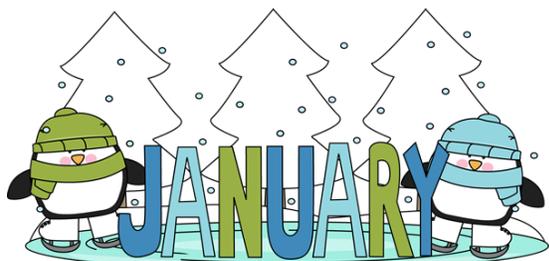


January 2021

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
Kay Hinton
FSS Program Coordinator
920-424-1470 EXT. 133
kayh@ohawcha.org

What's Inside:

- January Letter
- Rent Smart
- Tips for caring for others & ourselves
- Road to Work Program
 - COTS Job Opening
- WIOA Youth Opportunities
 - COVID Testing
 - Diaper Bank
 - LIFE workshops
 - LEAVEN
- **Coronavirus Relief Bill**
- Career Development Workshop
 - Food Resource
 - NAMI
 - Medicare

Dear FSS participants,

As 2021 has arrived, I would like to thank you for being a part of the Family Self Sufficiency Program.



Last year was a challenging year for many of us. I thank you for your effort, energy, resilience and commitment.

As we start this new year with a renewed commitment to our goals, I hope just one thing from all of us – **Be Better.**

You control how you approach your days. Commit to being better every day. Learn more. Be more connected. Be more aware. Be tougher. Be more resilient. Be more creative. Be more present. Just be better.

I wish you and your family a very Happy New Year! 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





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.

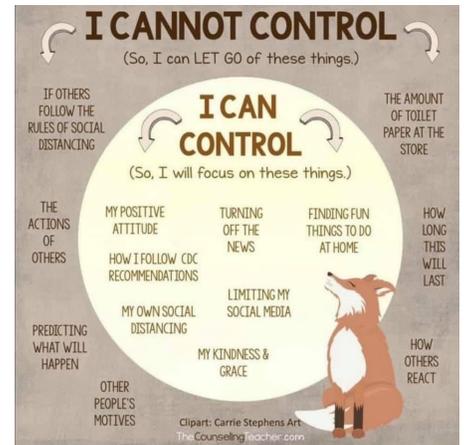
To register complete this online form:
<https://go.wisc.edu/Rentsmartregister>

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.



COMPASSIONATE CARE IN CRISIS



Tips for caring for others & ourselves during COVID-19

TOPIC

Wrapping up the year

As we count down to the end of 2020, you might be feeling a mix of emotions. Some of us are feeling relief, others might be feeling regret. You might be feeling hopeful or anxious, or all of the above. Your feelings and experiences are valid. Although many things feel out of our control, setting your own intentions for the end of the year allows you to determine how you show up.

ASK YOURSELF...

- What lessons and insights do you want to take away from 2020?** As you reflect consider joys, struggles, sorrows, change, and growth.
- Who has supported you this year?** Express gratitude for them and make a commitment to continue to notice and say thanks. Who can you connect with in the coming weeks and months? Make a plan for regular connection.
- What brings you joy?** Start the new year off right by planning at least one activity in the first several weeks that you love. Planning a few activities (vs. packing your schedule full), and planning them really well is an excellent resilience builder.
- Shift into 2021 with focus.** Take time to set your 2021 mantra: What words will you revisit throughout the year to stay intentional and resilient?



Oshkosh Area School District
SUPPORTING THE
struggle
WEEKLY SUPPORT SERIES FOR FAMILIES

LEARN MORE: www.oshkosh.k12.wi.us/families/support-series

OSHKOSH
AREA SCHOOL DISTRICT

Building Community Through Education

Prioritizing your own well-being benefits your whole family.

Check out:

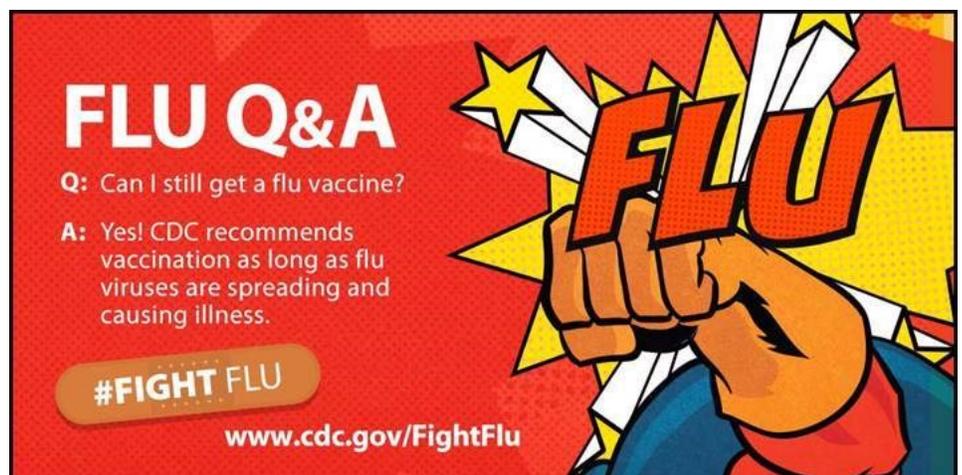
www.oshkosh.k12.wi.us/families/support-series for more information on weekly topics - like self-care!



The Winnebago County Literacy Council's Road to Work Program teaches immigrant and refugee participants how to create and refine a resume and cover letter, apply for jobs on the internet, complete an application, interview for a job, follow up on the application, and address other employment goals.

Individuals can continue to enroll in coaching sessions and focus on career development after an entry level job is obtained. The Winnebago County Literacy Council has received new requests, from immigrant and refugee individuals, to assist them in preparing for written examinations associated with promotional opportunities.

For more information, visit the [Winnebago County Literacy Council's website](#) or call 920-236-1144.



FLU Q&A

Q: Can I still get a flu vaccine?

A: Yes! CDC recommends vaccination as long as flu viruses are spreading and causing illness.

#FIGHT FLU

www.cdc.gov/FightFlu



Ending Homelessness in Oshkosh

Job Opening: Program Service Coordinator

The Program Service Coordinator (PSC) functions as a part of a dynamic team engaged in creating an array of supportive services to assist individuals experiencing homelessness achieve independent housing. The primary function of the PSC is to actively advocate for individuals enrolled in the Oshkosh COTS program. The PSC is responsible for assessing resident housing needs, providing support in researching low-income and other housing resources, assisting residents in coordinating a search for permanent housing, and maintaining relationships with housing providers and organizations to facilitate placement of residents in stable housing situations. This individual will engage and assist individuals enrolled in the COTS program in meeting the demands of independent living and maintaining permanent housing through guidance and assistance in obtaining the necessary skills and establishing linkages to services that will support self-sufficiency and self-determination.

Interested applicants should send
resume to clane@appletoncots.org



WIOA Youth Opportunities

Are you between the ages 14 to 24 experiencing one or more of these unique circumstances?

- homeless
- low-income
- juvenile record
- disability
- didn't finish high school
- pregnant and/or parenting
- low reading and/or math scores
- in the foster care system
- English is your second language



WIOA is the Workforce Innovation Opportunity Act. A government grant that provides funding to benefit qualified individuals ages 14 through 24 who are experiencing unique life circumstances.

Innovative Career Planners will determine if you qualify. They will listen to your needs and aspirations. Together you will explore your options within in the WIOA program.

Here are the **opportunities** available:

- financial assistance for:
 - GED/HSED
 - advanced training
 - post-secondary education
 - education related items
 - employment related items
- career exploration
- volunteer options
- job shadow experiences
- develop job seeking skills
- completion of financial aid forms
- community connections
- paid work experiences

ACT now! Please, call the number in your area to reach a career counselor.

- Menasha 920-428-2031
- Fond du Lac and Berlin 920-470-8735
- Waupaca and Wautoma 715-459-5240
- Oshkosh 920-428-2031



FVWDB is an Equal Opportunity Employer and Service Provider

A proud partner of the American Job Center network

COVID Testing

Sunnyview Expo Center

500 E. County Rd Y, Oshkosh

Testing by The National Guard will be on site on all of the following dates:

- January: 5-8, 12-15, 19-22, 26-29
- February: 2-5, 9-12, 16-19, 23-26
- March: 2-5, 9-10



UW-Oshkosh Culver Family Welcome Center (Community Member)

625 Pearl Avenue

Oshkosh, WI 54901

Testing Hours

Open Monday-Friday 9am-5pm by appointment only

Closed December 24th-January 3rd, reopens on January 4th (9am-5pm)

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

LEARN THE DIFFERENCES BETWEEN CORONAVIRUS, FLU AND COLD

COVID-19 SYMPTOMS:

- FEVER OR CHILLS
- COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- CHANGE IN OR LOSS OF TASTE AND SMELL
- FATIGUE
- MUSCLE OR BODY ACHES
- SORE THROAT

FLU SYMPTOMS:

- FEVER
- COUGH
- SORE THROAT
- RUNNY OR STUFFY NOSE
- MUSCLE AND BODY ACHES
- HEADACHES
- FATIGUE
- VOMITING AND DIARRHEA

COLD SYMPTOMS:

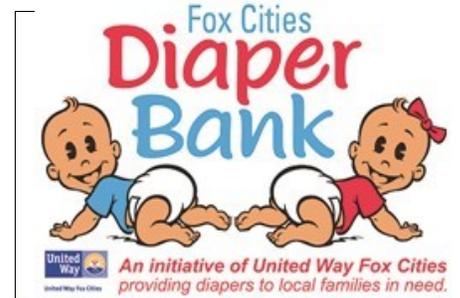
- RUNNY OR STUFFY NOSE
- SNEEZING
- SORE THROAT
- CONGESTION

If you think you're experiencing an emergency, dial 911.



How can I get help from the Fox Cities Diaper Bank?

If you reside in the Fox Cities service area, the Fox Cities Diaper Bank is a possible resource for your family. Distribution of the diapers collected and purchased through the Fox Cities Diaper Bank is currently done primarily through local agencies. To receive diapers, you must first apply and qualify for services at one of the partner organizations distributing diapers for the Fox Cities Diaper Bank:



LEAVEN Phone: 920-738-9635

St. Joseph Food Program Phone: 920-734-9461

The Salvation Army - Fox Cities Phone: 920-734-3324

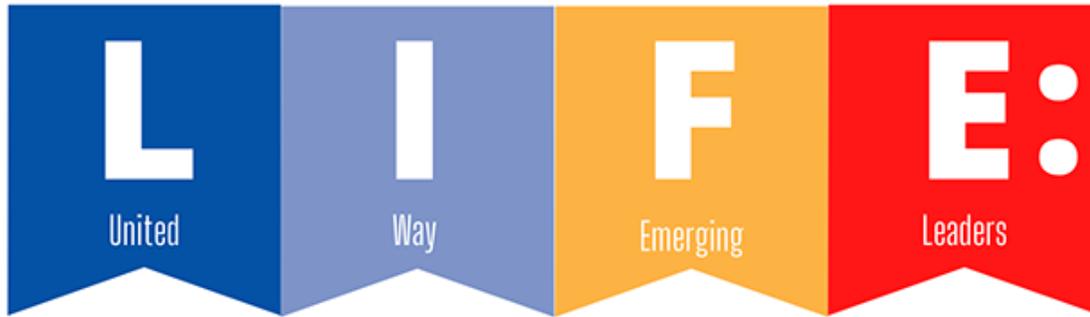
The Salvation Army, Outagamie County Service Phone: 920-984-9305

Winnebago County Health Dept. - WIC Program Phone: 920-232-3002

Most FoodShare Interviews Suspended Until June 30, 2021

In response to the COVID-19 pandemic, the Wisconsin Department of Health Services (DHS) is continuing to suspend most FoodShare interviews. The suspension, which would have ended December 31, 2020, will now continue through June 30, 2021.

LIFE Workshops



All
questions
are worth
asking

TWO SESSION SERIES: JANUARY 2020

Session 1 | Beyond Picking Your Career Card

Virtual via Zoom

Wednesday, January 13

12:00 - 1:00 p.m.

(with optional Q&A 1:00 - 1:30 p.m.)

If you don't know, or know and want to learn more, join the United Way Fox Cities Emerging Leaders for this career-focused conversation! In this first LIFE: All Questions Are Welcome session, our panel of young professional experts will discuss the basics of personal finance, health insurance, networking, giving back, and even how to make friends when you're trying to find that work-life balance.

Session 2 | Navigating the Turns of the Game board

Virtual via Zoom

Wednesday, January 27

12:00 - 1:00 p.m.

(with optional Q&A 1:00 - 1:30 p.m.)

Are you thinking about buying a house? Getting married? Planning for children? Or anticipating another major life-changing event?

Join United Way Emerging Leaders for an engaging and interactive discussion on how to navigate the twists and turns of these and other major life events. In part two of our LIFE: All Questions Are Welcome series, our panelists will touch on these topics as well as minimizing debt, engaging in your community, and finding a work-life balance in these stressful times.

Whether you're new to these life stages or toward the end of this continuum, all are welcome to join in this dynamic conversation. While we encourage participating in both sessions, each session is separate and independent of the other in case you're only able to attend one. Our conversation will run from Noon – 1 p.m. with an optional 30-minute Q and A session afterward.

Visit our website to view event details and register at: <https://www.unitedwayfoxcities.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.

The Coronavirus Response And Relief Supplemental Appropriations Act Relief Bill was signed into law the last week of 2020. The Bill extends the federal eviction moratorium, sets aside \$25 billion for rental assistance, and extends unemployment benefits that were about to expire for an estimated 12 million people.

What's Important in this bill?



1. Direct payments: The legislation includes direct payments of \$600 per person for adults and children claimed as dependents under 17. This means that a family of four could receive \$2,400.

Individual adults with adjusted gross income on their 2019 tax returns of up to \$75,000 a year will receive a \$600 payment.

The size of the payment decreases for those who earned more than \$75,000 per year and disappears entirely for Americans earning more than \$99,000.

Heads of households making up to \$112,500 a year will receive a \$600 payment. A couple (or someone whose spouse died in 2020) earning up to \$150,000 a year will receive \$1200.

These families will also receive \$600 for each child dependent child under the age of 17.

2. Moratorium on Evictions for Non-payment of Rent and Other Fees Extended

Most notably, the new COVID-19 relief legislation extends the eviction moratorium through the end of January 2021 (1/31/2021) and establishes a \$25 billion dollar rental assistance program, which is funded through the Coronavirus Relief Fund.

This Moratorium On Evictions is separate from the moratorium provided under the CARES Act, which is still in effect for those properties under forbearance.

If a tenant has not already done so, legal leaseholders must provide an executed copy of the CDC Declaration Form (or a similar declaration under penalty of perjury) to the owner/agent. A version of the Declaration Form is available on HUD [COVID-19 web page](#).

3. \$300 a Week In Extra Unemployment Aid

Aside from the \$600 stimulus checks, the Stimulus Bill also includes an extra \$300 a week in unemployment aid. That means that jobless workers would receive their regular state unemployment payments, plus \$300 on top of that through March 14, 2021.

The Pandemic Unemployment Assistance (PUA) program, which covers gig workers and self-employed workers, would also be extended, as would the Pandemic Emergency Unemployment Compensation (PEUC) program, which provides additional weeks of jobless aid to those who have run out of their regular state unemployment benefits.



UNSURE OF YOUR CAREER PATH?
LOST YOUR JOB?
UNHAPPY IN YOUR CURRENT OCCUPATION?

FREE ONE-HOUR SESSION INCLUDES:

- GAIN ACCESS TO CAREER ASSESSMENTS AND WEBSITES
- LEARN HOW YOUR SKILLS, VALUES AND INTERESTS RELATE TO DIFFERENT CAREER PATHS
- SCHEDULE INDIVIDUAL APPOINTMENTS TO DISCUSS YOUR UNIQUE GOALS AND NEEDS

ATTEND A VIRTUAL CAREER PLANNING QUICKSTART SESSION!



MONDAYS 5PM - 6PM
WEDNESDAYS 11AM - 12PM
THURSDAYS 3PM - 4PM

CLICK HERE TO REGISTER



www.facebook.com/FoxValleyTech

Counseling & Advising Services

1825 N. Bluemound Drive
P.O. Box 2277
Appleton, WI 54912
Room E121

Contact

Call: 920.735.5696
Email: counselingcntr@fvtc.edu
Hours: Mon. - Thurs. 8am - 6pm
Fri. 8am - 4pm

Please go to this link to enroll:

https://foxvalleytechnicalcollege.formstack.com/forms/virtual_career_counseling_workshop

Food Resource



OSHKOSH Farmers Markets



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.

MANAGING MENTAL ILLNESS SYMPTOMS *during COVID-19*

The outbreak of COVID-19 and the repercussions that have followed have had a significant impact on the mental health of people around the country; this is especially true for those living with a mental illness. The anxiety of these uncertain times along with the increase in loneliness and isolation can create, worsen, or trigger symptoms. Here are some tips, information, and resources, for people who are affected by mental illness in Wisconsin.

TIPS FOR GOOD MENTAL HEALTH:

- Stick to a normal routine as much as you can
- Spend virtual time with supportive people
- Try something you've always wanted to do
- Get some fresh air daily
- Eat and drink in a healthy way
- Exercise and move your body

YOU ARE NOT ALONE

Here are some resources to help:

WARMLINE

Need someone to talk to? The following are providing additional warmline support at this time. These numbers are staffed by trained volunteers with lived experience of mental illness and can offer emotional support to those needing it at this time.

- Solstice House: Madison: (608) 244-5077
- Iris Place: Appleton: (920) 815-3217
- Monarch House: (715) 505-5641 *715 area codes only
- Hopeline: Text NAMI to 741741
- NAMI HelpLine: Monday-Friday, 9:00 a.m. to 5:00 p.m. (800) 950-6264

INFORMATION AND REFERRAL:

Do you need information or a referral for rental assistance, utilities, food, mental health or substance abuse issues? Call 2-1-1 from anywhere in the state to reach United Way's Free Information and Referral Line. Someone is available to connect with you 24/7.

SAMHSA DISASTER DISTRESS HELPLINE:

This provides immediate crisis counseling for people experiencing emotional distress related to any natural disaster, including COVID-19. This toll-free, multilingual, confidential crisis support service is available 24/7. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

ARE YOU IN CRISIS? DO YOU NEED IMMEDIATE ASSISTANCE?

Call **9-1-1** or the National Suicide Prevention Lifeline at **(800) 273-8255** to be connected to local crisis services at any time.



NAMI Wisconsin
4233 W. Beltline Hwy
Madison, WI 53711
Web: www.namiwisconsin.org
Phone: (608) 268-6000
More resources: namiwisconsin.org/covid-19



NAMI | Wisconsin

National Alliance on Mental Illness

Find Help. Find Hope.

WELCOME TO MEDICARE

Confused about your Medicare options?

What plan is right for you?



- **January 18th at 1:30pm**
- Come learn about the A, B, C, and Ds of Medicare!
- Presented by the ADRC of Winnebago County's Elder Benefit Specialists
- This is an excellent introductory presentation for anyone becoming eligible for Medicare to familiarize themselves with the various parts of Medicare and understand the choices available
- For log-in information, call Joan Jaworski at (920) 236-4685 if you live in the Oshkosh area or Julie Nicks (920) 729-2749 if you live in the Neenah/Menasha area
- This seminar is expected to last just over one hour
- **THIS WORKSHOP IS FREE!**