

October 2023

Dream Big!

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



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What's Inside:

- October Letter
- Rent Smart
- Salvation Army Holiday sign-up
 - Career EXCErate
- Zooloween Boo/Go Connect
 - Oshkosh Senior Expo
 - FVTC Open House
- Parent & Caregiver Support
 - All Recovery Group
- Boys & Girls Club Non-School
 - Fall Festival
 - Repair Café Event
- Raising WI's Children Classes
 - YMCA Take a Break
 - Recipe

Dear FSS participants (and community members),

Happy October to you all!

Please wish a Happy October Birthday to Jennifer! 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 October newsletter:

Salvation Army Holiday sign up is now available. Sign up for Coats and Toy Store online at www.saoshkosh.org or calling 920-232-7660. **Coats for Kids sign up ends October 23rd. Toy Store sign up ends November 27th.** Please see page 4 in this newsletter for more information.

Repair Café Event is **October 15th from 10 am to 4 pm.** Got anything that needs fixing? Bring your broken items to the downtown YMCA and get them fixed. Items include: small appliances, computers, sewing, bicycles, jewelry and watches. Please see page 13 in this newsletter for more information.

Zooloween Boo is **October 21st from 11am to 3 pm.** NEW location is the Leach Amphitheater at 303 Ceape Ave, Oshkosh. Please see page 6 in this newsletter for more information.

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



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



Zooloween Boo and GoConnect

NEW LOCATION
LEACH AMPHITHEATER

Zooloween Boo

Age 13 yrs and older \$5
Children (2 to 12 yrs) \$3
1 yr and under FREE

Purchase tickets online starting Sept. 29 or at the Parks Department Office at 805 Witzel Ave. Tickets are required for all attendees. Tickets will be sold at the door on the day of the event or online.

Costume Contests
Entertainment
Food Trucks
Games

SAVED
SATURDAY, OCT 21ST
11 AM TO 3 PM

Avoid Lines
Purchase Tickets in Advance

<https://www.ci.oshkosh.wi.us/Parks/MenomineeParkZoo/ZooloweenBoo.aspx>

New Location: The Leach Amphitheater, 303 Ceape Ave, 920.236.5080



Looking to get back and forth from Oshkosh to Neenah?
Former Route 10 is now called Go Connect

HOW IT WORKS

- Request direct ride services between **Oshkosh and Neenah Transit Centers** with City Cab at 920-235-7001.
- Schedule your trip in advance** and share the vehicle with other passengers, just like other ride-sharing services. **Returning trips must also be scheduled the day before.**

*Please be prepared to be picked up 15 minutes prior to the time you schedule a ride

QUESTIONS?

Please contact GO Transit for program details at (920) 232-5340 or visit rideGOtransit.org



HOW TO RIDE



- 1** SCHEDULE YOUR RIDE THE DAY BEFORE : 920-235-7001
- 2** ARRIVE 15 MINUTES EARLY FOR YOUR RIDE AT THE TRANSIT CENTER
- 3** PAY THE \$5 FEE WITH CASH OR THE TOKEN TRANSIT APP

www.rideGOtransit.org

Oshkosh Senior Expo

Family Self Sufficiency



IT'S THE
Time of Your Life



OSHKOSH SENIOR EXPO
OSHKOSH CONVENTION CENTER
TUES. OCT 3, 2023 9am-1pm

- A Public Expo for Active Adults, Retirees, Veterans and Caregivers
- 400 Attendees with 75+ Exhibitors of Senior Products & Services
- Free Admission, Health Screenings, Speakers, and Door Prizes

Community Partners ...



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

For more information: TimeOfYourLifeExpo.com | (920) 966-9199

Next Pop-Up Food Pantry is Saturday, October 21, 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.

Ruby's
PANTRY





You're Invited!

FVTC Open House

Tues., Oct. 3 • 3-7 p.m. • All Locations Open

Explore your options by visiting one of our FVTC locations!

- Learn about 200+ programs
- Talk to college students, faculty & staff
- Tour high-tech labs & classrooms
- Attend two info sessions:
 - How to Pay for College - 4, 5 & 6 p.m.
 - Early College Credits - 3:30, 4:30, 5:30 & 6:30 p.m.
- Participate in an Explore Starting a Business session. [Learn More & Register](#)
- Apply for FREE during the event.* All applicants will be entered to win one of two \$250 tuition gift certificates from the FVTC Foundation, Inc.

Visit the Appleton campus to learn about any FVTC program, or travel to the location of your choice to learn about specific programs of interest. Tours of labs are available at all locations.

Apply for FREE during the event. No registration necessary.

Parent & Caregiver Support Group



be kind.



NAMI Fox Valley (*National Alliance on Mental Illness*)
in collaboration with Parent Connection

Monthly Parent & Caregiver Support Group for parents and caregivers of school-aged children with behavioral or mental health challenges

Our Parent & Caregiver Support Group provides participants with a relaxed, trusting and safe environment to share with and support others who can empathize with their experiences. Participants share strategies and coping skills, discover community resources and experience the benefits of mutual compassion.

Join us the 2nd Monday
of Every Month
In-Person - Appleton

Free Childcare Available
Registration
is Highly Recommended
to make sure we are ready for you

6:00-7:30 pm | Cost: FREE
Sept 11, Oct 9, Nov 13, Dec 11
Community Early Learning Center (CELC)
313 S. State St., Appleton

For questions about this group
Contact Vivian Flanagan
NAMI Fox Valley Family Program Coordinator
vivian@namifoxvalley.org or (920) 740-3499

Register On-line:
Family Services Website:
www.familyservicesnew.org/parenting-classes
Parent Connection Facebook Events:
www.facebook.com/ParentConnectionWI



Parent Connection Fox Cities: 1810 Appleton Road, Menasha WI 54952 | (920) 739-4226
www.familyservicesnew.org/parent-connection

NAMI Fox Valley: 211 E Franklin St, Appleton, WI 54911 | (920) 954-1550
www.namifoxvalley.org





ALL RECOVERY GROUP

WEDNESDAY'S
2PM – 3PM

WHERE
STATE STREET CENTER -
206 STATE ST
OSHKOSH, WI 54901

FEATURING · DAILY REFLECTIONS-24 HOURS A DAY-NA JUST FOR TODAY-BUDDAH/ZEN THOUGHTS-NATIVE AMERICAN-KEEP IT SIMPLE-BIG BOOK-THOUGHT FOR THE DAY- THE INNER CHILD- SHE RECOVERS EVERY DAY- SHAME FACED- 12 STUPID THINGS THAT MESS UP RECOVERY



ALL ARE WELCOME!

BENEFITS FROM THIS GROUP:

-HEALTHY ROUTINE

-NEW WAY OF THINKING

-NEW WAY OF LIVING

- CONNECTING WITH A DIVERSE GROUP LIVING IN OR WORKING TOWARDS RECOVERY!!

STARTS 10/4/2023





BOYS & GIRLS CLUB
OF OSHKOSH

Non-School Day Program

The Club (501 E Parkway Ave.) is open on non-school days for programming.

6:30am-5:30pm

Programs for:

- Kindergarten-1st Grade
- 2nd-3rd Grade
- 4th-7th Grade
- 8th-12th Grade

Cost is \$15.00/day per child.

scholarships are available.

Breakfast, Lunch, and Snack included.

Register now at
[parentportal.bgcosh.org!](http://parentportal.bgcosh.org)



Fall Festival



Rebuilding Together Fox Valley and BEAMING cordinally invite you to our



SATURDAY, OCT 14th
2-4pm

Come out to the barn to celebrate fall, y'all!

- ~ Meet the horses and groom our mini horses
- ~ Kids games & coloring contest!
- ~ Make and feed horse treats
- ~ Scavenger hunt
- ~ Ride Byers our Equicizer and EARL our horse simulator
- ~ Check out our Sensory Walking Path
- ~ Take fall photos on our hay backdrop

Event is complimentary

**WILL BE HELD RAIN OR SHINE
AT THE BEAMING BARN
2692 COUNTY ROAD GG, NEENAH**





FREE!

Bring broken items to Oshkosh's
second REPAIR CAFE Event

Neighbors Helping Neighbors Fix Stuff

**SMALL
APPLIANCES**

COMPUTERS

**SEWING &
MENDING**



← The Repair Cafe event is free and organized by and for the community.

Follow us on Facebook: →
or send an email to:
RepairCafeOshkosh@gmail.com



BICYCLES

**JEWELRY &
WATCHES**

DOWNTOWN YMCA

Sunday, October 15th, 10am -4pm

*Under 18, guardian required. No firearms or weapons.

Raising Wisconsin's Children 2023 ONLINE PARENTING CLASSES

Free classes to support dads, moms, grandparents, and other caregivers in their journey raising kids. Classes are based on child development and parenting research.



Online

@ 1 PM or @6 PM

- **Sept 21:** The Parents' Guide to the Teenage Brain
- **Oct 19:** Raising Kind Kids
- **Nov 16:** Families + Screens
- **Dec 21:** Strengthen Family Bonds Through Traditions

Learn more & register at:

go.wisc.edu/parenting-classes

or

Scan to register



For other virtual classes



Search "Parenting" at <https://extension.wisc.edu/events/>



Extension

UNIVERSITY OF WISCONSIN-MADISON
FAMILY ENGAGEMENT & RELATIONSHIPS

Facebook: @HDRinstitute:
Instagram: @raisingwchildren

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE!
20TH AVE+
DOWNTOWN
YMCA

SEPT 21 | 20TH AVE RELAX + REPLENISH

LED BY: Brandy Hankey, MS
Director of Wellbeing & Group Exercise

Spend the evening in a judge free zone learning basic yoga. Leave feeling relaxed, with increased patience, and ready to engage with your family.

OCT 19 | DOWNTOWN HEALTHY EATING

LED BY: Errah Wheel, Oshkosh Y AOA
Engagement Director

Looking for recipe ideas and tips for crockpot and instant pot cooking? We'll discuss the benefits of crock pot and instant pot cooking, healthy meal planning, grocery shopping and more. Bring your favorite recipes and tips to share, too!

NOV 9 | 20TH AVE HAPPY HOLIDAYS

Holidays have you stressed out? No worries, spend the evening making EASY homemade holiday greeting cards. All the work is done for you – no cutting!

Includes free childcare + free dinner for kids & moms!

5:30–6 Dinner
6–7:00 Program

STRONG MOMS WILL NOT MEET IN DECEMBER



**TAKE A
BREAK
WHILE YOUR KIDS
ARE CARED FOR.**

FREE + OPEN TO ALL MOMS.

REGISTRATION IS REQUIRED. Register online, or call 920-230-8439.

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org

DOWNTOWN 920-236-3380 324 Washington Ave.
20TH AVENUE 920-230-8439 3303 W. 20th Ave.



**FINANCIAL ASSISTANCE
AVAILABLE**

EXPLORE YOUR POSSIBILITIES.
Contact the Oshkosh Y for more details. This program is supported by the Annual Campaign.

FOR ALL

My Favorite Chili Recipe

This is my favorite Chili recipe! If you are like me, I am dreaming of chili when the crisp air of fall comes. Check it out and let me know what you think!

Ingredients:

1 lb Ground Beef
1 large Onion, diced

1 can of Dark Kidney Beans (15 oz)
1 can of Tomatoes (51 Oz)
1 Green Pepper, diced
1 can of Tomato Soup (10.75 oz)
1 can of Tomato Sauce (8 oz)
1 Tbsp of Brown Sugar
2 Tbsp of Chili Powder (to taste)
1 tsp salt
1 tsp pepper



Directions:

Sauté beef and onion. Drain off fat.

Add beans, tomatoes, green pepper, soup, tomato sauce, brown sugar, chili powder, salt and pepper. Simmer for 2 hours and serve.

PS: I don't like green peppers so I get rid of those and add 1 cup of dry macaroni. The macaroni soaks up the good tomatoes at the same time it is cooking. YUM!