

September 2023

Dream Big!

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



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What's Inside:

- September Letter
 - Rent Smart
- Salvation Army Holiday sign-up
- Positive Solutions for Families
 - Food Safety Tips
 - Oshkosh Job Fair
 - Fall Prevention Class
- 5-day Meal Planning Worksheet
 - September Events
 - Starting Point Appleton
 - Starting Point Oshkosh
 - FSS Connection Meeting
 - Squash Recipe

Dear FSS participants (and community members),

Happy September to you all!

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

Let's celebrate an FSS GRADUATION! Azhar has found full time employment while on the FSS program. She joined FSS on 9/1/2017. She increased her credit score, tracked her expenses, made a budget, kept this budget for more than 3 months, met with FISC, attended Rent Smart, stayed out of debt, became a US Citizen, updated her resume, created a cover letter, obtained full time employment and maintained employment for more than 6 months. She did all of this while learning English at FVTC. She graduates from the FSS program with \$11,800 in her FSS escrow. In addition, Habitat will be building a home for her and her family in 2024. Please join me in congratulating Azhar! I can't wait to see you reach your dream of being a home owner!



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

Oshkosh Job Fair and Food Rally: Are you looking for a job and dinner? The Oshkosh Area Employment Fair is **September 12, 2023 from 3-6 pm**. Food is being served from 4-7 pm. Please see page 7 for more information.

Our Quarterly **FSS Connection Group Meeting** is **September 25th at 9 am**. Cori Laux and ADVOCAP staff will talk about their THV (Tiny Houses Village) and TBRA (Tenant Based Rental Assistance) Programs. Please join us to learn more about FSS and get agency updates! See page 15 for more info.

Starting Point Program: 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. I am so excited that Starting Point is now offered in Oshkosh. Take a chance and sign up! See page 11-14 for more details. **Classes start September 6th!**

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



Salvation Army Holiday Sign up



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 5th - October 23rd, 2023

To sign - up online go to: saoshkosh.org

Go to Program & Services Page and

click on the corresponding link

OR

Scan QR Code with phone camera & follow link



Toy Store (Toys For Tots) Sign - Up

For Birth - 18 yrs. (school age)

September 5th - November 27th, 2023

To sign - up online go to: saoshkosh.org

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

OR

Scan QR Code with phone camera
& follow link



If no online access, call 920-232-7660 ask for:

Al Rolph, Lisa Winkler or Patty Zastrow

To Register Over The Phone

Positive Solutions for Families



For parents/caregivers of kids from pre-school through elementary age.

This is an evidence-based workshop offering information, tips & techniques on topics such as:

Misbehavior and how we contribute, Empower kids to be confident, capable & independent, Regain control & let go of guilt, Handle extreme behaviors in a positive way, Calm the crazies & fire up the fun, Staying strong through the ages & stages.

This curriculum is offered in many early learning programs helping parents get their children ready for school, and to help build understanding & communication between families and teachers.

Join us In-Person
in Appleton

Free Childcare Available
Register Online

Tuesdays, Sept 19, 26, Oct 3, 10

Plan to attend all 4 dates

6:00-8:00 pm

Cost: \$15.00

Community Early Learning Center (CELC)
313 S. State St., Appleton

Register On-line:

Family Services Website:

www.familyservicesnew.org/parenting-classes

Parent Connection Facebook Events:

www.facebook.com/ParentConnectionWI



Questions?

Contact the Workshop Team at:

workshops@familyservicesnew.org



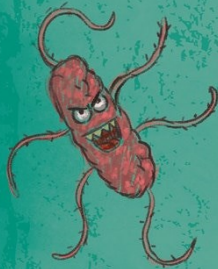
Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.
Fox Cities: 1810 Appleton Road, Menasha WI 54952 | (920) 739-4226
Oshkosh: 36 Broad Street, Suite 150, Oshkosh 54901 | (920) 233-6630
Shawano: 607 E. Elizabeth Street, Shawano, WI 54166 | (715) 853-0923
www.familyservicesnew.org/parent-connection



Back to School Food Safety Tips

Back-to-School FOOD SAFETY TIPS

Chances are you worry more about whether your children will eat the food in their lunch boxes than about whether that food will be safe to eat. But children are the most vulnerable to food poisoning, so it makes sense to take extra precautions when preparing the lunches they take to school.



42,000 Estimated annual reports of salmonella infections, the most frequent cause of foodborne illnesses

Of the estimated 42,000 annual salmonella infections, almost



Because many milder cases are not diagnosed or reported, the actual number of salmonella infections may be 29 or more times greater. That's more than

1.2 MILLION estimated cases annually.



Tips to keep your kids healthy

CLEAN

If you're making lunch the night before, be sure to wash your hands and use clean cutting boards, utensils and countertops. Making lunch on the same surfaces you used to prepare raw meat or poultry for dinner may result in cross-contamination and lead to salmonella-related illness.

SEPARATE

Use one cutting board for fresh produce and a separate one for meat and poultry.

COOK

Cook foods to the right temperature using a food thermometer.

CHILL

If the lunch contains perishable food items like luncheon meats, eggs, and yogurt, make sure to pack it with at least two cold sources (e.g., freezer packs and frozen water bottles).

Pack a Safe Lunch Send your kids back to school with safe and satisfying lunches by following these simple tips:

Tip 1

Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!

Tip 2

Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.

Tip 3

Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.

Tip 4

If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.

Tip 5

If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot — 140°F or above.

Tip 6

After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

Additional source: CDC



For more Back to School Food Safety Tips go to

FoodSafety.gov



Looking for a job & dinner? Join us at the
Oshkosh Area Employment Fair & Food Rally!

Tuesday, September 12, 2023

Job Fair 3-6PM / Food served 4-7PM

Sunnyview Expo

500 East County Y, Oshkosh, WI

Companies will be searching for a wide range of talent in a number of industries and occupations.

For a list of registered companies after Sept 1, visit <http://www.foxvalleywork.org/jobfair.html>.

Registration is appreciated but not required at <https://tinyurl.com/2023OshJF>.

Visit at least five company booths and get a free meal token!

Stop by sponsor booths to be entered into a drawing to win debit cards!

Need help to prepare for a job fair? Contact your local job center <http://www.wisconsinjobcenter.org/directory/>.

Sponsored by:



A proud partner of the AmericanJobCenter network

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) 594-3555.

Next Pop-Up Food Pantry is Saturday, September 16, 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.



Falls Prevention Class

STEPPING ON

Falls prevention class
for men and women 55+



Strength and balance exercises.

Learn how to identify and remove fall hazards.

Learn how vision, hearing & more affect your risk of falling.

Learn how to get back on your feet if you fall.

September 19 – October 31 | Tuesdays 10:30 am – 12:30 pm

Oshkosh Seniors Center

200 N Cambell Rd. (South Building)

For more information or to register call the
Winnebago County Health Department
920-232-3000

SUGGESTED DONATION OF \$15 FOR THE SESSION

September Events

MENOMINEE PARK



SNOOZE IN THE ZOO!

SEPTEMBER 9 & 10

\$15 per camper. Contact Kathy Snell at (920) 232-5304 for more information.



Touch-a-Truck

Saturday, September 23
10 am to 2 pm (Free Admission)
Leach Amphitheater

Climb-in, sit on, discover all kinds of trucks and heavy equipment. Visit the Dump Truck Sandbox, Remote Control Race Track, Ride-on Kiddie Vehicles!

Food Trucks

OSHKOSH™
www.leachamphitheater.com

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.

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"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

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, September 25, 2023

Time: 9:00 a.m.—10:30 a.m.

Join us in September when **Cori Laux and ADVOCAP staff** will talk about their **THV (Tiny Houses Village) and TBRA (Tenant Based Rental Assistance) Programs**. Everyone is welcome to attend! Let's also share agency updates.

Please enter this Microsoft Teams link to connect with us: https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzBjNzNhNzMtYTkyNS00YTA3LWJhODUtZDdjMGE5YzBmN2Iy%40thread.v2/0?context=%7b%22Tid%22%3a%227d7df029-f5e0-4ca2-8b22-7f62a9cc8815%22%2c%22Oid%22%3a%224d4fb101-222d-4e26-a4c1-e1b05a53d016%22%7d



Spaghetti Squash Recipe

SPEND SMART. EAT SMART.®

[Get Help Buying Healthy Foods](#)

Spaghetti Squash

Serves: 4 Cost/Serving: 1.31 Serving Size: 1/2 cup

INGREDIENTS

- 1 medium spaghetti squash (3-4 pounds)
- 1/2 cup water
- Optional:** 1 tablespoon butter or oil (canola, olive, or vegetable), 1 teaspoon garlic powder, Parmesan cheese, pasta sauce

INSTRUCTIONS

- 1 Preheat oven to 400°F.
- 2 Wash spaghetti squash and pat dry.
- 3 Pierce the squash several times with a sharp knife. Place on a microwave safe plate or dish.
- 4 Microwave the squash on high for 6-8 minutes. Allow it to cool enough to be touched.
- 5 Cut off the top inch of the squash including the stem.
- 6 Cut the squash in half lengthwise. Scoop out the seeds and throw away.
- 7 Place the squash halves cut side down in a baking dish. Pour in water.
- 8 Bake for 30 minutes. Pierce squash skin with a fork. It is done if the fork easily pierces the squash. If not, bake an additional 10-15 minutes until tender.
- 9 Turn the squash cut side up. Use a fork to pull the squash "noodles" from the skin.
- 10 Toss with butter or oil and garlic powder if desired. Top with Parmesan cheese or pasta sauce.

Check out this easy recipe using our abundant amount of fresh food at the farmer's market. It is just FUN to have spaghetti in a different way!

Nutrition Facts

4 servings per recipe	
Serving Size: 1/2 cup	
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrates 22g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mg	0%
Calcium 72mg	6%
Iron 1mg	6%
Potassium 395mg	8%

* 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.

