



# WE LOVE PEOPLE WE HELP PEOPLE



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## 2024

ANNUAL REPORT

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Founded in 2019, Community Pulse Association is a non-profit organization dedicated to empower the Slavic, Eastern European and multicultural community through educational and health programs for everyone. We provide training and essential services for the elderly and youth. We support women's groups with family coaching, grief support, and mental health services to foster resilience and connection.

We serve immigrants and refugees in Oregon , offering Senior Services, club 60+, Nurturing Parenting classes, Share Food Program with free food boxes every month, Community educational event and Job Fairs, Youth program and Health related programs. Our work has impacted 1500 lives in the year of 2024, and we are committed to continue our journey as the Community Educators and volunteers.

Behind every meaningful initiative of our organization stands a powerful team of Advisory Board—12 resilient women who journeyed from European and Asian countries as immigrants and refugees, carrying with them strength, vision, and deep roots in the Slavic and Eastern European communities. Each woman is a leader in her own right—entrepreneurs, healers, advocates, storytellers, and changemakers—united by a shared commitment to community.

Their diverse faiths and cultural backgrounds enrich every decision and project, allowing us to lead with wisdom and serve with depth, compassion, and authenticity.

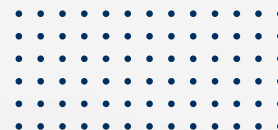
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## KSENIIA NESVIATYPASKA

### PRESIDENT OF BOARD OF DIRECTORS

Dear Community,

As the President of Board of Directors, I want to take a moment to express my sincere gratitude for the invaluable contributions of our Advisory Board, Directors, and volunteers. Together, we accomplished remarkable things in 2024, organizing over 25 events that focused on building a strong team and providing services for community.

Our impact has been felt across all age groups, serving community members from newborns to seniors aged 60+ and above. We are particularly proud of the projects we launched for our youth and seniors, ensuring that everyone feels included and supported.

We focused on equipping our volunteers with essential skills to assist those experiencing stress, fostering a resilient culture of care and connection. A standout moment this year was our environmental initiative, where individuals of all ages came together to care for the environment. This effort strengthened intergenerational bonds and successfully provided over 1,000 families with essential food packages.

I would also like to extend our heartfelt thanks to the Counties, Cities and ODHS, and whose ongoing support has been vital to our growth and sustainability. This year has reinforced our belief that unity and genuine service have the power to change lives. Thank you for being part of this journey. Together, we are making a difference!

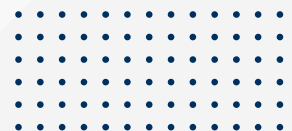




## BOARD OF DIRECTORS AND ADVISORY BOARD

Our Board of Directors includes 12 strong and inspiring women from East European Countries, all of whom are immigrants or refugees representing the Slavic and Eastern European communities. They are leaders in business, health, social work, media, and community organizing, and each brings experience in both nonprofit and commercial projects.

With diverse cultural and religious backgrounds, they guide our organization with wisdom and create projects that are deeply rooted in cultural understanding





# WE MET ALL OUR GOALS IN 2024



**Enhance accessibility to health and educational resources for all community members.** We served 33 seniors on our Senior Services program. "Active Longevity" is not a project. It is a window to a new life for those who might feel lost in a foreign country. It is a response to the pain of separation, loneliness, and loss. It is proof that one can find a home, friends, and meaning"





**Promote holistic health through targeted initiatives.** We served 1200 families with free food boxes with a cooperation with the Oregon Food bank. In May 2024, Wellness fair with Financial and Well-being classes

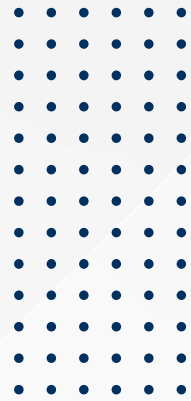


**Foster connections within counties: Washington, Multnomah, Deschutes and Clackamas counties.** Monthly Resources and Job fairs for the community





● **Support vulnerable populations with tailored services.** Opened doors to Nurturing Parenting classes for 60+ families for all ages




● **Empower advocacy and leadership among community members.** Team of volunteers received training in Diabetes prevention and chronic disease, they also become Suicide prevention educators and Parenting classes facilitators with the proper training







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