

# November 2023

# Dream Big!

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

Happy   
Thanksgiving

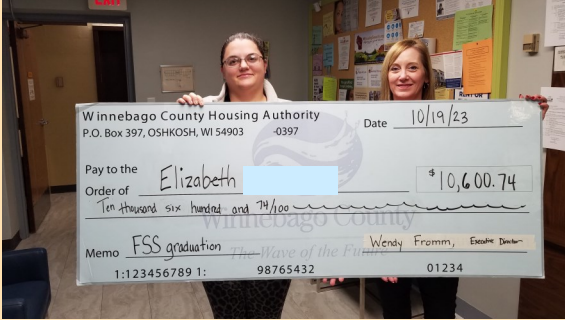
600 Merritt Avenue  
P.O. Box 397  
Oshkosh, Wisconsin 54903  
OSHKOSH (920) 424-1450  
[www.ohawcha.org](http://www.ohawcha.org)  
Kay Hinton  
FSS Program Coordinator  
920-424-1470 EXT. 133  
[kayh@ohawcha.org](mailto:kayh@ohawcha.org)

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Dear FSS participants (and community members),

Happy November to you all! Please wish a Happy November Birthday to Lisa and Tirso! I hope your birthdays are fabulous and you are finding a little time to take a step towards your goals.



Let's celebrate Elizabeth's FSS GRADUATION! In this picture, Elizabeth is joined by Lora Southworth, Winnebago County Housing Authority's Operations Manager. Elizabeth joined the FSS program as of 4/1/2018. She tracked her expenses, made a budget, kept this budget for more than 3 months, met with FISC to talk about her finances, paid off small debts, got a driver's license, purchased a vehicle, updated her resume, created a cover letter, attended university classes, and has continued to work full time and part time as a caregiver. She plans to use the money to pay off debt and save for a house. Her biggest accomplishment is her self esteem. In 5 years, she has grown into a powerful woman. Elizabeth is ready for graduation and final disbursement of \$ 10,600. Please join me in congratulating Elizabeth! I can't wait to see you reach your dream of being a home owner!

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

**Salvation Army Holiday sign up** is now available. **OSHKOSH:** Sign up for Toy Store online at [www. saoshkosh.org](http://www.saoshkosh.org) or calling 920-232-7660. Toy Store sign up ends November 27th. Please see page 4 in this newsletter for more information. **FOX CITIES:** To register go to: [www.safoxcities.org](http://www.safoxcities.org). Christmas assistance sign up ends December 4th. See page 5 for more information.

**Daylight Savings Time** ends on Sunday, November 5th. Turn your clock back one hour before going to bed on Saturday, November 4th.



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

**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](mailto:todd.wenzel@wisc.edu) (920-232-1982)

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**Extension**  
UNIVERSITY OF WISCONSIN-MADISON



# Oshkosh Salvation Army Holiday



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](http://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](http://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



## The Salvation Army Fox Cities 2023

Coats for Kids, Toy Shop, Adopt a Family, and Christmas Food Assistance

### Coats for Kids

November 6-10, 2023 | 1 - 3 PM

November 11, 2023 | 9 AM - 12 PM

Coats are available for children ages 17 and under

\*No pre-registration required for coats



The Salvation Army  
Social Services Center  
130 E North St., Appleton



### Christmas Assistance

Register online November 6 - December 4, 2023

Toy Shop, Adopt a Family, and Christmas Food Assistance

Households with children ages 17 and under are eligible for Toy Shop (Toys for Tots) or Adopt a Family. Adult only households register for Christmas Food Assistance.

Go to [www.safoxcities.org](http://www.safoxcities.org)

and follow the link under "Christmas Assistance Programs"



ANGEL TREE

To apply in person, call The Salvation Army front desk after November 6, 2023 at (920)734-3324 to set up an appointment.

# Vaccinations Needed?



## **Make a Plan to Protect Against Respiratory Illnesses This Fall**

Anyone can get a respiratory virus infection, but some people have a higher risk of getting very sick from it. Certain respiratory viruses, like the ones that cause COVID-19, flu, and respiratory syncytial virus (RSV) infection, are more likely than others to make people very sick. Vaccines are the safest way to build immunity from a virus. Vaccines help the body learn how to defend itself from disease without the dangers of an infection. The immunity you gain from vaccination can reduce your risk of infection and becoming very sick if you do get infected.

**As the fall respiratory virus season begins, it is essential for Wisconsinites to get all their recommended vaccines to keep everyone healthy and safe.**

**Influenza (Flu):** Everyone 6 months and older is eligible and recommended to receive a flu vaccine every year. This is especially important for those at highest risk of experiencing severe symptoms, including older people, people with chronic health conditions, people who are pregnant, and young children. Doses are available now. *Eligible Wisconsinites can get their flu vaccine and the updated COVID-19 vaccine at the same time.*

**COVID-19:** Everyone 6 months and older is now eligible and recommended to receive the updated COVID-19 vaccine. Individuals 5 years of age and older regardless of previous vaccination are eligible to receive a single dose of the updated Pfizer or Moderna vaccine at least 2 months after the last dose of any COVID-19 vaccine. *Eligible Wisconsinites can get their flu vaccine and the updated COVID-19 vaccine at the same time.*

**RSV:** People 60 and older should contact their health care provider to determine if RSV vaccination is recommended for them. RSV vaccines for older adults are available now.

## Next Pop-Up Food Pantry is Saturday, November 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.





## Job Tip Tuesday

Did you know?  
Series



## Employment Services for Individuals with Disabilities

If you have a disability that is preventing you from meeting your employment goals, contact the Division of Vocational Rehabilitation (DVR). They help people with disabilities find a job, keep a job or get a better job by working with you and other partners. See if you qualify today!

Find the online referral form here:

<https://dwd.wisconsin.gov/dvr/>

Or stop into the Fox Valley Job Center in Menasha to fill out a paper referral form.

Have questions? Contact

[dvr@dwd.wisconsin.gov](mailto:dvr@dwd.wisconsin.gov) or 920-930-6736

1802 Appleton Rd. Menasha, WI – (920) 997-3272

A proud partner of the [American Job Center](#) network



Winter is on it's way!



Let's talk about Energy Assistance....

The Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. Regular energy assistance is a once-a-year benefit available between October 1st and May 15th each year. Please call the statewide Customer Care Center at 1-800-506-5596 with questions about your online application. Due to the high volume of applications, it may take up to 10 business days for an online application to be processed. If you are disconnected or without heat, or will be disconnected soon, please call the Customer Care Center at 1-800-506-5596. To view income limit information, visit [energyandhousing.wi.gov](http://energyandhousing.wi.gov)

Interested in applying? Call their Customer Care Center or apply online [energybenefit.wi.gov](http://energybenefit.wi.gov)

## Mental Health 101



be kind.



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

### Special Presentation: Mental Health 101 for Parents

Join us for a Special Presentation on Mental Health presented by NAMI fox Valley. Topics will include: defining mental health vs. mental illness, identifying at least one warning sign of a mental health condition, understanding the impact of mental health conditions, identifying at least one barrier to mental health treatment services, identifying at least one resource for mental health support.

Join us Tuesday, Nov 7th  
In-Person - Appleton

Free On-site Childcare Available  
Pre-Registration is Needed  
to make sure we are ready for you

6:00-7:30 pm | Cost: FREE  
Community Early Learning Center (CELC)  
313 S. State St., Appleton

Register On-line:  
Family Services Website:  
[www.familyservicesnew.org/parenting-classes](http://www.familyservicesnew.org/parenting-classes)  
or info at Parent Connection Facebook Events:  
[www.facebook.com/ParentConnectionWI](https://www.facebook.com/ParentConnectionWI)

For questions about this presentation  
Contact the Parent Connection Workshop  
Team at [workshops@familyservicesnew.org](mailto:workshops@familyservicesnew.org) or  
(920) 739-4226 ext. 127



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

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







## LOVE WORKING WITH KIDS?

With the **QUEST program**, we'll help you train to get the best career in the childcare and education field.

*Ready to start?  
Scan to apply!*

### Get help with:



- Tuition & Books
- Transportation
- **and more!**

*Recently laid off,  
no work history,  
or impacted  
by COVID-19?*

**You qualify!**



### Contact us to learn more:

-  920-395-9206
-  [foxvalleywioa@fsc-corp.org](mailto:foxvalleywioa@fsc-corp.org)



# Oshkosh Mini Job Fair



# Oshkosh Mini JOB FAIR

[wisconsinjobcenter.org/events/](http://wisconsinjobcenter.org/events/)

## Monday, November 13, 2023

Oshkosh Public Library  
106 Washington Ave  
Oshkosh, WI 54901

## 1:00–3:00 p.m.

Connect with employers from different industries, including:

- Goodwill NCW
- Energy Services, Inc.
- Transport Refrigeration, Inc.
- Nystrom & Associates
- Dept. of Corrections
- CleanPower
- Susan B. Anthony List
- ODC, Inc. (Opportunities Development Center)

\*Participating employers are subject to change\*



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## ENGLISH LANGUAGE LEARNING

### Pre-Literacy to Level 6

*Little to no cost*

*Fall Semester August 21st - December 16th*

**In Person** - Monday, Wednesday, & Friday

8:30 a.m. - 11:20 a.m. (Levels 2-6)

**In Person** - Monday, Wednesday, & Friday (Appleton)

8:30 a.m. - 10:20 a.m. Or 10:30 a.m. - 12:20 p.m. (Level One)

**In Person** - Friday (Oshkosh)

8:30 a.m. - 10:20 a.m. Or 10:30 a.m. - 12:20 p.m. (Level One)

**Virtual** - Tuesday & Thursday

8:30 a.m. - 11:20 a.m.

5:30 p.m. - 8:20 p.m.



**Register Now**

Call: 920-236-6187

Text: 920-289-4174

[LearnEnglish@fvtc.edu](mailto:LearnEnglish@fvtc.edu)



This Adult Education and English Language Learning Program is partially funded by grants awarded by the U.S. Department of Education equaling \$948,987. 42.3% of this program is financed through these grants and 57.7% is financed through other sources. This equal opportunity product was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Education. The U.S. Department of Education makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership.



## 8 Steps to Boost Credit

Many life decisions revolve around your credit, like taking out a mortgage, opening a credit card, or landing your dream job, so it is important to build a good credit score. Here are 8 ways to boost your credit score:

1. **Build your credit report.** Keep one account open at all times. Credit Bureau companies like to see you have a length of credit history greater than 7 years. This length of credit history makes up **15%** of your credit score.
2. **Make on-time payments.** Automatic payments each month is a great way to pay on time. A payment that was not on time could lower your credit score for 18 months. This payment history makes up **35%** of your credit score.
3. **Clear up past due accounts.** Start small by working on one account at a time.
4. **Pay down on revolving balances.** Pay more than your minimum payment due.
5. **Increase credit card limits.** Call your credit card company to increase your credit limit. **30%** of your credit score is determined by your credit card balance being 30% or lowered than your credit limit. If you raise your credit limit and don't spend over 30% of your credit limit, you can raise your credit score. So if you had a credit card limit of \$10,000, you should have a credit card balance of less than \$3,000.
6. **Limit your credit inquiries** to one every 6 months. This new credit history makes up **10%** of your credit score.
7. **Check credit report for errors.** Fix those errors.
8. **Add to your credit mix.** Credit bureaus companies like to see you have a mix of credit like: a mortgage loan, an auto loan, and a credit card. This credit mix makes up **10%** of your credit score.

If you are new to credit, these steps can boost your credit within 6 months. If you have had any adverse credit, it can take up to 24 months to boost your credit. Try to step away from applying for loans and impulsive spending. You can do it!



1 in 5 preschool age children have vision problems that go undetected and can make learning difficult.

In partnership with UW Oshkosh, children 3 and older can get **FREE VISION SCREENINGS** at Winnebago County Public Health

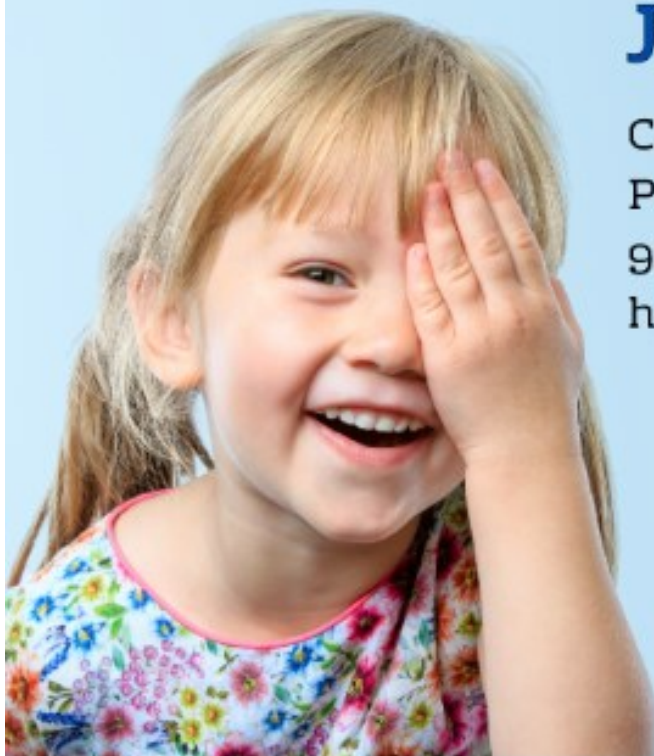
**Thursday, October 26**  
**11am-2pm**  
**211 N Commercial St**  
**Neenah**

**Tuesday, November 14**  
**1-4pm**  
**112 Otter Ave**  
**Oshkosh**

**Just walk in!**

Contact Winnebago County Public Health with questions:  
920-232-3000  
[health@winnebagocountywi.gov](mailto:health@winnebagocountywi.gov)

*Anyone 3 and older can receive vision screening*



**Public Health**  
*Prevent. Promote. Protect.*  
Winnebago County, WI



UNIVERSITY OF WISCONSIN  
**OSHKOSH**



## 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](https://go.wisc.edu/parenting-classes)

or

Scan to register



For other virtual classes



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



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FAMILY ENGAGEMENT & RELATIONSHIPS

Facebook: @HDRinstitute:  
Instagram: @raisingwchildren

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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](http://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 Chicken Soup

This is my favorite Chicken Soup! I am in soup mode now that we are in fall. Check it out and let me know what you think!

## Ingredients:

- 2– 3 Leg and Thigh Quarters
- 5 Quarts Water
  
- 5 tsp Better than Bouillon Chicken Base
- 1 onion diced
  
- 1 cup celery diced
- 2 cups potatoes diced
- 2 cups carrots, diced
- 1 tsp salt to taste (chicken base is salty)
- 3/4 tsp pepper
- 2 cups of egg noodles



## Directions:

1. Wash and put chicken in large kettle with water. Boil for one hour.
2. Remove chicken from water, and refrigerate. Put kettle with water in refrigerator until fat hardens on top; usually takes 8 hours. Skim off fat. Remove chicken skin, bones and chop chicken.
3. Place chopped chicken back in water and add onion and chicken base. Bring to a boil and continue to boil for about 20 minutes.
4. Add celery, potatoes, carrots, salt (if needed) and pepper. Boil for 15 minutes.
5. Add egg noodles and boil for 15 minutes or until egg noodles are done.

Shhhh! My secret is the Better than Bouillon Chicken Base!!

Add more if you want!