

# May 2018

# Dream Big!

A Publication of Oshkosh/  
Winnebago County  
Housing Authority's  
Family Self Sufficiency Program



600 Merritt Avenue  
P.O. Box 397  
Oshkosh, Wisconsin 54903  
OSHKOSH (920) 424-1450  
[www.ohawcha.org](http://www.ohawcha.org)  
Kay Hinton  
FSS Program Coordinator  
920-424-1450 EXT. 133  
[kayh@ohawcha.org](mailto:kayh@ohawcha.org)

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Dear FSS participants,



**Welcome May! Finally, the snow is done! We all need a break in our every day lives to refresh. Taking a break is beneficial in: your physical and emotional health, restoring motivation in your long term goals, increasing productivity and creativity, and improving your memory and learning. Here are some ideas on how to take a break:**

1. Walk or exercise.
2. Connect with nature.
3. Change your environment.
4. Have lunch or a healthy snack.
5. Take a "power nap".
6. Take a few deep breaths.
7. Meditate. Mindfulness meditation offers a temporary respite from goal achievement.
8. Daydream. Daydreaming gives your brain a break, taking you on a brief journey where creativity reigns.
9. Get creative! —like drawing or even doodling.
10. Drink coffee (or tea). Every day there's a new piece of research touting the health benefits of coffee-drinking in moderation. Sipping coffee can be a mindful pleasure in itself.

This is the time when we can get outside and enjoy all the events that happen in our city. Here are some special days this month: 5/5 Cinco de Mayo, 5/13 Mother's Day, and 5/28 Memorial Day Parade. Why not take a break and enjoy them?!

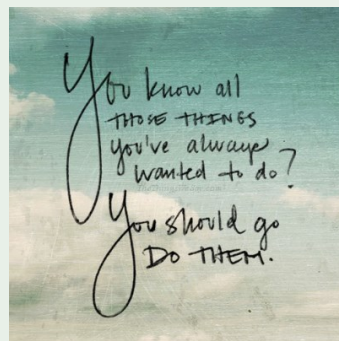
**Need school supplies for next year?** See page 14 in this newsletter.

**Check out the Oshkosh Job Fair on May 8th.** See page 13.

And as always, please check out the rest of this newsletter with community events, employment workshops, job openings, and so much more! If you have any questions or just want to talk, please call me at 920-424-1470 ext 133.

**Happy May!**

Kay Hinton, FSS Coordinator



Excerpt by [aurora.org/eap](http://aurora.org/eap) article called [Need a Break?](#)

SUPPORTING ALL PEOPLE THROUGH LIFE'S CHALLENGES AND TRANSITIONS.



For program updates and other news, visit <https://www.facebook.com/ParentConnectionWI/>

## 1-2-3 Magic

This class is a behavior management, video-based program for parents of children ages 2-12. It is a two-part series based on the book "1-2-3 Magic" by Thomas Phelan.

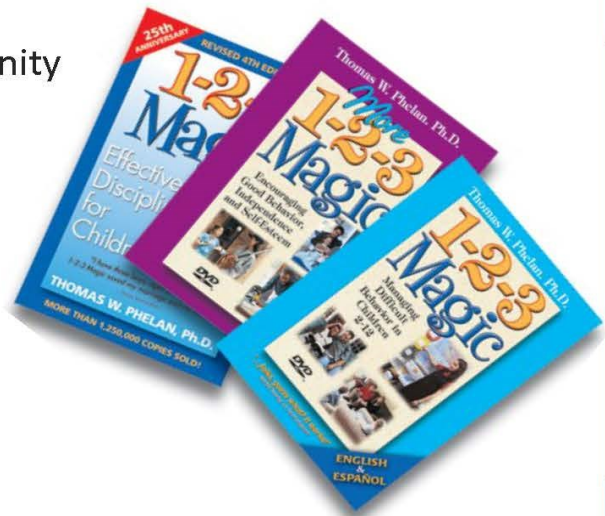
Topics include, \*How to STOP the behaviors you don't want, \*How to START the behaviors you do want, \*How to avoid the talk-persuade-argue-yell-hit syndrome, \*How to handle misbehavior in public, and \*How to deal with testing and manipulation.

**LOCATION:** Hooper Community Center, 36 Broad Street, Oshkosh

**DATES:** May 1st & 8th

**TIME:** 5:30-7:30 PM

**\*COST:** \$5.00/person



**Scholarships and Free On-site Child Care are Available**

**Please Call ThedaCare at (920) 830-6877 or visit [www.thedacare.org](http://www.thedacare.org) and select 'classes' to register.**


Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.

36 Broad Street Oshkosh, WI 54901 • (920) 233-6630 | 1810 Appleton Road Menasha, WI 54952 • (920) 739-4226

[www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)



MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>DID YOU KNOW?</b> The Oshkosh Job Center staff can help you revamp the content and format of your résumé! Call us to schedule a <b>Résumé Review:</b> <b>920-232-6273</b>	<b>2</b> Reemployment Services Workshop 9am – 12pm	<b>3</b> Job Fair Prep Workshop  1:30 – 2:30	<b>4</b> Job Fair Prep Workshop  9:00 – 10:00
<b>7</b>	<b>8</b> <b>OSHKOSH JOB FAIR</b> <b>1:00 – 4:00</b>	<b>9</b> Reemployment Services Workshop 9am – 12pm	<b>10</b>	<b>11</b>
<b>14</b> 	<b>15</b> COMPUTER BASICS 1 WORKSHOP 2:00PM	<b>16</b> Reemployment Services Workshop 9am – 12pm	<b>17</b>	<b>18</b> 
<b>21</b>	<b>22</b> COMPUTER BASICS 2 WORKSHOP 2:00PM	<b>23</b> Reemployment Services Workshop 9am – 12pm	<b>24</b> Strategies For Employment Success Workshop 10:30 – 12:00	<b>25</b>
<b>28</b> <b>Happy Memorial Day Job Center Closed</b>	<b>29</b> Navigating the Internet Workshop 10:00 – 11:00AM	<b>30</b> Reemployment Services Workshop 9am – 12pm		



## Kids to Parks Day

Saturday, May 19 at 11 AM - 3 PM

[Menominee Park and Zoo](#)

520 Pratt Trail, Oshkosh, Wisconsin 54901

A Nationally recognized day to bring kids out to the park & celebrate the great outdoors! Menominee Park Zoo & Menominee Park Children's Amusements Center will be open! There will also be Animal Yoga Poses in the Zoo for this event, to get kids doing as wild does! Visit us for a day of fun in the park!



**MENASHA JOB CENTER 920-997-3272**  
**1802 Appleton Rd., Menasha, WI 54952**  
*Calendar is subject to change. Please sign-up for workshops.*

Mon	Tue	Wed	Thur	Fri
<a href="https://twitter.com/fwda">twitter.com/fwda</a> <a href="https://facebook.com/fcwda">facebook.com/fcwda</a> <a href="http://www.foxvalleyjobcenters.com">www.foxvalleyjobcenters.com</a>	1	2	3 Workforce Innovation & Opportunity Act Orientation 2:00 PM	4 
7	8	9 Resume, Cover Letter & Job Searching Workshop 9:00 AM – 11:00 AM ***** Interviewing: Sell Yourself Workshop 1:00 PM – 4:00 PM	10 Workforce Innovation & Opportunity Act Orientation 2:00 PM	11
14 There, Their or They're – Which One Do I Use On My Resume? Workshop 9:00 AM – 11:00 AM	15	16	17 Workforce Innovation & Opportunity Act Orientation 2:00 PM	18 Opening Doors Workshop 2:00 PM – 3:30 PM
21 Researching A Company Before Your Next Interview Workshop 8:30 AM – 10:00 AM	22	23 LinkedIn/Social Media For Job Seekers Workshop 9:00 AM – 11:00 AM	24 Over 50 & Job Searching Workshop 9:00 AM – 11:00 AM ***** Workforce Innovation & Opportunity Act Orientation 2:00 PM	25 Career Exploration Workshop 9:00 AM – 11:00 AM
28 <b>MENASHA JOB CENTER CLOSED</b>  <b>MEMORIAL DAY</b>	29	30 <b>**NEW WORKSHOP**</b> Professional In The Work Place 1:00 PM – 3:00 PM	31 <b>**NEW WORKSHOP**</b> Team Work – Soft Skills 9:30 AM – 12:30 PM ***** Workforce Innovation & Opportunity Act Orientation 2:00 PM	<u><b>CENTER HOURS</b></u> <u>Mon., Wed., Thur., &amp; Friday</u> <u>8:00 AM – 4:30 PM</u> <u>Tuesday</u> <u>8:00 AM – 6:00 PM</u>

A proud partner of the **AmericanJobCenter** network  
 A proud partner of the A proud partner o

FVWDB and BAWDB are Equal Opportunity Employers and Service Providers

**2018**

## May 2018

### Menasha Job Center Computer Lab Calendar PLEASE SIGN UP FOR WORKSHOPS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Intro to Word 9:00-11:00am Open Lab 12:30 -4:30pm	2 Navigating the Internet 9:00-11:00am Open Lab 12:30 -4:30pm	3 All about Email 9:00-11:00am Open Lab 12:30 -4:30pm	4 Intro to Excel 9:00-11:00am Open Lab 12:30 -4:30pm	5
6	7 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	8 Intro to Word 9:00-11:00am Open Lab 12:30 -4:30pm	9 Navigating the Internet 9:00-11:00am Open Lab 12:30 -4:30pm	10 All about Email 9:00-11:00am Open Lab 12:30 -4:30pm	11 Computer Lab Closed	12
13	14 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	15 Intro to Word 9:00-11:00am Open Lab 12:30 -4:30pm	16 Navigating the Internet 9:00-11:00am Open Lab 12:30 -4:30pm	17 All about Email 9:00-11:00am Open Lab 12:30 -4:30pm	18 Open Lab 8:00 -4:30pm	19
20	21 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	22 Intro to Word 9:00-11:00am Intro to Job Center of WI.com 1:00-2:00pm	23 LinkedIn 9:00-11:00am Open Lab 12:30 -4:30pm	24 All about Email 9:00-11:00am Lab Closed 11:30 -1:00pm	25 Computer Lab Closed	26
27	28 Computer Lab Closed	29 Intro to Word 9:00-11:00am Open Lab 12:30 -4:30pm	30 Navigating the Internet 9:00-11:00am Open Lab 12:30 -4:30pm	31 All about Email 9:00-11:00am Open Lab 12:30 -4:30pm		

Menasha Job Center — **Computer Lab** Vickie @ 920.968.6835 or vmcparlon@fsc-corp.org

**Calendar is subject to change.**

A proud partner of the **AmericanJobCenter** network

When workshops are not in session, the lab may be used for computer tutorials and self-paced computer training programs.



1802 Appleton Road  
 Menasha, WI 54952

# Community Events

## The Power of Money - No Cost for 2018 Due to Special Grant Funding

Discover proven ways to:

- Build a budget that works
- Spend less & save more
- Reduce debt
- Prepare for unexpected expenses
- Have financial peace of mind
- Reach your goals

Signing up is easy. Just call (920) 886-1000 or register online [www.fisc-cccs.org/workshops](http://www.fisc-cccs.org/workshops)  
No Workshop Fee!

Your 2018 Dates

This is a three-week series. Each class begins on a Tuesday at 6 p.m. and ends by 8:15 p.m.

May 8, 15 & 22	August 7, 14 & 21	November 6, 13 & 20
June 5, 12 & 19	September 11, 18 & 25	December 4, 11 & 18
July 10, 17 & 24	October 9, 16 & 23	



Where we Meet: Goodwill Community Campus, 1800 Appleton Road, Menasha Entrance #2

## Teen Filter Camp

Teens ages 13-17 can get the experience to build new skills and learn how confidence and self esteem affect their relationships through either horse therapy or windsurfing/sailing.

The F.I.L.L.T.E.R. camps are FREE.

Snacks and lunch are provided.

Limited spots are available.

The hours are Monday through Friday

7:30 am until 4:30 pm.



For more information on how to apply contact

Christine Ann Domestic Abuse Services Teen F.I.L.L.T.E.R.

Phone: (920) 235-5998 Or apply online at: [www.christineann.net](http://www.christineann.net).



 **dentistry**  
from the **heart**

Come to Glacier Dental & receive  
**FREE DENTISTRY**



**MAY 4<sup>TH</sup> 2018**

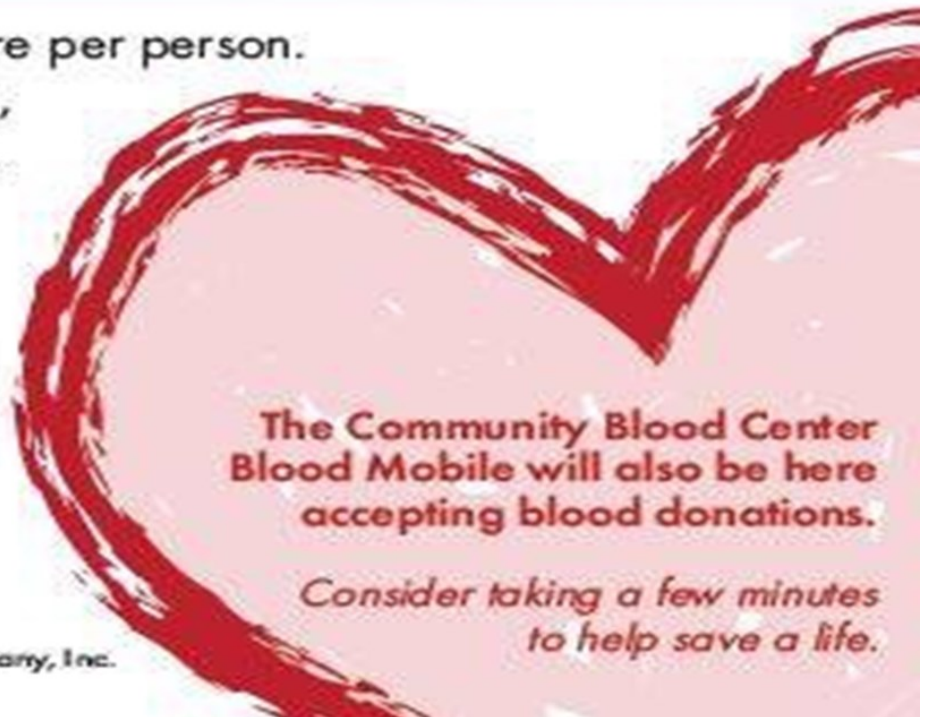
FROM 7:00 AM - 3:00 PM  
1720 Congress Avenue • Oshkosh, WI 54901

Only one procedure per person.  
Choose a cleaning,  
extraction or filling.

**First come,  
first serve.**



Printing donated by  
Steinert Printing Company, Inc.



The Community Blood Center  
Blood Mobile will also be here  
accepting blood donations.

*Consider taking a few minutes  
to help save a life.*



**Announcing**  
**Primary Medical & Dental Care**



**Accepting New Patients**

**What:** Primary Medical & Dental Care  
**Where:** 2310 Westowne Ave · Oshkosh, WI 54904

**Call today!**  
**920-731-7445**  
[www.partnershipchc.org](http://www.partnershipchc.org)

[www.partnershipchc.org](http://www.partnershipchc.org)

**Healthcare for You**

No insurance? We can help.

BadgerCare and most private insurance accepted.

Sliding fee available.

**Please join us on May 4<sup>th</sup> to tour our facility, meet our team and learn about our services.**

**Where:** 2310 Westowne Avenue, Oshkosh

**Time:** 12-3 pm



**30<sup>th</sup> Anniversary**

## **UP, UP AND AWAY!**

### **Young Parent Conference**



## **FRIDAY MAY 4TH, 2018**

**Come spend a whole day focused on you and your child. Gain valuable information about parenting and meet other young parents. Conference open to any parent age 21 and under.**

RSVP:

[www.surveymonkey.com/r/YPC2018](http://www.surveymonkey.com/r/YPC2018)

Or contact Lindsay Wollerman:

[LWollerman@familyservicesnew.org](mailto:LWollerman@familyservicesnew.org) | (920) 739-4226 ext. 109

**Free Conference**  
with breakfast and  
lunch provided.

**Free legal advice**  
on paternity,  
child support,  
and placement.

**Get to know your**  
resources.

**Win Big Prizes!**

**Sessions include**  
Housing  
Positive Parenting  
Child Mental Health  
Continuing Ed.  
Safe Sleep  
Employment  
and more!

**FOX VALLEY TECH.**

1825 N. Bluemound Dr.  
Appleton, WI

Time 8:30 am – 2:30 pm  
Registration begins at  
8:00

Use North parking lot  
and Entrance 16



## Unsure of Your Career Path?

Attend a **FREE** Career Development Workshop and create a plan to achieve your career goals!

Assess your skills, values, and interests, and learn how they relate to different career paths. Explore occupations, job outlook information, and educational programs. Each workshop is scheduled for a total of six hours. Individual appointments with a career counselor are included as part of each workshop.

See upcoming workshop dates below!

Class #	Campus	Workshop Dates	Time	Room
34873	Appleton	Tuesday, April 17th Tuesday, May 1st	9:00 a.m.— 12:00 p.m.	B124
35745	Appleton	Friday, April 27th Friday, May 4th Friday, May 11th	1:00—3:00 p.m.	B124
34831	Appleton	Thursday, May 3rd Thursday, May 10th Thursday, May 24th	4:00—6:00 p.m.	G223

To register for a workshop, call Enrollment Services at 920-735-5645.



## Caring for the Caregiver Free Conference



“We’re all in this together”



The Aging and Disability Resource Center along with the Long Term Support Division of Winnebago County, would like to invite you to our annual Caring for the Caregiver Conference. You will be provided with resources, information and a day of support to individuals in Winnebago County, who have a role in caring for their loved ones of all ages.

**Date:** Thursday, May 17, 2018

9:00 -10:30: Child Panel – Parent Connections, Children and Youth with Special Health Care Needs, Parent Advocate and Children’s Long Term Support

11:00: Keynote Speaker – former governor Martin Schreiber –book signing afterward (cash or checks only, no cards)

1:00 -2:30: Adult Panel – Attorney Ben Adams, Options for Independent Living, Memory Café, Aging and Disability Resource Center

**Location:** UW-Oshkosh Alumni Center, 625 Pearl Ave, Oshkosh WI 54901

**Parking:** Free parking in lot next to the Center

**Time:** 8:30 am to 3:00 pm

**Register:** Registration is required. Please register by May 15<sup>th</sup>. You can call Nancy Ruedinger at 236-1220 or email to [nruedinger@co.winnebago.wi.us](mailto:nruedinger@co.winnebago.wi.us)

Food will be available

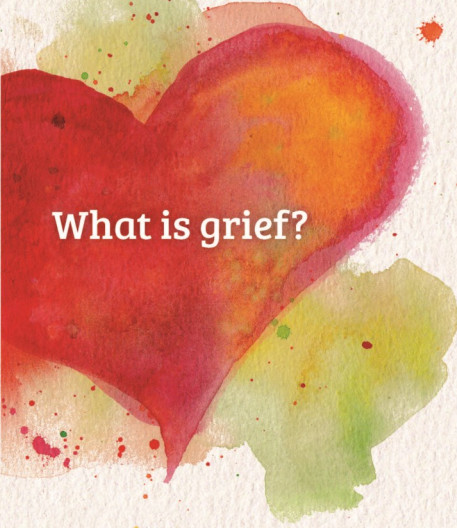
Door Prizes

Vender Booths

**This is a Free event**

We hope to see you there!!

# Grief Support Network



What is grief?


CHILDREN AND TEEN GRIEF SUPPORT NETWORK

Groups meet monthly on the 2nd Thursday at the Club, 6-8 p.m.

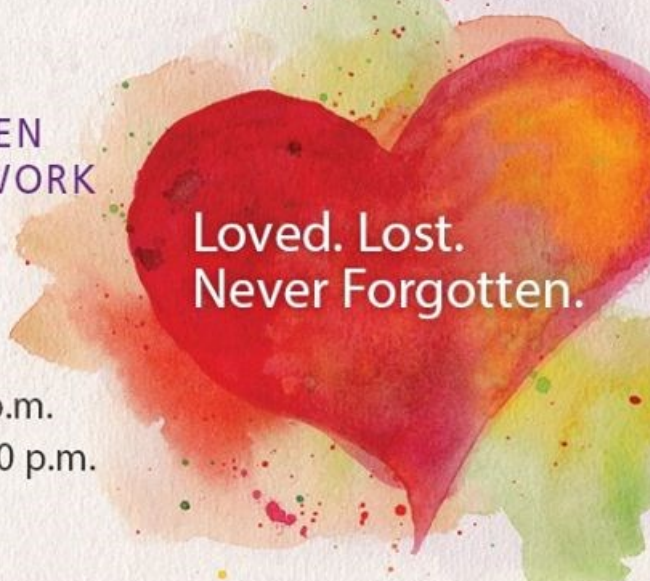
hope  
support healing

Contact the Family Support Coordinator at the Boys & Girls Club of Oshkosh to schedule a one-time orientation session to begin the program. 920-233-1414

[facebook.com/griefsupportoshkosh](https://facebook.com/griefsupportoshkosh)



**BOYS & GIRLS CLUB**  
OF OSHKOSH

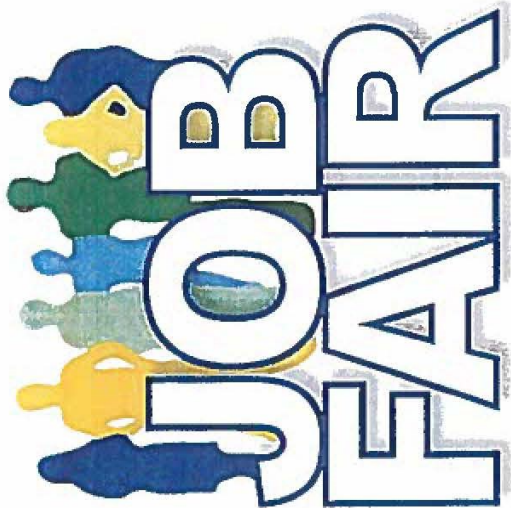


CHILDREN AND TEEN GRIEF SUPPORT NETWORK

Open House Dates:

Thursday, May 17, 6-8 p.m.  
Friday, May 18, 11:30 - 1:30 p.m.

Loved. Lost.  
Never Forgotten.



Looking for a job? Look here!  
Oshkosh Area Employment & Resource Fair  
1-4 PM

May 8, 2018  
Menominee Nation Arena  
1212 S Main St, Oshkosh, WI



MENOMINEE  
NATION ARENA

Job seekers can expect the employers to be searching for a wide range of careers in a number of industry segments. For a list of registered companies <http://www.foxvalleywork.org/jobfair.html> (check back often as companies are still registering!).

Curious about how to prepare for a job fair or for more information about attending the fair, contact Oshkosh Area Workforce Development Center, 219 Washington Street, Suite 107, Oshkosh or your local job center (for a list of job centers go to <http://www.wisconsinjobcenter.org/directory/>)

Event sponsored in collaboration with:



FVWDB is an Equal Opportunity Employer and Service Provider

# Back to School Fair



## Back to School Fair Referrals Available

As the school year is winding down, community partners are organizing resources for the 2018 –2019 Back to School Fair. The BTSF is August 16, 2018. To determine the quantity of school supplies, hygiene products, and clothing needed, the Oshkosh Community and Neenah/Menasha Back to School Fairs are looking for referrals to be completed and returned as soon as possible.

Please submit a request in writing for assistance with school supplies and include the following questions answered:

Parent Name
Address
Phone number
Cell phone number
Email Address
Children’s Names
Genders
Grade 2018-2019 school year
Name of school attending
Clothing and shoe sizes



Upon receipt of this information, the Housing Authority will complete a referral sheet and contact you with follow up questions that you may need to answer about your household.

Please submit your written requests with information about each child you are requesting assistance for by:

**Friday, July 6th, 2018**

Winnebago County Housing Authority

600 Merritt Avenue, Oshkosh

If you have any other questions regarding the Back to School Fair,  
please contact Kay at (920) 424-1450, ext. 133.

# FVTC English Program



**-SUMMER 2018-  
July 12 – August 17**  
6 Week Intensive English Program

***Study Professional English***  
*Intensive English Program for Non-Native English Speaking Students*



## English Listening & Speaking Development

(3 credits)

Monday-Thursday: 8:30am-11:00am

## English Writing & Grammar

(3 credits)

Monday-Thursday: 12:30-3:00pm

## English for College Success

(1 credit)

Monday: 4:00pm-5:00pm

Wednesday: 4:00pm-6:00pm

- Beginner, Intermediate & Advanced English
- About \$150/credit
- Cultural immersions & educational activities

### **For more information:**

Appleton Main Campus  
Office G130  
[learnenglish@fvtc.edu](mailto:learnenglish@fvtc.edu)  
920-735-2443

[www.fvtc.edu/learnenglish](http://www.fvtc.edu/learnenglish)



# May 5th



## Celebrate Cinco de Mayo with this Corn Pudding Recipe.

- 1/2 cup butter, softened
- 1/2 cup sugar ( I use less sugar.)
- 2 eggs
- 1 cup (8 ounces) sour cream
- 1 package (8 1/2 ounces) corn bread/muffin mix (Jiffy)
- 1/2 cup 2% milk
- 1 can (15 1/4 ounces) whole kernel corn, drained
- 1 can (14 3/4 ounces) cream-style corn

### DIRECTIONS

1. Preheat oven to 325 degrees. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in sour cream. Gradually add muffin mix alternately with milk. Fold in corn.
2. Pour into a greased 3-quart baking dish. Bake, uncovered, 45-50 minutes or until set and lightly browned. Yield: 8 servings.