



SUMMER 2025 NEWSLETTER

A Message from Steve and Sheila

LifeSkills Connection with an enormous shout-out to the staff working to support the Job Corps program. The days have been filled with challenge, change, and uncertainty. Your dedication, endurance, and commitment to the program and our students does not go unnoticed.

Job Corps needs our support now more than ever. Please reach out to your representatives to share your personal Job Corps story and how you have seen the program change the lives of so many young adults. 5calls.org allows you to quickly call and leave a brief message for all of your representatives.

LifeSkills Connection has created a subsidiary company, Human Capital. The mission of Human Capital is to partner with business organizations to help achieve their business goals by providing solutions to select, develop, and retain employees. The first business action taken by Human Capital was the acquisition of Psychological Associates, effective April 1, 2025. For over 60 years, Psychological Associates has been committed to helping organizations in any industry succeed by offering assessment tools, leadership and team development solutions, executive coaching, and succession planning.



Steve Reitan shared the following about the new venture, “Psychological Associates has a long history of quality and proven leadership development programs and materials to add value to organizations. LifeSkills sees the work Psychological Associates does with companies as a pathway to select, develop, and retain employees strengthening businesses’ human capital.”



Moving forward, Psychological Associates will be known as Q4 Solutions. The team at Q4 Solutions can help businesses of any size strengthen the skills of their team. Assessments are available for the selection and development of staff as well as executive coaching. Succession planning and working with family businesses are other specialties. Check out Q4 Solutions today at www.Q4solutions.com.



St. Charles, Missouri

One Stop Operator Updates

The St. Charles Job Center has achieved several key accomplishments that strengthen our services and community impact:

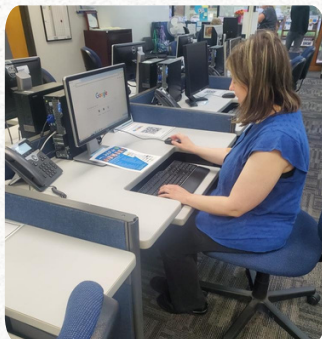
To maintain compliance, the One-Stop Operator developed “WIOA Core Partner” binders for both county and state staff. These binders provide a comprehensive overview of the services offered by each WIOA partner.

The Center created and implemented a center-specific customer satisfaction survey to better gauge the experiences and needs of our customers.

The One-Stop Operator established several new community partnerships, further expanding the reach and collaboration of our services.

In partnership with the Department of Family Services, the One-Stop Operator conducted “Job Center Services” training to ensure aligned understanding and enhanced referrals between agencies.

These efforts reflect our ongoing commitment to service excellence, collaboration, and customer-focused innovation.



Iowa Plains

One Stop Operator Updates

Over the last quarter, the Iowa Plains One Stop Operator has been busy. The region recently developed a Disability Access Committee. The purpose of this committee is to help people with disabilities become more self-sufficient by finding out what support they need for work. It also connects them with resources, helps with job accommodations, and teaches employers the benefits of hiring people with disabilities.

Iowa Plains area continues to provide weekly training opportunities for its staff in several areas of workforce including customer services, partner information, accessibility, and local resources.

Our 6 Workforce Centers are prepping for summer months with Career Fairs, Summer Programming and Work Based Learning opportunities. You will also see IowaWORKS mobile unit around the area in such places as homeless shelters, festivals, colleges, schools and more. Organizations can sign up to request having the mobile unit park in front of their organization or be at their next event by visiting:

<https://workforce.iowa.gov/jobs/mobile-center>



15 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.

Job Corps Works!

Meet Solomon Yingling—a proud Job Corps success story!

Solomon began his journey at Woodstock Job Corps Center in the Cable Installation program and advanced to Harpers Ferry Job Corps for Emergency Dispatch training. Though he may have been one of the shortest in height, he stood tall in dedication, professionalism, and teamwork—especially during fire assignments.

After graduating, Solomon joined the Southern Idaho Timber Protection Association as a Fire Crew Member, where he continues to serve as an active firefighter and guardian of our forests.

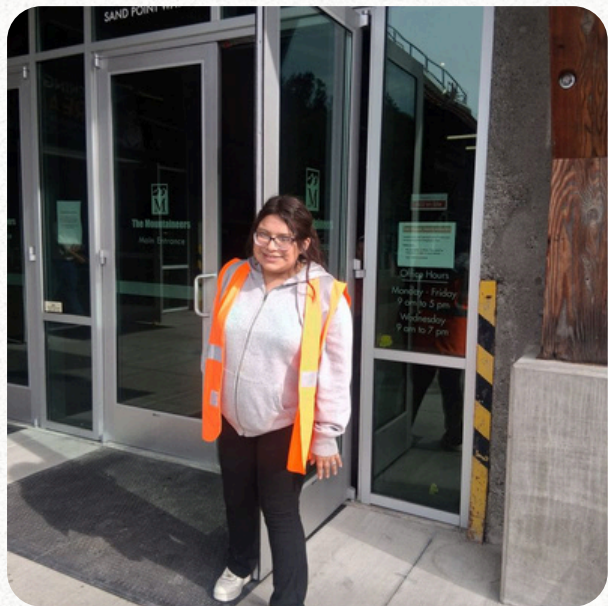
Solomon is a shining example of how Job Corps opens doors and creates strong foundations for young professionals. We're proud of his journey and the impact he continues to make!



Cascades Job Corps Center



CMA Students from the Cascades Job Corps participated in Career Connect North West's Exploring Careers and Healthcare Opportunity event at Skagit Valley Community College. Students attended workshops and learned more about career pathways in nursing, medical assistant, EMS, pharmacy technician, and county public health careers.



Several Security Protective Services (SPS) students from Cascades Job Corps assisted with the event, taking on a variety of important roles:

- ◆ Parking coordination
- ◆ Door checking
- ◆ Inside security
- ◆ Auction item running
- ◆ Assisting the onsite chef with unloading catering equipment

The instructor, Sebastian, shared that this was a great experience for the students, event coordinators, and attendees alike. We're proud to see our students gaining hands-on skills and making an impact in the community!



Community Partner, Evergreen Beauty College offered students at Cascades Job Corps haircuts and new styles to give them a more professional appearance as they prepare to join the workforce. Thanks to the stylists at Evergreen Beauty College!



Connecting Young Adults to the Community with the Kansas Connect Program



Jediah Ray shows off his welding skills at North Topeka Fabrication during his work based learning experience. Jediah says, "I like the program, I am learning alot."

Ryan Juhnke from North Topeka Fabrication shared, "Our time working with the Connect Program has been very positive. Getting started was easy, and it is a great opportunity for individuals to get their foot in the door with a career, and companies like ours. The Connect Program allows businesses to have a period of time to work with someone that may be new to the workforce or industry, and make sure that everyone is up to speed. It is really a win-win situation for all involved."

Pictured to the right are Charleigh, Brooklynn, and Braden who participate in the Connect program. After completing their GED at the HD Karns' center, they enrolled at Flint Hills Job Corps to continue on their career pathways.

HD Karns Innovation Academy

For the 2024-2025 school year, the HD Karns building has worked with Cindy Clack- Jaquet, from Life Skills Connection. Since September, she has met with students and families twice a month to discuss the services Life Skills Connection provides. She has disseminated information during parent teacher conferences and other events held at HD Karns throughout the year. Finally, she has coordinated tours to Job Corps in addition to visits to the Geary County Cloud Community College Campus. Through this partnership, Cindy has helped to enroll over 5 HD Karns students into Job Corps to continue their education and training.

The Karns staff is very appreciative of Cindy and the Life Skills Connection team for their resources and support. We look forward to the continued collaboration between them in the future.



**Emily Counter, EdS
School Counselor**




Safety Spotlight

As temperatures begin to rise all over the United States, we wanted all employees of LifeSkills Connection Inc. to be aware of symptoms and signs of any heat-related illness. With heat stroke a life-threatening situation, it is key to watch for heavy sweating or red, hot and dry skin-meaning the body is so warm it cannot sweat any longer. Please leave the hot area or take frequent breaks, drinking water or sports drinks, at the first signs your body is struggling with the heat.

Everyone should become familiar with the heat symptoms. When any of these symptoms is present, promptly provide or seek first aid.

Do not try to diagnose which illness is occurring. Diagnosis is often difficult because symptoms of multiple heat-related illnesses can occur together. Time is of the essence. These conditions can worsen quickly and result in fatalities.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away-heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none">• Heavy sweating during intense exercise• Muscle pain or spasms	<ul style="list-style-type: none">• Stop physical activity and move to a cool place• Drink water or a sports drink• Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none">• Cramps last longer than 1 hour• You're on a low-sodium diet• You have heart problems
SUNBURN	
<ul style="list-style-type: none">• Painful, red, and warm skin• Blisters on the skin	<ul style="list-style-type: none">• Stay out of the sun until your sunburn heals• Put cool cloths on sunburned areas or take a cool bath• Put moisturizing lotion on sunburned areas• Do not break blisters
HEAT RASH	
<ul style="list-style-type: none">• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	<ul style="list-style-type: none">• Stay in a cool, dry place• Keep the rash dry• Use powder (like baby powder) to soothe the rash



Employee Spotlight



Sharea Holt,
Outreach and Admissions
Manager-Philadelphia FS
LifeSkills Employee since
August 2024



Favorite Pet
Dogs



Favorite Hobby
Reading



Favorite Food
Spaghetti

What's your role at LifeSkills? I oversee the JC Outreach and Admissions department. It is my job to guide and drive my team in achieving their goals and performing their best.

What three words describe LifeSkills? Welcoming, Innovative, and Encouraging.
Which LifeSkills value resonates with you the most?
Inspire.



Alma Mater
Kansas State
University



Favorite Holiday
Christmas



Favorite Food
Mexican

What's your role at LifeSkills? My team develops training materials and provides technical support to the Job Corps program. In addition to that, I look for new business development opportunities for Life Skills.

Which LifeSkills value resonates with you the most?
Grow--I believe we always have room to continue to grow and develop. We can grow by listening and learning from each other as well as investing in ourselves.



Melissa Graf,
Executive Director of
Learning and
Organizational
Development
LifeSkills Employee since
November 2023

Options Ink

Carroll, Iowa's One Stop Shop

From graduation banners and custom deployment shirts, to wedding invitations, sports team gear, and décor for baby and bridal showers, Options Ink has been buzzing with energy. Spring is always a time of celebration, and we love being part of our customers' milestones. As you gear up for summer, don't forget about Options Ink when you're planning a backyard bash, sponsoring a community event, or getting your business ready for summer foot traffic Options Ink has you covered.



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.

It was a fantastic morning of connection, creativity, and coffee—featuring treats from local favorites Queen Beans, Mai's Creative Haus, and Borne & Bread. The event gave us the perfect opportunity to unveil our brand-new Direct-to-Film (DTF) printer, and the response was incredible!

We demonstrated how DTF printing opens up a world of possibilities for custom apparel and products - shirts, hats, tote bags, towels, paper bags, and more. Our production tables were filled with colorful examples of our past work, showing off just how versatile and vibrant our print capabilities truly are. If you missed it, stop by anytime - we'd love to give you a tour!





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 counseling services?

Holistic Health now has two counselors available to see clients and offer counseling services. Benefits of counseling services include:

- **Increased Self-Awareness:** Therapy can help you understand yourself better, including your emotions, thoughts, and behaviors, and how they impact your life.
- **Enhanced Coping Skills:** Learn effective strategies for managing stress, anxiety, difficult emotions, and challenging life situations.
- **Improved Communication and Relationships:** develop stronger interpersonal skills, learn to communicate effectively, and build healthier relationships with family, friends, and partners.
- **Increased Self-Esteem and Confidence:** By working through personal issues and gaining self-understanding, therapy can boost your self-worth and ability to make decisions.
- **Greater Productivity and Overall Life Satisfaction:** Addressing mental health concerns can improve focus, motivation, and overall well-being, leading to increased productivity and a more fulfilling life.

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



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