

# February 2020

## Dream Big!

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

Valentine's  
Day

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  
920-424-1470 EXT. 133  
[kayh@ohawcha.org](mailto:kayh@ohawcha.org)

### What's Inside:

- February Letter
- Rent Smart
- Free Tax Preparation
- Pollock Pool Scholarship
- Love & Logic Workshop
- Parent Connection Events
  - FVTC Job Fairs
  - FVTC College Preview
    - EmpowHER
    - Starting Point 2.0
- Career Development Workshops
  - Recipe

Dear FSS participants,

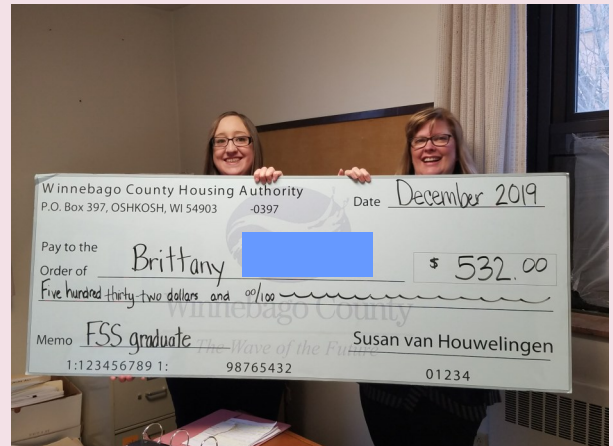
happy  
Valentine's  
day

Congratulations to Mumtaz and Brittany who are our newest FSS graduates!

**Mumtaz has found employment , improved her income, ran her credit report, tracked her spending, made a budget, met with FISC to balance her budget, and maintained her budget. Mumtaz has been awarded the balance of her FSS escrow account of \$586.43. She plans to save this money to buy a house.**



**Brittany has found full time employment, improved her income and maintained her budget. So many times I see families struggling when working full time. They make too much money to get any benefits but not enough money to make ends meet. So it is scary to make that leap! Brittany figured it out and went for it! She graduates with \$532.00 in her FSS escrow account.**



**Please join me in congratulating them on their achievement!**



Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy Valentine's day. Let's continue to strive to meet your goals and strengthen your self sufficiency. And as always, please let me know how I can help you by calling me at 920-424-1470 ext. 133.

**Your success is my success.**

Warm Regards,  
Kay Hinton  
FSS Coordinator

# Rent Smart 2020

*FREE WORKSHOPS TO HELP YOU FIND AND KEEP  
A SUITABLE PLACE TO LIVE.*

Rent Smart provides practical education to help people looking for rental housing find, get, and keep suitable housing. Rent Smart workshops are FREE. Each workshop consists of 2 sessions. Completion of the course provides you with a certificate to show your commitment to being a good tenant. **Registration is required.** Call (920) 232-1973 to register.

**February 5 & 12 (Wednesdays) 9:00-11:30am**

Menasha Public Library (Activity Room)

**April 2 & 9 (Thursdays) 6:00-8:30pm**

Neenah Public Library (Shattuck Room)

**June 9 & 16 (Tuesdays) 5:30-8:00pm**

Cumberland Court Apartments (Community Center)

**August 11 & 18 (Tuesdays) 6:00-8:30pm**

Menasha Public Library (Activity Room)

**October 15 & 22 (Thursdays) 9:30am-12:00pm**

Neenah Public Library (Shattuck Room)

**December 8 & 15 (Tuesdays) 9:00-11:30am**

Oshkosh Location Pending (call for more details)



# Free Tax Preparation

## Free Tax Preparation

During January 2 through April of every year, anyone interested in help with their taxes can call the local Tax Assistance number to make an appointment for free tax preparation and filing through Volunteer Income Tax Assistance (VITA) or Tax Counseling for the Elderly (TCE) programs. Due to the high volume of calls, be sure to leave a message with your first and last name and telephone number so someone can return your call at the earliest convenience.

University of Wisconsin Oshkosh VITA  
800 Algoma Boulevard  
Oshkosh, WI 54901  
920-235-8560  
Volunteer Prepared Taxes

OSHKOSH SENIOR CENTER (TCE)  
200 N CAMPBELL RD,  
OSHKOSH, WI 54902-3430  
920-385-6756

Goodwill Industries NCW TS  
1800 Appleton Road  
Menasha, WI 54952  
920-968-6044  
Volunteer Prepared Taxes



# February

**LET'S  
GLOW  
CRAZY  
Dance Party!**

**Saturday  
February 15th, 2020  
5-8pm**

**Oshkosh Seniors  
Center North  
234 N Campbell Rd.  
Oshkosh**



**Fun Musical Games!  
Prizes!  
Free Refreshments!**

**Wear bright colors to  
GLOW!**

**Sponsored By**  
**Cellcom**  
Building for the future

**FREE!** **Donations  
appreciated!**

**FREE  
Pizza!**



**All ages welcome!**

**Children under 7 yrs old must  
be supervised by an adult.**

*Please Register by Calling  
920-232-5319*





CITY OF OSHKOSH PARKS DEPARTMENT  
POLLOCK COMMUNITY WATER PARK  
2020 - FINANCIAL ASSISTANCE APPLICATION

**Please note:** The information requested below is confidential and is necessary to help determine the degree of need for each applicant. **All information shall be filled in legibly AND SUPPORTING DOCUMENTATION ATTACHED or the application will not be considered for assistance.** Application deadline is Friday, April 4, 2020. Qualifying applicants will be randomly chosen until available funding is exhausted. If chosen for assistance this year, applicants will be notified in May.

(Please print legibly)

Date of Application: \_\_\_\_\_ 2020

Name of Contact Person (Head of Household): \_\_\_\_\_

Street Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Mailing Address (if different): \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Daytime Phone: (     ) \_\_\_\_\_ Evening Phone: (     ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Part 1. Water Park Pass Applied For:

☐ Youth (3-17 years old)

☐ Adult (18-59 years old)

☐ Senior (60+ years)

☐ Family

Part 2. Names of Participants (all those that wish to secure either a single or family pass shall have their names listed below) **\*Please note a family pass is limited to 2 adults\*:**

	Name	Birth Date	Gender
1.	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
2.	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
3.	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
4.	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F
5.	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F

# Pollock Scholarship

6. \_\_\_\_\_ ☐ M ☐ F

7. \_\_\_\_\_ ☐ M ☐ F

8. \_\_\_\_\_ ☐ M ☐ F

## Part 3. Eligibility Qualifications:

A. The above family currently qualifies for free or reduced lunch at school:

☐ Yes ☐ No

**Please submit the letter you received from the Oshkosh Area School District that proves eligibility for the free or reduced food program through June 2020**

B. Participation with food stamp and/or W-2 cash benefit programs (list all names of individuals that participate in either or both of the programs noted below.)

Name	Food Stamp Case # (if any)	W-2 Benefit # (if any)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

Note: **DO NOT** use case numbers for Medicaid, SSI, W-2 Childcare or Quest card.

C. **Foster Children.** If this application is for a child who is the legal responsibility of a welfare agency or court, list the amount of the child's monthly personal use income: \$ \_\_\_\_\_. Write "0" if the child has no personal use income.

D. Total Household Income & Income Eligibility Guidelines. You must tell us how much and how often. NOTE: Income levels will be compared to State's Income Eligibility Guidelines (attached). Please provide proof of income for all household members. If no income, please make the proper notation.

Below, please list everyone in household along with **last month's income and how often it was received**

*Example:* \$100/month \$100/twice a month \$100/every other week \$100/weekly

Name (first, last) (list everyone in household)	Earnings from Work Before deductions	Welfare, child support, alimony	Pensions, retirement, Social Security	Other	Check if NO income
a. _____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
b. _____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
c. _____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
d. _____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
e. _____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
f. _____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>

## E. Special Hardship Situation

If for any reason an applicant is not able to provide the information above, please list reasons why consideration should be given to qualify for the Financial Assistance Program.

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## Part 4. Signature

I hereby verify that the information stated on this application is true.

\_\_\_\_\_  
Please print name

\_\_\_\_\_  
Applicant Signature  
(shall be 18 years or over)

\_\_\_\_\_, 2020  
Date

Submit this completed application to the Oshkosh Parks Department, 805 Witzel Avenue, Oshkosh WI 54902

Failure to complete application and provide all information requested will negate eligibility for the program.

Income eligibility Guidelines:  
Household size 1– \$23,107/year  
2– \$31,284/year  
3– \$39,461/year

America's Most Practical and Entertaining Parent Seminars  
***BECOMING A LOVE AND LOGIC PARENT®***  
***CURRICULUM***

A seven-week training program designed by the Love and Logic® Institute, Inc.

Would you like to feel more confident as a parent?

Would you like to have more fun parenting?

Would you like to feel more relaxed at the end of the day?

Answers to:

- ♥ "How do I get them out of bed in time to catch the school bus?"
  - ♥ "How can I stop my children from bickering and fighting?"
  - ♥ "How do I get my children to help with the chores without an argument?"
  - ♥ "Is there a way to discipline my toddler in public without creating a scene?"
  - ♥ "How can I get my teenage daughter to come home at the agreed-upon time?"
  - ♥ "How do I get him to stop spitting his peas and whining at dinner?"
- .....and many other day-to-day parenting frustrations.

Parenting is the world's most difficult job. Over 700 Oshkosh area parents have completed this non-judgmental course in a relaxed setting. They learned practical parenting skills and used them immediately. You can too!

Who: Anyone who works with kids or has children of their own. Join us!

Seminar is a total of 6 sessions:

Monday from 6:00 p.m.-8:00 p.m. at Emmeline Cook Elementary School: 2-3-20, 2-10-20, 2-24-20, 3-02-20, 3-9-20 and 3-16-20. (daycare provided for these 6 sessions through community learning center)

Cost: \$10 for the cost of the manual

To register for sessions, please contact Jodi Gunckel at [jodi.gunckel@oshkosh.k12.wi.us](mailto:jodi.gunckel@oshkosh.k12.wi.us) or leave a message at 424-0431 ext. 2720.

Please e-mail the following information to register: name, address, phone number, names and ages of your children or the children you work with, what schools they attend and how you heard about the seminars.

We look forward to meeting you!





## Sports Spectacular “All Stars”

### Appleton Dads & Kids Event

This event is a collaboration between Parent Connection, Appleton Area School District & YMCA of the Fox Cities - full of physical activities to get kids 6 & under moving! Includes: bouncy house, sports activities, crafts, food & more.

**Prior registration is required**

**Free Admission**

**Tuesday, February 25**

**5:30 pm - 7:00 pm**

**Appleton YMCA**

**218 E. Lawrence Street, Appleton**



## Building Buddies

### Oshkosh Dad & Kids Event

This event is a collaboration between Parent Connection, Habitat for Humanity of Oshkosh & UW-Oshkosh Head Start with fun building & construction themed activities for kids 6 and under. Kids come with their dads, step-dads, grandpas, uncles, male mentors, or any adult building buddy.

**Prior registration is required**

**Free Admission**

**Thursday, March 5**

**Food Served: 6:00pm - 6:30 pm**

**Activities: 6:30 pm - 7:30 pm**

**Boys & Girls Club of Oshkosh**

**501 E. Parkway Ave, Oshkosh**

## 32nd Annual Young Parent Conference

### “Rise Above & Beyond”

This FREE event will be a day for parents age 24 & under to gain valuable information about parenting, get to know community resources, win prizes, and meet other young parents.

**No Childcare Available** Free Breakfast & Lunch are provided **Prior registration is required**

[www.surveymonkey.com/r/YPC2020](http://www.surveymonkey.com/r/YPC2020)

**Friday, May 8**

**Registration & Breakfast: 8:00 am**

**Conference: 8:30 am - 2:30 pm**

**Fox Valley Technical College**

**1825 N Bluemound Drive, Appleton**

# FVTC Job Fairs

## Fox Valley Technical College Spring 2020 Job Fairs

**Part Time Job Fair:** February 6, 2020, 11 am—1pm

**Information Technology Job Fair:** February 12, 2020, 11 am—2 pm

**Public Safety Job Fair:** February 19, 2020, 11 am—2 pm

**Business Job Fair:** February 27, 2020, 12 pm—3 pm

**Manufacturing Job Fair:** March 3, 2020, 10 am—2 pm

**Healthcare Job Fair:** March 30, 2020, 12—3 pm

**Aviation Job Fair:** April 24, 2020, 10 am—2 pm



**POLAR PLUNGE** REGISTER TODAY!  
PLUNGEWI.ORG

**FEBRUARY 15**  
**MENOMINEE PARK**  
**MILLER'S BAY**

**OSHKOSH'S MOST CELEBRATED WINTER EVENT**

### Combat mental illness with these activities

1 in 5 US adults are living with mental illness. Dr Lisa Wochos, psychiatrist at the Aurora Behavioral Health Center, recommends these 6 activities.

1. Exercise to ease symptoms of anxiety.
2. Pick up a hobby to distract from negative thoughts.
3. Take 10 – 15 minutes a day of “me time”.
4. Listen to uplifting music to elevate mood.
5. Spend time with friends and family to help lift spirits.
6. Meditate to reduce stress and negative thoughts.



## College Preview

**Tuesday, February 11 • 3-6 p.m.**

FVTC Appleton Campus, 1825 N. Bluemound Drive, Use Entrance 10

- Explore your options for in-demand careers
- Tour the campus: get a first-hand look at high-tech labs & classrooms
- Talk with students & faculty
- Learn about dual credit, financial aid & scholarships
- Free info sessions: Paying for College (4:30-5 p.m.) and Choosing a Program (5-5:30 p.m.)
- Visit Tech Village (student housing complex)
- Apply for admission (\$30 application fee)  
high school seniors and older are eligible to apply



**For more information,** visit [www.fvtc.edu/CollegePreview](http://www.fvtc.edu/CollegePreview),  
call 920-735-4740 or email [AdmissionsSpecialist@fvtc.edu](mailto:AdmissionsSpecialist@fvtc.edu).





## EmpowHER

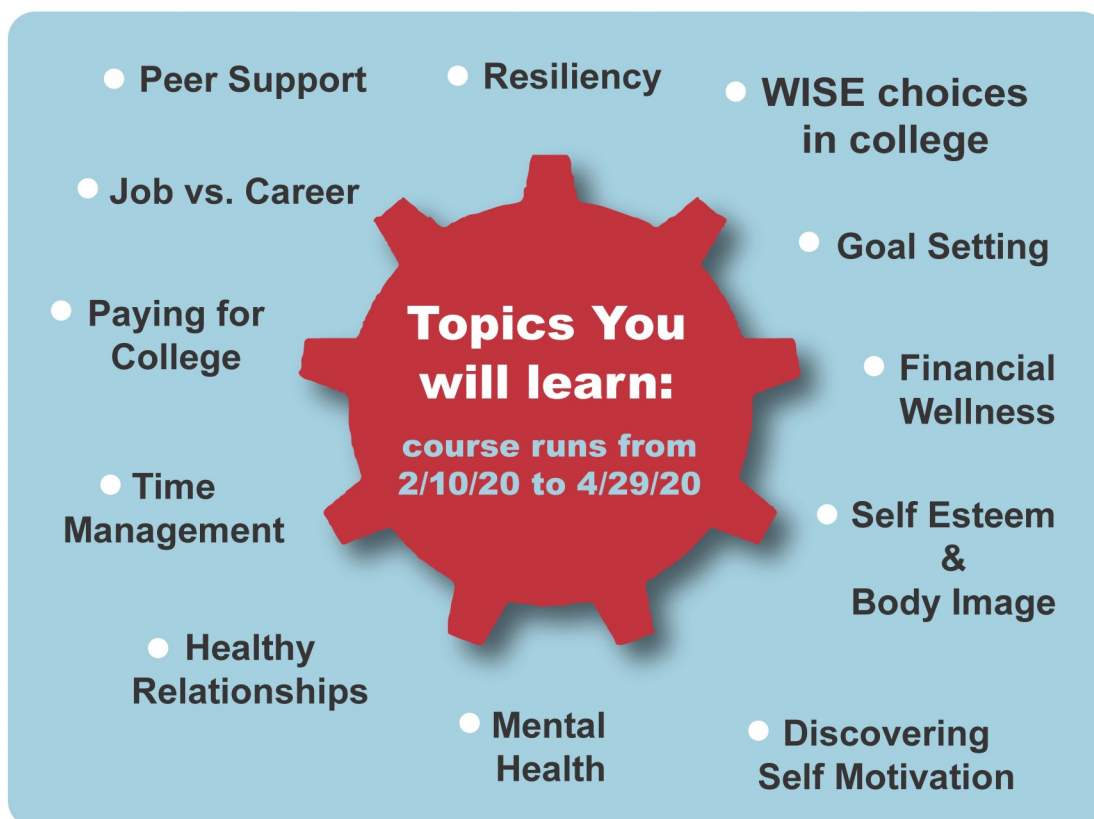
Are you 18 to 29 years old (without children) and looking for direction in the areas of education, employment and a healthy lifestyle? Do you think about your future and wonder what your path will look like?

Do you live in Calumet, Outagamie, Shawano, or Waupaca Counties or communities of Neenah & Menasha?

**If so there is a new program for you!**

The Women's Fund for the Fox Valley Region has partnered with Fox Valley Technical College to bring you EmpowHER! A FREE 12 week workshop focused on topics young women in their teens and twenties face in our community today!

Workshop Details: **Mondays, February 10, 2020 through April 29, 2020**  
from 9:00 am to 12:00 pm at Fox Valley Technical College-Appleton Campus



### Testimonials:

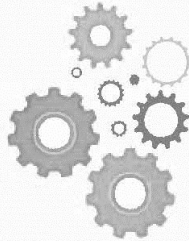
*"I learned a lot of life skills I was missing, like budgeting. Now I finally know how to grow my finances and save money!"*

*"Through this course I have gained more self confidence, motivation, and have learned more than I ever hoped for."*

Contact Information: Kelly Kohl (920) 735-4825 [kohlk@fvtc.edu](mailto:kohlk@fvtc.edu), Kara Nowak (920) 735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu)  
To find out if you are eligible, fill out this survey online [www.fvtc.edu/EmpowHER](http://www.fvtc.edu/EmpowHER)

## Young Women's Initiative: Starting Point 2.0

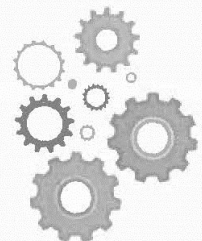
The Women's Fund is leading a project using a Two-Generation approach which will address the life-long economic security of single parent women and their children. This project creates a collaboration between FVTC's Starting Point Workshop and the college's educational resources combined with B.A.B.E.S. Inc. and their child development/parenting programming. By serving two-generations and creating a new stable environment for single-parent families, individuals struggling to survive will see the opportunities and potential that exist beyond their circumstances. This workshop and services provided are free to participants and children.



### Participant Criteria

- 18-29 year old single parent woman
- Income level must be at or below 200% of the Federal Poverty Guideline
- Must have at least one child under the age of 11
- Must reside in one of the following counties: Calumet, Outagamie, Shawano, or Waupaca, and communities of Neenah & Menasha

**Project Details:** Parent and any child under the age of 5 (not enrolled in school) will attend B.A.B.E.S., children under 11 will participate through take home activities. Must be available **February 12 to April 29**, Wednesdays 9 am to 12:15 pm.



**Time  
Management**

**Women  
Will Learn**

**Career  
Development**

**Coping  
Strategies**

**Decision-making**

**Self-Esteem**

**Assertiveness**

**Goal Setting**

**Empowerment  
Topics**

**course runs from  
2/12/20 to 4/29/20**

**Healthy  
Relationships**

Grants available for moving  
forward with education  
without financial stress

FVTC ID available  
for free busing on  
Valley Transit

### Testimonials:

*"Starting Point 2.0 has helped me plan a way to go back to school and provide for our family."*

*"I have really bad anxiety and self-doubt. This program made me feel more comfortable entering a new transition. I wanted to go back to school but did not know where to start or who to ask for help. I feel that now I have a better view on where I want to see my future go."*

*"This program has helped me learn all the resources within FVTC, to help as I go back to school. It has even given me the help I need in my personal life."*

Contact Information: Kelly Kohl (920)735-4825 [kohlk@fvtc.edu](mailto:kohlk@fvtc.edu), Kara Nowak (920)735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu) and Pastor Mahnie (920)733-6886 [execdir@babeshelp.org](mailto:execdir@babeshelp.org). To see if you are eligible, fill out this survey online [www.fvtc.edu/StartingPoint](http://www.fvtc.edu/StartingPoint)

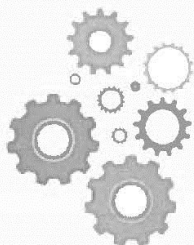


**WOMEN's fund**  
for the fox valley region, inc



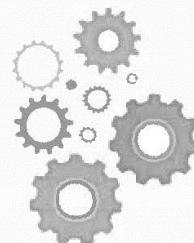


## Young Women's Initiative: Starting Point 2.0

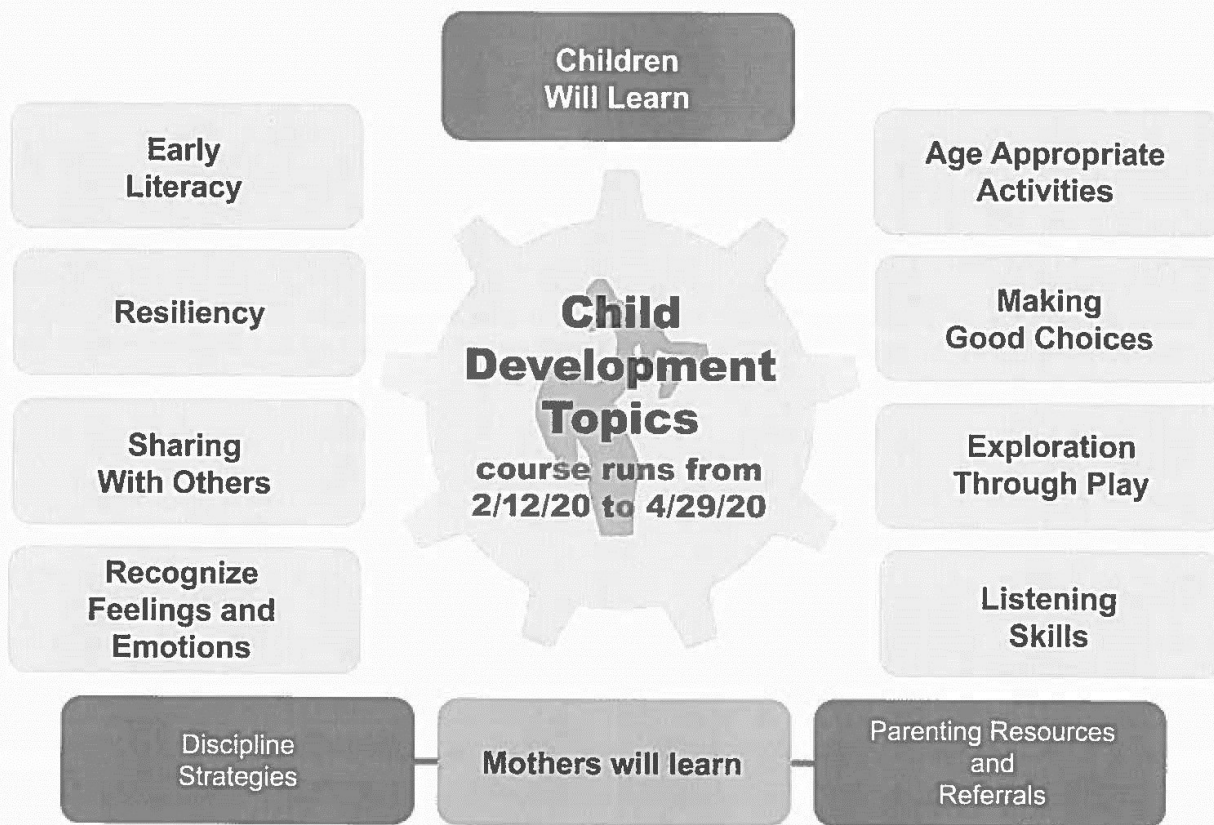


### Why would I want to take this workshop?

- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$45 value)
- Access to diapers, hygiene products, gas assistance
- Access to free family fun activities
- Give your children a healthy environment to thrive
- Gain support from other parents



**Project Details:** Parent and any child under the age of 5 (not enrolled in school) will attend B.A.B.E.S., children under 11 will participate through take home activities. Must be available **February 12 to April 29**, Wednesdays 9 am to 12:15 pm.



### Testimonials:

*"Starting Point 2.0 has helped me build skills I didn't have and to sharpen skills I already had."*

*"I felt like I had some control over my life and where it was going."*

Contact Information: Kelly Kohl (920)735-4825 [kohlk@fvtc.edu](mailto:kohlk@fvtc.edu), Kara Nowak (920)735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu) and Pastor Mahnie (920)733-6886 [execdir@babeshelp.org](mailto:execdir@babeshelp.org).  
To see if you are eligible, fill out this survey online [www.fvtc.edu/StartingPoint](http://www.fvtc.edu/StartingPoint)



**WOMEN's fund**  
for the fox valley region, inc.





fvtc.edu

## 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 while learning  
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.

### Upcoming workshops:

Day	Workshop Dates	Time	Class #	Location
Thursday	February 6, 13, 20	12:00–2:00 PM	94871	Appleton   Room B124
Tuesday	February 11, 18	9:00 AM–12:00 PM	94740	Appleton   Room B140
Monday	March 2, 9, 16	1:00–3:00 PM	92855	Waupaca   Room 131
Thursday	March 5, 12	3:00–6:00 PM	94746	Appleton   Room B126
Wednesday	March 4, 11, 18	1:00–3:00 PM	92854	Wautoma   Room 105B

To register for a workshop, call (920) 735-5645.



## *Instant Pot Chicken Taco Bowls*

This all in one dinner has quickly become a family favorite! Instant Pot Chicken Taco Bowls all cooked together in one pot with rice, black beans, corn, salsa, chicken and seasonings. I made this last weekend and it was fabulous. Thanks Jen for the recipe!

### **Ingredients**

- 1 1/2 cups low-sodium chicken broth, divided
- 1 pound boneless skinless chicken breasts
- 1 packet taco seasoning
- 15 ounce can black beans, rinsed and drained
- 1 cup corn
- 1 1/2 cups salsa
- 1 1/4 cups long grain white rice, rinsed and drained

### **Toppings:**

- cheese
- fresh cilantro, chopped
- avocado sliced
- green onion, chopped
- sour cream

### **Instructions**

1. Spray bottom of IP with non-stick cooking spray.
2. Add 1/2 cup chicken broth to bottom of IP.
3. Add chicken breasts.
4. Sprinkle chicken with taco seasoning.
5. Add black beans and corn.
6. Add salsa.
7. Add rice.
8. Add remaining 1 cup chicken broth.
9. Press rice into the liquid to make sure it's fully submerged. I added 1 more cup to submerged.
10. Set valve to sealing. Cook on Manual (high pressure) for 8 minutes.
11. Allow pressure to naturally release for 12 minutes, then turn to quick release.
12. Remove IP lid and gently FLUFF rice with a fork (Don't stir it!).
13. Place IP lid back on (with power off) for 5 more minutes to allow rice to rest while you prepare the toppings.
14. Slide rice to the side a bit to find the chicken breasts and pull them out. Shred the chicken.
15. Add a scoop of rice mixture to a bowl. Top with some shredded chicken, and other desired toppings. Serve with tortillas, if desired.

