



2018 Impact Brief

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LIME Foundation 2019 Goals

NextGen Trades Academy

LIME's most successful program has expanded. The NextGen Trades Academy has partnered with the Conservation Corps of the North Bay (CCNB) for early 2019. This partnership is unique as we have formed a "Climate Smart Construction" training which will culminate in students building a tiny home at the CCNB campus in Cotati. Other NextGen Trades Academy programs are planned for the SoZo Student Center, Rancho Cotate High School, Youth Connections and other locations in Sonoma County.



Senior Activities Program

Senior Activities 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, exercise through dance, bowling, hiking and many other activities in order to prevent or reverse heart disease, diabetes and obesity. The LIME Foundation contracted with Healdsburg Nutrition and a private yoga instructor to offer classes to seniors over multiple six-to-seven week courses. Participants are also encouraged to take advantage of supplemental, private, 15-minute phone coaching sessions. Healdsburg Nutrition has designed these sessions to help address chronic health issues and resistance to changing unhealthy habits, thoughts, and behaviors.



NextGen Auto Academy

Our newly launched NextGen Auto Academy 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. Students will become certified in auto repair safety and will have the opportunity to be placed in paid apprenticeships or fulltime work after completing the course. This course is anticipated to start in early March 2019.



Turner Arts Initiative: NextGen Dance Academy

The Turner Arts Initiative is moving forward in its program development in 2019. The LIME Foundation is working with New World Ballet to bring their instructor and programs to LIME, in order to form the NextGen Dance Academy. The program serves youth of all ages, teaching youth performing arts skills and offering valuable life coaching. The program is focused specifically at at-risk youth who may not have the opportunity to take part in the arts aside from free or subsidized opportunities. We've had a successful scholarship program the last three years, but are now enhancing the program with our academy.



Turner Arts Initiative

Introduction

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

Tyler-Avery Lewis, crowned 2018 Miss Teen Sonoma County, was presented with a \$2,500 scholarship at the 2018 *Believe in the Dream* annual gala. In addition, she performed a Frank Sinatra song for attendees. The 22-year-old Santa Rosa Junior College student has been a student of dance and music since she was just a toddler. The \$2,500 award will help Tyler-Avery pay for tuition as she continues training in the performing arts – her life's passion.

Program Partners

The LIME Foundation is working with New World Ballet Center to create a local performing arts learning space in Rohnert Park. The two organizations are in the process of completing a Memorandum of Understanding (MOU) to make the partnership official. New World Ballet youth dancers also performed two Aretha Franklin songs in memoriam of the late singer at the 2018 *Believe in the Dream* annual gala in September.



Program Support

In 2018, The LIME Foundation supported low income participants of New World Ballet. The \$4,000 donated to New World Ballet supports access for low-income families to a variety of child-focused dance classes, such as hip-hop dance, contemporary dance, and ballet.

NextGen Trades Academy

Introduction

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 14 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 local contractors for program content, guest speakers, interviews, and placement.

Program Implementation

In 2018, The LIME Foundation served four different cohorts of students: two groups of students at Youth Connections in Santa Rosa, one group at Rancho Cotate High School in Rohnert Park and one group of students at Chop's Teen Club in Santa Rosa. The Winter 2017-2018 class served 19 students at Youth Connections; the Spring class at Rancho Cotate served 14 students; the Summer 2018 class served six students at Chop's Teen Club; and, the Fall 2018 cohort at Youth Connections currently consists of 14 completion-bound students ages 17-27. Approximately 82% of enrollees are young minority men and women, as well as those from low-income households and those from backgrounds of family hardship.



Program Outcomes

To date in 2018, approximately 63% of work-eligible students were placed in full-time work. We define work eligible students as those over the age of 16 who decided not to finish or pursue schooling. Out of the 53 students who remained in 2018 NextGen Trades Academy programs for the entire program duration in 2018, 39 students met (or are on track to meet) program graduation requirements, including CalOSHA Certification. NextGen Trades Academy placed 15 students from our first three completed 2018 cohorts (one still in progress) in apprenticeships with local contractors. Finally, pre- and post-assessment questionnaire data was compiled by a professional program evaluator. 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.

Quotes

"I know what my expectations are and I am capable of doing anything in the trades. My mindset has definitely changed. I learned amazing life skills." – *Youth Connections Student, March 2018*

"Honestly, this program is AMAZING! It not only got me ready to work but taught me a lot about growing up and taught me how to act and handle different situations in the grown up world!" – *Chops Teen Club Student, Summer 2018*

LIMElight in The Bahamas

Introduction

LIMElight is a solar program aimed at educating and empowering young adult students overseas. Participants in LIMElight learn how to build solar kits in order to provide lighting and electronics operability in areas with sparse or inconsistent electricity. The LIME Foundation selects two of its brightest students from the NextGen Trades Academy to assist in teaching the program. In 2018, the program was held with students of CTI, the Centre for Training and Innovation, located in Eleuthera, Bahamas. LIMElight dovetails perfectly with CTI's curriculum, which is designed "to offer opportunities in one or all of the areas of influence. Students are encouraged to process, integrate and apply their learnings through discipline, reflection and planned interfacing encounters. A graduate of CTI will display the areas of influence in their lives by the way they work, the way they live, how they relate to others and through their involvement in their communities."

2018 Class

In July of 2018, two students traveled with Letitia Hanke, LIME Foundation Executive Director, and Qiana Brown, NextGen Trades Academy instructor, to The Bahamas to teach LIMElight. Students of the class assembled four solar kits, helping to illuminate their communities and provide future educational prospects for students looking to study engineering.



Senior Activities Program

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Program Implementation

During each course or cohort, classes take place once per week, for two hours per day. 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. Each class includes 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 2018, the Senior Activities Program was offered in the fall of 2018 at the Windsor Senior Center, serving 14 seniors ages 55 and up.



Program Outcomes

Participants love the Senior Activities 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. Additionally, seniors report enjoying trying new foods, such as sea vegetables and fennel. Madeline Behrens-Brigham, a participant from our Jennings Court series, spoke on camera about her successes with the program. She successfully reduced her sugar intake to the point where she regained some mobility she had lost over the years. "It's very encouraging for people to realize that even though they might think they weren't doing so well, that they could improve their health and do better!"



Contact

Web

www.thelimefoundation.org

E-Mail

letitia@thelimefoundation.org

andrew@thelimefoundation.org

Phone

(707) 532-LIME (5463)

