

December 2020

Dream Big!

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



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Dear FSS participants,

Happy December!



Lately, have you found yourself not wanting to do the things that need to be done, like at work, home, or as you try to keep up with daily life? This time of COVID could almost be thought of as one great big “I don’t wanna do this!” experience. A simple tool such as making your task into a game can help you get things done. In her writing, Victoria Ichizli-Bartels, an expert on games, recommends three steps for **turning something into a “gameful” experience**. **First, pay attention.** Observe yourself as you do the activity, just like you do when you take your turn at a game. **Second, break the activity down into small doable parts and keep track of your progress.** That’s like keeping score in a game. You ask yourself how you’re doing and notice what needs to be adjusted. **Third, notice and appreciate your progress.** In other words, pay attention, keep score, and celebrate your progress. Simply breaking down your activity into these three simple components can lead you into a state of flow, helping you complete the unwanted task positively and effectively. Throughout this process, bring in some humor and lightness. After all, playing games is fun. And can help you reach your goals.

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

Please join me for our **December Quarterly FSS Connection Group Zoom Meeting Monday, December 14, 2020 at 9:00 a.m.—10:30 a.m.** **Jamie Lenz**, Program Service Coordinator for **COTS, Inc.**, will be talking about COTS and their move to Oshkosh. COTS, Inc. is a transitional shelter helping individuals experiencing homelessness in the Fox Cities, Wisconsin. Their goal is to end homelessness by helping individuals to transition to self-sufficiency and independent living. See page 15 for more information. All are welcome.

New Horizon Career Development webinars: Please check out the career webinars on page 7. New Horizons has other monthly webinars starting December 1. It’s all about jobs: resume building, LinkedIn, networking, interviewing, etc. Every month, they’re going to have a different expert present. Check it out!

Salvation Army Seasonal Assistance sign up ends December 3rd or 4th! Please call the Salvation Army – Fox Cities at 920-955-3646 or Salvation Army—Oshkosh at 920-232-7660 before it is too late!!

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



Excerpt of Article “What to do when you don’t want to “ by Mike Rupsch, LPC, LCSW
Advocate Aurora EAP



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

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Happy
Holidays!



Resources for Families



Resources for Coping & Distraction While Isolated in the Hospital or at Home

*Please Note: These resources are intended to be used by parents and caregivers with their children in addition to typical play based activities such as books, puzzles, board games, cooking, walks, movies, etc.

Educational

Youtube Kids

- Kids Learning Tube
- Free School
- Homeschool Pop
- StoryBots
- Smithsonian Channel
- The Brain Scoop
- World World PBS
- TED-Ed
- National Geographic Kids
- Peekaboo Kidz

Websites

- Starfall.com
- MysteryScience.com
- Readingworks.org
- STMath.com
- Abcya.com
- Xtramath.org
- Zearn.org

Podcasts

- Brains On
- Six Minutes
- But Why: A Podcast for Curious Kids
- Circle Round
- Smash Boom Best
- Wow in the World
- Eleanor Amplified
- Ear Snacks
- KidNuz

Mindfulness, Movement, and Relaxation

- Gonoodle.com
- Planet Fitness - offering free 20 minute classes via their Face-book page at 7pm
- 305 Fitness Youtube 11pm free live workouts

- Breathe, Think, Do with Sesame Street App
- Calm Meditation App
- Cosmic Kids Yoga:
<https://www.youtube.com/user/cosmickidsyoga>

- Core Power Yoga Keep Up Your Practice:
<https://www.corepoweryogondemand.com/keep-up-your-practice>

Adventure and Entertainment

Youtube Kids

- Storyline Online
- Story Time with Ms. Becky
- KidTimeStoryTime -The Cininatti Zoo & Botanical Gardens
- Fun Family Florida

Podcasts

- The Two Princes
- Story Pirates

Online

- Search your favorite artist, many are doing online concerts
- Some new movies will be live streaming

- Adventures in Family Hood:
<https://adventuresinfamilyhood.com>
- Georgia Aquarium Livestream of Exhibits
<https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- Kohls Children's Museum



Advocate Children's Hospital

We are  AdvocateAuroraHealth

FREE Energy Saving Kit



WE Energies has an ENERGY SAVING KIT. They will send plastic that will cover approximately 5 to 6 windows, caulking, and a few other items absolutely FREE.

If you are interested, or know anyone who can use some help with their heating bills, the number to call is 1-800-242-9137, option 0 to speak to a representative in English and request your FREE Kit!

If you need a representative in Spanish call 1-800-242-9137, option 0, then option 8 and option 3 and request for FREE energy saving kit.





FREE Virtual Caregiver Event



BOYS & GIRLS CLUBS
OF THE FOX VALLEY

“I’ve Told You A Thousand Times!”

Learn how to teach respectful and responsible choices to young people and handle undesired behavior with calmness and confidence.

Join Us!

Thursday, December 3
6:30 - 7:30 pm
Zoom Conference



Featuring Emmy®
Award Winner
Michael Brandwein

Register Today!

Registration is limited. [Click here](#) to sign up!

Join us for this **FREE** virtual event as we welcome back Michael Brandwein with this new session about building great relationships with your young people and handling the challenges of parenting. Learn exactly what to say and do to handle conflict and problems in positive ways.

GREAT FUTURES START HERE.

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[Click here](#) link above does not work.

Please register by entering this website:

<https://zoom.us/join/zoom/register/tJIqcOGsqDssHtwKVYZQ5OjNjr5YX6Pu6PDk>



New Horizons Computer Learning Centers of Wisconsin
Career Search Webinar Series
www.newhorizonswi.com/resources/free-webinars

New Horizons complimentary training webinars are a great opportunity to gain insight into effective job search techniques, strategies, and tools. Whether you're looking to enter a career or advance in your current career, the New Horizons webinar series will show you what it takes to get noticed by employers in today's hiring market. Our Career Services webinars cover the topics including:

Leveraging LinkedIn: Learn How to be Visible to Employers

When you use LinkedIn to its fullest potential, you will have hiring managers and recruiters knocking down your door to put you in a job that isn't even posted! In this informative workshop, you'll learn:

- How to position your LinkedIn profile so you can be easily found
- How to use LinkedIn to connect with recruiters and hiring managers
- How to build your network with strategic connections
- How to discover Target Companies

Resumes that Rock: The Ticket to Your Next Interview

When your résumé rocks, you'll stand out from the crowd, prove your value and get that interview! This workshop provides a foundation that is key to building a resume that will best represent YOU. What you'll learn:

- How resumes are used in the hiring process
- What differentiates a good resume from a resume that ROCKS
- The difference between reality and myth for resumes and the hiring process
- How to use your work history to create and support your own "unique professional brand"
- Discover how best to handle career transitions and various unique situations

Acing the Interview

So you have been called for an interview, what now?! Learn what you can do to set yourself apart from the other candidates. It's all about being properly prepared and knowing how come across as a problem solver rather than just another job seeker. This approach will set you up for success and prepare you for your all-important interview. In this workshop, you will learn:

- How to stand out and be seen as a problem solver and the candidate of choice
- How to maximize the valuable time you have in front of the employer
- How to utilize your research before, during, and after the interview
- How to answer and ask questions with confidence

Effective Job Search Strategy

Your goal is to land that job and you need an effective and assertive plan to do so! All hiring happens at the front of the line when you get to talk with the hiring manager, not at the end of the line when you apply for a job. This workshop teaches you how to get to the front of the line and helps you map out your action plan to be successful in your job search. You will:

- Transform any job search frustration into action items
- Discover what components make up a successful strategy
- Understand the difference between a "Hidden Job" and an "Open Job"
- Learn how to use LinkedIn to connect with the right people

Keys to Career Advancement

While the right set of skills are required to land a job, additional skills and concepts are needed to keep a job and grow within a company. This workshop helps viewers understand the importance of business etiquette concepts and how to apply them within various work environments. What you'll learn:

- How to prepare for and adjust to different communication styles
- The importance of responding versus reacting to colleagues and clients
- How to decipher company needs and align with business goals
- Discover why results speak louder than skills
- How to highlight transferable characteristics and become a problem solver

With new topics every month, there's something for everyone. Check back regularly for updates!

www.newhorizonswi.com



COVID Testing

UW-Oshkosh Culver Family Welcome Center (Community Member)

625 Pearl Avenue
Oshkosh, WI 54901

Testing Hours

- Monday, November 30: 9:00 AM - 7:00 PM
- Tuesday, December 1: 9:00 AM - 5:00 PM
- Wednesday, December 2: 9:00 AM - 5:00 PM
- Thursday, December 3: 9:00 AM - 5:00 PM
- Friday, December 4: 9:00 AM - 5:00 PM
- Saturday, December 5: Closed for testing
- Sunday, December 6: Closed for testing
- Monday, December 7: 9:00 AM - 5:00 PM

Please note that this location will only test individuals who are 5 years of age or older.

This site uses the BinaxNOW rapid test, with results available within fifteen minutes.

Preregister here: https://www.doineedacovid19test.com/Oshkosh_WI_2433.html

**Are you unable
to pay rent?**
**Are you at risk of
getting evicted?**



- 1 Go to www.cdc.gov/coronavirus/2019-ncov/downloads/declaration-form
- 2 Fill out the form.
- 3 Send the completed form to your landlord or property management company.
- 4 Get confirmation that they have received the form.
- 5 Make sure to pay rent and late fees by January 1, 2021

For information on financial assistance and resources available call 211 or contact your local Wisconsin Community Action Program Association at: wiscap.org/member-agencies.



Jingle all the way...to a new spin on a beloved holiday tradition.

This December, three of our branches will host a special drive-thru visit with Santa. Choose a location and date (below) that works best for your family and bring your little elves to physically distanced visit with Santa. Follow the signs and drive-thru route, open your window so your kiddo(s) can tell Santa what they'd like for Christmas and snap a pic* for your family holiday card.

Pick a date and come see Santa!

- Tuesday, Dec. 1 in Fond du Lac (1045 E. Johnson Street)
- Wednesday, Dec. 2 in Neenah (110 W. Bell Street)
- Tuesday, Dec. 8 in Oshkosh (2900 Universal Street)

The free Santa Drive-Thru event is open to the public and runs from 6 to 7 p.m. Visits with Santa are available on a first come, first served basis. There is no guarantee that all cars in the line will get to see Santa.

**Kids may get out of the vehicle and stand in the marked spaces so parents can take a photo with their camera or phone.*

New ThedaCare Behavioral Health Walk In Clinic in Neenah

ThedaCare Behavioral Health Walk-in Care-Neenah is a walk-in outpatient clinic for adults 18+ who have an immediate behavioral health need. The clinic will provide screening, assessment, counseling, referrals and scheduling for outpatient psychiatric services, short-term treatment, and discharge planning and care management. Virtual health services will also be available.

Location: 333 Green Bay Road, Neenah.

Times: Monday -Friday 8am-4:30pm



More Holiday Events



ExtravaGRANDza

Online Event

Sunday, December 6, 2020 | 7:00 p.m. CST

Free of charge! Register to receive the livestream

link: <https://bit.ly/ExtravaGRANDza>

Remember all those great Christmas TV specials? Gathering in front of the screen to watch your favorite stars? Well, the folks at The Grand Oshkosh do! In the midst of the pandemic, we will present our own Holiday special—live via livestream, free of charge. The show itself will be two hours of family-friendly Christmas music and maybe some variety-style acts, all pre-recorded from people's studios or living rooms

Oshkosh Celebration of Lights

Make Celebration of Lights part of your holiday tradition and enjoy one million twinkling lights! Join us as we celebrate 19 years of holiday magic November 27, 2020 - January 2, 2021! To limit contact, only credit/debit cards will be accepted this year at our entrance huts. Still just \$10 or \$9 with in-date non-perishable food donation per car.



Location: Menominee Park, 520 Pratt Trail, Oshkosh, WI 54901

FREE Community Nights: December 1, 4, 8, 11, 15, 20 2020

FRIDAY, DECEMBER 4, 2020 AT 5:30 PM CST

Holiday Drive-In Movie at Zaroni's (Oshkosh)

Drive-In Movie event showing: It's a Wonderful Life! Event is free!

Location: Zaroni's 2407 Jackson St, Oshkosh, WI 54901

Free Hot Chocolate and Zuggets

Plus menu items available through carhop service.

We are collecting gloves for the Day by Day Warming Shelter in Oshkosh.



Gingerbread Scavenger Hunt December 4-19	Virtual Rudolph Run December 5	Luminary Pop-Up/Cookie Crawl December 17	Letters to Santa December 4 - 19
Free Carriage Rides December 19	A VERY NEENAH DECEMBER		Window Displays December 4 - 31
Free Gift with \$10 Purchase December 12	Live Reindeer December 12	Free Antlers December 12	Gingerbread Scavenger Hunt December 4-19

Visit neenah.org or call 722.1920 for more information

A Very Neenah December

Look at all the fun stuff happening in downtown Neenah in December!

For more info: www.neenah.org.

GRIEF, LOSS, AND NEW TRADITIONS DURING THE HOLIDAYS



Wednesday December 2, 2020 12:00-1:00 (online)

Feelings of grief and loss can be particularly strong around the holidays. The drastic changes to our routine, traditions, and way of life we've experienced due to COVID-19 adds in another layer to grief and loss.

In this interactive, virtual presentation, you'll learn about common reactions to grief and loss, how to identify and draw upon your sources of strength to better cope, resources to support you and those you care about, and ways to create new and meaningful traditions.

Presented By:

Mandi Dornfeld

Human Development and Relationships Educator

UW-Extension Winnebago County

Register in advance for this meeting:

<https://forms.gle/e8kXJ9imTDhxJekUA>

After registering, you will receive a confirmation email containing information about joining

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



Extension
UNIVERSITY OF WISCONSIN-MADISON



Skills to Build

Helping You Build Your Skills for Life

Every person is unique, and Goodwill NCW wants to meet you where you're at. Your past experiences, present ability and future goals are important to us! We want to work directly with you to find increased success in employment and the overall quality of life.

Skills to Build offers self-directed and instructor-led options, depending on your learning preference. In addition, you can learn face-to-face, by Zoom or even a phone call!

Options for learning are:



Soft Skills

These skills are all about people. Whether you're improving your communication or learning how to handle conflict, these skills can empower you for success in the workplace and personal life.



Employability Skills

These skills are all about gaining and maintaining successful community employment. Explore career options, learn how to build a resume, practice interviewing and learn how to be professional.



Digital Skills

These skills are all about using technology for success at work or productivity at home. Learn how to use a computer efficiently with email and Microsoft Office and also browse the internet safely.

To enroll or for more information please contact:

David Foertsch

Training Program Manager

Goodwill NCW | goodwillncw.org

[1800 Appleton Road, Menasha, WI 54952](https://www.google.com/maps/place/1800+Appleton+Road,+Menasha,+WI+54952)

O: (920) 968-6878 | C: (920) 213-0547

Email: DFoertsch@goodwillncw.org.



Drive-thru MOBILE FOOD PANTRY

Hosted By:



Dates: Mondays 11/23-12/28

Time: 10am-12pm

Location: Oshkosh West High School – 375 N Eagle Street, Oshkosh

How it Works:

- OPEN TO THE PUBLIC
- Do not exit your vehicle at any time.
- Follow directions of posted signs.
- Have room in your vehicle's trunk or backseat to accommodate box of food.
- Please wait patiently while others are served.

Feeding America Eastern Wisconsin has partnered with the USDA to distribute healthy food directly to high-need areas, free of charge.

* Quantities are limited and will be given away on a first come, first served basis.

* Limit ONE box per vehicle unless picking up on behalf of a homebound individual.

Important Message:

These boxes are paid for through a government program and not packaged by our staff or volunteers. They may contain a letter from The White House. Feeding America Eastern Wisconsin does not affiliate with any political party.

Food Resources



Winter Market & Holiday Bazaars
to be held at the Oshkosh Convention Center
at 2 N. Main Street – Oshkosh
Over 50 vendors at the Holiday Bazaars

SCHEDULE:

• Nov 14 8am-3pm*	• Dec 19 8am-3pm*
• Nov 21 8am-3pm*	• Jan 9 8am-12:30 pm
• Dec 5 8am-12:30pm	• Jan 23 8am-12:30 pm
• Dec 12 8am-3pm*	• Jan 30 8am-12:30 pm

**Winter Market & Holiday Bazaars are on Nov. 14 & 21 and on Dec. 12 & 19. Please note extended hours.*











In order to keep our community safe masks will be required and we ask that you practice social distancing. More details on safety procedure can be viewed on our website at www.osfmi.com. For the most up to date market information please follow us on Facebook.



Family Christmas Drive Thru Event

December 19th

Time slots will be from:

9 to 10 am/ 10:15 to 11:15 am/11:30 to 12:30 pm

Space is limited. Please call Father Carr's at 231-2378 to register for one of these time slots.

Christmas Meal Drive Thru

December 25th, 10:30 am—Noon

Reservation required by calling 231-2378.

Address: 1062 N. Koeller St. Oshkosh, WI 54902.

Farm to Family Drive-Up Food Distribution Schedule

Feeding America Eastern Wisconsin has partnered with the U.S. Department of Agriculture to distribute healthy food directly to high-need areas, free of charge. Quantities are limited and will be given away on a first come, first served basis. Limit ONE box per vehicle unless picking up on behalf of a homebound individual.

How it Works:

- OPEN TO THE PUBLIC
- Do not exit your vehicle at any time.
- Follow directions of posted signs.
- Have room in your vehicle's trunk or backseat to accommodate box of food.
- Please wait patiently while others are served.

Wednesdays: December 2, 9, 16, 23, 30.

Nathan Calder Stadium

1065 Racine Road, Menasha, WI 54952

1 pm- 3 pm



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)*

Date: Monday, December 14, 2020

Time: 9:00 a.m.—10:30 a.m.

Jamie Lenz, BSW, Program Service Coordinator for COTS, Inc., will be talking about COTS and their move to Oshkosh.

Let's also share agency updates. Come join us as we learn more at:

Join Zoom Meeting <https://zoom.us/j/99633334508>

Meeting ID: 996 3333 4508

Dial by your location

+1 312 626 6799 US (Chicago)



COVID-19 positive or exposed



WHEN CAN I BE AROUND OTHERS AGAIN?

Close Contact and Quarantine

SCENARIO 1

Sasha's partner gets sick on Monday and isolates in a separate room. Sasha feels well, but she was in close contact with her partner until Monday so she needs to quarantine for 14 days.

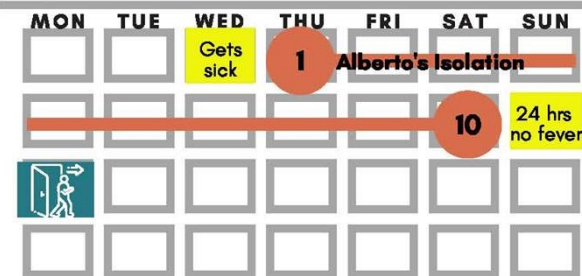


Sasha never has symptoms. Quarantine ends after day 14.

Isolation with Lingering Symptoms

SCENARIO 2

Alberto gets sick on Wednesday and has a fever and cough for ten days. He cannot end isolation until it's been ten days and he's fever-free for 24 hours.



Alberto isolates the ten days plus one extra day.

Isolation- for people with symptoms or a positive COVID-19 test.
Quarantine- for people who are well but who are close contacts of (i.e. exposed to) someone who is ill.
Close contact- someone who was within 6 feet of a person who is sick for 15 minutes or more (can be cumulative) within a 24-hour period. This can be anytime during the sick person's isolation or two days before the person got sick. This is regardless of face mask use.



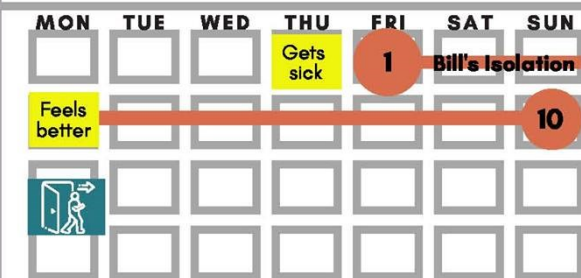
www.mijackson.org/hd
 (517) 788-4420 option 9

LET'S HELP STOP THE SPREAD OF CORONAVIRUS

Isolation with Brief Illness

SCENARIO 3

Bill gets sick on Thursday. He feels better and his fever ends on Monday. Even though he seems well earlier, he still must isolate for a full ten days since his symptoms started.

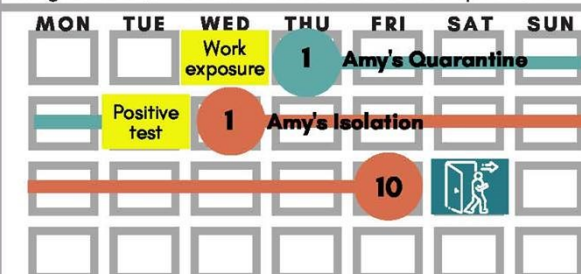


Bill's isolation ends after ten days.

Asymptomatic Case

SCENARIO 4

Amy's co-worker tested positive for COVID-19. Amy began to quarantine and decided to get tested after 5 days even though she never felt sick. Her test comes back positive.



The positive test starts isolation since Amy is asymptomatic.

Household Quarantine and Isolation

SCENARIO 5

Tom's son, Jake, was exposed at school. Jake quarantines for 4 days and gets sick. Now, Jake isolates and Tom quarantines. Tom cares for Jake. He is exposed until Jake's isolation ends.



Tom's quarantine starts as soon as Jake gets sick, but the 14 day count starts after Tom's last exposure to Jake.