

July 2024

Dream Big!

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



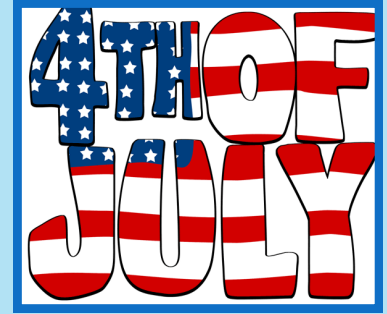
*1100 W. 20th Avenue
P.O. Box 397
Oshkosh, Wisconsin 54903
OSHKOSH (920) 424-1450
www.ohawcha.org
Kay Hinton
FSS Program Coordinator
920-424-1470 EXT. 133
kayh@ohawcha.org*

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Dear FSS participants (and community members),

Happy 4th of July to all !



The Oshkosh/Winnebago County Housing Authority Administrative Office has a new location! We are now located at: 1100 W 20th Avenue, Oshkosh, WI 54902 (right across from the Oshkosh Post office).

Please come check us out! New Hours: Monday-Thursday from 9am-4 pm.

Please welcome Dan and Jamie to the FSS program! Happy July Birthday Ashly! While you are enjoying summer, check out these cool events in the area:

2024-2025 Oshkosh Back to School Fair is Wednesday, August 14th 12:00-6:00 & Thursday, August 15th 10:00-4:00 at Oshkosh North High School at 1100 W Smith Ave. If you are interested in getting school supplies for your kids, please see page 11 for more information. Hurry and get your name on the list!!!

2024 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.

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

2024 Summer/Autumn Online Class Dates & Times

June: 10, 12, 17, 19, 24, 26 @ 7:00PM-8:00PM; Mon/Wed

August: 12, 15, 19, 22, 26, 29 @ 1:00PM-2:00 PM; Mon/Thurs

September: 10, 13, 17, 20, 24, 27 @ 9:00AM-10:00AM; Tue/Fri

October: 9, 10, 16, 17, 23, 24 @ 11:00AM-12:00PM; Wed/Thur

November: 2, 9, 16 @ 9:00AM-11:30AM; Saturday

December: 3, 5, 10, 12, 17, 19 @ 7:00PM-8:00PM; Tue/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.



You Belong Block Party



You Belong Block Party

SAVE THE DATE

Saturday, July 20, 2024

11:00am - 2:00pm

Smith Park - Menasha

333 Park Street | Menasha, WI 54952

Join Volunteer Fox Cities and Celebrate Diversity Fox Cities on Saturday, July 20th for our community block party featuring:

- Free World Buffet
- Live Entertainment
- On-Site Volunteering
- Nonprofit Carnival
- Food Trucks
- Family-Friendly Fun & MORE!

Attendance to the Block Party is ❄️ FREE ❄️ and all are welcome to join the fun from 11 am – 2 pm at Smith Park on Doty Island in Menasha!

Event will go on rain or shine! A park pavilion will keep you dry and enjoying the fun in any weather.



GET YOUR DREAM LIFE



Take your next steps with us to get the career you want for the *life* you want

Here's what you can get:



Tuition for training and school



A career that's right for you



Help with gas, rent, and other needs



Connections to local employers



Someone in **your** corner **all the way!**

★ OUR SPECIALIZED INITIATIVES ★



Support to Communities (STC)

Provides job services to people affected by **substance abuse**, and helps people prepare for careers to help address this crisis in the country.

QUEST

Addresses the **childcare** shortage with services to help people run childcare operations. It works with **dislocated workers** or those who were laid off because of the pandemic.

Collaboration of Wisconsin (COW)

Supports people training in the **healthcare** field that are committed to provide medical services in **rural areas**.

Worker Advancement Initiative (WAI)

Helps those who've **lost work** or otherwise had their work negatively affected because of the pandemic.

★ **Ready to start?** ★

★ **Contact us to learn more:**

📞 920-395-9206

🌐 www.fsc-corp.org/WIOA

✉ foxvalleywioa@fsc-corp.org



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 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.

Community Resources



Parent Resource Hours



Have kids? Have questions? We're here to help!

-  **Developmental Screenings:** Our staff can help with childhood screenings that look at milestones in playing, speaking, behaving, and moving.
-  **Nursing Expertise:** Our nurses can support you to give your baby the highest level of care!
-  **Breastfeeding:** Get one-on-one support with our lactation specialist.
-  **Safe Sleep:** Learn how to create a safe sleep environment for your child.

-  **Lead Screening:*** Learn how to prevent lead poisoning and get your child screened for lead exposure.
-  **Vaccines:*** Protect your child with routine vaccines from public health.
-  **Car Seat Checks:*** Learn the correct way to install a car seat and keep your child safe.
-  **Health and Community Resources:** Learn about programs like prenatal health care, WIC, and Head Start.

EVERY 2ND TUESDAY
1-4 PM
OSHKOSH
112 Otter Ave

EVERY 4TH THURSDAY
11 AM-2 PM
NEENAH
211 Commercial St



*Appointment needed for car seat checks, lead screening, and vaccines. Scan or call to schedule.

Drop in any time during Parent Resource Hours!
All are welcome. Services are FREE!

920-232-3000 / health@winnebagoountywi.gov
WWW.WINNEBAGOPUBLICHEALTH.ORG

Updated 7/23

Next Pop-Up Food Pantry is

Saturday, July 20th, 2024

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.





Career EXCErate | Wisconsin

Personalized Job Training and Support Services to Transform Lives
A collaborative program from Goodwill NCV, 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





HELP

Homelessness, Evictions, & Loss Prevention

*Are you struggling with unstable housing? Struggling to keep up on rent/mortgage payments?

*Is your housing instability leading to a possible eviction/foreclosure?

*Have you received a Notice to Vacate by your landlord and are having difficulty finding a new place?

*Do you need assistance getting connected with local community resources?

If your answer is **yes** to any of these, please reach out as soon as possible to allow **HELP** time to brainstorm ways to better assist with your housing needs

Winnebago County Human Services
220 Washington Ave P.O. Box 2187
Oshkosh, WI 54903

Monday-Friday FROM 8 AM - 4:30 PM Walk-In's Welcome
***Appointment preferred**

HELPProgram@winnebagoountywi.gov

HELP On Call Phone
920-509-7629

Winnebago

County

6



4th of July

MENOMINEE PARK

Food Truck Rally from 3 - 10 pm
Festival Foods Fireworks Show begins at dusk

festival
FIREWORKS

Reetz Ball Diamonds Concession 4 to 11 pm
LakeFly Cafe Concessions 10 am to 6 pm
Please "carry out" what you "carry in".
Help keep our parks clean.

Lori Russell Photography

American Zoo Day

American Zoo Day!

Monday July 1

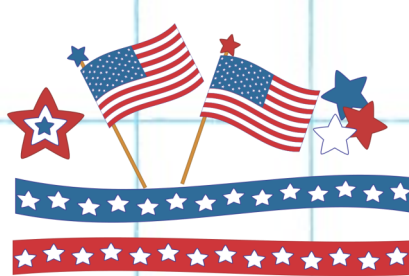
Menominee Park Zoo

- 9:00 ZOO OPENS
- 9:30-11:30 ADD TO THE CHALK MURAL
- 10:30 KEEPER CHAT
- 11:00 LAKEFLY CAFE' OPENS!
(FREE FREEZY POPS FOR THE FIRST 100 GUESTS)
- 12:00-2:00 FIRE ESCAPE STUDIO
WOODEN TORTOISE PAINTING PROJECT
(WHILE SUPPLIES LAST)
- 1:00 KEEPER CHAT
- 2:00-4:00 HELP MAKE ENRICHMENT
FOR THE ANIMALS!
- 3:30 FOX ENRICHMENT



State Street Calendar

Family Self Sufficiency

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9AM-11AM Breakfast Club 1	2	3	CLOSED HAPPY 4 TH OF JULY!!!	4 1PM Bingo	5 6
7	9AM-11AM Breakfast Club 8	9	1PM UW Extension- Budgeting 10	1PM Friends Group- Neenah 11	1PM Bingo 12	13
14	9AM-11AM Breakfast Club 15	16	17	1PM-3PM Economic Support (Foodshare and insurance help) 18	1PM Bingo 19	20
21	9AM-11AM Breakfast Club 22	23	24	25	1PM Bingo 26	27
28	9AM-11AM Breakfast Club 29	30	31			
Breakfast Club- Join us for coffee & snacks	Mood & Movement- Seated Yoga or Stretching	UW Extension- Alternating monthly- nutrition or budgeting	Friends Group- Commercial Street in Neenah			

JULY

2024

	1	2	3				
2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25
26	27	28	29	30	31		
JUNE 2024				AUGUST 2024			

**DAILY SCHEDULE. ANY
QUESTIONS PLEASE CALL
(920)232-3320 ☎**

9AM OPEN/JOURNALING
10AM ART GROUP
2PM MOOD AND MOVEMENT
1PM MINDFULNESS GROUP
2PM GROUP GAMES
3PM CLOSE

How to Stay Healthy This Summer



How To Stay Healthy This Summer

- Use sun screen: SPF 15 or higher with UVA/UVB protection, water resistant, and apply often.
- Use hats, sunglasses and light clothing that covers the skin. These little barrier between direct rays and your skin can make a big difference to keep your skin healthy.
- Stay in the shade during midday hours (11am-3pm)
- The sun is a great source of Vitamin D. Stick to small doses of exposure and don't be fooled, tan skin is not healthy skin.

What can you do during excessive heat?

- Drink plenty of water, even if you do not feel thirsty! Do not drink beer, wine, alcohol or beverages with caffeine.
- Stay indoors as much as possible and stay out of the sun.
- Go to where there is air conditioning
- Dress in lightweight and light-colored clothes.
- Avoid physical labor between 10AM and 3PM



Extremely hot air temperatures are dangerous. They can even cause death. Everyone is at risk. People with physical disabilities, children, pets and the elderly are in the most danger.

Know the Signs and Ways to Treat Heat-Related Illness.

Heat Cramps

- Signs: Muscle pains or spasms in the stomach, arms, or legs.
- Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.
- Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

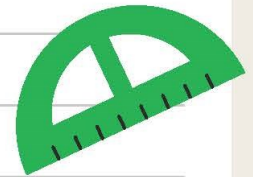
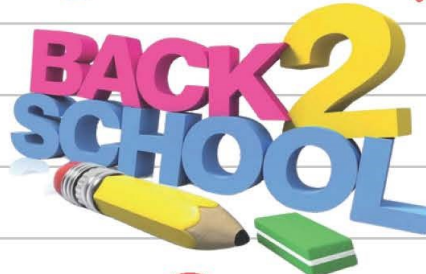
Heat Stroke

- Signs: Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or Dizzy		Throbbing Headache
Excessive Sweating		No Sweating
Cool, Pale, or Clammy Skin		Body Temperature Above 103 Degrees
Nausea or Vomiting		Nausea or Vomiting
Rapid, Weak Pulse		Rapid, Strong Pulse
Muscle Cramps		May Lose Consciousness
<small>Get to a cooler, air conditioned place. Drink water if fully conscious. Use cold compresses or cloths.</small>		CALL 911

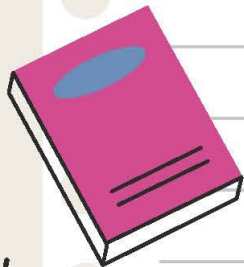


Join us for the
Oshkosh



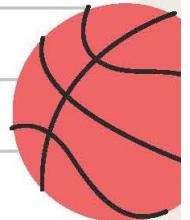
Fair

August 14 and 15



Resources Provided!

School supplies
Hygiene products
Back to school clothes
Back to school haircuts



Appointments required to attend

Space is limited!

Please register by **July 22** by
scanning the QR code or
visiting bit.ly/back2school2024



Learn more here:

www.facebook.com/OshkoshBack2School



Need help with registering or have questions?
Please email caseyk@uwosh.edu.



NAMI Hearts + Minds Class

Hearts Minds



Hearts & Minds is a 5-session class for any adult living with a mental health condition. The free class focuses on the relationship between mental health and physical health, emphasizing that the best possible mental health recovery requires attention to all aspects of your health.

THURSDAYS, JULY 11-AUGUST 8 | 6-8 PM
LOCATION: NAMI FOX VALLEY
211 E. FRANKLIN STREET, APPLETON

Space is limited and registration is required.

LEARN MORE AND REGISTER AT:
NAMIFOXVALLEY.ORG/HEARTS-MINDS

 **NAMI Fox Valley** be kind



NEW

South Park Summer
FREE Family Fun Events to be held at South Park Shelter 2. Themed games & crafts. Costumes encouraged.
Food trucks and more!



SUMMER LUAU PARTY

Wednesday, July 24
1 pm to 4 pm

Join us for a kid's Summer Luau. Themed games and crafts, and food trucks in South Park Shelter 2.





REPAIR CAFE

at the
Neenah Public Library

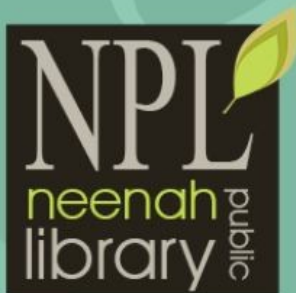
July 28
Noon - 3:30pm

Repair Cafe is here to help.

Bring in your broken items and our fixers will repair them for FREE. Computers, phones, small appliances, electronics, sewing and mending, jewelry, watches, and more!

Under 18, guardian required. No firearms or weapons.

Questions?



Repaircafefoxcities@gmail.com



Home Buyer Program Applications

Habitat Oshkosh
has moved the
pre-application
timeline from
spring to summer.

Pre-Applications
Accepted
July 15 – August 30



Habitat for Humanity[®]
of Oshkosh, Inc.

Interested in becoming a Habitat Oshkosh Homeowner? Pre-Applications will be available July 15 - August 30th! In the meantime, check out our Home Buyer page on our website for more information:

<https://www.habitatoshkosh.org/home-buyer-program> .

Starting Point

Starting Point is designed to help women ages 18 and older in the areas of financial planning skills, empowerment, and career planning that will lead to further education and/or a new career. Women will gain the necessary skills to go to college, learn how to network and access available resources, meet other women with similar life experiences, gain confidence and build self-esteem, and learn how to manage finances and relationships. This program is open to mothers and women without children. Women must be a resident of Outagamie, Calumet, Shawano, Waupaca, or Winnebago County.

Fall 2024 Dates & Times

Appleton: 9/11/24 to 12/4/24, Wednesdays 11:00 am - 2:00 pm, Childcare Provided

Oshkosh: 9/14/24 to 12/4/24, Saturdays 9:00 am - 12:00 pm, Childcare Provided

Virtual: 9/11/24 to 12/4/24, Wednesdays 5:00 pm - 7:30 pm, No Childcare

Spring 2025 Dates & Times

Appleton: 2/12/25 to 5/14/25, Wednesdays 11:00 am - 2:00 pm, Childcare Provided

Oshkosh: 2/15/25 to 5/14/25, Saturdays 9:00 am - 12:00 pm, Childcare Provided

Virtual: 2/12/25 to 5/14/25, Wednesdays 5:00 pm - 7:30 pm, No Childcare

"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."

Time Management

Self-Esteem

Goal Setting

Community Resources

Empowerment Topics

Career Development

Study Skills

Assertiveness

Healthy Relationships



Grants available for moving forward with education without financial stress.



FVTC ID available for free busing on GO Transit.

Starting Point

Children Will Learn

Child Development Topics

- Sharing With Others
- Early Literacy
- Resiliency
- Recognize Feelings and Emotions
- Age Appropriate Activities
- Making Good Choices
- Exploration Through Play
- Listening Skills

Discipline Strategies | **Mothers will learn** | **Parenting Resources and Referrals**

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

"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."

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)
- 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