



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



# Neighborly News



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

Vol. 36 Iss. 2 • January 9, 2009

## 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 10

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

### Sunday, January 11

Pancake Breakfast 10am at CC

### Monday, January 12

Rules of the Road 6pm at FGH

### Tuesday, January 13

International Friendship Group 1pm at LRC  
Bowling 6:30pm at FGH  
REGISTRATION REQUIRED

### Wednesday, January 14

Current Events 4pm at LRC

### Thursday, January 15

Parent-Child Playgroup 9am at FRC  
Family Game Night 6pm at CC

### Friday, January 16

Cooking Club 2pm 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](mailto:jenkins@uiuc.edu) or call 333-5656.

## Study Room at 2102-104

Residents at Family & Graduate Housing can access the study room located at apartment 2102-104 Orchard South using the laundry room key at any time throughout the year for quiet study. The Study Room for residents' use came about due to an effective proposal submitted by Family Housing Council several years ago. It directly supports our mission to support student academic success. Please contact [apartments@illinois.edu](mailto:apartments@illinois.edu) if you have any questions.

## 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.



# 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](mailto:famhous@uiuc.edu) or 333-5656.

---

## 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](mailto:LKarr1@illinois.edu).

## Cooking Club

Come join in the fun! At Cooking Club, you can meet new friends, taste new food, and learn new recipes! Please join us weekly on Fridays from 2 to 3 p.m. in the Orchard Downs Community Center. Children are welcome but no childcare assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu).

## International Friendship Group

Are you interested in getting to know others in the community? Do you like to do arts and crafts? Would you like to learn more about other cultures? Please join us at our International Friendship Group, held every Tuesday from 1 to 2:30 p.m. in the Learning Resource Center (apartment 2044-A). Children are welcome but no childcare assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact Family Relations Graduate Assistant Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu).

## Pancake Breakfast

On Sunday, January 11 there will be a pancake breakfast! It will be held at the Orchard Downs Community Center from 10 to 11:30 a.m. Hope to see you there!

## 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](mailto:sewinguiuc@gmail.com)) if you have any questions.

## Family Game Night

On Thursday, January 15 there will be a family game night at the Orchard Downs Community Center. It will be held at 6 p.m. Come out to enjoy some classic board games.

## Parent/Child Playgroup

This weekly playgroup meets every Thursday at 9 a.m. at the Family Resource Center (1834-A Orchard St.). These playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Playgroups also are a great way to meet other parents, share activities and conversations, and make new friends (for yourself and your children)! Children should be 5 years old or younger. If you have any questions, please contact our Family Relations Graduate Assistant Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu).

## Bowling

On Tuesday, January 13 we will be going to the Illini Union to go bowling. To reserve your spot please email Becca at [rhinn2@illinois.edu](mailto:rhinn2@illinois.edu). The cost is \$2 per person, which covers the shoes and the bowling fee. We will be meeting at the Family & Graduate Housing office at 6:30 p.m.

## New Resident Series: Rules of the Road Workshop

Are you interested in becoming a better driver and getting your driver's license? Do you have questions about driving in the cold and snow in Champaign-Urbana? Learning Initiatives is offering a Rules of the Road program that can help you build and polish your driving skills. We will meet on Monday, January 12 at 6 p.m. at the Family & Graduate Housing office. Participants will have the opportunity to ask questions and discuss the laws for driving in Illinois. Any questions can be sent to Bryan Kelly at [kelly31@uiuc.edu](mailto:kelly31@uiuc.edu).

## Current Events Program

Are you interested in learning more about what is happening in the world today? Would you like to discuss these topics with others? Learning Initiatives is offering a Current Events discussion group on Wednesday, January 14 at 4 p.m. in the Family & Graduate Housing office. We will discuss what is happening in the United States as well as across the globe. Ideas and topics are encouraged for the discussion. Any questions can be sent to Bryan at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).



## 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](http://www.couns.uiuc.edu/interlink/interlink.htm). You can also contact Kenneth Wang at 333-3704 or [ktwang@illinois.edu](mailto:ktwang@illinois.edu) for questions and clarifications.

## Protect Your Car this Winter

1. Get a basic tune-up. Hoses, belts, spark plugs, and wires should be checked and changed if necessary.
  2. Protect against freeze ups. Antifreeze/coolant is extremely important in colder temperatures. If there is too much water and not enough antifreeze/coolant in the system, it can freeze up, expand, and crack key engine components. Motorists should check fluid levels and top them off with a ready-to-use formula before temperatures plummet.
  3. Check tire tread. Bald tires are not only unsafe, but can potentially lead to a disaster on slick, wet roadways. Tires connect the car to the road, so traction is utterly imperative during winter. In areas with high snow accumulation, four winter tires are a solid investment. They offer more traction when accelerating, braking, and turning.
  4. Replace worn brake pads and shoes. Having maximum stopping power is essential.
  5. Use a winter-formulated washer fluid. Regular blue washer fluids can freeze in the washer reservoir or on the windshield while driving. Special de-icer formulas will stay liquid in the washer reservoir at temperatures as low as -34°F.
  6. Check windshield wipers. If they streak or cause problems, motorists should buy blades especially made for winter conditions. Visibility is crucial this time of year.
  7. Prevent gas line freeze. Using a winter fuel system cleaner helps prevent gas line freeze in extremely cold weather conditions.
  8. Be prepared for an emergency. While routine maintenance can afford drivers a certain level of comfort, having a well-stocked kit provides peace of mind. Items to keep in a vehicle include a cellular phone, extra de-icer washer fluid, a good ice scraper and snowbrush, spray de-icer, blankets, snacks, bottled water, and warm clothing.
  9. Remove snow and ice from the entire car. Not taking the time to clear off all surfaces before venturing onto roadways can create dangerous situations for all motorists. Blowing snow and ice causes reduced visibility and treacherous obstructions.
  10. Pay attention. Take a moment to listen to weather and traffic reports. When the conditions are too hazardous, motorists should stay off the roads. If people must travel when roads are bad, it is important they know their vehicle and use extreme caution.
- Keeping an 8–10 second distance between cars, reducing speeds on hills, storing sandbags in the trunk of rear-wheel drive cars, and wearing seat belts will all help prevent accidents from occurring. It is also a good idea for motorists to always keep at least a half tank of gas in vehicles during winter months—it will be their only source of heat if stranded.

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](mailto:jpatterson@wordenmartin.com) for more information and to receive the special pricing. (This is a paid advertisement.)



## OFFICERS & STAFF 2008-2009

FAMILY HOUSING COUNCIL  
WWW.ODFHC.ORG

### President

Bhupinder Singh Farmaha  
farmaha2@uiuc.edu

### Vice President

Alexandra Seceleanu  
asecele2@uiuc.edu

### Treasurer

Achenyo Omale  
omale1@illinois.edu

### Executive Secretary

Jun Wan  
junwan1@illinois.edu

### Recording Secretary

Adaikkalam Thamilmani  
thamil\_006@yahoo.com

### NN Assembler

Syeda Um-e-Laila Zaidi  
sumelailazaidi@yahoo.com

### NN Distributors

Margaret Njeru, Xiaowen Wu, Dandan  
Zhang, Xiao Chen, Genet Fisseha

### Sewing Room Monitor

Feifei Zhan  
sewinguiuc@gmail.com

### Garden Plot Manager

Hang Lei  
hanglei2@illinois.edu

### Webmaster

Craig Merrett  
merrett2@uiuc.edu

### 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.

### Space Managers

Abdu Zouhir  
azouhir@gmail.com  
Kashif Muhammad  
kashif12pk@gmail.com  
Esther Lisanza  
emukewa2@illinois.edu  
Saijun Zhang  
szhang11@uiuc.edu

### NN Layout

Justin Parker, jparker@uiuc.edu

### NN Editor

Erin Lukehart Ciciora, elukehar@illinois.edu

# 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](http://www.ccchc2003.org), or contact MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto: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](http://www.cuphd.org)). For more information, contact Cathy Ito ([cito@cuphd.org](mailto:cito@cuphd.org), 531-4311) or MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto: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](mailto:pamorgan1@gmail.com).

## NEIGHBORLY NEWS

University of Illinois at Urbana-Champaign  
Family & Graduate Housing  
Family Housing Council  
1841 S. Orchard Place  
Urbana, IL 61801  
*Paid for in part by S.O.R.F. 900 COPIES*