

July 2023

Dream Big!

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



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What's Inside:

- July Letter
- Rent Smart
- Career EXCErate
- Skills Accelerator
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- **FREE COVID** Tests
- FoodShare Theft Scams
- YMCA Summer Picnic
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 - Oshkosh Fireworks
- Roasted Veggies Recipe

Dear FSS participants (and community members),

SUMMER

Happy 4th of July to all !

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

Check out these events and many more in this July newsletter:

2023 Rent Smart workshops are now available. By completing this workshop, you will gain one year of positive rental history. Plus, many people have told me they had fun and learned a lot. Please see page 3 for more information.

Oshkosh Back To School Fair is on August 16th and 17th. If you are interested in getting school supplies for your kids and you are receiving housing assistance from us, please let me know. There are a limited number of openings in the BTSF. Signing up **AS SOON AS POSSIBLE** will provide families with the best opportunity to receive assistance. **Deadline is July 14, 2023, or until filled.**

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





Rent Smart

Taught by Extension Educators

Helping to make renting a great experience for you!

2023 Summer/Autumn Online Class Dates & Times:

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

August: 7, 9, 14, 16, 21, 23 @ 1:00PM-2:00PM; Mon/Wed

September: 12, 15, 19, 22, 26, 29 @ 9:00AM-10:00AM; Tue/Fri

October: 9, 11, 16, 18, 23, 25 @ 7:00PM-8:00PM; Mon/Wed

November: 4, 11, 18 @ 9:00AM-11:30AM; Saturday

December: 4, 7, 11, 14, 18, 21 @ 1:00PM-2:00PM; Mon/Thurs

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)

An EEO-Affirmative Action Employer, UW-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.





Career EXCErate | Wisconsin

Personalized Job Training and Support Services to Transform Lives

A collaborative program from Goodwill NCW, Fox Valley Technical College and Rawhide Youth Services



Launch a lasting career!

Career EXCErate Wisconsin is a highly personalized training program offered at no cost to individuals who want to find a career pathway but are struggling and would benefit from individualized support.

Career educational certificate options:

Choose from eight certificate programs that range from approximately two months to two semesters.

Educational and Health Services

- Nursing Assistant
- Early Childhood Teacher Aide

Construction

- Woodworking Technician
- Pipe Trades

Manufacturing

- Welding Fundamentals
- Industrial Manufacturing Technician

Truck Driving and Maintenance

- Professional Truck Driving - Class A and B CDLs
- Heavy-Duty Vehicle Maintenance - Diesel Technology Assistant

Get started or refer someone today!



Complete a short online form at careerEXCEratewi.org

Call: 920-204-7002

Email: careerEXCErateWI@goodwillncw.org





Scan here to apply!

PROGRAM BEGINS
July 24, 2023

PROGRAM DATES
July 24, 2023 – September 1, 2023

CERTIFICATE
Data Analytics

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 **Data Analytics**.

Here's what we offer:

- ✓ Self-paced, virtual curriculum from Microsoft and LinkedIn to learn skills for a career in Data Analytics
- ✓ 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

Pony Power Academy

PONY POWER ACADEMY
DIVERSE ABILITIES SUPPORT
EQUINE PROGRAM



**Changing the lives of children
through connections with equine partners.**

Children have a very special connection with horses. Horses are wonderful companions for kids; they always listen, and they never judge. They help children learn, heal and grow.

PONY POWER ACADEMY CHILDREN'S LITERACY PROGRAM

Pony Power Academy is an Equine-Assisted Learning (EAL) Program that offers a unique approach to helping children ages 4-12 with diverse learning abilities or who have struggled learning to read and write.

According to the National Center for Education Statistics, 4 million children younger than 18 have learning disabilities in the U.S.; they account for 47% of children receiving special education. These kids have a 31% greater chance of being bullied, and over 18% of them drop out of school.

Our certified instructors guide children through learning activities and adventures that make reading fun, using curriculum that was developed based on Wisconsin Literacy Standards. These skills help children build their confidence and enhance their learning aptitude, which will help them excel on their academic journey.

We also integrate fun learning opportunities about horses and arts & crafts and barn activities, including our new Sensory Walking Path, that engage their senses and allow them to express themselves.

Our Pony Power Academy sessions are led by certified instructors, qualified staff and trained volunteers. In the future, we plan to offer teen literacy and math sessions.

Our Pony Power Academy sessions will be held at the BEAMING Barn on **June 12th from 11:30am-12:30pm, July 10th from 11:30am-1pm and August 14th from 11:30am-1pm.** Cost is \$15.00 for one child and \$5 per additional child. **To sign up**, please contact Wendy Stabler at wendy.beaming@gmail.com or call Katie Samuelson at 920-851-6160 with questions.

At BEAMING, we embrace diversity, we promote inclusion and we celebrate those with diverse abilities. Our programs serve families regardless of socio-economic status, race, gender orientation, religion or ability. The BEAMING Barn is a safe, nonjudgmental community gathering space where all are welcome.



2692 County Road GG, Neenah, WI 54956 / 920-851-6160
incbeaming@gmail.com / beaminginc.org

*Visits by appt only please



**KNOW
BEFORE
YOU GO!**

Attending a gathering,
been exposed, think it's
just a cold or allergies?

Do a quick COVID-19 antigen test to help
keep yourself and others healthy.

Why not know before you go?

Stop by one of these community locations
to get your FREE at-home antigen test kit.

Winnebago County Human Services
211 N Commercial St, Neenah

County Administration Building
112 Otter Ave, Oshkosh

Oshkosh Public Library
106 Washington Ave, Oshkosh

Oshkosh Seniors Center
200 N Campbell Rd, Oshkosh

Carter Memorial Library
405 E Huron St, Omro

Winneconne Village Hall
30 S 1st St, Winneconne

Winneconne Public Library
31 S 2nd St, Winneconne

Winneconne Thrift & Gift
911 E Main St, Winneconne

Pick up test kits during the individual's normal business hours. Test kits subject to availability. While supplies last.

Test Positive? You may be eligible to receive free treatment without
having to leave your home. Call 833-273-6330 to see if you can get
antiviral medication or scan the QR code here for more information.



Questions? Contact the Winnebago County Health Department
920-232-3000 | winnebagopublichealth.org

FALLS RISK ASSESSMENT

FALLS DON'T HAVE TO HAPPEN.

Falls are common but preventable. Let our trained staff provide a **FREE**, in home visit to conduct a falls risk assessment.



What is included in a falls risk assessment?

A public health registered nurse visits your home to:

- Discuss your health history (past falls, blood pressure, medication, vision)
- Assess physical home conditions (rugs, grab bars)
- Provide education (tips, resources, and available classes)
- Connection to community resources
- Telephone check-in one month after your visit



How can you benefit from a falls risk assessment?

- Explore ways to build strength and balance
- Review potential risks in your home to decrease the chance of falling
- Provide tips for improving the safety of your environment and lifestyle
- Develop a plan for staying healthy and active



Public Health
Prevent. Promote. Protect.
Winnebago County
Health Department

For more information or to schedule your visit, please contact the Winnebago County Health Department:

Phone: 920-232-3000

Email: health@winnebagocountywi.gov

Website: www.winnebagopublichealth.org

FoodShare Theft

Scammers are trying to steal FoodShare benefits.
Protect your benefits with these helpful tips.



Choose a hard-to-guess PIN and keep it secret. Cover the keypad when you enter your PIN and don't share it with anyone you don't want using your benefits.



Check your account often. Use the MyACCESS or ebtEDGE mobile apps to check your account for charges you didn't make and report any to QUEST Card Service right away.



Freeze or block your card. Freeze your card between uses so no one can use it, including you. Block your card from out-of-state use or internet use if you don't shop online or travel outside Wisconsin.

▶ Tips to create a secure PIN

✓ DO THIS

Use numbers memorable to you, but hard for others to guess. For example, the day you got your favorite pet.

✗ DO NOT

- Repeat numbers, like 2222
- Use numbers in a row, like 4567
- Use a pattern, like 1212
- Use a birthdate or birth year



- To learn more about how to protect your FoodShare benefits, scan this QR code or go to dhs.wi.gov/foodshare/security.htm.
- To change your PIN, call QUEST Card Service at 877-415-5164 or use the ebtEDGE website or mobile app.

YMCA Summer Picnic



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRIENDSHIP, FUN + FOOD

ANNUAL SUMMER PICNIC

Special event for members and guests ages 55+



JOIN US for a picnic lunch, fun prizes, and good company! Socialize with friends while enjoying a picnic buffet with burgers, hot dogs, all the fixings, and more! We will gather by the side park entrance outside of the Downtown Y.



WEDNESDAY, JULY 12 • DOWNTOWN
12:00–1:30 p.m.

FREE for Y Members • \$5 for Guests

SIGN UP at the Front Desk of either location. For an accurate food count, please register no later than Sunday, July 9.

In case of inclement weather, the picnic will be held in the gym.

THANK YOU TO OUR LUNCH SPONSOR:
Helping Seniors Live Well at Home



(920) 966-6276

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown • 920-236-3380 • 324 Washington Avenue

Starting Point Appleton

FALL 2023

Are you a young woman looking for direction in the areas of education, employment, self-esteem, and a healthy support system? Or maybe you're a mother of young children looking for a way to provide for your family? If either of these descriptions speak to you, maybe Starting Point is for you. Starting Point is a free 13 week program that will empower you in many areas of life and provide a stable learning environment for your children while you learn. The Women's Fund for the Fox Valley Region, B.A.B.E.S., Inc., and Fox Valley Technical College are partnering to offer programming to empower you for your future!



Participant Criteria:

- Primarily Women ages 18 and older, with children or without
- Primarily women with an income level below 200% of the Federal Poverty Guidelines
- Women living in Calumet, Outagamie, Shawano, Waupaca, or Winnebago county

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, September 6, 2023 through November 29, 2023 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.

Virtual Option



A virtual option will be available Wednesdays, September 6, 2023 through November 29, 2023 from 5:00 pm to 7:30 pm. Childcare is not offered with the virtual version.

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

Time Management

Self-Esteem

Goal Setting

Community Resources

Women Will Learn

Empowerment Topics

course runs from 9/6/23 to 11/29/23

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

Career Development

Study Skills

Assertiveness

Healthy Relationships



Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on Valley Transit.

Starting Point Appleton

"Starting Point has helped me plan a way to go back to school and provide for our family."

Children Will Learn

"This program has helped me learn all the resources within FVTC, to help as I go back to school. It has even given me the help I need in my personal life."

- Sharing With Others
- Early Literacy
- Resiliency
- Recognize Feelings and Emotions

Child Development Topics
course runs from 9/6/23 to 11/29/23

- Age Appropriate Activities
- Making Good Choices
- Exploration Through Play
- Listening Skills

Discipline Strategies

Mothers will learn

Parenting Resources and Referrals

Why would I want to take this workshop?

- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$45 value)
- Access to Diapers, Hygiene products, and gas assistance
- Access to free family fun activities
- Give your children a healthy environment to thrive
- Gain support from other parents

"I have really bad anxiety and self-doubt. This program made me feel more comfortable entering a new transition. I wanted to go back to school but did not know where to start or who to ask for help. I feel that now I have a better view on where I want to see my future go."



Contact Information: Kara Nowak | (920) 735-5722 | kara.nowak7593@fvtc.edu
To find out if you are eligible and have a staff member contact you, fill out this survey: www.fvtc.edu/startingPoint

Starting Point Oshkosh

FALL 2023

Are you a young woman looking for direction in the areas of education, employment, self-esteem, and a healthy support system? Or maybe you're a mother of young children looking for a way to provide for your family? If either of these descriptions speak to you, maybe Starting Point is for you. Starting Point is a free 13 week program that will empower you in many areas of life and provide a stable learning environment for your children while you learn. The Oshkosh Community Foundation's Basic Needs Giving Partnership, Oshkosh YMCA, and Fox Valley Technical College are partnering to offer programming to empower you for your future!



Participant Criteria:

- Primarily Women ages 18 and older, with children or without
- Primarily women with an income level below 200% of the Federal Poverty Guidelines
- Women living in Winnebago County

Project Details:

Any child under the age of 5 (not enrolled in school) will attend the YMCA Downtown Child Watch. Saturdays, September 9, 2023 through November 25, 2023 from 9:00 am to 12:00 pm at the Downtown YMCA.

Virtual Option



A virtual option will be available Wednesdays, September 6, 2023 through November 29, 2023 from 5:00 pm to 7:30 pm. Childcare is not offered with the virtual version.

"Starting Point 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."

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Empowerment Topics

courses run from 9/9/23 to 11/25/23



Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on GO Transit.

Starting Point Oshkosh



Why would I want to take this workshop?

- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$43 value)
- Give your children a healthy environment to thrive
- Gain support from other parents

"I have really bad anxiety and self-doubt. This program made me feel more comfortable entering a new transition. I wanted to go back to school but did not know where to start or who to ask for help. I feel that now I have a better view on where I want to see my future go."



This is a pilot program, funded by a grant from the Basic Needs Giving Partnership, which is supported by the U.S. Venture Fund for Basic Needs within the Oshkosh Area Community Foundation, the J. J. Keller Foundation, and other community partners.

Contact Information: Kara Nowak | (920) 735-5722 | kara.nowak7593@fvtc.edu
To find out if you are eligible and have a staff member contact you, fill out this survey: www.fvtc.edu/StartingPoint



**14 Food Trucks!
Fireworks
Start at Dusk**



4th of July Hours

Food Truck Rally throughout the Park from 3 to 10 pm

Reetz Ball Diamonds Concession from 3 to 10 pm

LakeFly Cafe Concessions from 10 am to 6 pm

Train and Water Rentals from 11 am to 7 pm

Please "carry out" what you "carry in". Keep our parks clean.

Easy Roasted Veggies Recipe

SPEND SMART. EAT SMART.®

[Get Help Buying Healthy Foods](#)

Easy Roasted Veggies

Serves: 5 Cost/Serving: \$0.34 Serving Size: 1 cup

INGREDIENTS

- 5 cups vegetables, cut into uniform sized pieces (carrots, mushrooms, onions, potatoes, sweet potatoes, turnips, winter squash)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

INSTRUCTIONS

- 1 Preheat oven to 425°F.
- 2 Spray a baking sheet with nonstick cooking spray.
- 3 Spread vegetables evenly in a single layer on the pan.
- 4 Sprinkle oil on the vegetables. Stir. Sprinkle with Italian seasoning, ground black pepper, and salt. Stir.
- 5 Bake for 20-40 minutes, stirring every 10 minutes. Bake until vegetables are tender.

TIPS

Cook time depends on the size of the vegetable pieces. Larger pieces will take longer to cook and smaller pieces will cook more quickly.

Use thyme, basil, or rosemary in place of dried Italian seasoning.

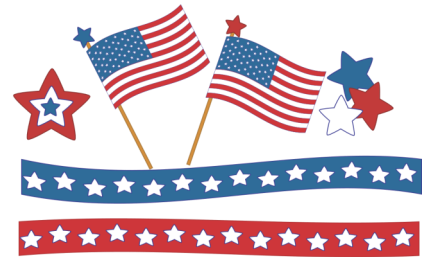
Line the baking sheet with foil to save on clean up time.

Watch How to Make [Roasted Veggies](#)

Nutrition Facts	
5 Servings Per Recipe	
Serving Size: 1 cup	
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrates 16g	6%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	3%
Iron 0.7mg	4%
Potassium 444mg	9%

* 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.



IOWA STATE UNIVERSITY
Extension and Outreach

Next Pop-Up Food Pantry is Saturday, July 15, 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.

