



FALL 2025 NEWSLETTER

A Message from Steve and Sheila

Over the last quarter, LifeSkills staff have been busy. The Job Corps' pause was lifted and we resumed operation of the Chicago Forest Service Outreach and Admission and Career Transition Services Contract. We are extremely grateful for everyone who has played a part in the renewal of this contract and welcome all new staff members to the LifeSkills team. We look forward to seeing the Job Corps centers fill up with students quickly. We are proud of our Job Corps' contract performance through these past few months and are thankful for all the staff who have kept on going and supported our students.

Options Ink staff have been busy with the new DTF printer. Holistic Health has now added chiropractic services to its care menu and the Healing Heart Center continues to serve clients in Davenport, IA.

Job Corps is Open and Enrolling Now!

It has been a busy fall for Job Corps admissions counselors. Background checks for students have resumed and our team is busy enrolling students. LifeSkills oversees three outreach and admissions contracts: two for the USDA Forest Service and one at the Cascades Job Corps Center. Our admissions team recruits eligible youth in Wisconsin, Missouri, Nebraska, Kentucky, Virginia, West Virginia, and Washington.



Recognizing Performance

For PY 2024 the Philadelphia OA contract was ranked number 1 on OA report cards. The Chicago contract was ranked 6th and Cascades was ranked 33rd.

The Chicago contract was ranked 5th for CTS performance, Philadelphia followed behind ranked 25th and the Cascades center ranked 65th.

The Cascades center finished PY 23 ranked 101 and increased to 57th for program year 2024. Amazing Work!



Keeping Us Going!

The LifeSkills maintenance department has had a busy past few months, especially our maintenance staff member, Robert Tank. Robert is the go-to person who ensures everything runs smoothly at our corporate office, as well as at Options Ink and Holistic Health. Robert has done a variety of tasks this summer, including keeping our Holistic Health modalities operational, applying decals for Options Ink, mowing the corporate grounds, repairing lights and doors, moving office equipment, and refinishing a retail table. Robert is always ready to lend a hand. No task is too big or too small. Without his efforts, our facilities simply couldn't keep up with all that happens at LifeSkills Connection.



Iowa Plains One Stop Operator Updates

This program year, Iowa Plains has made it a priority to increase lowans' participation in Work-Based Learning activities, including youth work experiences and adult transitional jobs. To support this effort, our One Stop Operator (OSO) has launched and facilitated monthly virtual collaboration meetings between Iowa Workforce's Title I staff and the Business Engagement Team across our 42-county workforce area. These meetings have strengthened connections between participants and businesses, creating more opportunities for lowans to benefit from these programs.

Iowa Plains BEC/TITLE I COLLABORATION MEETING

Meeting Purpose:

To strengthen collaboration between Title I Workforce staff and the Business Engagement Team to ensure participants gain greater access to work experiences, transitional jobs, and on-the-job training opportunities—empowering individuals to succeed while meeting the evolving needs of employers.



19 participants completed Q4 Solutions' Q4 Leadership--The People Skills Advantage Workshop in St. Louis, Missouri. This intensive workshop focuses on the cross-functional team dynamic that characterizes today's workplace. The participants used real-world issues and situations to learn and apply the interpersonal skills that are proven contributors to leadership success.

Celebrating Success !

Meet Ada

Ada is a 17 year old from Lawrence, KS. When she enrolled in the Connect program in July she needed her GED. She has already obtained her GED and has utilized the staff at Holistic Health to complete several life coaching sessions. She is working with Holly, her Connector, to build her resume and enter the workforce.



St. Charles One Stop Operator Updates

Major highlights this fall is the preparation for our St. Charles contract during Workforce Development Month. We have events and workshops scheduled almost every day, as the OSO LifeSkills is responsible for coordinating the following:

- Cover Letter Writing Workshop – facilitated by Alex Munoz
- Speed Interviewing
- Ask the Experts Panel (youth-focused)
- Community Resource Fair



Philadelphia Career Transition Services

Kemar Wilson is a proud graduate of Mammoth Cave Great Onyx Job Corps, where he carefully explored his career options and determined that Job Corps was the right path to achieve his goals. During his time at the center, Kemar stood out for his leadership and professionalism. He also secured a Work-Based Learning opportunity with Trailer Mart in Cave City, Kentucky, where his strong performance earned him a permanent position as a Parts and Service Representative.

Kemar has excelled in his new role, surpassing expectations and achieving a current full-time wage of \$54.91 per hour. His journey demonstrates how Job Corps training not only equips students with valuable skills but also connects them to career opportunities that lead to livable wages and long-term success.

Work Hard, Play Hard! Cascades Job Corps



The Student Government Association at Cascades Job Corps sponsored a barbeque for all staff and students to enjoy recently! Doesn't that food look amazing!



Employee Spotlight



**Alison Harris,
Registered Nurse
Cascades JCC
LifeSkills Employee since
August 2025**



Favorite Pet
Dogs



Favorite Hobby
Yoga



Favorite Food
Pho

What's your role at LifeSkills? Nurse
What three words describe LifeSkills?
Supportive, Thorough, and Caring
Which LifeSkills value resonates with
you the most? Caring



First Job
Brookfield Zoo



Favorite Holiday
Thanksgiving



Favorite Food
Tacos

What's your role at LifeSkills? I'm the Outreach & Admissions Supervisor for the Job Corps Chicago Forest Service Contract

What does that mean exactly? I support and lead our admissions counselors. I make sure they have the tools and guidance to connect students with opportunities through Job Corps.

Which LifeSkills value resonates with you the most?
Commitment to Community because everything LS does is about helping people build brighter futures.



**LaQueena Wilson
Outreach & Admissions
Supervisor
LifeSkills Employee since
September 2025**



The One Stop Shop for Your Printing Needs!

The team at Options Ink has been busy with printing this fall. With the addition of DTF printing, the design and printing opportunities are endless. Check out some of their projects below!



From appointment cards, to koozies, product labels, and stationary, we have designed it all! Reach out and let us know how we can assist you with your custom design.



More Than Just a Spa

Our Facility is much more than your typical spa location. We have carefully designed not only our space but also our services to be a tranquil experience the moment you arrive.

Our staff have poured their hearts and souls into creating what we offer for customers. From products, services, and customer interaction, we set intention with everything we do!

Did you know Holistic Health offers chiropractic care?



The holidays will be here before you know it. Check out some of the neat gifts you can pick up at Holistic Health!



LifeSkills Connection also operates the Healing Heart Center in Bettendorf, Iowa.

In addition to a host of counseling, therapeutic, and coaching services, the HHC also provides massage therapy, aromatherapy, reflexology, halotherapy, and chiropractic services.

For more information about The Healing Heart Center visit their website.

www.lifeskillsconnection.com/the-healing-heart-center



LifeSkills Connection, Inc.
1500 W 3rd Street
Manning, IA 51455