

May 2022

Dream Big!

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



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Dear FSS participants and community members,

Please wish a Happy May Birthday to: Elizabeth, Carrie, and Lucha! I hope your birthdays are fabulous and you all are finding a little time to take a step towards your goals.

Money Smart week was April 11th to April 15th. You may have seen my email with a link to their awesome recorded webinars or check out the webinars at: <https://www.moneysmartweek.org/>. When you get to the page, you do not have to register but just click on the webinar you want to see. Available webinars are: Spend Smart, Eat Smart, Credit: Build and Improve it!, Buying or Refinancing a Home, and Understanding Social Security Benefits. I have included one of their awesome resources about how to plan meals. When you plan meals; you can save money on food, reduce the chance of food spoiling and eat healthier. See page 16. (See page 6 for a great trick to save money too!)

While you are waiting for warmer weather, check out these cool events in the area:

Oshkosh Habitat for Humanity will be looking to approve families for a Habitat build. A Habitat pre-application will be available on their website starting April 15, 2022 to June 15, 2022. See page 8 for more information.

Mark your calendars: **FSS Connection Group Meeting on June 13, 2022 at 9 am.**

Jolie VerVoort from Apricity will be talking about their organization and what services they provide. Apricity offers those impacted by substance use disorders a full spectrum of care including treatment, employment and support services in a safe, progressive recovery community. All are welcome to join our meeting! See page 14 for more details.

Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy and Healthy May! 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 or emailing me at kayh@ohawcha.org.

Your success is my success.

Warm Regards,

Kay Hinton

FSS Coordinator





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 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.





Bike Auction

Sunday, May 22
11am - Inspection
12pm - Auction

Neenah Police Dept.
2111 Marathon Ave.
(back of building)



Many bikes available.



Cash or Credit Cards only. Checks are not accepted.



Donate your adult or youth bikes.
Bring your donated bike to Youth Go at 213 Nicolet Blvd.
Bikes can be dropped off Mon-Fri from 2-8pm by 5/20.

Proceeds of the Bike Auction will benefit Youth Go



920-722-1435 www.youthgo.org info@youthgo.org



BASIC COMPUTER SKILLS CLASS

March 31st, 2022 through June 9th, 2022

Thursdays from 1 - 3 pm

Fox Valley Technical College
- Oshkosh Riverside Campus
Room #110A



Sign up or ask questions: 920-573-5507 | info@winlit.org

Pool Pass Scholarship Applications Available



Pollock Pool is offering a scholarship for low income individuals and families to be able to apply for and receive a free season pass to Pollock Community Water Park. Financial assistance applications may be picked up at the Parks Administrative offices or found on our website. Funding is limited. Applications are due back to the Parks Administrative offices by May 6, 2022 and successful recipients will be notified if their application was accepted. If you have any questions regarding the application process or whether or not you qualify please contact Stacy James, Administrative Assistant, at (920) 236-5080.

Young Parent Conference

33rd Annual

Young Parent Conference Rise Above & Beyond



Friday, May 6, 2022

8:00 am to 2:45 pm

Registration Begins at 8:00 am

Join us **IN-PERSON** and spend the day focused on yourself and your future. Gain valuable information about parenting and more!

The Young Parent Conference is open to any parent up to age 25.

Free Breakfast & Lunch!

(pending unforeseen community restrictions)



RSVP Online by May 5th at 4:00 pm

www.surveymonkey.com/r/YPC2022

Contact Jen DiMatteo

Parent Connection | Family Services of NEW
jdm Matteo@familyservicesnew.org | (920) 739-4226 ext.109



Thank You to Our Sponsors!



**FREE Conference
IN-PERSON**

Just for You!

Speaker Topics Include:

- Legal Advice
- Handling Pregnancy
- Rent Smart
- Breastfeeding
- Budgeting
- Safe Sleep
- Continuing Education
- Fatherhood

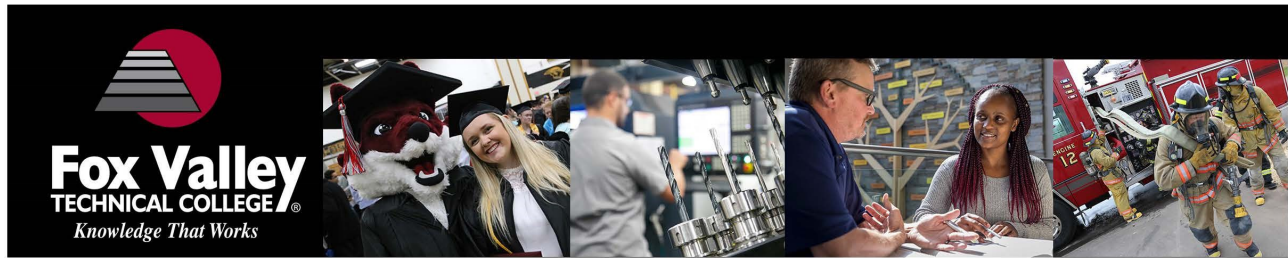
...and more!

**Get to Know Your
Community Resources**

**Chance to Win
Raffle Prizes**

Fox Valley Technical College
1825 N. Bluemound Drive
Appleton, WI

Use North Parking Lot
Entrance 16



HIGH SCHOOL SENIOR NIGHT

FVTC Oshkosh Riverside Campus

150 N Campbell Road, Oshkosh

Tuesday, May 3

3:30-6:00 p.m.

LET US HELP YOU WITH YOUR NEXT STEPS

Application & Admissions Assistance

FAFSA/Financial Aid Help

Learn how to use your MyFVTC & Email Account

Campus Tours

Learn about FVTC Resources in Oshkosh

Email: admissionspecialist@fvtc.edu or Text: 920-294-1738





Habitat for Humanity[®] of Oshkosh, Inc.

Are you interested in becoming a Habitat Home Buyer?

Habitat for Humanity Oshkosh builds new construction homes within the city of Oshkosh and sells them to qualified families at no profit.

Families help build their home and make monthly mortgage payments. Homes are made affordable through volunteer labor, down payment assistance programs and 0% interest mortgages provided by Habitat.



Visit us at the Oshkosh ReStore
(1640 S Koeller St.) or online:

HABITATOSHKOSH.ORG/HOME-BUYER-PROGRAM/

Pre-Applications available April 15th - June 15th

Interested applicants must meet the below qualifications:

Need for Adequate Housing

Based on current housing conditions, there must be a demonstrated need in order to qualify for a Habitat home. Some examples of need include overcrowding, structural/mechanical problems, mold, insects, etc.

Ability to Pay

Ability to pay is determined through the information provided on the application, pay stubs, benefit statements, previously filed federal tax returns, and credit reports. Gross income must fall within 30-60% of the median income. Applicants must have a steady, reliable source of income and demonstrate financial responsibility.

Willingness to Partner

Habitat Home Buyers must be willing to complete "Sweat Equity" hours. Sweat Equity is when a family takes part in building their home, working at our ReStore, or other Habitat activities.

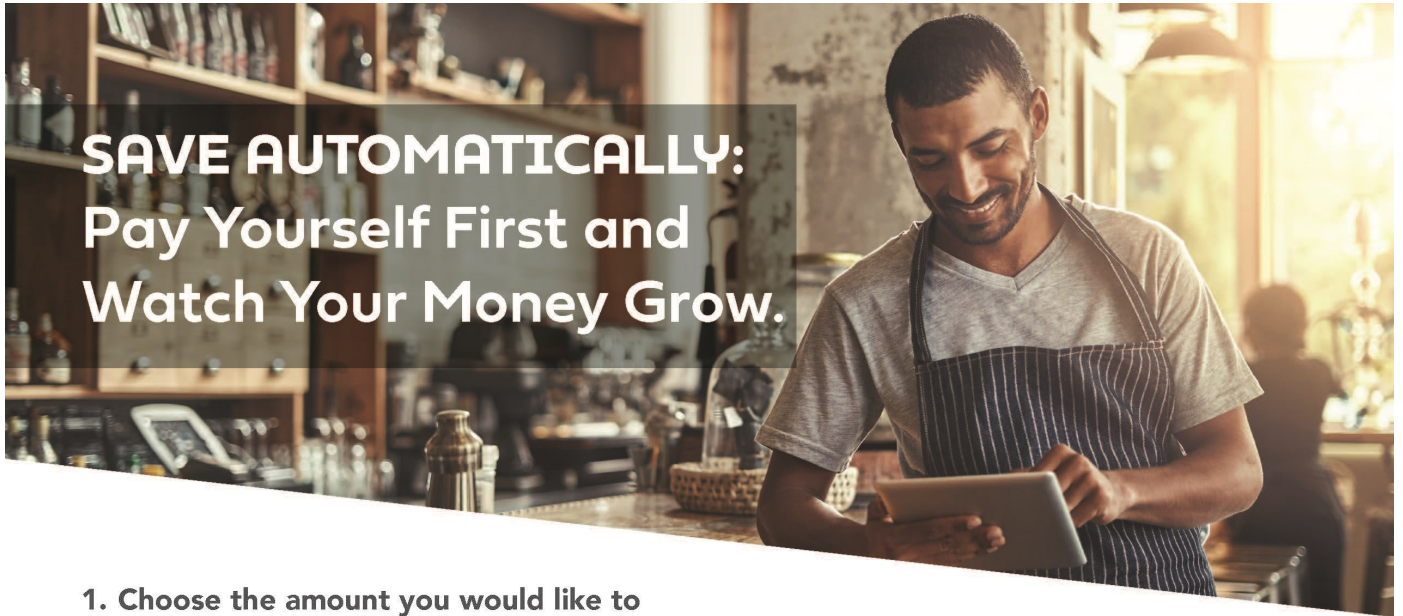
Residency

Qualified candidates will have lived in or worked in the City of Oshkosh for at least six months prior to submitting an application.

Contact Elizabeth Last for more information 920-235-3535 or elast@habitatoshkosh.org.

We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage and support affirmative advertising and marketing in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status, or national origin.





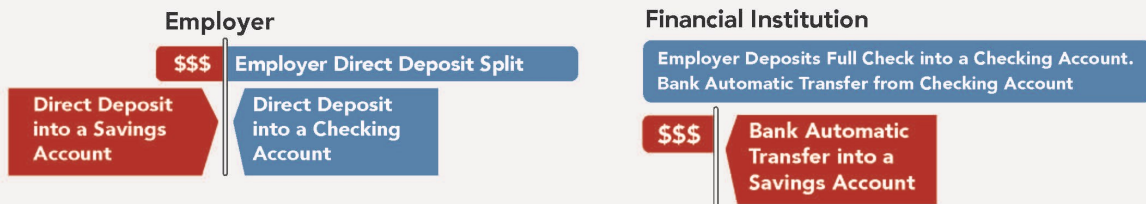
SAVE AUTOMATICALLY: Pay Yourself First and Watch Your Money Grow.

1. Choose the amount you would like to automatically save each period.

Even \$10-50 of your paycheck, weekly or bi-weekly, can provide substantial savings over time.



2. Set up automatic savings through your employer or financial institution.



3. Even small amounts, saved automatically each pay period, make a big difference.

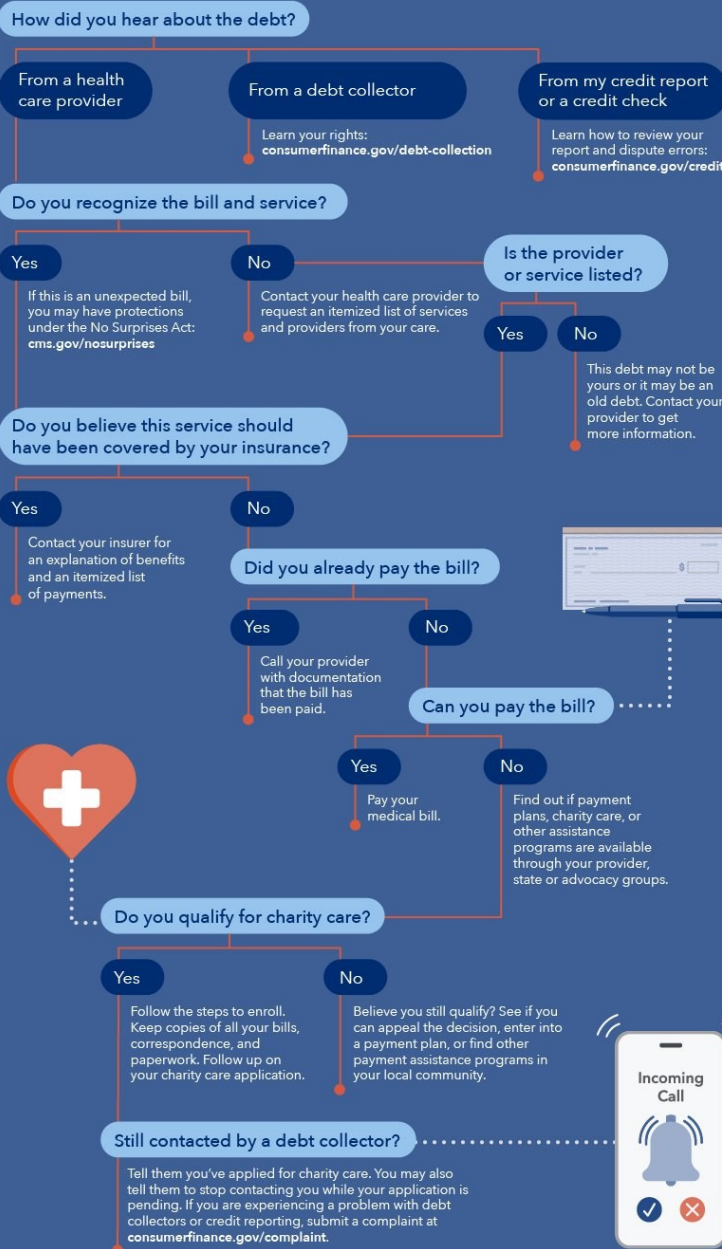
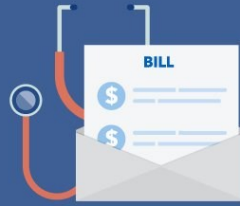


AmericaSavesWeek.org

Do you have a medical bill in collections?

Navigating medical bills in the U.S.

\$88 billion of outstanding medical bills are currently in collections – affecting one in five Americans. Medical bills are rife with errors, and billing systems are complex. Confirming an unpaid bill often depends on whether you contact the provider, the billing department, or the insurance company. See below for tips on how to navigate the complex medical billing and collections system.



Youth Mental Health First Aid training- FREE

Date offered:

May 14, 2022 8:30a-4:30p

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help a young person who is experiencing a mental health or addictions challenge or is in crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

More information on Youth Mental Health First Aid <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>

For more information and to Register: Contact Cindy Czarnik-Neimeyer, M.S., CPS at cynthia.czarnikneimeyer@catalpahealth.org



HOW MONEY SMART ARE YOU?

PlayMoneySmart.fdic.gov



Now Available!

Play the Games, use the Resources, and have some fun! In English and Spanish.

IT'S FREE

LEARN ABOUT EVERYDAY FINANCIAL TOPICS

from a trusted source



-  Optimized for smartphones, tablets, computers. Accessible with screen readers.
-  Diverse characters and situations in a game show design.
-  Mini-games to reinforce learning.
-  New resources – key takeaways, tools, FAQs, helpful links, financial glossary.
-  Play with or without an account.
-  Robust help center.
-  Organizations can view certificates for their clients, students, or customers with player linked accounts.

14

NEW SELF-PACED LEARNING GAMES

- 👉 Borrowing Basics
- 👉 Building Your Financial Future
- 👉 Buying a Home
- 👉 Credit Reports and Scores
- 👉 Disasters – Financial Preparation and Recovery
- 👉 Making Housing Decisions
- 👉 Managing Debt

- 👉 Protecting Your Identity and Other Assets
- 👉 Using Credit Cards
- 👉 You Can Bank On It
- 👉 Your Income and Expenses
- 👉 Your Money Values and Influences
- 👉 Your Savings
- 👉 Your Spending and Saving Plan



PLAYERS CAN EARN CERTIFICATES AND VIRTUAL COINS!



Visit our other products!
[FDIC.gov/moneysmart](https://www.fdic.gov/moneysmart)





PlayMoneySmart.fdic.gov



Menominee Park Zoo Opening Day May 7th, 2022

Find all your 2022 Oshkosh Parks events in our Activities Guide



Admission is FREE
 Open Daily 9 am to 6 pm
 May 7 through September 25



Spring into Summer

Free Family Fun Festival

hosted by: **United Way Fox Cities Emerging Leaders**



Join us for games & activities, a photo booth, balloon animals, a book giveaway (while supplies last), & more!
Recommended for children ages 12 & under. Children must be accompanied by an adult.



Saturday, May 14 from 10:00 a.m. to 1:00 p.m.
Appleton Memorial Park's Picnic Pavilion, 1620 E Witzke Blvd, Appleton, WI 54911

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|--|---|---|
| <p>Platinum</p> <p><small>A Grange Enterprise Company</small></p> | <p>Gold</p> <p><small>The power behind possible®</small></p> | <p>Silver</p> <p><small>We'll Find A Way!</small></p> <p><small>Building Excellence</small></p> |
| | <p>EMERGING LEADERS SPONSORS 2022/2023</p> | <p>Bronze</p> <p><small>Best Western Bridgeland Resort Hotel & Conference Center</small></p> |

If the event is canceled due to weather, information will be posted at facebook.com/UnitedWayFoxCitiesEmergingLeaders

STATE STREET CENTER

**206 STATE STREET
OSHKOSH, WI 54901**



**Monday - Friday
9AM – 3PM**

State Street Center is supported by the Winnebago County Department of Human Services. We will be offering free Mental Health and Substance Use Disorder support and resources to adults in a, non-clinical, voluntary setting.

**8:00 AM
WALKING GROUP** **MEET**
BY FRONT DOOR

9:00 WELCOME **ART**
GROUP

10:00 JOURNALING
GROUP

11:00 RECOVERY
SUPPORT GROUP
OPEN DISCUSSION

1:00 GROUP GAMES

2:00 COPING SKILLS
GROUP

3:00 PM CLOSED

SEE YOU SOON!

FSS Connection Group Meeting

Save the Date!



FSS
CONNECTION
GROUP

A program coordinating committee
for Winnebago County Housing
Authority's Family Self-Sufficiency
Program.



Family Self-Sufficiency (FSS)

Family Self-Sufficiency (FSS)

Date: Monday, June 13 2022

Time: 9:00 a.m.—10:30 a.m.

Jolie VerVoort, President, Residential Treatment, **will be giving a presentation on Apricity and what services they provide.** Apricity offers those impacted by substance use disorders a full spectrum of care including treatment, employment and support services in a safe, progressive recovery community. **Please join us to learn more about Apricity and get agency updates!** Everyone is welcome to attend!

Join Zoom Meeting

<https://us06web.zoom.us/j/84672500383>

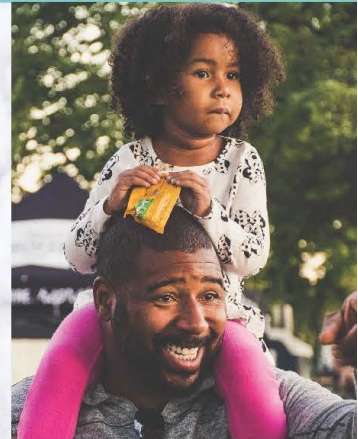
Meeting ID: 846 7250 0383

+1 312 626 6799 US (Chicago)

UNIVERSITY OF WISCONSIN-MADISON DIVISION OF EXTENSION
HUMAN DEVELOPMENT & RELATIONSHIPS PRESENTS



RAISING *Wisconsin's* CHILDREN



Explore parenting tips and learn ways to strengthen your relationship with your child.



Thursdays:
March 10th – May 19th
2022: 7pm - 8pm



Extension
UNIVERSITY OF WISCONSIN-MADISON

Classes offered via Zoom video conferencing

- **March 10: Manage Technology before it manages you Part 1: Values + Strategies**
- **March 17: Manage Technology Before it Manages You Part 2: Family Media Plan**
- **March 24: Raising Helpful Toddlers**
- **March 31: Using Gratitude and Savoring for Managing Stress**
- **April 7: Speaking Your Child's Love Language**
- **April 14: Developing Good Bedtime Routines**
- **April 21: Focus on Fathers: Standing Up for Yourself**
- **April 28: Focus on Fathers: Rock Star, Sports Star, Super Star?**
- **May 5: Focus on Fathers: Take a deep Breath**
- **May 12: Focus on Father: Changing the Way You Look at the World**
- **May 19: Getting Teenagers to Cooperate**

Free Webinars!
Registration required at:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_3Vgxj6E7vaar7Ku



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IOWA STATE UNIVERSITY
Extension and Outreach

SPEND SMART. EAT SMART.

spendsmart.extension.iastate.edu

How to Plan Meals

Do you ever get tired of running to the grocery store several times each week? Do you ever get frustrated because you forget about a food and it spoils before you can use it? Do you want to save money on your food budget? If so, menu planning is for you.



To plan a menu for your family, start by picking a length of time that works best -- usually a week is a good place to start. Write down your meals and snacks on a dry-erase board, calendar, notebook, piece of paper, app, worksheet or whatever works best for your family. Using your menu plan, write your grocery list and you are ready to go shopping.

5 SIMPLE STEPS...

- 1 Check your refrigerator, freezer, and pantry to see what you already have. You can build a meal around something simple you already have. For example, if you have a lot of frozen vegetables, plan meals such as soups and casseroles that you can stir frozen vegetables into.
- 2 Check weekly grocery ads to see what is a good deal. Using sale items in your menu can help you save money. If you see blueberries are a good deal, plan blueberries as snacks, blueberry muffins for breakfast, and a fruit pizza with blueberries for dessert. If they are a really good deal, freeze some for another day.
- 3 Keep a list of family favorites. List meals and snacks that your family likes and use the list when you have a hard time thinking of meals.
- 4 Plan to have leftovers. You can make a double batch of something one night and serve it again another night. This works well if you know you have a busy night coming up and will not have time to cook.
- 5 Be flexible. Think of simple things to stock for breakfast, lunch, and snacks—especially if your family is on the go with work and school. Then put more planning into supper, a meal you can sit down and enjoy as a family.

Check out our example menu plan for a week or the Spend Smart. Eat Smart. recipes (spendsmart.extension.iastate.edu) for some new ideas.

SERVES: 6 | SERVING SIZE: 3 ounces meat and 1 cup vegetables

PORK LOIN ROAST AND VEGETABLES

INGREDIENTS

2 cups onions (cut in wedges) (about 1/2 pound or 2 medium onions)
 2 cups potatoes, diced (about 12 ounces or 2 medium)
 2 cups baby carrots or 3/4 pound regular carrots, sliced
 2 tablespoons oil (canola or vegetable), divided
 1/4 teaspoon salt
 1/4 teaspoon ground black pepper
 1 1/4 pounds pork loin
For Rub:
 1 tablespoon brown sugar
 1/2 teaspoon garlic powder
 1/2 teaspoon ground black pepper
 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Mix vegetables with 1 tablespoon oil, salt, and pepper in a bowl.
3. Lay vegetables around the edge of a 9" x 13" pan. Put in oven.
4. Use a small bowl to make the rub. Mix the brown sugar, garlic, pepper, and salt in the bowl.
5. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
6. Heat 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Cook about 2-3 minutes per side.
7. Transfer the pork to the center of the pan with vegetables. Bake for about 40 minutes. Check the temperature after 30 minutes in the oven.
8. Remove from oven when meat thermometer reads 145°F. Let set for 5 minutes. Slice and serve.

Nutrition Facts Servings: 6, **Serv. size: 3 oz. meat and 1 cup vegetables**, Amount per serving: **Calories 240**, **Total Fat** 8g (12% DV), **Sat. Fat** 1.5g (8% DV), **Trans Fat** 0g, **Cholest.** 55mg (18% DV), **Sodium** 310mg (13% DV), **Total Carb.** 19g (6% DV), **Fiber** 4g (16% DV), **Total Sugars** 7g, **Protein** 22g, **Vit. D** (2% DV), **Calcium** (2% DV), **Iron** (11% DV), **Potas.** (16% DV).

CHECK OUT OUR VIDEOS:
spendsmart.extension.iastate.edu/videos for more information on basic food preparation, safety, storage, and easy recipes!

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