

November 2022

Dream Big!

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

*Happy
Thanksgiving* 

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www.ohawcha.org
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FSS Program Coordinator
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Dear FSS participants (and community members),

Happy November !

Please wish a Happy November Birthday to Tirso! I hope your birthday is fabulous and you are finding a little time to take a step towards your goals. Please welcome **Azhar, Jennifer and Tirso** to our FSS program!

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

Salvation Army Holiday sign up is starting. Lots of time to sign up but it goes by too fast. Oshkosh Coats and Toy Store sign up are available online at saoshkosh.org or calling 920-232-7660 or for the Fox Cities Salvation Army at: safoxcities.org. Please see page 12 and 13 in this newsletter for more information.



Daylight Savings Time ends on Sunday, November 6th. Turn your clock back one hour before going to bed on Saturday, November 5th.

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

2022 Upcoming Class Dates & Times:

May: 14 & 21 @ 9:00AM-12:30PM

June: 6, 8, 10, 13, 15, 17 @ 9:00AM-10:00AM

August: 9, 12, 16, 19, 23, 26 @ 9:00AM-10:00AM

September: 13, 15, 20, 22, 27, 29 @ 1:00PM-2:00PM

October: 10, 12, 17, 19, 24, 26 @ 7:00PM-8:00PM

November: 5, 12, 19 @ 9:00AM-11:30AM

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

To register, use this link OR scan the QR Code:

<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 todd.wenzel@wisc.edu (920-232-1982) OR amanda.kostman@wisc.edu (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.



Parenting to a Child's Temperament

Parent Connection | Parent Education Workshop



*What do parents need to know about their & their child's temperament? **Everything!*** Temperament can help us answer questions & increase understanding about why our children are the way they are. We will talk about how you respond as a parent based on your temperament & how to recognize issues ahead of time, anticipating problems in behavior before they happen.



Offered as Hybrid!
(In-Person & Online)

Fox Valley
Monday, November 28
10:00-11:30 am
Cost: \$10.00 per person

Register On-Line:

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

Facebook: www.facebook.com/ParentConnectionWI, see our Events Page!

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



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



Love & Logic: Power Struggles™ Parent Connection | Parent Workshop



For Parents with Kids 3-Teens | Evidence-based

When our kids make poor choices it can be extremely tempting to stop giving them. When we do, we send kids the message that they are not smart enough to learn from their own mistakes. We will be talking about gaining healthy control over our homes and how we can gain genuine respect from them without needing to win power struggles.

Date: Thursday, November 10

Time: 5:00-7:00 pm

In-Person Only - Appleton

Cost : \$10.00 per person



Register On-line:

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

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

Shawano: 100 County Road B, Shawano, WI 54166 | (715) 853-0923

www.familyservicesnew.org/parent-connection



KNOW YOUR RIGHTS

RENTER'S RIGHTS

Legal Action of Wisconsin Attorneys
will answer the
20 MOST COMMON QUESTIONS
renters have about their rights at in-
person trainings throughout November.

November 3
10 am – 11:30 am
Fox Valley Technical
College, Room 115
Riverside Campus
150 N. Campbell Road
Oshkosh, WI 54902

**LEGAL
ACTION
OF WISCONSIN**

Learn more at legalaction.org/additional-resources/events

The Connection



Diverse & Resilient

LGBTQ Mental Health SUMMIT

COMMUNITY ■ MENTAL HEALTH ■ TOGETHER

Join leaders, activists, advocates, community members, and allies from Northeastern Wisconsin for a day of learning and networking, as we join in solidarity to support the LGBTQ+ community and explore solutions to a variety of systemic inequities.



SATURDAY NOVEMBER 12, 9AM-5PM



Keynote
Dr. Wayne
Bentham,
MD

**Register
Here!**

Breakfast and lunch included.
Call 920-416-8711 for more
information



Thank You to our Sponsors!



DOUBLETREE BY HILTON
150 S NICOLET ROAD
APPLETON, WI 54914

Mini Job Fairs



Mini JOB FAIRS

JobCenterofWisconsin.com/events

FREE ADMISSION

3rd Tuesday of the Month

* Except December 13th 2022

1:00 p.m. – 3:00 p.m.

July 19th – Menasha Job Center

August 16th – Waushara

September 20th – Fond du Lac

October 18th – Menasha Job Center

November 15th – Oshkosh (at Oshkosh Public Library)

*December 13th – Menasha Job Center

Participating employers are subject to change



A proud partner of the **AmericanJobCenter**® network

DWD is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please dial 7-1-1 for Wisconsin Relay Service. DWD is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please dial 7-1-1 for Wisconsin Relay Service. Please contact the Division of Employment and Training at 888-258-9966 and press 6 or the Division of Vocational Rehabilitation at 608-261-0050 or toll-free at 800-442-3477 to request information in an alternate format, including translated to another language.



A free, interesting, interactive class with great information.

YOUTH MENTAL HEALTH FIRST AID

October 8, 2022 8am-4pm

Congregational United Church of Christ
1511 Nicolet Blvd. Neenah

or

November 5, 2022 8am-4pm

NAMI Oshkosh

525 N. Main Street, Oshkosh



YOUTH MENTAL HEALTH FIRST AID IS DESIGNED TO TEACH PARENTS, FAMILY MEMBERS, CAREGIVERS, TEACHERS, SCHOOL STAFF, PEERS, NEIGHBORS, HEALTH & HUMAN SERVICES WORKERS, AND OTHER CARING CITIZENS HOW TO HELP AN ADOLESCENT (AGE 12-18) WHO IS EXPERIENCING A MENTAL HEALTH OR ADDICTIONS CHALLENGE OR IS IN CRISIS.



REGISTER:

Email:

mary@namioshoshkosh.org

Call:

920-651-1148

Taught by Tracy Aliota and Cindy Czarnik-Neimeyer

Class, lunch, snacks and drinks are all free.

Seasonal Spending Event



**COMPLIMENTARY
FINANCIAL
EDUCATION EVENT**

Seasonal Spending

11/08/2022 | 4:00pm | Zoom

As seasons change, so does our spending. It's more critical than ever to plan for the celebrations and the peaks and valley of spending. Learn tips and tricks that will save you time and avoid buyer's remorse. From planning purchases to saying "no" to that enticing sale, you'll be on your way to having more money in your pocket and fewer bills to pay off.

Register Here!

11/8/2022 at 4 pm

Register for a zoom link!



SCAN ME

**Sign up for our
free financial
education sessions!**

Register here at this link:

<https://www.summitcreditunion.com/events/seasonal-spending>



REGISTER TODAY!

Intro to Kiva Lending

QUESTIONS?

Call 414-395-4546

Email info@wwbic.com

Learn about KIVA@WWBIC and the unique system of social underwriting. KIVA US offers crowdfunded business loans from \$1,000 to \$15,000 that are 0% interest and fee-free. KIVA loans require no minimum credit score, collateral, business plan, or financial statements.

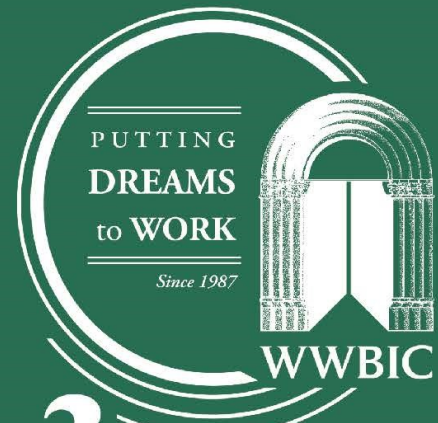
Pre-registration is required. Register now online!

[SCAN OR CLICK HERE TO REGISTER ONLINE](#)



**Tuesday,
November, 8th**

12:00 pm - 1:00 pm
Startup Hub
2701 Larsen Rd.
Green Bay



**35^{and}
THRIVING**

*Entrepreneurship and
Financial Wellness Training •
Lending • Coaching*

wwbic.com/trainings



The Salvation Army - Oshkosh
Seasonal Assistance Program
Sign - Up Information

There will be NO In-Person Sign-Up

Coats For Kids Sign - Up

For Birth - 18 yrs. (school age)
September 1st - October 21st, 2022



To sign - up online go to: saoshkosh.org

Go to Program & Services Page and click on the corresponding link



Toy Store (Toys For Tots) Sign - Up

For Birth - 18 yrs. (school age)
September 1st - November 25th, 2022

To sign - up online go to: saoshkosh.org

Go to Program & Services Page and click on the corresponding link

If no online access, call 920-232-7660
Ext. 14 Al, Ext. 22 Lisa or Ext. 13 Patty
To Register Over The Phone



**THE SALVATION ARMY FOX CITIES 2022
CHRISTMAS SIGN UP**
FOR FOOD, TOYS, ADOPT -A - FAMILY, & COATS FOR KIDS

COATS FOR KIDS

NOVEMBER 7-11, 2022 | 12PM-3PM
NOVEMBER 12, 2022 | 9AM-1PM

Coats are available for children ages 17 and under
No pre-registration required for coats



SALVATION ARMY
SOCIAL SERVICES CENTER
130 E NORTH ST.
APPLETON, WI 54911

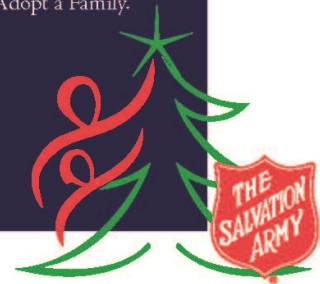


**CHRISTMAS ASSISTANCE
REGISTRATION**

REGISTER ONLINE NOVEMBER 1 - 30, 2022

Food Baskets, Toys for Tots, or Adopt - A - Family
Households with children ages 17 and under are eligible for Toys for Tots or Adopt a Family.
Adult only households register for a food basket.

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



ANGEL TREE

TO APPLY IN PERSON, CALL SALVATION ARMY FRONT DESK AFTER
NOVEMBER 1, 2022 (920)734-3324 TO SET UP AN APPOINTMENT.

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 12, 2022

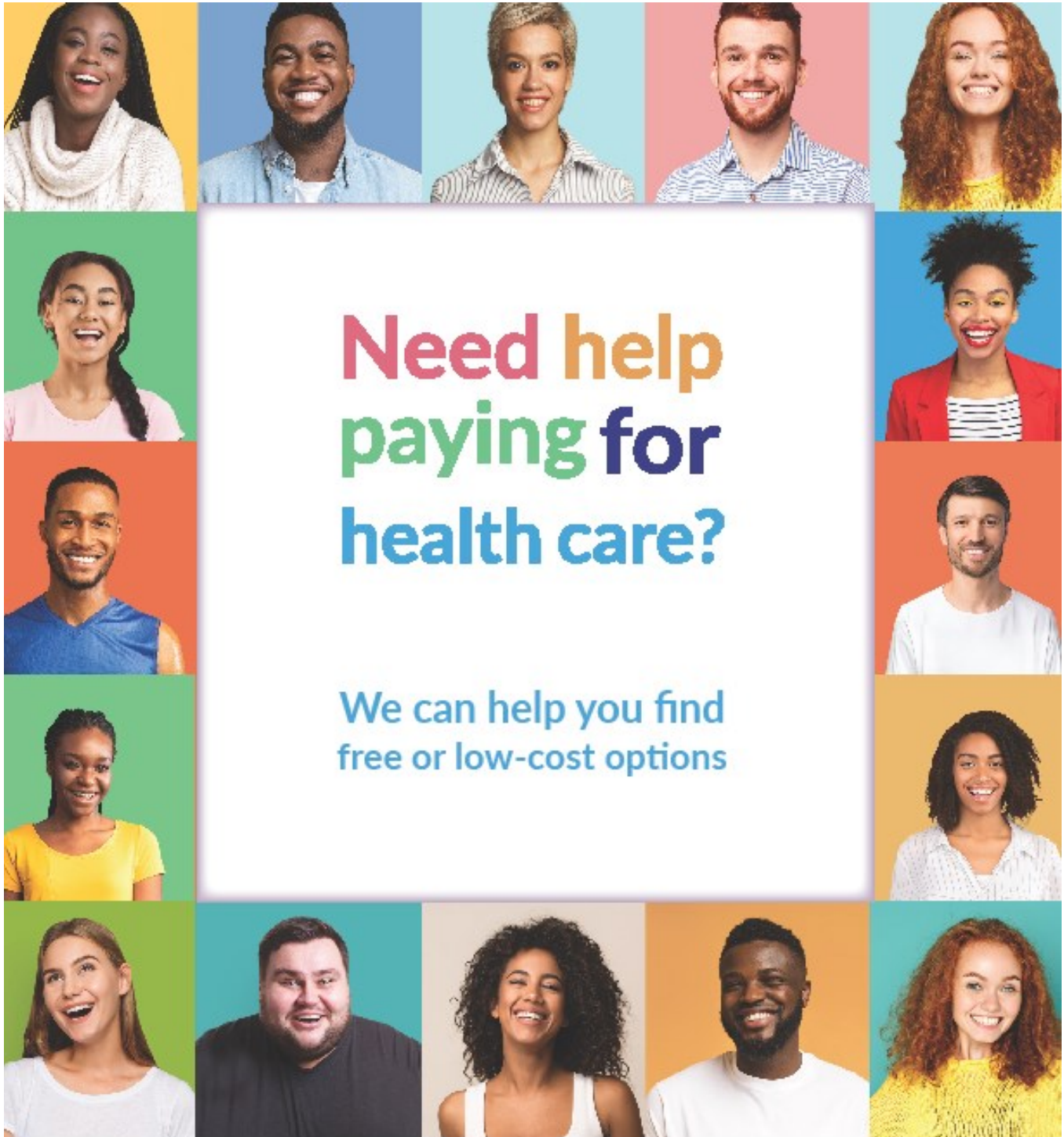
Time: 9:00 a.m.—10:30 a.m.

Julie Dumke will be joining us to talk about the Oshkosh Kids Foundation and their work on bringing Tiny Houses to Oshkosh. Please join us to learn more about the FSS program and get agency updates! Everyone is welcome to attend!

Join Zoom Meeting

<https://us06web.zoom.us/j/89991406829>





Need help
paying for
health care?

We can help you find
free or low-cost options



www.WisCovered.com

To find free, local help:

Dial 2-1-1

or call **Partnership** at 920-882-6420



covering
Wisconsin
Connect to Care. Engage in Health.

Slow Cooker Refried Beans!

Food is getting so expensive and difficult to find. Check out this easy, cheap and healthy bean recipe this month! I don't know about you but I love Taco Tuesday!

SPEND SMART. EAT SMART.®



Slow Cooker Refried Beans

Serves: 10 Cost/Serving: \$0.31 Serving Size: 1/2 cup

INGREDIENTS

- 1 pound dried pinto beans (or other small, dried beans)
- 7 cups water
- 1 medium onion, diced (about 1 cup)
- 1 tablespoon ground cumin
- 2 teaspoons salt

INSTRUCTIONS

- 1 Rinse and sort beans. Remove any debris.

- 2 Put all ingredients into a slow cooker. Stir to combine.

- 3 Cook on low for 8–10 hours or high for 6–8 hours

- 4 Remove 2 cups cooking liquid and set aside

- 5 Mash beans with a fork or potato masher. Stir up to 1/2 cup of the reserved cooking liquid into the mashed beans to give them a thinner consistency, if desired. Refried beans will thicken as they cool, so save the reserved cooking liquid to add to leftover refried beans, if desired.

- 6 Serve as a side dish; as a filling for burritos, enchiladas, or tacos; or as a dip.

TIPS

Add chopped jalapeno peppers to the other ingredients for a spicier dish.

Cooked and cooled refried beans can be portioned out into airtight containers and frozen for future meals

Nutrition Facts

10 servings per recipe	
Serving Size: 1/2 cup	
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrates 30g	11%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 3mg	15%
Potassium 655mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

