

November 2020

Dream Big!

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



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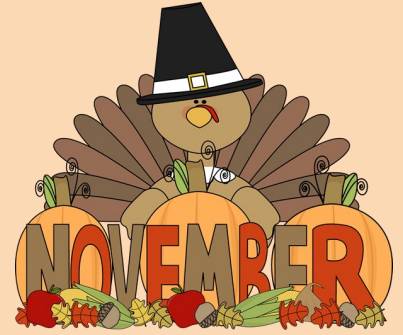
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Dear FSS participants,

Happy November!

Oshkosh/Winnebago County Housing Authority offices are still closed to the public. We are still here though and ready whenever you are. If you need to submit documentation of a job starting or ending, please submit by: email to kayh@ohawcha.org, fax (920-424-1474) or drop into our drop box at : 600 Merritt Avenue, Oshkosh or 265 Kaukauna St, Menasha.



Check out these services and many more in this November newsletter:

Rent Smart virtual classes are now available in the Winter. Are you looking for a new place to live? Rent Smart can give you tips on finding affordable housing, strategies on building positive relationships with landlords, and responsibilities/rights of landlords and tenants. Did you know if you go through this class, you get a year of positive rental history? Many landlords use the Rent Smart certificate to determine if you would be a good tenant. See page 3 for more information.

Salvation Army Seasonal Assistance has started! Please see page 7 and 8 if you are in need of Coats for kids and/or the Toy Store.

Daylight Savings Time ends on Sunday, November 1st. Turn your clock back 1 hour before going to bed on Saturday, October 31st.

Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy November! 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.

Good health to you!

Kay Hinton
FSS Coordinator





Rent Smart

Taught by Extension Educators

Helping to make renting a great experience for you!

Upcoming 2021 Class Dates & Times:

January: 12, 14, 19, 21, 26, 28; 1-2pm

February: 2, 4, 9, 11, 16, 18; 7-8pm

March: 10, 12, 17, 19, 24, 26; 9-10am

January classes are full.

Location: Online, live instruction via Zoom; links will be sent after registration.

To register complete this online form:

<https://go.wisc.edu/Rentsmartregister>

Cost: FREE!

What you will learn:

- Planning for and meeting monthly expenses
 - Tips for finding and maintaining affordable housing
 - How to complete an application and why landlords screen applicants
 - Strategies for building positive relationships with landlords and neighbors
 - Responsibilities and rights of landlords and tenants
 - Participants must complete all 6 modules to earn the Rent Smart certificate
 - **For more information, please contact rentsmartwi@office365.wisc.edu or call 262-741-4951**
- An EEO-Affirmative Action Employer, UW-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.



Emotional CPR



With COVID-19 precautions and social distancing, high unemployment, and mental health providers filled to capacity, building community systems, such as Emotional CPR, that can support people in emotional distress is vital.

Emotional CPR (eCPR) is a community education program, much like CPR, that can be taught and utilized through organizations, with individuals, and integrated into communities.

"This training gave me the value of sensitivity of another's emotions and life struggles. How it feels from someone else's perspective, especially reaching out for help and support."

eCPR is a community education program that teaches people how to support another person experiencing emotional crisis. People who use eCPR report that it becomes a way of life and strengthens their relationships with family, friends, coworkers, and community members.

"This training has helped me to better connect with those I'm trying to support and allow myself to be supported in return."

Emotional CPR builds stronger communities. The eCPR training is trauma-informed, culturally-attuned and has broad application to be integrated into all facets of every day life.

"The information and skills will forever be a part of my toolkit. They'll accompany me when I need them most during any emotional crisis in my personal or professional worlds."

"This is a life skill, there is no area of my life which will not be impacted by Emotional CPR. Very useful!"



VIRTUAL INTRODUCTORY WORKSHOP DATES

TUE, 9/8	1-3:00 PM
MON, 9/14	9-11:00 AM
TUES, 9/22	6-8:00 PM
WED, 10/7	9-11:00 AM
TUE, 10/13	1-3:00 PM
THU, 10/22	6-8:00 PM
MON, 11/2	9-11:00 AM
WED, 11/11	1-3:00 PM
MON, 11/16	6-8:00 PM
TUE, 12/1	9-11:00 AM
THU, 12/10	1-3:00 PM
MON, 12/14	6-8:00 PM

These opportunities are presented at no cost to people who live or work in the Fox Valley Area by LEAVEN with support from area funders. People outside of the Fox Valley may still attend at a fee of \$40 per person.

To reserve a spot, please email ecprevents@gmail.com or register online at: <https://dandalliance.wildapricot.org/Events>












If you're facing financial hardship, **LEAVEN Can Help!**

During these uncertain times, we want you to know that we are here to help.

LEAVEN is a nonprofit organization serving residents of Outagamie, Calumet and northeastern Winnebago counties.



**When you have nowhere else to turn,
LEAVEN can help with:**

 Rent	 Mortgage	 Security Deposit
 Utilities	 Car Repairs	 Gas Vouchers
 Bus Passes	 Diapers	 Toiletries and other necessities
 Referrals for Clothing	 Referrals for Furniture	 Health Insurance Premiums

Looking for help?



Call 920-738-9635 to schedule an appointment.

<http://www.leavenfoxcities.org/>

In addition, we can connect you with additional services and resources to help you gain lasting self-sufficiency.

Attention FoodShare Members

You may get additional FoodShare benefits for October to help you during the COVID-19 pandemic.



The October benefits will be automatically put on your QUEST card on November 1. You don't need to do anything!



You'll get a letter letting you know if you got these additional benefits and the amount you got.



You'll get these additional benefits if you don't already get the maximum monthly benefit amount for your family size.



You can check your balance at any time by going to [ebtedge.com](https://www.ebtedge.com) or using the ebtEDGE mobile app.

Want to learn more? Go to www.dhs.wisconsin.gov/covid-19/forwardhealth-foodshare.htm.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: 202-690-7442; or
3. email: program.intake@usda.gov.

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P-02647 (10/2020)



The Salvation Army—Oshkosh Seasonal Assistance Program

Sign-up Information



Due to COVID-19 there will be
NO in-person sign-ups.

Coats for Kids Sign-up

For birth—18(school age).

(No coats for parents or other adults.)

September 1st—October 30th, 2020

Go to: saoshkosh.org

(go to Program & Services Page)

And click on the corresponding link

Or

Scan QR code with phone camera & follow link.

Coats for Kids



Toy Store



Toy Store (Toys for Tots)

For birth—18(school age).

September 1st—December 4th, 2020

Go to: saoshkosh.org

(go to Program & Services Page)

And click on the corresponding link

Or

Scan QR code with phone camera & follow link.

If no online access, call 920-232-7660 to register over the phone.



THE SALVATION ARMY FOX CITIES 2020 CHRISTMAS SIGN UP

FOR FOOD, TOYS, ADOPT -A - FAMILY, & COATS FOR KIDS

COATS FOR KIDS REGISTRATION

REGISTER ONLINE OCTOBER 1 - 29, 2020

Coats are available for children ages 17 and under

*There are no adult coats available this year



GO TO WWW.SAFOXCITIES.ORG
and follow the link under
"Christmas Assistance Programs"



CHRISTMAS ASSISTANCE REGISTRATION

REGISTER ONLINE OCTOBER 1 - DECEMBER 3, 2020

Food Baskets, Toys for Tots, or Adopt - A - Family

Household with children ages 17 and under are eligible for Toys for Tots or Adopt a Family.

Adult only household register for a food basket.

GO TO WWW.SAFOXCITIES.ORG
and follow the link under
"Christmas Assistance Programs"



TO APPLY VIA PHONE OR FOR QUESTIONS, PLEASE CALL (920) 955-3646
DUE TO COVID-19, THERE ARE NO IN PERSON SIGN-UPS THIS YEAR



PAJAMARAMA

Saturday, December 5, 2020 9:00am – 12:30pm

Open for children ages 2-12 by appointment only.

**Registration begins October 26 through November 20th
or until appointments are full.**

**Due to increased cases of COVID-19 in our area, only ONE PARENT/GUARDIAN
will be allowed to shop for his/her child(ren) during scheduled appointment time -
no children please.**

Children ages 2-12 are eligible to receive:

- **A new set of pajamas**
- **A stuffed animal**
- **A blanket**
- **A book**
- **A pillow**
- **A pillowcase**

(While supplies last)



One day a man was walking along the beach, when he noticed a boy hurriedly picking up and gently throwing things into the ocean. Approaching the boy, he asked, “Young man, what are you doing?” The boy replied, “Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don’t throw them back, they’ll die.” The man laughed to himself and said, “Don’t you realize there are miles and miles of beach and hundreds of starfish? You can’t make any difference!” After listening politely, the boy bent down, picked up another starfish, and threw it into the surf. Then, smiling at the man, he said ...

“I made a difference to that one.”



Have you been laid off or
lost wages due to the
Coronavirus outbreak?

Did you know? You may be eligible for different
health insurance options.

If you (or someone in your household) have lost a job or are working less, you may qualify for **BadgerCare Plus**.

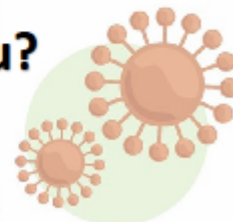


HealthCare.gov

If you recently lost health insurance through a job, you can sign up for Marketplace health insurance.

Which option is best for you?

We can help!



Call **920-882-6420** or United Way's **2-1-1** for free assistance



Medicare Open Enrollment



The Medicare annual election period this year will be from Thursday, October 15th through Monday, December 7th. This is the time of the year to compare plans to make sure you have the right health and prescription drug coverage. Plan costs and covered benefits can change from year to year.

During the open enrollment period you can do any of the following:

- ☐ Switch from Medicare Part A & B to an Medicare Advantage Plan (Part C)
- ☐ Switch from a Medicare Advantage Plan (Plan C) to Medicare Part A & B
- ☐ Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- ☐ Make changes in your Medicare Prescription Drug Plan (Part D)

Effective date for these changes will be Friday, January 1, 2020

This can be a very confusing time of the year for many. Luckily there are a number of resources willing to help.

—You can go online to [Medicare.gov](https://www.medicare.gov) or call 1-800-MEDICARE (1-800- 633-4227) 24 hours a day seven days a week.

—Contact Joan Jaworski, Winnebago County Benefit Specialist at 236-4685.

This is also a good time to check and see if you qualify for the Extra Help Subsidy. Even if you did not qualify in the past, program guidelines change each year or your own situation may have changed. I strongly encourage you to look at your options before the end of November.





fvtc.edu

Unsure of Your Career Path?

Attend a VIRTUAL 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 FREE, and scheduled for a total of four hours.

Flexible, self-paced options are also available.

Individual appointments with a career counselor are included as part of each workshop.

Upcoming virtual workshops:

Day	Workshop Dates	Time	Class #
Thursday	Sept 17, 24	1 PM—3 PM	24477
Tuesday	Sept 29, Oct 6	10 AM—12 PM	24479
Monday	Oct 5, 12	4 PM—6 PM	24481
Thursday	Oct 29, Nov 5	5 PM—7PM	24485
Friday	Nov 6, 13	1 PM—3 PM	24487
To register for a workshop, call 920-735-5645 or CLICK HERE .			



Why have a hobby during COVID... or any time?

During this time of COVID many of us have fallen into a sort of dull and almost robotic life... work, home, eat, Netflix. The seemingly perpetual uncertainties we face can lead us to fall into what Aristotle called *akrasia*; our tendency to choose what's easy and habitual, rather than what might be novel or challenging.

We really need to wake up our brains and enrich our lives. Enter hobbies. Who would've guessed that there is significant scientific research that documents the benefits of practicing hobbies. Here are just a few of the positive effects of having a hobby that you practice regularly: better health, decreased negative effects from stress, and increased social interaction.

This COVID time makes it a great time to start or resume a hobby. Follow your curiosity and natural interest to identify potential hobbies. Revive a hobby you use to do. Drawing on the five components of resilience, we can create a framework for hobbies that can work for you.

- Physical – Exercise, sports, resistance training, walking, hiking, running, skiing, entering competitions, etc.
- Mental – The act of learning something, learning about your hobby, researching the supplies you'll need, educational television, science, math, history, culture, geography, religion, getting in the zone or flow doing your hobby, collections, taking a class, sports statistics, fantasy sports, etc.
- Emotions – Enjoying the moment, the good feeling when you complete a project, being in nature and responding to its beauty, the joy of learning and mastering something, the pleasure of doing an activity well, serving a higher purpose, spiritual practice, meditation
- Social connection – Meeting new people, sharing your hobby with others, taking classes via Zoom, forming a group of people that do your hobby and doing it together via social media and Zoom, posting your finished projects on a Facebook page or Instagram, etc.
- Everyday creativity – Express yourself, make something, cook, bake, art, music, fashion, doodling, coloring, painting, drawing, games, DIY projects, home repair, woodworking, jewelry making, sculpture, doing creative activities with children.

People with hobbies are lifelong learners. If you don't think of yourself that way, a hobby will help you become one. Curious lifelong learners are healthier and live longer. Because of the availability of information on-line and via social media, now is a great time to start a hobby. Everything you need to know can probably be found on YouTube. Everything you need for your hobby can likely be ordered from home, or perhaps you may already have what you need. Try some things and see what works for you. Learning, creating and having fun are great ways to fully experience life during COVID or any time.



Love & Logic: Early Childhood

Parenting Made Fun

Parent Connection | Parent Workshop



For Parents of 0-6 year olds

This three-night video-based workshop offers practical techniques for raising responsible kids! Learn to discipline your children without losing their love & respect (or your sanity). We will talk about effective communication & how to use consequences for learning & growth for your children.



On-Line Classes

Thursdays, November 5, 12 & 19

6:00 pm (60-90 minutes)

\$10.00 per person

Plan to attend all 3 sessions

Register On-Line:

Family Services website: www.familyservicesnew.org/parenting-classes

Parent Connection Facebook Events: www.facebook.com/pg/ParentConnectionWI/events

Or Contact Jen DiMatteo | jdimatteo@familyservicesnew.org | (920) 739-4226 ext. 109

Cancellation Line:
(920) 739-4226 ext. 154



Like us on Facebook for the most up-to-date workshop information.

www.facebook.com/ParentConnectionWI



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

Fox Cities: 1810 Appleton Road, Menasha WI 54952 | (920) 739-4226

Oshkosh: 36 Broad Street, Suite 150, Oshkosh 54901 | (920) 233-6630

www.familyservicesnew.org/parent-connection



St. Anne's Clinic— Now Open



Open: Tuesdays 12:00pm – 4:00pm
Saturdays 10:00am – 2:00pm

Location: St. Anne's clinic is located at 449 High Ave. Oshkosh.
(Formerly St. Peter's School)

St. Anne's Clinic – A charitable clinic providing primary care (management of acute and chronic conditions, including mental health, preventive care, and health promotion) for the uninsured and the under-insured in the Oshkosh area community. We define under-insured as having insurance but not being able to afford to use it. We won't charge our patients any fees for service. We won't turn anyone away for inability to pay. We will gratefully accept donations from those who are able to afford to donate.

To become a patient of ours, please call **920-234-6970**.

AA Meetings – AA meetings are held every Saturday from 10:00am – 11:00am.

Counseling – We offer onsite counseling for our patients.

Chiropractic Care – We offer onsite chiropractic care for our patients.



What information are you DRIVING around?

