

# June 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

#### What's Inside:

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Dear FSS participants,

Stress is a natural part of life. You can feel physical stress when you have too much to do, or when you've had too little sleep, aren't eating properly or have been ill. Stress can also be emotional: you can feel it when you worry about money, your job or a loved one's illness, or when you experience a devastating life event, such as the death of a spouse or the loss of a job.

When stress is not addressed, it can affect many parts of your life, including your productivity and performance on the job.

In fact, workplace stress causes about 1 million U.S. employees to miss work each day.

The key to coping with stress is to determine your personal tolerance levels for stressful situations. You must learn to accept or change stressful or tense situations whenever possible. Some of the following suggestions may help immediately, but if your stress is constant, it may require more attention or even lifestyle changes.

**Take one thing at a time.** Pick one urgent task and work on it. When that's done, move on to the next.

**Be realistic.** If you're overwhelmed at home or at work, learn to say, "No!"

**Don't try to be superman/superwoman.** No one is perfect, so don't expect perfection from yourself.

**Visualize.** Use your imagination to see how you can manage a stressful situation at work or home more effectively.

**Meditate.** Five to 10 minutes of quiet reflection can bring some relief. If you're having a stressful day at work, close your door and meditate or go for a quick walk to clear your mind.

**Exercise.** Thirty minutes of physical activity per day helps both body and mind. If you have an hour lunch break at the office, use half of it for a walk or a jog. Make plans with a coworker to do this a few times a week.

**Hobbies.** Take a break and do something you enjoy.

**Adopt a healthy lifestyle.** Get adequate rest, eat right, exercise, limit your use of caffeine and alcohol, and balance work and play.

**Share your feelings.** Don't try to cope alone. Let friends and family provide support and guidance.

**Be flexible!** Whether you're at home or at work, arguing only increases stress. If you feel you're right, stand your ground, but do so calmly and rationally. Be prepared to make allowances for other people's opinions and to compromise.

**Don't be overly critical.** Remember, everyone is unique and has his or her own virtues and shortcomings.

You can ease stress by talking with friends or family. But, if that isn't enough, talk with your doctor or spiritual advisor.

Seeking help is not a sign of weakness; it's a healthy thing to do.

**Graduation:** We have an FSS graduation on **6/20 at 11 am** 600 Merritt Ave, Oshkosh. This FSS participant has worked very hard during her time in the FSS program. She enrolled in DVR, found a better fitting job, took computer classes to better her employability, improved her financial management skills, continues to meet with her Winnebago County Literacy Tutor, and has been able to set up an emergency fund for future needs. She will be graduating with almost \$2500 in her FSS escrow account. Please join me on June 20<sup>th</sup> to celebrate her success.

**FSS Connection Meeting:** Deb Sommerhalder, owner of the Inner Sun Yoga Studio, has graciously agreed to come and show us some yoga moves, singing bowls demonstration and other new exciting techniques to rejuvenate and heal. Join us at our **June 11<sup>th</sup>** FSS connection group meeting in the TV lounge **9 am** : 600 Merritt Ave, Oshkosh. Please wear comfy clothes and have some fun with us. PS You won't get too sweaty so no need to change clothes. Please RSVP by June 7<sup>th</sup> so I have enough treats and space for us.

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 June!**

Kay Hinton, FSS Coordinator



Excerpt from EAP Coping With Stress Checklist





## Butterfly Festival

SATURDAY, JUNE 16th • 9:00 A.M.  
CITY PARK, DOWNTOWN APPLETON



Join us for the **10th Annual Butterfly Festival** and **Help Families Fly!** Proceeds from this fun-filled, family event benefit Parent Connection.

Registration is **\$15 per family** which includes one butterfly. Additional butterflies can be purchased for \$10 each. You may also register for the **Butterfly Club** for \$100 to enjoy exclusive benefits.

Visit us online for details and online registration at [www.familyservicesnew.org/parent-connection/butterfly-festival/](http://www.familyservicesnew.org/parent-connection/butterfly-festival/) and view festival photos on **Facebook @ BF.foxcities.**

### The 10th Annual Butterfly Festival features:

- \* Face Painting & Crafts
- \* Children's Games
- \* Inflatable Activities
- \* Kids Experience Zone
- \* Butterfly Demonstrations
- \* Food & Beverages
- \* Group Butterfly Release at 11:45 am



## Rent Smart 2018 Provided by UW Extension Winnebago County

Rent Smart provides practical education to help people looking for rental housing to find, get and keep suitable housing. Rent Smart workshops are FREE. Topics Covered:

1. How Much Will it Cost? And Can I Afford it?
2. Checking out the Rental Property and the Landlord.
3. Application Process
4. Who's Responsible for Maintenance, Repairs, and Care?
5. Communications.

Each workshop consists of **two** sessions. Participants must attend **both** sessions to receive the certificate of completion.

Registration is required. Call 920-232-1973 to register.

### July 5 & 12

9:00 - 11:30 am

J.P. Coughlin Center  
(Room B)

625 E. County Rd. Y  
Oshkosh, WI 54901





### September 17 & 19

6:00 - 8:30 pm

Father Carr's Place to B (Mother Teresa Center)



JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<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>	Reemployment Services Workshop 9am – 12pm		1
4 <b>Career Exploration Workshop</b> 9:00 – 11:00 am	5	6 Reemployment Services Workshop 9am – 12pm	7	8
11	12 COMPUTER BASICS 1 WORKSHOP 2:00PM	13 Reemployment Services Workshop 9am – 12pm	14 <b>FLAG DAY</b>	15 
18	19 COMPUTER BASICS 2 WORKSHOP 2:00PM	20 Reemployment Services Workshop 9am – 12pm	21 <i>Summer Begins</i>	22
25	26 Navigating the Internet Workshop 10:00 - 11:00AM	27 Reemployment Services Workshop 9am – 12pm	28	29



RSVP by :

920-225-1719 or [mrh@lsswis.org](mailto:mrh@lsswis.org)

FRIDAY, JUNE 22  
 10AM-2PM  
**OSHKOSH North HS**  
 FREE - RSVP APPRECIATED




#SPRINGCLEANING



**Menasha Job Center 920-997-3272**

**1802 Appleton Rd., Menasha**

*Calendar is subject to change. Please sign up for workshops.  
FVWDB and BAWDB are Equal Opportunity Employers & Service Providers*

Mon	Tue	Wed	Thu	Fri
<b><u>FOLLOW THE CENTER</u></b> twitter.com/fvwda facebook.com/fvwda www.foxvalleyjobcenters.com	<b><u>CENTER HOURS</u></b> Mon., Wed, Thurs. & Friday 8:00-4:30 PM Tuesday 8:00-6:00 PM			1
4	5	6 There, Their or They're - Which One Do I Use On My Resume? Workshop 1:30 PM – 3:30 PM	7 Workforce Innovation & Opportunity Act Orientation 2:00 PM	8 Opening Doors Workshop 2:00-3:30 PM
11 Career Exploration Workshop 9:00 AM – 11:00 AM	12 *** NEW WORKSHOP*** Team Work – Soft Skills 9:30 AM – 12:30 PM	13	14 Workforce Innovation & Opportunity Act Orientation 2:00 PM 	15
18	19	20 Interviewing: Sell Yourself Workshop 1:00 PM -4:00 PM	21 Workforce Innovation & Opportunity Act Orientation 2:00 PM <i>1<sup>st</sup> Day of Summer</i>	22
25 	26 A proud partner of the  network	27 Resume, Cover Letter & Job Searching Workshop 1:00 PM – 3:00 PM	28 Over 50 & Job Searching Workshop 9:00 AM – 11:00 AM Workforce Innovation & Opportunity Act Orientation 2:00 PM	29 <b>2018</b>

## June 2018

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

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

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

**Calendar is subject to change.**

A proud partner of the American Job Center 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



Celebrate the start of summer with Free Fun Weekend. On **June 2 and 3**, Wisconsin residents and visitors alike can fish, hike or bike state trails for **free**. Enjoy... free admission to state parks and forests and ride public ATV trails for free. The fun is on us! Learn more:



<https://dnr.wi.gov/news/features/feature.asp?id=8&article=2>

## **Fast Track Information Session: Business Management & Management Development**

Tuesday, June 12

6-7 p.m.

FVTC Appleton Campus

1825 N. Bluemound Drive

Room B126 (use Entrance 12)

No advanced registration required



Learn how you can prepare quickly for a career in Business Management or Management Development!

Why choose Fast Track?

- Attend class one night per week.
- Each class runs five weeks—half the traditional time!
- Earn your associate degree in three years or less! Ask us about credit transfer and work experience credit.
- Credits transfer to many four-year colleges.
- Hands-on business training that you can apply on-the-job immediately.
- Fast Track is not a shortcut; it is a commitment to independent and group study.



"Whoever says he abides in him ought to walk in the same way in which he did."

1 John 2:6

**@ 9:30 AM**

**2.6 MILE WALK**

**1062 NORTH KOELLER ST.  
OSHKOSH, WI**

- Enjoy a wonderful event bringing our community and supporters together.
- Walk begins at Father Carr's and then over the Butte des Morts Bridge causeway and back.
- Raising funds to support Father Carr's Mission
- Lunch and open house begin at 11 a.m.
- Tours available.
- Raffles

Father Carr's operates from private donations and receives no government or church funding.

## **FATHER CARR'S PLACE 2B MISSION INCLUDES**

COMMUNITY FOOD BANK  
COMMUNITY FREE HEALTH CLINIC  
HOUSING FOR PEOPLE IN TRANSITION  
DAILY MASS  
DAILY BREAD

DAILY & HOLIDAY MEALS  
FAMILY & COMMUNITY ACTIVITIES  
MENTORING & JOB SEEKING SKILLS  
VOLUNTEER OPPORTUNITIES  
RETREATS

**ONLINE REGISTRATION AVAILABLE AT [FATHERCARRS.ORG](http://FATHERCARRS.ORG)**





## 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!**

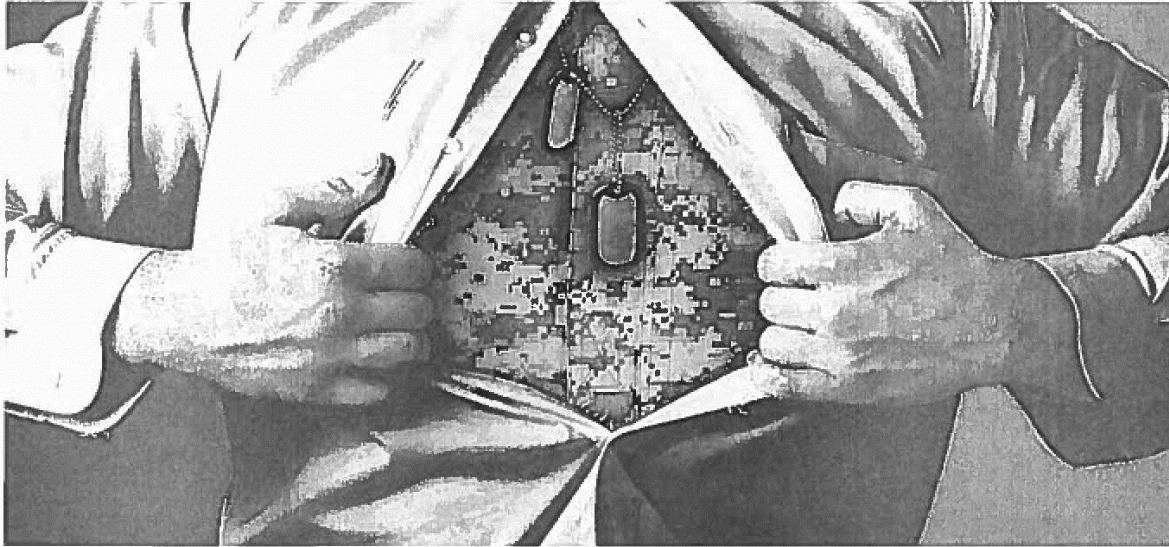
Class #	Campus	Workshop Dates	Time	Room
34831	Appleton	Thursday, May 3rd, 10th, & 24th	4:00-6:00 p.m.	G223
36634	Appleton	Wednesday, May 9th & 16th	9:00 a.m.—12:00 p.m.	B124
40657	Waupaca	Monday, June 4th, 11th, & 18th	1:00—3:00 p.m.	105
40656	Wautoma	Wednesday, June 6th, 13th, & 20th	1:00—3:00 p.m.	12B
41080	Appleton	Wednesday, June 6th, 13th, & 27th	12:00—2:00 p.m.	B124
41082	Appleton	Thursday, June 14th, 21st, & 28th	9:00—11:00 a.m.	B124
41085	Appleton	Tuesday, July 17th, 24th, & 31st	12:00—2:00 p.m.	B124
41088	Appleton	Thursday, July 26th & August 2nd	9:00 a.m.—12:00 p.m.	B124

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





Our heroes are often hidden among us.  
It's what's inside that counts.



With just one question and one phone call,  
you can help a Veteran and become a hero too.

## Make the Call!

Call VA's toll-free hotline:

**1-877-424-3838**

(1-877-4AID-VET)

or visit [www.va.gov/homeless](http://www.va.gov/homeless) for  
help with housing, jobs, health care,  
education and other Veteran benefits.

 **VA**  
**Home Front**



U.S. Department  
of Veterans Affairs

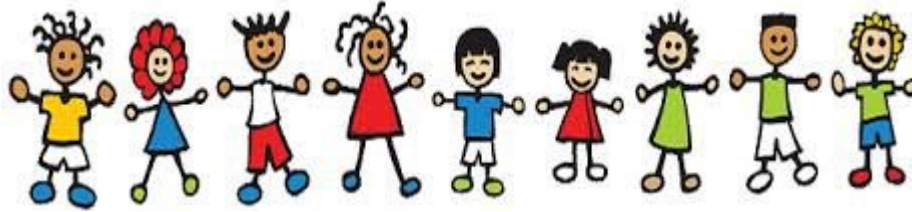
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[WWW.VA.GOV/HOMELESS](http://WWW.VA.GOV/HOMELESS)

*Working together to eliminate Veteran homelessness.*

# Child Tax Credit

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## Do you qualify for the new Child Sales Tax Credit as well as the Tax Holiday?

Starting **Tuesday May 15<sup>th</sup>, 2018 through Monday July 2, 2018** Wisconsin residents with a qualifying child may apply for a one-time \$100 per qualifying child Sales Tax rebate. The basics of the rebate are:

- Must have a qualifying child under 18 on **December 31, 2017**
- Must be a dependent of the claimant
- Wisconsin resident on December 31, 2017
- A United States Citizen

Please apply here: <https://childtaxrebate.wi.gov/>.

**August 1<sup>st</sup> through 5<sup>th</sup>, 2018** Wisconsin will have a Sales Tax Holiday on qualifying items. During this period certain items will be exempt from Wisconsin Sales and Use Tax. Generally items of clothing that are less than \$75 per item will be exempt along with computers purchased for personal use that are less than \$750.





# Free Summer Meals

Family Self Sufficiency

## Free Summer Meals for all students in grades 4K-12

### Oshkosh

Jefferson Elementary School  
and Oaklawn Elementary School  
Monday—Thursday June 18—July 19  
Breakfast 7:35 am—8:25 am  
Lunch 11:05 am—12:10 pm

244 W 11th Ave, Oshkosh  
112 Viola Ave , Oshkosh

Oshkosh North High School  
Monday— Friday June 18—July 19  
Breakfast 7:35 am—8:25 am  
Lunch 11:05 am—12:10 pm

1100 W Smith Ave, Oshkosh

Radford Center– Boys and Girls Club of Oshkosh 501 E Parkway Ave, Oshkosh  
Monday— Friday June 8—August 4  
Breakfast 8:30 am—9:15 am  
Lunch 11:15 am—12:45 pm  
Snack 2:30 pm—3:50 pm

### Menasha

Menasha High School  
Monday— Thursday June 11—July 19  
Breakfast 7:15 am—8:00 am  
Lunch 11:00 am—12:00 pm

420 7th St , Menasha

Clovis Grove Elementary School  
Monday— Thursday June 18—July 19  
Breakfast 7:40 am—8:00 am  
Lunch 11:30 am—1:00 pm

974 9th St, Menasha



For more information: <https://govalleykids.com/free-summer-meals/>.



# Food Truck Fridays

# Food Truck Fridays

South Park • Oshkosh

5-9 PM



FRIDAY  
**JUNE 15**  
The Brothers 2  
60's, 70's, 80's +

FRIDAY  
**JULY 20**  
The Harvest  
a Neil Young cover band

FRIDAY  
**AUG. 17**  
Mason St.  
Classic Rock

## 12 Food Trucks

A Variety of Tasty Foods  
provided by the  
**Fox Valley Food Truck Assoc.**

*Live Music • Raffles*  
*Beer • Soda • Water*  
For purchase

BAND SPONSORS

 **Evergreen**  
Possibilities await.

 **Valley VNA**  
Senior Care  
In-Home Care | Independent Living | Assisted Living

PRESENTING SPONSOR

 **COMMUNITY FIRST**  
CREDIT UNION  
We'll Find A Way!

EVENT SPONSOR

 **OMRO**  
PHARMACY

PARK SPONSORS

 **CARE PARTNERS**  
Country Terrace  
ASSISTED LIVING

 **SWEET HOME**

 **Friends of the OSHKOSH seniors center**  
Stay active. Stay social. Stay informed.

All proceeds will  
benefit programs and  
services provided by the  
Oshkosh Seniors Center

MEDIA SPONSORS

 **96.9**  
 **NASH**  
 **WISN 12**  
 **44 north**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**REGISTER ONLINE**

## SAFE KIDS = HAPPY PARENTS

**BOYS & GIRLS IN OSHKOSH AND  
SURROUNDING COMMUNITIES,  
PLEASE JOIN US FOR**

## SAFETY CITY

SAFETY CITY is hands-on education for boys and girls ages 4-9. The program combines interactive and classroom activities in an environment that is fun, child-sized and gives a safe city experience.

### SAFETY CITY Ages 4-6

Registration Deadline is June 1  
**June 11-14 9:00 a.m.-Noon or  
1:00-4:00 p.m.**

Registration Deadline is June 11  
**June 18-21 9:00 a.m.-Noon**

### SAFETY CITY 2 Ages 7-9

Registration Deadline is June 11  
**June 18-21 1:00-4:00 p.m**

**SAFETY CITY will be held at:  
Most Blessed Sacrament (St. Peter's Site)  
449 High Ave, Oshkosh**

### REGISTER ONLINE

**FEE \$36 Member • \$46 Activity Member**  
Each participant will receive a bike  
helmet, t-shirt, and a daily snack.

For more information please contact Lisa Nothing  
at 920-230-8439 or [lsanething@oshkoshymca.org](mailto:lsanething@oshkoshymca.org)



**OSHKOSH COMMUNITY YMCA • [www.oshkoshymca.org](http://www.oshkoshymca.org) • DOWNTOWN: 236-3380 • 20TH AVE: 230-8439**



# 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.



# Yoga Anyone?

**Save the Date!**

Family  
Self-Sufficiency (FSS)

## FSS CONNECTION GROUP

A program coordinating committee for  
Winnebago County Housing Authority's  
Family Self-Sufficiency Program.



Family  
Self-Sufficiency (FSS)

Join us to:

- ⇒ Learn more about yoga, singing bowls, and other techniques to rejuvenate and heal from Debbie Sommerhalder, founder of the Inner Sun Yoga Studio. Please wear comfy clothes and have some fun with us!
- ⇒ Collaborate and communicate your opinion!

**Date: Monday, June 11, 2018**

**Time: 9:00 a.m.—10:30 a.m.**

**Location: Marian Manor Library**

**Address: 600 Merritt Ave, Oshkosh, WI  
54901**

**The public is welcome!**

**Please call FSS Program Coordinator,  
Kay Hinton, to RSVP at (920) 424-1450,**

*AT&T is offering **low-cost wireline home Internet service** to qualifying households:*

- With at least one resident who participates in the U.S. Supplemental Nutrition Assistance Program (SNAP) and
- With an address in AT&T's 21-state service area, at which we offer wireline home Internet service, and
- Without outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.
- Service availability and speed may vary by address. 10 megabits per second, for **\$10 per month\*\***

*Step 1: Check service availability*

*Step 2: Apply for the program*



**By Completing an application form**

To find out if you qualify for Access from AT&T, submit an application. You can either complete the application online or download a form to print, fill out, and mail or email. Application online at:  
<https://accessatt.solixcs.com/#/home>.

*Step 3: Request service*

After AT&T notifies you that your application is approved, call them at one of the telephone numbers in **step 2** to get started with your Access program from AT&T.