



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Neighborly News

Family Housing Council— <http://www.odfhc.org>

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Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be Friday, January 30, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, January 3

Sewing Room 10am at LRC

Tuesday, January 6

International Friendship Group 1pm at LRC
Kids' Book Club 4pm at CC
REGISTRATION REQUIRED

Wednesday, January 7

Ping Pong 6pm at CC
Book Club 6:30pm at FGH
REGISTRATION REQUIRED

Thursday, January 8

Parent-Child Playgroup 9am at FRC
Kids' Book Club 4pm at CC
REGISTRATION REQUIRED

Friday, January 9

Cooking Club 2pm at CC
Kids' Movie & Snack 4pm at CC
REGISTRATION REQUIRED

Saturday, January 10

Sewing Room 10am at LRC
Saturday Fitness 10 am at CC

Pest Control:

During the month of January, Orchard Place buildings 1801 through 1838 will be treated. Twenty-four hour advance notice will be provided prior to treatment. Please move large items away from the walls and remove items on or around windows. To request treatment, visit the website below.

Submit Maintenance Requests to:
<http://iservice.housing.uiuc.edu>

Study Room

Apartment 2102-104

Kids' Club Registration for Spring Semester

The Orchard Downs Kids' Club after school program will have openings for the spring semester. Kids' Club meets **Monday through Friday** from **3 to 5:30 p.m.** at the **Orchard Downs Community Center**. The program offers children ages 5 to 12 opportunities to engage in social, recreational, and educational activities. Your child must be five years old and in kindergarten to attend. Registration for spring semester will be **Monday, January 12** from **5 to 6 p.m.** at the **Community Center**. If you would like to register your child for the Kids' Club program and would like further information, please contact Sara Jenkins at jenkins@uiuc.edu or call 333-5656.

INTERLINK: International Student Mentoring Program

INTERLINK is a mentoring program aimed at helping international students adjust to the culture and environment at the University of Illinois and the local community. The program will pair new and returning international students (mentees) with volunteer mentors consisting of senior students (graduate or undergraduate), faculty, and staff so that mentees can get social and emotional support in their adjustment process.

First consideration will be given to applications received by January 7. Mentors and mentees will find out about their matches on January 27 at the INTERLINK Orientation. Applications received after January 7 will be placed on a waiting list for ongoing consideration.

We welcome mentors and mentees from all backgrounds. To balance our mentor pool, we especially encourage graduate students and United States-born mentors to apply. For detailed information and to find our online application, please visit www.couns.uiuc.edu/interlink/interlink.htm. You can also contact Kenneth Wang at 333-3704 or ktwang@illinois.edu for questions and clarifications.

New Times for Weekly Programs

Please note the new times for the following weekly programs for the spring semester, beginning **Tuesday, January 6:**

International Friendship Group- Tuesdays at 1 p.m. at the Learning Resource Center (2044-A)

Parent-Child Playgroup- Thursdays at 9 a.m. at the Family Resource Center (1834-A)

Cooking Club- Fridays at 2 p.m. at the Orchard Downs Community Center

These programs are open to all residents and are free of charge!



Community Programs

Please note that we often take photographs during community events, and these photographs may be used in a gallery online. If you do not wish to have your photograph taken, please inform the staff member at the event or contact the Family & Graduate Housing Office at famhous@uiuc.edu or 333-5656.

Sewing Room Hours

The Sewing Room is open every **Saturday** from **10 a.m. to noon** in the **Learning Resource Center**. Sewing machines and other equipment, including scissors, pins, measuring tapes, and thread, are available for the use of all residents. No appointment necessary—just drop on by! Contact Sewing Room Monitor Feifei Zhan (sewinguiuc@gmail.com) if you have any questions.

Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy! For this reason, we would like to welcome your newborn into the Orchard Downs community with a small complimentary gift package. This is our way of saying, “Welcome to the World!” If you have recently welcomed a new baby into your family, please contact Lauren Karr at 333-5656 or LKarr1@illinois.edu.

Kids’ Book Club:

Charlie and the Chocolate Factory

Learning Initiatives and Special Events will be having a Kids’ Book Club for all youth between the ages of 8 and 13. We will read “Charlie and the Chocolate Factory” on **Tuesday, January 6** and **Thursday, January 8** from **4 to 6 p.m.** in the **Orchard Downs Community Center**. We will then watch the movie version starring Johnny Depp on **Friday, January 9** at **4 p.m.** The film is rated PG. The featured snack will be chocolate snacks and treats! Registration is required and you may register your child until Sunday, January 4. Please email the name and age of your child to Bryan at kelly31@illinois.edu.

Around Town

Films at the Virginia Theatre

The historic Virginia Theatre in downtown Champaign hosts a variety of events throughout the year, including classic and contemporary film showings. Next upcoming movie:

Saturday, January 24 at 1pm and 7pm: “Casablanca” (1942); \$5 per ticket

For more information and directions to the theatre, visit www.thevirginia.org or call the ticket line at 356-9063.

International Women’s Connection 2009

Don’t let the cold weather keep you from having fun. For more than 20 years, the International Women’s Connection has been offering international women in our community a place to find friends, practice English, and learn about American culture. We meet **every Wednesday morning** from **9 to 10 a.m.** for a free English class, and then from **10 to 11:30 a.m.** a variety of interesting programs are offered, including vocabulary games, exercise, cooking, and crafts. Childcare is also provided. We meet at Twin City Bible Church at the corner of Lincoln and Michigan. If you would like transportation, it is also provided from Orchard Downs. For more detailed information, pick up a complete schedule at the FHC, email Ruth at ruthkk7@sbcglobal.net, or call 384-3085.

Japan House

Are you interested in learning about Japanese culture? Visit Japan House, which offers the public an opportunity to learn about traditional Japanese culture through tours, tea ceremonies, and special events through the year. If you would like more information, you can call 244-9934 or email japanhouse@uiuc.edu. Japan House is located at 2000 South Lincoln Avenue in Urbana. Visit the website (www.art.uiuc.edu/galleries/japanhouse) to learn more, including how to participate in a tea ceremony.



Hope Community Health Center

The Hope Center is a not-for-profit corporation formed by healthcare professionals and social workers to provide free healthcare and social services to families in need. Services include, but are not limited to, general medical care, school physicals, basic psychiatric care, medication management, screening for common diseases, health education, and health care advocacy. The Hope Center is located at 507 South Second Street, Unit 1-A, in Champaign. Please call (217) 352-0600 to schedule an appointment. Hours of operation are Monday, Wednesday, and Friday from 1 to 8 p.m.

Free Prescription Fills

By calling or visiting Empty Tomb, anyone can receive financial assistance filling their prescriptions once every 3 months, for prescriptions that are \$150 or less. You must call and set up an appointment, have a real prescription written by a medical provider, and show proof of income for your family size. Regardless of income level, all uninsured patients who pay their bill within 30 days will receive a 25 percent discount. For more information or to set up an appointment, call Empty Tomb at 356-2262.

Affordable Family Therapy, Play Therapy

The Psychological Services Center offers short-term family therapy for families with adolescents (ages 12 to 17) experiencing serious emotional, behavioral, or psychiatric problems. The initial screening is free. Also available are play therapy openings for children ages 3 to 11 for issues such as anger, grief, sadness, or aggression. For more information, call 333-0041, email Carol Toler at toler@uiuc.edu, or visit www.psc.uiuc.edu.

Free Exams for Women

Have you had your mammogram this year? Did you know that 40,970 women died last year from breast cancer and that 1 in 8 women will be diagnosed with breast cancer sometime in their lives? The Illinois Breast and Cervical Cancer Program offers free mammograms, pap tests, and breast and pelvic exams for uninsured women. These are available at the Champaign-Urbana Public Health District (www.cuphd.org), 201 W. Kenyon Road, Champaign. For more information and scheduling, please call 373-9281.

Cosmopolitan Club Coffee Hours

Are you interested in meeting people from different cultures? The Cosmopolitan Club holds international coffee hours **throughout the fall and spring semester**. At these events, coffee, tea, and homemade ethnic desserts are served. International and American students, both club members and non-members, are all welcome. Coffee hours are good opportunities to meet people from around the world and to learn about other cultures.

The club is located at 307 East John Street in Champaign. You can learn more about Cosmopolitan Club and check out the spring coffee hour schedule at www.prairienet.org/cosmo. The next event will be Iranian coffee hours, held on **Thursday, January 29** from 7:30 to 9:30 p.m.

Are you a new or returning student to the U of I? Do you need an inexpensive car to get around Champaign-Urbana? Well, Worden Martin Nissan has the car for you! We offer new and used, imports and domestic cars. We have the car that fits your needs! All U of I students receive special Worden Martin employee discounts and rebates. Contact Jonathan Patterson at 217-352-8910 or at jpatterson@wordenmartin.com for more information and to receive the special pricing. (This is a paid advertisement.)



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What is the FHC?

The Orchard Downs FHC is an organization created to safeguard the interest of the residents of Orchard Downs Family & Graduate Housing.

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MultiCultural Health Center

2040-A Orchard Street

The MCHC works to deliver culturally sensitive illness prevention and health promotion services to the families of the Family & Graduate Housing community. The Center provides health information, education, insurance information, and referrals to residents. MultiCultural Health Center fall office hours will be held on **Wednesdays** from **9:30 a.m. to 12:30 p.m.**

CCCHC Thursday Clinic/HeRMES Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services the **2nd and 4th Thursday of the month from 6 to 8 p.m.** for walk-in appointments at the MCHC. The clinic will be staffed with a physician and/or a nurse practitioner. Services will include, but not be limited to: general health concerns, physical exams, nutrition education, referrals to community services, skin problems, exercise and weight management, colds or other respiratory infections, medical screenings, and more.

The HeRMES Thursday Evening Clinic (**1st and 3rd Thursdays 6 to 8 p.m. at the MCHC**) provides primary physician care. Treatment is offered for many health concerns, including, but not limited to, general health issues, nutrition education, preventive health care, seasonal colds and the flu, other respiratory infections, aches and pains, and much more.

Please take advantage of these free services. For more information, please contact CCCHC at 398-2914, visit www.ccchc2003.org, or contact MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women, Infants and Children (WIC) Services

This program is offered **every other Friday from 1 to 4 p.m.** at the **MultiCultural Health Center**. These services are provided for women, infants, and children, and are offered by the Champaign Urbana Public Health District. Established clients have access to case managers and coupons. Coupon distribution and arrangement must be made in advance with Cathy Ito, R.N., M.S. You can reach Cathy by email at Services for WIC participants include supplemental nutritious foods, nutrition education and counseling at WIC clinics, and screenings and referrals for other health services, welfare, and social services. Additional medical screenings can be made at CUPHD (www.cuphd.org). For more information, contact Cathy Ito (cito@cuphd.org, 531-4311) or MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

The MCHC also offers a weigh-in program for infants. Bring your baby to the MultiCultural Health Center **every other Friday from 1 to 4 p.m.** to have your baby's weight checked. We will also be distributing cards that will enable you to keep track of your baby's weight. If you have any questions about this program, please email Paul Morgan at pamorgan1@gmail.com.

NEIGHBORLY NEWS

University of Illinois at Urbana-Champaign
Family & Graduate Housing
Family Housing Council
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