


From Incarceration to Industry: A Tennessee Workforce Success Story




The CAC Workforce Development team met Mr. D, a skilled ironworker recently released from prison and determined to rebuild his life. With years of experience in a high-demand trade, he was ready to return to work—he just needed the right support.

Through CAC's program, Mr. D received job coaching, resume help, and encouragement. Within three weeks, he landed a job as a Mechanical Maintenance Fabricator with a local company.

CAC also helped remove barriers by providing work gear, transportation, and connections to community services. Today, Mr. D is employed, living with family, and has regained custody of his son—proof that with support and determination, second chances can lead to powerful new beginnings.

Meals with Meaning: How Mobile Meals Helped a Grand-Family Stay Strong




In January 2025, Mr. D. turned to CAC for help. Battling bladder cancer and caring for his wife with dementia, he was also raising two grandchildren—one adopted, the other recently taken in after a family tragedy. After losing his job and health benefits, the stress became overwhelming.

Through CAC's Mobile Meals, Mr. D. received daily visits and nourishment. Mobile Meals recognized his struggle and connected him with other CAC programs. Project LIVE case management connected him to vital resources, including the Access to Benefits program to increase their household income and the Grandparents as Parents program.

Thanks to these services, Mr. D. and his family found stability, care, and hope during an incredibly difficult time. With CAC's help, they've remained together, in their home, and surrounded by support.

Holding On to Home: Project LIVE Steps Up for a Knoxville Senior



At 88, Mr. S came to CAC for help. He was no stranger to hard work. Since he was a teenager, he delivered newspapers in Lonsdale and the Magnolia Avenue area until he lost his vision and was forced to retire.

Through Project LIVE, Mr. S received case management, rides to medical appointments, grocery deliveries, and help with his utilities. But when his apartment was suddenly sold in March 2024, he faced homelessness with only 30 days to move.

His case manager acted fast—securing an extension, searching for housing, and standing by his side every step of the way. Mr. S has since moved into an affordable, accessible apartment—his forever home. Thanks to CAC, he also has a Senior Companion who visits regularly, offering friendship and support.

Mr. S's journey is a testament to what's possible when community programs work together. Because of Project LIVE, AmeriCorps Seniors, and LIHEAP, he remains safe, supported, and thriving in the city he calls home.

Head Start Builds Stronger Families and a Stronger Workforce

As a mother and former Head Start parent, I'm writing to share how this program played a vital role in helping my family move from surviving to thriving—and how it supports the principles of family stability, workforce readiness, and responsible local engagement.

When my children were enrolled in Head Start, I was a single working parent doing everything I could to provide a safe and stable environment. Traditional daycare was financially out of reach, but Head Start offered a structured, educational setting that gave my children a strong start—academically and socially. They entered kindergarten prepared, confident, and ready to succeed.

But Head Start didn't just benefit my children—it encouraged my growth, too. I served on the Head Start Policy Council, where I learned firsthand how parents can contribute to decisions that impact local programs. That experience gave me valuable leadership skills and a voice in my community.

I'm just one of many parents who turned that opportunity into a lifelong impact. Head Start provided temporary, targeted support that helped me build a better future for my family. Today, I work for our City government, contributing to the economy, and raising children who are thriving in school.

From Crisis to Contribution: How Targeted Support Sparks Self-Sufficiency

At the start of the school year, one of our Head Start moms faced serious challenges. She had three young children—two enrolled in our program and an infant with health issues requiring frequent medical attention. With minimal family support and no access to childcare for her youngest, she was unable to work and quickly fell behind on rent and utilities.

Rather than give up, this mother partnered with CAC to find practical solutions. She applied for housing resources and secured utility support to prevent eviction, and gained insurance to ensure her child received the necessary care. With these supports in place, she was finally able to shift her focus to finding a job. She is now employed.

Once her situation stabilized, she returned to CAC—not for more help, but to ask how she could support another family in need. She recognized the value of the resources she'd accessed and wanted to do her part to help someone else move forward. It's a clear example of how targeted, short-term support can empower individuals to overcome challenges and contribute to their community.

