

March 2023

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
920-424-1450 EXT. 133
kayh@ohawcha.org

What's Inside:

- March Letter
- Rent Smart
- Skills Accelerator
- FREE Tax Preparation
 - Bella Vista Jobs
 - Love & Logic
- Intro to Certification
- FSS Connection Meeting
 - Oshkosh Habitat
 - Be Well Fox Valley
 - "Just for Me" Series
- Community Skills Initiative WI
 - Fox Cities Job Fair
- Chicken with Mushrooms Recipe

Dear FSS participants (and community members),

Please wish a Happy March Birthday to **Holly**! I hope your birthday is fabulous and you are finding a little time to take a step towards your goals.



Spring comes March 20th! A time to renew and grow. And speaking of growth....**Amy has graduated from the FSS Program by increasing her credit score, tracking her expenses, making a budget, keeping this budget for more than 3 months, meeting with FISC to talk about her finances, attending the Rent Smart workshop, staying out of debt and continuing to work part time. Amy graduates with over \$2,400. Congrats to Amy!**

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

FSS Connection Group Meeting is on **Monday, March 13th at 9:00 am**. Lori Larsen and Vicki Rhine, ADVOCAP Community Services Specialists, will be giving a presentation on ADVOCAP Bridges and PASS programs and what they can do for you! Everyone is welcome to attend! See page 9 for more details.

FREE Tax Preparation is available. Please check out page 5 in this newsletter for more details. What will you do with your income tax refund?

Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy and Healthy March ! 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 920-424-1450 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!

2023 Online Class Dates & Times:

January: 10, 12, 17, 19, 24, 26 @ 1:00PM-2:00PM; Tue/Thurs

February: 7, 10, 14, 17, 21, 24 @ 9:00AM-10:00AM; Tue/Fri

March: 13, 15, 20, 22, 27, 29 @ 7:00PM-8:00PM; Mon/Wed

April: 10, 13, 17, 20, 24, 27 @ 1:00PM-2:00PM; Mon/Thurs

May: 6, 13, 20 @ 9:00AM-11:30AM; Saturday

June: 13, 16, 20, 23, 27, 30 @ 9:00AM-10:00AM; Tue/Fri

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.



Skills Accelerator



Scan here
to apply!

PROGRAM BEGINS
March 27, 2023

PROGRAM DATES
March 27, 2023 – May 5, 2023

CERTIFICATE
Project Management

Partners:

This program is made available by a grant from the American Rescue Plan Act Coronavirus State and Local Fiscal Recovery Funds

gener8tor is an Equal Opportunity Service Provider and Employer



Skills Accelerator

Want to make sure you have the digital skills employers are hiring for?

A **FREE** skills training program for you to build skills and receive a job in today's ever-changing workforce! gener8tor Skills Accelerator is a virtual skills and career training program for job seekers in **Northeast Wisconsin** to grow your skills and start a new career in **Project Management**.

Here's what we offer:

- ✓ Self-paced, virtual curriculum from Microsoft and LinkedIn to learn skills for a career in Project Management
- ✓ One-on-one career coaching & long-term job placement support
- ✓ Lunch & Learns with industry experts
- ✓ Resume, cover letter and LinkedIn profile coaching
- ✓ Job interview preparation including mock interviews

Contact us:

Mackenzie Herro | Skills Recruitment Manager | mackenzie@gener8tor.com

Click to learn more gener8tor.com/skills/ne-wisconsin and follow @gener8tor

What is VITA?

VITA = Volunteer Income Tax Assistance

The Volunteer Income Tax Assistance (VITA) program provides free, quality tax preparation from IRS-certified preparers to individuals and families earning up to \$60,000 annually. Taxpayers who were previously ineligible, and those who do not have a filing requirement, may not realize they need to file a tax return to claim these credits. These credits are: Earned Income Credit, Child Tax Credit, and Child Care Credit. Let VITA help you file for free and get all your money.



UW-Oshkosh site: Appointments available from February 6 to March 29, 2023. UW-O offers the VITA program (Volunteer Income Tax Assistance) that provides free basic tax return preparation for low-to-moderate income and elderly taxpayers. The program is run by students and other community volunteers. Starting February 1st you can call **920.424.3486** to schedule an appointment.

Goodwill Menasha site: Meet with an intake specialist and let our IRS-certified volunteers prepare your return. We are located inside the Goodwill Retail Store and Training Center at 1800 Appleton Road, Menasha, WI 54952. There will be no walk-in services for the 2022-2023 tax season. For an appointment call **920-968-6044** after 1/26/2023 or go to **goodwillncw.org/vita/**.

In-Person Valet VITA Hours (Appointment Only)

Monday-Thursday: 12:30-5:30 p.m.

Saturday: 8:00 a.m. – 12:00 p.m.

AARP Free Tax assistance with a special focus on taxpayers who are age 50 years old or older.

Neenah/Menasha area: call (920) 215-1040 for an appointment

Oshkosh area: Call (920) 385-6756 for an appointment.

Next Pop-Up Food Pantry is Saturday, March 18, 2023

491 Old Oregon Road, Oshkosh, Wisconsin 54902

DAYS AND HOURS

3rd Saturday of the Month

Registration begins at 9:30 AM

Food bundles available 9:30-11:00 AM

Hosted by: St. John's Lutheran Church of Nekimi

For a \$25 bundle donation, you will receive \$150+ in groceries. Please bring 2 boxes.



Bella Vista Job Openings



Join our fun and caring team! At **Bella Vista**, we don't just fill positions, we look for real people to join our dining department.

Our Benefits Include:

- Servers earn \$15/hr
- Cooks earn \$16/hr part-time or \$18/hr full-time
- Vacation/holiday/sick time
- Health, dental and vision insurance
- Fun, supportive work environment

Apply online at

bellavistaofeden.com/careers

or scan code with your camera



BELLA VISTA

631 Hazel St. | Oshkosh, WI 54901 | 920.393.9998 | bellavistaofeden.com

Love & Logic: Adults Supporting Youth with Challenging Pasts™

Parent Education Workshop



This workshop is for any adult serving or living with children & teens who've experienced loss, hardship, or trauma - parents, foster & adoptive parents, educators, social workers, counselors, etc.

Cut through the complexity of working with youth with challenging pasts & provide real solutions that can be applied immediately. We will discuss the steps to build relationships, deal with defiance, show empathy, minimize power struggles & support opportunities for success.



Hybrid Workshop!
Join Us In-Person!
Enjoy Our Free Childcare!
Or join us online!

Plan to Attend All 3 Sessions:
Mondays, March 13, 20 & 27
Appleton - 6:00-8:00 pm
Cost: \$15.00 per person

Register On-line
Family Services Website:
www.familyservicesnew.org/parenting-classes

Parent Connection Facebook Events:
www.facebook.com/ParentConnectionWI/events

Or contact Jen DiMatteo
jdimatteo@familyservicesnew.org
(920) 739-4226 ext. 109
Ask me about our scholarships! Scholarships available to families in our service areas



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 St, Shawano, WI 54166 | (715) 853-0923
www.familyservicesnew.org/parent-connection



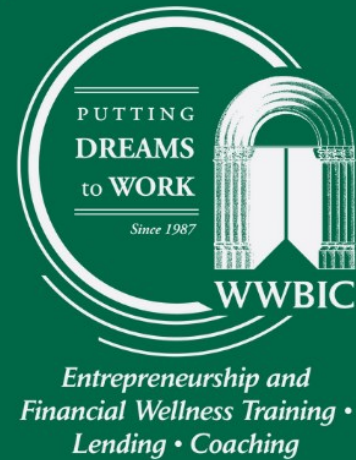
WWBIC Intro to Business Certification



Introduction to Certification

REGISTER NOW AT
wwbic.com/trainings

**Friday,
March 10th**
12:00 - 1:00 pm
Online Webinar



FSS Connection Group Meeting

Family Self Sufficiency

Save the Date!



Date: Monday, March 13, 2023

Time: 9:00 a.m.—10:30 a.m.

Lori Larsen and Vicki Rhine, ADVOCAP Community Services Specialists, will be giving a presentation on ADVOCAP Bridges and PASS programs and what they can do for you! Everyone is welcome to attend! Let's also share agency updates.

Join Zoom Meeting

<https://us06web.zoom.us/j/89209921815>

Meeting ID: 892 0992 1815

Dial by your location

+1 312 626 6799 US (Chicago)





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.



FREE HEALTH IMPROVEMENT OPPORTUNITY!

You may be eligible if you:

- have Type 2 Diabetes
- have an A1c of 7.0 or higher
- have experienced or worried about food shortages in the past 12 months
- live in Outagamie, Calumet, or Winnebago County

Participants receive FREE healthy food for themselves and household family members, as well as weekly education classes!

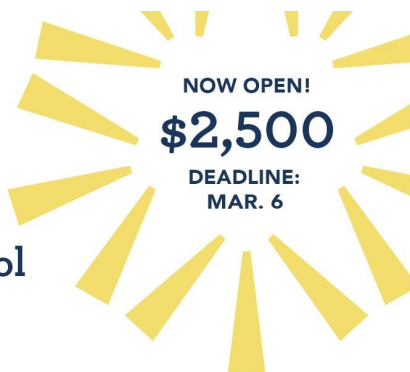
Contact us at bewell@unitedwayfoxcities.org OR call 920-364-9629 to find out if you're eligible to participate in the Eat Well for Life program.

Be Well
FOX VALLEY



Amcor Technical School Scholarship

sponsored post



To support the next generation of skilled workers and tradespeople, [Amcor Packaging](#) is awarding up to 20 scholarships of \$2,500 each for students pursuing a certificate or associate's degree in an industrial skilled trade.

Visit <https://hubs.ly/Q01yVDzq0> to learn about residency and eligibility requirements, and to apply.

"Just For Me" Series

CONNECTION CARE

'JUST FOR ME' SERIES

WHAT?

A monthly (virtual) offering to invest in your own healing and wellbeing. Karen Iverson-Riggers and Lynn McLaughlin, with Ebb & Flow Connections Cooperative, will lead the monthly sessions.

WHY?

Because remaining in a state of languishing and burnout is unsustainable, and we care about you and your wellbeing.

WHEN?

Monthly, on the 3rd Thursday, on Zoom.
TWO OPTIONS: 7:30 - 8:30 a.m.
AND 11:30 a.m. - 12:30 p.m.

Jan. 19 - MeCPR/Self & Community Care

There is so much talk around self care and taking responsibility for our well-being. This becomes detrimental when the burden of well-being is put on the individual exclusively. Learn about the revolution of meCPR and healing through connection.

Feb. 16 - Rest & Radical Rest

What would it be like to live in a well rested world? Far too many of us have claimed productivity as the cornerstone of success. Explore the liberating practices of rest, daydreaming, and naps as a foundation for healing and justice.

March 16 - Pandemic Recovery & Grief

Grief is a constant in life. Whether it's a small change or the loss of a loved one, our lives are impacted and we experience the process of letting go... and it looks different for everyone. In the context of pandemic recovery, what grief are you holding...and what's holding you?

April 20 - Imagination & Curiosity

We can learn so much from the lens through which children see our world. Let's imagine together and lean into the practice of curiosity instead of judgment - for our experiences, emotions, and the other humans around us!

May 18 - Science/Biology of Emotion

We live in a culture that values thought and logic over emotion, but science has proven the detrimental physical and mental effects of pushing emotion aside and suppressing them. Emotions are the missing piece in our wellness journey.

June 15 - Personal Processing of Emotion

What's your relationship with emotion? Are some emotions more comfortable to express? Come explore our awkward, messy relationship with emotion and embrace a new way of being present with emotion.

July 20 - Discomfort

One of the most important lessons in life is recognizing that it is often uncomfortable. This is especially true when it comes to sitting with emotion. What are the ways you avoid discomfort (social media, food, alcohol, "doing,"...)? Becoming aware of our discomfort and pausing long enough to recognize it builds self awareness and growth.

Aug. 17 - Both/And

Break the binary! Our brains are conditioned to work in either/or and try to put things into boxes. This has served us as a survival instinct, but doesn't work well for most of our human experience. Come explore the practice of both/and in processing our experiences and honoring emotion.

Sept. 28 - Mistake Making

Find the power in the vulnerability of mistakes! Our value does not come from being perfect. When we embrace our raw humanness and share vulnerably with others, we learn how to embrace mistakes and find courage to take risks.

Oct. 26 - Healthy Boundaries

We often hear about the importance of setting boundaries as a way of practicing self-care, but what about emotional boundaries? How do you intentionally create space for awareness of your emotion as well as recognizing how your body reacts to the emotions of others? This exploration of boundaries allows for individual awareness and intention.

Nov. 16 - Supporting Others

Brené Brown said "We cannot be more connected to others than we are to ourselves." Over the past year, we've explored deepening connection within ourselves. Learn how this connection serves us in supporting others to connect within themselves.

Dec. 21 - Connection is Prevention

Connection within ourselves to hear our own voice can be life saving. Deep connection where we feel seen and heard is empowering and revitalizing. Connection is prevention, and continuing practice.



Scan for Zoom link, or copy link:

<https://us06web.zoom.us/j/96147135643?pwd=REk4NjA2M01yS1lVLTloVXBXMkd1Zz09>

Meeting ID: 961 4713 5643

Passcode: 791803



COMMUNITY Skills INITIATIVE



PRESENTED BY:



Who are you dreaming to be?

Let us help you get the skills for a new career or learn foundational skills to live your dream. FREE online training for job seekers, professionals, and students.

The CSI website will remain open for learning through February 2024.

What are you waiting for?

Community Skills Initiative provides FREE resources to get the in-demand skills you need. UpSkill at your own pace, from your own home, or on the go!

Your journey of new skills starts here
www.communityskilling.org/wisconsin





FREE
Competition
February 1 -
March 31

Up-Skill A-Thon



**Learn skills
to help live
your dream!**

FREE online training
for job seekers,
professionals &
students.

Total of **\$10,000**
in **CASH Prizes**

awarded in varied amounts.

The more you learn,
the more points you earn!



COMMUNITY
Skills
INITIATIVE

What are you waiting for?

Learn new skills. Earn Certificates. Win Cash.

The CSI website will remain open for learning through February 2024.

www.communityskilling.org/wisconsin

Fox Cities Job Fair

Family Self Sufficiency

FOX CITIES EMPLOYMENT FAIR

10 AM – 2:00 PM
TUESDAY, MARCH 21, 2023

Fox Cities Exhibition Center, 355 W Lawrence St, Appleton



IT'S TIME FOR A
BETTER FUTURE!



REGISTER HERE: <https://tinyurl.com/FCfair2023>

Job seekers can expect the companies attending to be searching for a wide range of talent in a number of industries and occupations. For a list of registered companies after March 1, visit <http://www.foxvalleywork.org/jobfair.html> (check back often as companies will still be registering!). Job seekers do not need to pre-register but if you are interested in doing so, register with the link above.

Curious about how to prepare for a job fair or for more information about attending the fair, contact your local job center (for a list of job centers go to <http://www.wisconsinjobcenter.org/directory/>).

SPONSORED BY:



The Fox Valley Workforce Development Board 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 or at 800-947-3529. At no cost, you may request information in an alternate format, including language assistance or translation information to your preferred language by contacting us at (920) 594-3655.

Job Searching Assistance Available

**Fond du Lac
Public Library**
Tuesday 9:30AM-12:00PM
Thursday 1-4PM

**Oshkosh
Public Library**
Wednesday 1-4PM

Come see us for Resume Reviews, General Job
Searching Advice and help with Interviewing.

Wednesdays at the
Oshkosh Public
Library
106 Washington Ave,
Oshkosh
1:00pm to 4:00pm
For an appointment
call 920-236-5205

SPEND SMART. EAT SMART.®



[Get Help Buying Healthy Foods](#)

Chicken with Mushrooms

Serves: 4 **Cost/Serving:** \$2.79 **Serving Size:** 1 piece of chicken and 1/4 cup mushrooms

INGREDIENTS

- 1/4 cup plus 1 tablespoon white flour, divided
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 boneless, skinless chicken thighs
- 3/4 cup reduced sodium chicken broth
- 1/2 pound fresh mushrooms, sliced
- 1 teaspoon garlic powder
- 1 tablespoon fresh (or 1 teaspoon dried) herbs, chopped (basil, chives, oregano, parsley)

INSTRUCTIONS

- 1 In a small bowl, use a fork to stir together 1/4 cup flour, salt, and ground black pepper. Dip each piece of chicken in the flour mixture to coat on all sides.
- 2 Heat a large skillet over medium heat. Spray with cooking spray. Add coated chicken to the skillet. Cover with a lid. Cook chicken for 5-6 minutes.
- 3 Using tongs or a spatula, flip chicken over. Cover with a lid. Cook for 5-6 minutes more or until the internal temperature of the chicken is 165°F. Use a clean fork to move chicken from the skillet to a plate.
- 4 Add the broth, mushrooms, garlic powder, and herbs to the skillet. Cover with a lid. Cook for 5 minutes, stirring occasionally.
- 5 Stir remaining 1 tablespoon flour into the mushroom mixture. Cook and stir until thickened, about 2 minutes.
- 6 Serve mushrooms as a topping for the chicken.

TIP: Use boneless, skinless chicken tenders in place of larger pieces of chicken. This will change the serving size to about 2 chicken tenders.

Nutrition Facts

4 servings per recipe

Serving Size: 1 piece of chicken and 1/4 cup mushrooms

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 140mg 47%

Sodium 540mg 23%

Total Carbohydrates 10g 4%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 33g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 2mg 10%

Potassium 604mg 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.

