**Kristi Schmitz - Discovering Empowerment**

**April 30, 2020 - Facebook Live Event**

**Transcript**

Hi everyone. How are you? My name is Kristi. I’m one of the ladies from the last series. I will be hosting the thing tonight. We will be talking about saving money and some resources that may help you with everyday living. I was one of the ladies - Hi everybody, hi Amy! A little bit of my background is I have three kids, I’m a single mother. I became so useful with these resources due to the simple fact that my father had cancer and my mother had addiction issues and I realized how hard it was to get these resources, and I realized that if you were persistent, you would be able to get these resources. And once I got them I told myself I was going to share them with others and let everybody know that they were out there for others to get. So here I am! And they’re out there for you and Women’s Empowerment is here and they have a lot of valuable resources for everyone as well. So if you guys have any questions, feel free to ask me throughout the video. And if I can’t get to them, just feel free to message me or let Theresa or Ashley know.

Some of the random things I have to share - I made these little signs here because I noticed last week a lot of people were asking, “What was that number? What was that resource? Can you say that phone number or say that resource again?” I made these little signs, that may help.

One of the things, you think outside of the box is looking for a job. A lot of people have a hard time, especially now, finding a job thinking no one is hiring because of the economy and what we’re going through. Thinking outside of the box - the Fond du Lac County child support website, even if you don’t have child support or whatnot, they have a lot of places in Fond du Lac County that’s hiring. A lot of people report to them because they always have people needing jobs so they always have local resources. And along with the Fond du Lac County job center they always have very local jobs hiring. So those are two really good local resources for jobs. I thought I would share those with you.

Another thing for saving resources and apps that I have for everybody is some of the apps, I know this one is a little smaller, but some of the apps that I found very resourceful are Pick n Save. Pick n Save has a lot of apps. On weekends they have Friday, Saturday, Sunday deals that have very amazing deals. Target Circle, they used to have Target Cartwheel and now they offer 1% every time you add your phone number and that adds up very frequently. That little bit of money adds up quick and you can spend it on anything and everything. You can even use your groceries there, everything and they also have different percentages on different items that are very useful for everyday use. Kohls has discounts, WalGreens, Family Dollar, Dollar General, along with even your everyday restaurants and whatnot. And I was talking to Theresa - if anybody is interested in more resources, I have done a Money Smart Class through Stephanie Albers, she’s one of the mentors through here, through the library. And this is going to be our second year hosting another one because they asked us to come back this year again. But due to what’s going on, it was postponed. You can always email Theresa and them through them.

Another one of our resources that I wanted to share with you guys is Energy Services. Fond du Lac County has a lot of resources through Energy Services and right now they have extra funding if you apply for energy services. They’re offering extra funding right now for anybody that did get funding earlier in the year, they have extra money where they are matching up to $400 either a one-time payment or they are breaking it down into three or four months. They are matching your payments, I don’t know if that would help anybody but it is an opportunity for some.

And then as I was looking for some more COVID-19 resources that may help some people out, because I know it is a time where people are going through a lot of hard times and whatnot, I was on the Fond du Lac County website and they have a lot of valuable resources that they just came out with actually. And one of them is a Consumer Credit Counseling service through the United Way that they just came out with. And if you go to their Fond du Lac County website they have a whole page of awesome, awesome websites that they have out there. And this is one of them along with credit counseling for people, and a lot of this is all free that they offer through the Fond du Lac County.

Another one is Fond du Lac County food resources. I printed this one out too, I’ll leave all this in the office for the ladies here. This is different food pantries and for senior citizens, places that will deliver to your house, and food pantries that will deliver and for elderly. People that are homebound.

Another thing that is huge is, I feel, like giving back. One of the big things at a time like this is everybody feels like, “What can I do to give back?” I know through the struggles one of the things I felt rewarding was is when you’re in a time of need, giving back I felt was the most rewarding because when people are helping me when I was struggling with my parents and whatnot is me and my children now go help cancer patients when they’re in stage 4 and it’s, for my kids, it doesn’t make them scared of death because some people are scared of death and it makes them realize in the long run, I know it’s kind of confusing to explain but, sorry about this, but just volunteering for things that you’ve gone through, teaching people, “Don’t be scared of something,” and everything you go through, teach them that it’s an experience that you can overcome versus running from it because a lot of these people that we help, their families run from them because they don’t know how to handle it. Same with addiction. I know addiction is a very hard, hard, hard situation. Sometimes you enable people and it’s very easy to do, but just try your best. Just volunteer to do things that you have a passion in. I’m sorry. So with addiction, it’s very hard for me because when I was going through it with my mother I realized there was no resources out there. I told myself that this is why the epidemic is so bad. The epidemic is so bad, I told myself, “There’s got to be resources out there.” So I found this resource and it was called Justice Point. And Justice Point is the resource that I found for addicts and it’s through Dodge County. And they offer a social worker that will follow you through the program and they offer treatment for addicts that will follow you. You have an outpatient program that you do for a certain amount of time and they’ll find a treatment program that will follow you. If you go through their outpatient, then they will find you an inpatient program. So I would like to share this with you guys. Does anybody have any questions about the resources that I offered so far?

Another resource I have is Advocap. Advocap is another resource that offers tons and tons of programs. They offer programs where they will help you with different things. They offer you scholarships, grants, and they will help you with grants, they helped me with a grant for starting my cleaning service. And they help you with credit counseling and you basically get what you put into them. They send you out surveys. And if you follow up with their surveys, they will then help you with more programs. I did this program and then they helped me out with schooling. And they helped me out with schooling for going to school for nursing and when I went to school for nursing, they have a program - it’s called Dislocated Worker - and that grant is $1000 a semester and they give you childcare grants, like childcare money for $250 and that $250 will help you out with $150 for childcare and $100 for gas to go to and from school which is a pretty big amount of money for that. Does anybody have any questions about anything?

Hey Carrie! Thanks Ann. Sorry guys, I’m trying! Hey Cindy. The ones that I know about, I had kids for, but there’s other ones they have out there. Advocap has amazing programs. If you walk in their office, they have flyers. I actually started out with just going into their office and they helped me with my CNA certificate to begin with. And they sent me out a survey and I sent their survey back. And when I sent their survey back out, they sent me a flyer of other things they could help me out with. And it’s basically like you get what you put into it. I feel like you, they basically want to see if you’re going to follow up with what they’re asking from you. And when you follow up with what they’re asking from you, they help you out with a lot more stuff. So a lot of these programs have so much more to offer you than what they’re going to tell you. Because if they just tell you everything that they can give you, everybody would just be out there wanting everything versus and they would never have enough to give to everybody. I feel like they want to see what people are going to put in to be able to give out to the people that are going to want to put the effort in in order to get the help.

Rose, yes, Advocap also helps out with car issues, you’re right. They actually will help people out that have a job to help get car loans as well. They are very, they have tons and tons of help actually. Depending if you own your home or not, and I believe it’s in what area you live in, they have a lot of help too. Thanks Amy! Advocap is actually at the job center. They have a lot of, Advocap has people at the job center that’s there now too. Laurie, for Energy Services do you call and make an appointment? They’re actually in the office and you can call the office. I actually called just the office, the local office, and if you got energy assistance earlier in the year, this is like an extra funding program they have going on because they have extra funding right now. So you can actually do it all over the phone. You don’t have to send in verification stuff. Thank you Sue! Hi Julie. Hi Carrie, hi Julianna. Thank you.

I just put the thing out there about the job center, I know there’s a lot of other places for jobs out there. I just know that the one with the child support thing was just kind of random, that I seen it out there, that they have a lot of updated jobs and people are looking for jobs. I know that was one of the things on our Women’s page, people were like, “Where’s hiring? I can’t find no jobs that are hiring because of what’s happening.” And I just know that that is a huge thing out there that I’m seeing that a lot of people are having a hard time finding a job.

“Tell us about early childcare programs.” Early childcare programs? Um. Honestly, I’m not very familiar with early childcare programs. What were you kind of looking for? Like places that offer them?

I can share, it’s more important to include your children in your mission to give back. I feel it’s very important for my mission for my children to give back because if you don’t, it’s like through our journeys, even especially with my mom’s addiction, a lot of people hide their family’s addiction from their children. And I feel like I’m so open. My family was kind of against it, but I am so open about it because I feel like they should know because they should know what it does to a person. And now we help people with it, and my daughter is so open about it. And it helps people! Like these cancer patients? She can go into their house and it just warms their eyes. And when we see these people, they are so mean to me. And when I say mean, they’re MEAN. Like, they’re so mean to us. And then they love us! And when they die, it’s the most heartbreaking thing to us. But it’s so rewarding and we know why they passed away. And it helps us know that we know they died happy and we helped them. Like, you know their last days were okay and we know they’re going to pass away. And it helps my daughter, and it helps me know that it’s going to be okay. And with addiction, we know it’s going to be a rough road. And we know we can’t save everybody, and when my mom passed, we know we did everything. So we didn’t live with no regrets. It was very hard, but my daughter knows that what we went through and what we learned? We’re going to help somebody else. And that’s what we learn from what we do. And we take our pain and we turn it into power to help someone else from what we went through. And you have what you go through, you can let it break you or make you is how we look at it. And that’s what you learn, everything you go through in life is what you can let make or break you. Everything you go through. That’s our outlook in life.

Thanks Julia! “Is there anywhere you can go to find some clothes at a thrift store?” I wish, Carrie! Everything is closed. Oh, but there is a lot of resources, yes Carrie. When the thrift stores open, St. Vinny’s is phenomenal. Rose works there and she’s a volunteer and she’s awesome! Rose would be a good resource, she could probably help with that. Sue, “How do you know how to access these resources? Did someone help you or did you start with a program?” Sue, my father had cancer and my mother had addiction issues and through those tough times I learned how to get the help that I needed and I just reached out on my own and now I just want to reach out and let people know that there’s help out there. You just don’t give up. If you’re going through tough times, there’s help out there, just don’t give up. And you know, that’s why I’m here now. And it’s just like through our battles, it’s just - that’s how I learned. I don’t work through an organization, I’m a single mother and now I give back to show people through our journey that you can find help. It’s out there, just never give up.

Thank you Julie. Thank you Christina, Ashley. Thanks Tamra, you really helped me too. Aw, Carrie, my daughter loves you too. Yes, Tamra is very awesome with addiction. She really, she’s amazing. She really helped me through one of my darkest times, let me tell you. She is amazing and she is our speaker next week and you guys will love her, she’s amazing.

My best advice for a single mother staying motivated. Okay, so I know being a single mother is very, very, very overwhelming. My thing that I do is I make a list. This might sound so crazy, but I’d go to bed at night and I would just be like… \*eyes bug\*, I wouldn’t sleep at night. So I would be so overwhelmed like, “Oh, I didn’t call the doctor! I didn’t do this, I didn’t do that, I didn’t… Oh my gosh, I have all this stuff I didn’t do. What did I really accomplish today?” And I wouldn’t sleep at night. I don’t know if anybody else gets like that, like you think of everything you didn’t do. Like, “I should have done this, I should have done that.” Just keep forgetting that you didn’t do this. And you forget what you DID do! So I would make a list. Make a list of everything that you need to do, it could be something *so* stupid as matching socks, calling a doctor, just anything. And I’d just start making a list. When I think of it, write it down. And the next day, just start crossing stuff. Crossing stuff off! And at the end of the day, I would look at that list and be like, “I really did do something!” Versus being like, go to bed and be like, “I didn’t do nothing. Nothing. I didn’t get nothing done,” and being mad at myself. But at the end of the day when I looked at that piece of paper, I’d be like, “I really did do something!” Because sometimes as a mother, you get, you think about stuff and you forget about yourself because you’re constantly running after your kids and you don’t realize the little things that you did really do. You did match those socks, you did go to the grocery store, you did make dinner. You did match the socks and you did call all of the places you had to call. It really helps, just try it some time. It might sound super crazy, but you might sleep a little better at night and then your brain isn’t constantly running about all those things you forgot to do. I don’t know, that’s just a little advice that I’ve learned over the years that really helped.

Carrie, you don’t ever get mad at yourself. Thanks Tamra, you too! Thank you Sue. Julie, I believe St. Vinny’s will help out with clothes and furniture. Maybe Rose could touch base on that a little bit more. I think they’re closed down right now with everything that’s happening, but I’m sure if not maybe the Salvation Army could. Otherwise there is another place across town. We have another volunteer here that works there and I’m pretty sure they help out. Maybe you could touch base with Women’s Empowerment, I can give Theresa or Ashley the information for her. Does anybody else have any other questions?

“Some of my favorite low-cost activities to do with my kids.” Oh my gosh, don’t get me started. I have so many craft ideas. If anybody has Facebook, there is a Dollar Tree website. They have craft ideas on there from the Dollar Tree and the Dollar Tree has phenomenal stuff right now for craft stuff. They have acrylic paint, they have like these really cool wood boxes, and they have wood ones for kids that light up that they can paint. They have acrylic paint, they have the paint trays, they have all types of stuff. They have stuff to make slime, they have the balls for slime, they have the Elmer’s glue, the gel glue, to make slime, they have the containers for slime, they have these really cool glass jars. They have these glass, did you guys ever see those glass rocks you can make magnets with? You take positive quotes or pictures and you Modge Podge them with magnets on the back and then they can make magnets for their refrigerator. You can make PlayDoh. There’s tons of stuff. But the Facebook website, you just do Dollar Tree crafts, or Dollar Tree, their stuff is the cheapest stuff to do. I always try to do it on a budget because otherwise they can get very pricey.

Another thing is like, outdoor activities is kind of hard to do with the parks being closed and whatnot, but there’s tons and tons of other stuff to do.

Cara, I can teach you! You can come over and hang out with Alessiana and do them. Another thing is you can do, try doing things you used to love to do when you were a kid too with the kids. Think back when you were a kid to bring up like things when you were a kid, like childhood stuff, especially when everything was, when we were younger we didn’t have all the technology and stuff. Might sound kind of crazy but did more stuff outside and whatnot.

Autumn’s Closet, yes. Autumn’s Closet helps out with a lot of stuff. I know she’s shut down right now too. I just seen something where they were opening some of the parks for hiking. Another thing is I think they do rock things too, like they do rock climbs, you could maybe do that around the… \*Background noise\* Sorry guys, I lost you for a minute. Oh, build forts with blankets and stuff, that would be fun! Oh, mudpie dinners. Play Post Office. That’s a good idea! My daughter wanted to make homemade Starbucks, but it was just crazy the amount of stuff you needed. Oh, why not start a clothing exchange? That’s kind of a cool idea! Never thought of something like that. Just need a place to do it. A location. That’s kind of a cool idea. Scavenger hunt. Looking for a bunch of items outside. Oh yeah, and then make a cool sheet for them to do. Fairy gardens, I seen that! A lot of people like doing those. They have a coupon at the Dollar Tree for those. They have a whole Fairy Garden section. Hearts on the windows, I’ve seen everybody doing those. Lakeside East has the exercise area with different outdoor machines for people to use. Can you go to that with those whole thing going on with the restrictions, Amy? Oh yeah, the hearts. Our neighborhood does a thing where everybody puts a certain thing in their windows, like the kids make a certain sign, everybody walks around. Oh, dance parties! I know, I’ve seen your kids do a lot of cool stuff on there. They have a lot of fun with being stuck in the house, Julianna!

Well, our 30 minutes are up. Sorry about all the pauses and stuff ladies, this is my first time doing this. I hope you guys enjoyed it for the most part. Well, I hope you guys liked everything. Thanks to those who commented and liked everything. Make sure you join us next week for Tamra Oman. Like, share, and comment - drawing this week for $50 Retlaw and $50 Renaissance. Hope you guys enjoyed everything. We’ll see you next week, sorry about everything. Have a good day guys, we’ll see you later, thanks everybody!