



Empowering our community

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Impact Brief 2019

The LIME Foundation

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LETTER FROM THE PRESIDENT

Whether you're a donor, a philanthropic funder, a program beneficiary, or a volunteer, we hope this year's impact brief will help give you a well-rounded picture of what we're helping achieve for youth and seniors. Nearly five years serving the community, we're starting to hit our stride in achieving my vision for The LIME Foundation. From arts and music through the Turner Arts Initiative to senior health through the Senior Activity Program, to workforce development and youth housing through the NextGen Trades Academy, we're honored to serve the community in the ways we have since we began doing this work in 2015.

"Nearly five years serving the community and we are starting to hit our stride in achieving my vision for The LIME Foundation." - Letitia Hanke

Every year there is a new cohort of seniors and youth who can benefit from the life-changing classes and scholarships we provide. While there's nothing like talking directly with one of our students or program participants face-to-face to hear their stories, I hope the depictions in this brief shine through nonetheless.

In solidarity with the community,



Letitia Hanke
President & Executive Director
The LIME Foundation

TURNER ARTS INITIATIVE

The Turner Arts Initiative (TAI) designed to bring positive, structured activities to disadvantaged youth, while preventing or reducing negative influences that afflict young people (e.g., substance abuse, teen pregnancy, truancy, loneliness, obesity, bullying, exclusion, etc.) These youth will learn new technology, instruments but most of all, use music and dance as a means of expression. In its full implementation, this program will feature a summer and after school program which will include mentoring, tutoring and an activity center.

Scholarships

Ronnie Nielsen, 13-year-old aspiring Broadway performer, was presented with a \$1,500 check after a stunning showtunes performance at 2019's Believe in the Dream annual gala. The \$1,500 award will allow Ronnie to pay for tuition to continue training in the performing arts.



Program Partners

The LIME Foundation partnered with Music to My Ears from Cotati to bring a lively troupe of teenage dancers to perform at Believe in the Dream 2019. In addition, Music to My Ears founder and director Aja Gianola-Norris performed on the harp for guests during the reception hour preceding the event's main program.



NEXTGEN TRADES ACADEMY

The NextGen Trades Academy is a free 10-week program providing diverse vocational construction training and work/life skills to disadvantaged youth ages 16-24 within Sonoma County. Throughout the program, each student explores over 15 construction trades such as architecture, plumbing, roofing, electrical, green building, solar technology, as well as life skills such as cover letter writing, resume writing, personal finance, budgeting, and job interview coaching. The program integrates technology, classroom instruction, hands-on experience, construction trade research, and CalOSHA certifications. At the end of most courses, students complete a hands-on solar kit project. The ultimate goal of NextGen Trades Academy is to place students into paid apprenticeships with local contractors which lead to full-time work in the trades. NextGen Trades Academy works closely with over 50 local contractors for program content, guest speakers, interviews, and placement.

Program Implementation

In 2019, The LIME Foundation served four different cohorts of students totaling 57 participants: two cohorts of students at Conservation Corps North Bay (CCNB) in Cotati, one cohort at Rancho Cotate High School in Rohnert Park and one cohort at Chop's Teen Club in Santa Rosa. The Winter 2019 class at CCNB served 18 students; the Spring class at Rancho Cotate served 13 students; the Summer 2018 at Chop's Teen Club served 16 students; and, the Fall 2019 cohort at Conservation Corps North Bay served 10 students. Two-third of enrollees are young minority men and women and 90 percent are from low-income households and those from backgrounds of family hardship.



Program Outcomes

- 79% of work-eligible students were placed in full-time work, totaling 22 students.
- Across 23 areas of assessment, students generally show significant improvement in their self-reported attitude toward career choices, skill level in the trades, ability to cope with sadness, and clarity about what they want in life.
- The majority of students are from low-income households and comprise an underserved, minority population.

Quotes

- “I have a full time job as an apprentice and I know what is expected of me. I finally have an understanding of the path I am on.” - *Rancho Cotate High School NextGen Student, Spring 2019*

- “It was absolutely spectacular. It opened my eyes to what I might do in the future.” - *Chop’s Teen Club NextGen Student, Summer 2019*



- “My experience has been positive and rewarding, I had not been in a classroom setting for a long time so it was a lot of fun and very refreshing.” - *Conservation Corps North Bay NextGen Student, Winter 2019*

SENIOR ACTIVITY PROGRAM

Senior Activity Program (SAP) is designed to provide a venue for seniors to remain active, while creating new friends. This program is designed to promote healthy eating and exercise through gentle activities in order to prevent or mitigate heart disease, diabetes and obesity. The LIME Foundation contracted with Healdsburg Nutrition and a private yoga instructor to offer six-week classes to seniors. Participants also take advantage of supplemental, private, 15-minute phone coaching sessions.

Program Implementation

During each cohort, classes are held once per week, for two hours per class. The first 90 minutes of the program are led by Jenny Helman of Healdsburg Nutrition and encompass aging and nutrition, brain health, bone health, energy boosters and stress reducers, cardiovascular health, and digestion. Classes include food preparation demonstrations with dishes such as salads, healthy desserts, breakfast smoothies, and others. The last 30 minutes of the class consist of gentle stretching, chair yoga, and mindfulness activities, led by Dot Geiger. In 2019, the Senior Activity Program was offered at the Healdsburg Senior Center and at Burbank Heights and Orchards senior housing in Sebastopol.



Program Outcomes

Participants love the Senior Activity Program! Anonymous pre- and post- Bauman Diet, Lifestyle and Health Concerns Surveys were distributed to participants on the first and last day of each course. Preliminary results showed that seniors enjoy the literature provided and enjoy the examples of food and snacks.



Testimonial

“I have so much more knowledge now! I would like to take this class again with Jenny. Our teacher is absolutely great.” - *Anonymous participant*

BELIEVE IN THE DREAM 2019

Believe in the Dream is The LIME Foundation's annual fundraising gala. For four years, LIME has celebrated this event with increasing popularity and revenue. For the first three years of the event, LIME was hosted by Vintners Inn and John Ash, which LIME outgrew after the 2018 event. In 2019, the event was held at the Luther Burbank Center for the Arts.

2019 Program

The night began as it always does with a welcome hour of live music with wine and beer from generous donors. Dinner was served for 180 attendees in the lobby of the Luther Burbank Center. Guests enjoyed performances by Music to my Ears and cast bids during a silent auction provided by Givergy.

The 2019 Believe in the Dream program featured a NextGen Trades Academy graduate, Kerry Smith, who completed the program in the spring at Conservation Corps North Bay in Cotati. She told her story about her dream to become an engineer and how the NextGen Trades Academy helped her make progress with her career goals.

LIME incorporated a "fund a need" ask into the evening's program for the first time ever. In total, we raised over \$100,000 that evening.



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2020 GOALS

NextGen Trades Academy

The NextGen Trades Academy aims to work with all partners - longstanding and new - to deliver quality programming to 85 students in 2020. Our expansion for 2020 aims to include additional high schools in Sonoma and Marin Counties.



SoZo Student Center Move-In

The SoZo Student Center in Rohnert Park opened its doors in 2019. LIME is hosting classes at SoZo beginning in the spring and will offer year-round classes, including on Saturdays.



Tiny Home Partnership

The LIME Foundation has partnered with the current CEO of the American Tiny Home Association build 14 tiny homes for homeless youth served by The LIME Foundation's programs.



NextGen Auto Academy

Our NextGen Auto Academy is launching in early 2020. NGAA is a program focused on workforce development in the auto trades, ranging from sales to mechanical work to racing. The 16-unit, 10-week course is built on the same foundations as our impactful NextGen Trades Academy.

