Education: Education and Empowerment

Adult Education concluded the 24–25 school year with a graduation and certification event celebrating the achievements of nearly 500 first-generation immigrants, refugees, and community members. In partnership with DES, Lutheran Social Services, and St. Vincent de Paul Catholic School, participants advanced through ESL, ELT, GED, and Technology classes, strengthening their families' and communities' socio-economic mobility. We also supported the first cohort of Arborists with Healthy Communities and look forward to expanding Workforce Development programs next year.

-Isabel Campana, Director of Adult Education

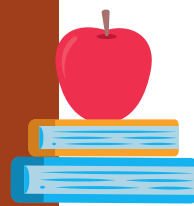
## GED

General Education Development

High School Equivalency Diploma

**83** Total enrolled GED students

**10** GED graduates



## ESL

English As A Second Language

Multi-Level English Instruction for Adults

**114** Total enrolled ESL students



## Extracurricular Classes

## ELT

English Language Training For Refugees

Refugee Resettlement Services  
Job Readiness

**258** Total enrolled ELT students



## Technology Classes

**10** Total students enrolled

## Sewing Class

**17** Total students enrolled



## Success Story: Maria Elena Ríos

Maria Elena Ríos completed ESL levels A–A2 and advanced to B1 within three years. During this time, she became a store manager, earned her GED in just three months, and is now enrolled at Phoenix College.

# Volunteers

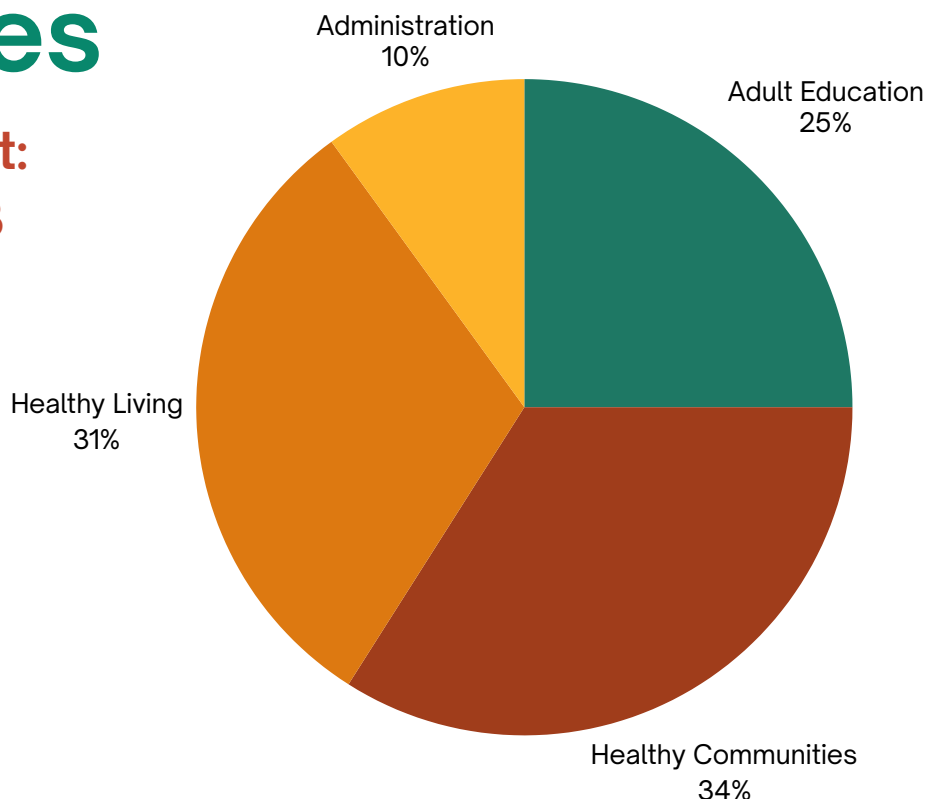
Our volunteers are essential to the mission of Unlimited Potential. Their time, energy, and compassion make a real difference when supporting our health fairs, community garden, and workshops with the Department of Healthy Communities. We're deeply grateful for their generosity and commitment, which continue to strengthen our work each year.

**Total Hours: 8,082**



# Finances

**Total budget:**  
**\$1,805,663**







# Thank You To Our Partners

