

Images of Hope
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Wendy Goossen, Founder

Images of Hope El Dorado
June 1, 2022-May 31, 2023
\$10,000
June 13, 2023

Class Name	Total Signup for classes 2021	Total signups for 2022	Totals for 12/1/23-5/31/23
Mindful Movement	255	501	219
Tranquil Journeys	270	467	148
Art Therapy	15	105	88
Knitting	200	236	160
Pilates	232	762	490

1. List the goals and objectives of the project/program followed by the progress made toward achieving each goal and objective.

Our goal has been to expand public awareness of our classes, increase participation, and continue to provide services for free. As you can see from the chart above you can see we have expanded our free services to clients. The additional funding has allowed us to to increase our classes out into the community. We are renting a space at the Meadow for yoga and pilates and have art therapy classes at High Sierra Quilters. Both these opportunities have helped increased our class size and allowed more opportunities for our teachers to hold more classes. We improved our marketing and public outreach through our monthly newsletter and social media presence. We

have continued to pay professional instructors to the tune of \$24,547 during the grant period.

2. What difference did this grant make in your community and for the population you are serving.

The chart above shows how we have increased our visibility in the community and increased our number of participants. Although some of the clients in our above chart we have added many new clients to our program, especially our Art Therapy classes. Most of our clients we serve are over the age of 40 but we are expanding our program to reach out to young people as well.

3. Did you meet any unexpected challenges during the project/program and how did you handle it?

After we received your grant we lost space at the Marshall Cancer Center and had to find alternative spots for some of our classes. We incurred rent expenses that we did not expect. We informed the oversight committee of this change and received permission to use some of the grant funds to be used for this unexpected expense.

4. Describe lesson learned. What would you do differently.

We learned to be flexible with the challenge described above. We appreciated the flexibility of the Women's fund to offset some of our expenses. We wouldn't have done anything else differently.

5. Has this grant helped a) attract new funds? Or b) increase volunteer involvement? If so, how did you handle them? No

6. Please provide at least one success story from the project/program that was a direct result of the WFED's funding. Stories do not need to be lengthy (250 words or less is typically sufficiently) and should be written in third person. Feel free to attach pictures.

At this point we don't anticipate any shortfalls.
Images of Hope offers so many wonderful classes!

A client who has attending many of Images of Hope recently shared that Images of Hope offers so many wonderful classes! They have classes in art, knitting, Pilates, and Tranquil Journeys.

Right now she said they she is focusing on Knitting and Pilates.

She is now going twice a week to Pilates class and says it is phenomenal. She says Cindy is so knowledgeable and shares her valuable information. She now knows what she should do to insure a safe practice without injuring her body. As a result, her body has become stronger.

She looks forward to class, not only for the exercise, but the camaraderie and knowing that many of the other women have experienced similar journeys. Laughter is ALWAYS part of every class...so healing!

Finally, when class is ending, I fell so energized and upbeat, I lovingly share this strength, by sending positive healing thoughts, to family and friends.

Thank you, Images of Hope, for all you do for our community.

PART 11: PROGRAM BUDGET

1. (See attached budget report)

PROGRAM/PROJECT					
Line Item Budget					
Grant Title:		Images of Hope Impact Grant			
Name of Person Preparing Budget Report:		Paul Zappettini			
A. Original Grant Budget Submitted:		10,000			
B. Grant Amount Approved*		10,000	<i>* if different than original grant submittal</i>		
C. Interim Expense Report:		Start Date:	6/1/22	End Date:	1/31/23
D. Final Expense Report:		Start Date:	6/1/22	End Date:	5/31/23
		A	B	C	D
Line	Grant Income*	Original Budget	Approved WFED Grant Budget	Interim Report	Final Report
1	Women's Fund El Dorado	10,000	10,000	10,000	10,000
<i>* report only income & expenditures related directly to Women's Fund Grant Funding</i>					
		A	B	C	D
Line	Grant Expenditures**	Original Budget	Approved WFED Grant Budget	Interim Report (expense to date)	Final Report
2	Staff salaries and wages				
3	Fringe benefits				
4	Occupancy and utilities	-			
5	Equipment	-			
6	Supplies and materials	400	400	182	182
7	Printing and copying	1,850	1,850	921	1,816
8	Telecommunications	-			
9	Travel and meetings	-			
10	Marketing and advertising	3,500	3,500	3,773	6,273
11	Staff and volunteer training				
12	Contract services	4,250	4,250	15,075	24,547
13	Miscellaneous	-			
14	Other-Rent	-		6,030	9,460
15	Other	-			
16	Total Expenditures (equals revenue line 1 except for Interim Report)	10,000	10,000	25,981	42,278
<i>** Not all categories of expenditures may pertain to your proposal</i>					

2. Through private donations and other grants. We would like to apply for another grant from the Women's Fund in the next grant cycle .