



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 17

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

Monday, January 19

Holiday: Martin Luther King, Jr. Day
UNIVERSITY CLOSED

Tuesday, January 20

International Friendship Group 1pm at LRC
Stress Management 6pm at FGH

Wednesday, January 21

Bingo 6pm at CC
Book Club 6:30pm at FGH
REGISTRATION REQUIRED

Friday, January 23

Cooking Club 2pm at CC
Illini Hockey 6:45pm at FGH

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

Martin Luther King Jr. Day

On Monday, January 19, 2009, Martin Luther King Jr. Day will be observed in the United States. He is honored for his work towards equality and civil rights for African-Americans.

Martin Luther King Jr. was born in 1929 and was raised in Atlanta, Georgia. His father was the pastor of the now-famous Ebenezer Baptist Church. Martin Luther King Jr. also became a church minister and was ordained in 1947. In 1954 he became the minister of a Baptist Church in Montgomery, Alabama.

At that time in many parts of the United States, especially in the South, people were treated differently because of the color of their skin. African Americans were denied equal rights to housing, voting, education, and in many places they could not eat in the same restaurants as other Americans or even choose their own seats on the bus.

Even as a young man, Martin Luther King Jr. was aware of this racial discrimination and decided to dedicate his life to trying to change it. He wanted to establish the rightful place of African Americans as equals in American society. He organized the Southern Christian Leadership Congress, which allowed him to extend the struggle for civil rights throughout the country.

King tried to achieve his goals without the use of violence, and in 1963 he led 200,000 people in a peaceful march on Washington D.C., an event that is still remembered. In 1964 he was awarded the Nobel Peace Prize. He was a wonderful speaker and made many famous speeches, parts of which are still quoted today. Perhaps the most well-known is his "I have a dream" speech. He was an inspiration to many, and furthered the cause of civil rights.

Martin Luther King Jr. was assassinated on April 4, 1968 in Memphis, Tennessee. He is remembered with pride and gratitude, and people are reminded that his work is still not finished.

Chinese New Year Celebration at Urbana Free Library

Celebrate the wonderful Chinese New Year at the Urbana Free Library, 210 West Green Street in Urbana (phone: 217-367-4069) on **Saturday, January 17** from **2 to 3:30 p.m.** This family-friendly event will be held in the library's Lewis Auditorium. Enjoy Chinese music, dance, Kung Fu, yo-yo, origami, and much more. At 3 p.m. a free drawing lesson (including pandas and other cool stuff) will be offered by local artist Hua Nian. The presenters include the Chinese Heritage School, Hua Nian Art Studio, Precious Sword Shaolin Martial Arts Academy, and Individual Chinese Artists.



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.

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.

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.

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.

Around Town

Champaign Urbana Public Health District: Free Screening Clinic for Men

No appointments are needed at the free screening clinic for men, and all services are confidential. Service is on a first come, first served basis. The clinic is open on **Mondays** from **4 to 6 p.m.** Services include, but are not limited to, sexually transmitted disease screenings, prostate cancer, blood pressure, and glucose and cholesterol screening. The clinic is located at 201 W. Kenyon Rd., Champaign. For more information, call 217-239-0126 or email jtrotter@cuphd.org.

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.



SHARE Food of Central Illinois-Champaign County

SHARE Food is a program designed to help lower family food costs. Anyone can participate—there are no income restrictions, no donated foods, and no government funding. To participate, call the main office and set up an appointment to drop by your local site between **7:30 a.m. and 4 p.m.** Pay approximately \$15 or less a month and donate at least two hours of service—including volunteer work you are already doing—in exchange for \$30 worth of food.

SAMPLE FOOD OFFERINGS:

Classic Unit= 3 frozen meats, 6 produce items, and 1 bonus item- \$15

Fruit and Veggie Unit= 9 fresh produce items

Deluxe Unit= 5 frozen meats, 9 produce items, and 1 bonus item- \$22

Other units and individual items are priced separately and at very low cost.

SITES IN CHAMPAIGN-URBANA:

St. Matthew Catholic Church, Champaign, 359-4224

Wesley SHARE at Wesley United Methodist Church, Urbana, 344-1120

Assembly of God, Urbana, 344-5455

Salem Baptist Church, Champaign, 356-8176 or 352-0861

Westminster SHARE, Westminster Presbyterian Church, Champaign, 359-7805.

For more information, visit www.sharefood-peoria.org or email info@sharefood-peoria.org.

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.

Secretary of State Mobile Services

Jesse White Secretary of State is offering free mobile services on the University of Illinois Campus. Services and assistance are in the following areas: Drivers license renewal, replacement, and corrections; state ID renewal, replacement, and corrections; vehicle sticker sales; collegiate license plates; passenger/B truck license plates; organ/tissue donor registration; vehicle title and registration; and parking placards for people with disabilities. The mobile services will be available in the **Illini Union, Rm. 314** on **Wednesday, January 28; Wednesday, February 25; Wednesday, March 18; and Wednesday, April 22** from 9:30 a.m. to 3 p.m. For more information, please visit www.cyberdriveillinois.com.

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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