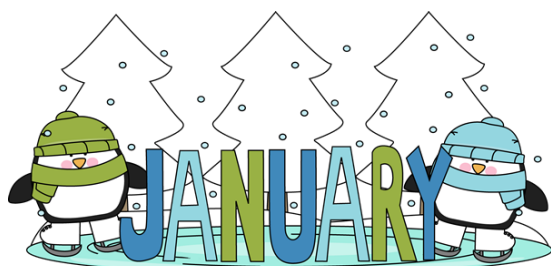


# January 2022

# Dream Big!

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



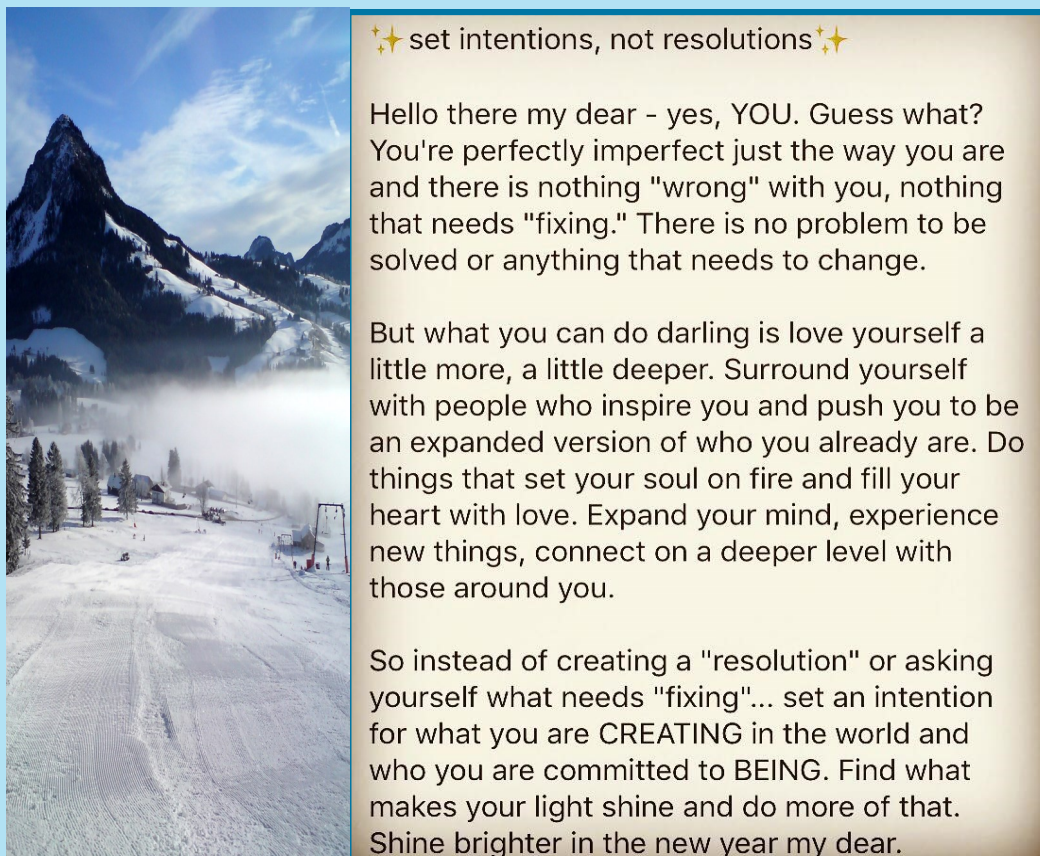
600 Merritt Avenue  
P.O. Box 397  
Oshkosh, Wisconsin 54903  
OSHKOSH (920) 424-1450  
[www.ohawcha.org](http://www.ohawcha.org)  
Kay Hinton  
FSS Program Coordinator  
920-424-1470 EXT. 133  
[kayh@ohawcha.org](mailto:kayh@ohawcha.org)

#### What's Inside:

- January Letter
- Rent Smart
- Raising WI's Children
- Oshkosh Parks Events
- Active Parenting of Teens
  - Starting Point 2.0
  - EmpowHER
- Love & Logic: Early Childhood
- Broadband Benefit Changes
  - Roe Park Ice Skating
- Career Development Workshop
  - COW
  - NAMI
- Punch Recipe

Dear FSS participants,

As 2022 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.



This is the time that people set resolutions for the new year. Sometimes our resolutions seems mountainous. If we just rephrase our thoughts and make them intentions it doesn't seem so hard to achieve. Please set your intentions and see what you can accomplish! And as always, please check out the rest of this newsletter with community events, employment workshops, educational programs, job openings, and so much more!

Wishing you a Shining New Year!

Kay Hinton







# Rent Smart

**Taught by Extension Educators**

*Helping to make renting a great experience for you!*

## Upcoming Class Dates & Times:

- January 2022: 2 consecutive Saturdays January 22 & 29 1-4:30 pm (check in Saturday, January 15)
- February 2022: Monday, Wednesday, and Friday 9-10 am February 7, 9, 11, 14, 16, 18 (preprogram check in Monday, January 31)
- March 2022: Tuesdays and Thursdays 7-8 pm March 1, 3, 8, 10, 15, 17 (check in Tuesday, February 22)
- April 2022: Monday and Thursdays 1-2 pm April 4, 7, 11, 14, 18, 21 (check in Monday, March 28)
- May 2022: 2 consecutive Saturdays 9 am - 12:30 May 14 and 21 (check in Saturday, May 7)
- June 2022: Monday, Wednesday, and Friday 9-10 am June 6, 8, 10, 13, 15, 17 (check in Monday, May 30)

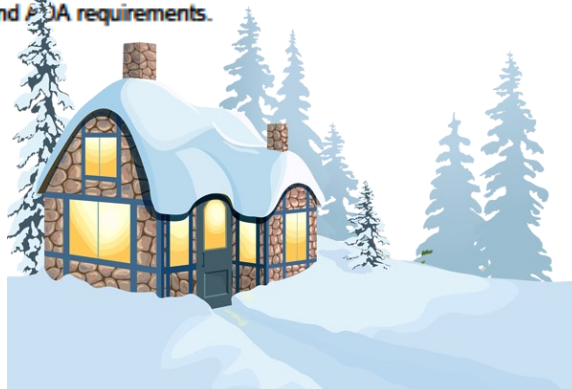
**Location:** Live, online instruction via Zoom; Zoom links sent after completing registration.

**Online registration 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](mailto: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.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

# Raising WI's Children Conference



1st Annual

## RAISING WISCONSIN'S CHILDREN CONFERENCE

Virtual Event

JANUARY 13, 2022 AND JANUARY 15, 2022

REGISTER NOW:

<https://parenting.extension.wisc.edu/raising-wi-children-conference/>

### KEYNOTE SPEAKERS AND TOPICS

#### JANUARY 13TH 6PM

YOUNG CHILDREN, FAMILIES, AND SCREENS

Heather Kirkorian, PhD Associate Professor  
and Department Chair, University of  
Wisconsin-Madison, Madison, WI

#### JANUARY 15TH 9AM

WIDEN YOUR WINDOW: HOW UNDERSTANDING THE STRESS  
RESPONSE SYSTEM CAN IMPROVE YOUR PARENTING

Laura Froyen, PhD, Parenting Expert & Educator,  
The Balanced Parent, Middleton, WI

<https://parenting.extension.wisc.edu/raising-wi-children-conference/>



Are you  
Raising Wisconsin's Children?  
2 Days. 17 Classes.

By Wisconsin-based Child Development  
and Parenting Experts.

100% Virtual. 100% Free. 100% Fun.

January 13 & 15, 2022

[Register Now](#)  
for FREE



<https://parenting.extension.wisc.edu/raising-wi-children-conference/>



## OSHKOSH PARKS DEPARTMENT WINTER EVENTS

**FREE** Family-friendly events to warm you up on those chilly winter nights. Donations appreciated.

### Cozy, Cookies and Cocoa

**Saturday, January 15  
4pm-7pm**

A pajama party everyone can enjoy with treats, music, and games. Dress down in your PJs and join us for some fun!

Event held at Oshkosh Seniors Center South



### "Let's Glow Crazy" Dance Party

**Friday, February 11  
6pm-8pm**



Dress in bright colors and put on your dancing shoes. Live DJ, concessions, and entertainment. You won't want to miss it!

Event held at Oshkosh Seniors Center North

### St. Patty's Day Bingo

**Saturday, March 19  
1pm-3pm**

You may go green with envy if you miss out on this game day. There will be concessions available, prizes to win, and FUN to be had!

Event held at Oshkosh Seniors Center North

Need more information call 920-236-5080



**\*Get event  
updates here:**



Oshkosh Seniors Center North: 234 N Campbell Rd  
Oshkosh Seniors Center South: 200 N Campbell Rd

## Active Parenting of Teens™

### Parent Connection | Parenting Workshops



#### For Parents of Preteens & Teens

These workshops are for parents who want to prepare for or are experiencing the changes of teenage development and want to help prepare their preteens & teens to survive & thrive in society.

*The first four dates/topics are the foundation of this program, one leading into the next.*

You can register for the dates/topics of most interest to you, or join us for all six!

**Offered as Hybrid**  
(In-Person & Online)



#### Fox Valley

Tuesdays from 6:00-8:00 pm

Cost: \$10.00 per session (Register online)

Or Contact Jen about cost  
if registering for multiple dates

#### Register On-line:

- Website: [www.familyservicesnew.org/parenting-classes](http://www.familyservicesnew.org/parenting-classes)
- Facebook: [www.facebook.com/ParentConnectionWI](https://www.facebook.com/ParentConnectionWI), see our Events Page!
- Or contact Jen DiMatteo | [jdimatteo@familyservicesnew.org](mailto:jdimatteo@familyservicesnew.org) (920) 739-4226 ext. 109

- February 1 – The Active Parent
- February 8 – Winning Cooperation
- February 15 – Responsibility & Discipline
- February 22 – Building Courage & Redirecting Misbehavior
- March 1 – Drugs, Sexuality & Violence: Reducing Risks - Part 1
- March 8 – Drugs, Sexuality & Violence: Reducing Risks - Part 2



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  
 Shawano: 307 E. Elizabeth Street, Shawano, WI 54166 | (715) 853-0923  
[www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)





## 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:

- 18-35 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 will attend B.A.B.E.S. Inc. together. School age children under 11 will participate through take home activities. Wednesdays, February 2, 2022 through May 4, 2022 from 11:00 am to 2:00 pm. The last 4 weeks parents will transition to class at Fox Valley Technical College-Appleton Campus while the children remain at B.A.B.E.S. Inc.

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

### Women Will Learn

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

Time Management

Self-Esteem

Goal Setting

Coping Strategies

### Empowerment Topics

course runs from  
2/2/22 to 5/4/22

Career Development

Decision Making

Assertiveness

Healthy Relationships



Grants available for moving forward with education without financial stress



FVTC ID available for free busing on Valley Transit

# Starting Point 2.0



Contact Information: Kara Nowak (920) 735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu)  
To find out if you are eligible and have a staff member contact you, fill out this survey: [www.fvtc.edu/StartingPoint](http://www.fvtc.edu/StartingPoint).



# EmpowHER



Are you 18 to 35 years old (without children) and looking for direction in the areas of education, employment and a healthy lifestyle?

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

Do you think about your future and wonder what your path will look like?

## 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, January 31st to May 2nd 9:30 am to 12:30 pm at Fox Valley Technical College-Appleton Campus

### • Community Resources

### • Support From Other Women

### • WISE choices in college

### • Job vs. Career

### • Goal Setting

### • Paying for College

### • Money Management

### • Time Management

### • Self Esteem & Body Image

### • Mental Health

### • Self Motivation

## Topics You will learn:

course runs from 1/31/22 to 5/2/22

### • Healthy Relationships

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



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

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

Contact Information: Kara Nowak (920) 735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu)  
To find out if you are eligible and have a staff member contact you, fill out this survey: [www.fvtc.edu/EmpowHER](http://www.fvtc.edu/EmpowHER).

## Love & Logic: Early Childhood Parenting Made Fun!™ Parent Connection | Parent Workshop



For parents of 0 to 6 year olds

This 3-session workshop offers practical techniques for raising responsible kids! Learn discipline with your children without losing their love & respect (or your sanity). Effective communication, choices and consequences are the foundation of this program for positive learning & growth of your children.

*Offered as Hybrid*  
(In-Person & Online)

Fox Valley  
Thursdays, February 3, 10 & 17  
6:00-8:00 pm  
Cost: \$15.00



Register On-line:

- Website: [www.familyservicesnew.org/parenting-classes](http://www.familyservicesnew.org/parenting-classes)
- Facebook: <https://www.facebook.com/ParentConnectionWI>, see our Events Page!
- Or contact Jen DiMatteo | [jdimatteo@familyservicesnew.org](mailto:jdimatteo@familyservicesnew.org)  
(920) 739-4226 ext. 109



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Shawano: 607 E. Elizabeth Street, Shawano, WI 54166 | (715) 853-0900  
[www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)







Universal Service  
Administrative Co.

USAC

## Important Changes are Coming to Your Broadband Benefit

December 18, 2021

Your Emergency Broadband Benefit will become the Affordable Connectivity Program (ACP) benefit on December 31, 2021. Households enrolled in the Emergency Broadband Benefit Program on December 31, 2021 will continue to receive their current monthly benefit until March 1, 2022.

After March 1, 2022, the discounted rate will change from up to \$50 per month to up to \$30 per month for eligible households not located on qualifying Tribal lands. The monthly benefit will remain up to \$75 per month for households on qualifying Tribal Lands.

The Universal Service Administrative Company (USAC) will contact you if you need to take any additional steps to retain your ACP benefit.

Congress created the ACP, which is a new, long-term \$14 billion program that replaced the Emergency Broadband Benefit Program. For more information about the Affordable Connectivity Program and these changes, please visit the Federal Communications Commission website [www.FCC.gov/ACP](http://www.FCC.gov/ACP). You can also send an email to [ACPQuestions@usac.org](mailto:ACPQuestions@usac.org) to get an email with answers to frequently asked questions.

For any questions regarding changes to your monthly bill, please contact your Internet company.

## Will I Lose My Wisconsin Benefits in January?

By the GWAAR Legal Services Team

The short answer: No.

The long answer: If you were already eligible for or became eligible for Wisconsin benefits (SeniorCare, Medicaid, Medicare Savings Programs, or FoodShare) after March 2020, your benefits have been extended throughout the Federal Public Health Emergency – which remains ongoing. This means that even if you became ineligible for any of these programs after March 2020, your benefits have continued.

Many people are concerned that their benefits will be terminated at the end of 2021, or later without warning. This is not the case. Once the pandemic health emergency has ended, which it has not yet, you will receive notice in the mail and be given time to complete a renewal before there is even a possibility of loss of benefits.

What you can do now:

1. Report changes.
2. Update your address.
3. Watch your mail. Make sure to open all of your mail and carefully read any notices about Medicaid or other Public benefits. Respond timely if requested.

Your local Income Maintenance Consortium: #1-888-256-4563 . 11

# Roe Park Ice Rink



**Roe Park**  
ICE RINK

**WINTER FUN FOR ALL AGES!**  
Join us for these **FREE** special events at the Roe Park Ice Rink!

5-7 pm | 408 Washington Ave, Oshkosh

**January 7 | Super Hero Night**  
*Concession proceeds benefit the Oshkosh Area United Way*

**January 21 | Luau Night with DJ Skip**  
*Concession proceeds benefit the Oshkosh YMCA*

**February 4 | Winter Olympics**  
*Concession proceeds benefit OASD Refugee Youth Mentoring Program*

**February 18 | Mardi Gras**  
*Concession proceeds benefit the Day by Day Warming Shelter*

**FREE SKATE RENTALS** available for these events courtesy of Dr. Eric's Skate Club. Skates will also be offered for use free of charge on Fri, Sat and Sun nights from 4-7 if volunteers are available.

 **CROSS COUNTRY SKI DEMOS** on event nights offered by Oshkosh Recreation Department in partnership with International Youth Sailing of Oshkosh.

**FREE!**

Rink will be open weather and ice conditions permitting.

 For information on future events, ice conditions and more, please check the Oshkosh Parks Department Facebook page or call the Parks Dept office at (920) 236-5080.



OSHKOSH AREA  
COMMUNITY  
FOUNDATION



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY







**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!**



**CLICK HERE TO REGISTER**

 **Fox Valley**  
TECHNICAL COLLEGE  
*Knowledge That Works*

 Like us on Facebook  
[www.facebook.com/FoxValleyTech](http://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](mailto: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](https://foxvalleytechnicalcollege.formstack.com/forms/virtual_career_counseling_workshop)



**We can help you get the training and financial assistance you need for a passionate career! Talk to us about opportunities in:**

- + ADN Registered Nurse
- + Home Health Aide
- + Medical Assistant
- + Medical and Clinical Lab Technician
- + Phlebotomist
- + Substance Abuse Counselor
- + Social and Human Services Assistant
- + Telehealth (certificate only)

## CONTACT US

Contact us today to find out if you qualify for financial assistance to cover tuition, books and more!



KellyHudson.letc@gmail.com



(715) 459-5240



www.foxvalleyjobcenters.com





## 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](http://www.namiwisconsin.org)  
Phone: (608) 268-6000  
More resources: [namiwisconsin.org/covid-19](http://namiwisconsin.org/covid-19)



National Alliance on Mental Illness

**NAMI Wisconsin**

Find Help. Find Hope.

# Apple Orchard Punch

This quick and easy punch would be delightful at a country wedding or any celebration. Champagne can be used instead of ginger ale for an adult punch.

## Ingredients:

- 1 -32 oz bottle apple juice, chilled
- 1 -12 oz can frozen cranberry juice concentrate
- 1 cup of orange juice
- 1 1/2 liters ginger ale
- Fruit garnish optional:  
Apple, Orange slices,  
or cranberries



## Directions:

In a large punch bowl or pitcher, combine apple juice, cranberry juice concentrate and orange juice. Stir until dissolved, then slowly pour in the ginger ale.

## COMPASSIONATE CARE

Community Alliance  
for TRAUMA-INFORMED CARE  
Northeast Wisconsin



### Tips for caring for others & ourselves

#### TOPIC

#### Why rest?

Reflect upon the benefits that rest brings to you and those you love.

"I have learned, through many missteps that I am a better human if I rest. I show up the way I hope to in the world with patience and compassion." –Mandi D.

"I rest because, without time to recharge, my reserve of energy and my capacity for creative and critical thought become depleted and I am not able to bring my best self to the table." –Maren P.

"I rest because when I don't, I become less curious, less thoughtful, and more narrow in my thinking. I am short with people and myself. I rest to bring the most genuine me to the table, to my friends, families, and co-workers. I rest so that at the end of the day, when I reflect, I am calm." –Lois M.

"I rest to keep perspective, calm my thoughts, concerns and tensions. Rest is necessary for energizing me to meet the needs associated with the many things I am involved in. Resting gives me a chance to connect in meaningful ways with my family and friends. Rest gives me time to clear my mind's clutter and allow important reflection to happen...especially in these busy times." –Tony G.

