



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



Neighborly News



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

Vol. 36 Iss. 4 • January 23, 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 24

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

Sunday, January 25

New Residents Reception 3pm at CC

Monday, January 26

Rules of the Road 6pm at FGH
Kids' Craft Night 6pm at CC

Tuesday, January 27

International Friendship Group 1pm at FRC

Wednesday, January 28

Parent-Child Playgroup 9am at FRC
Current Events 4pm at LRC

Friday, January 30

Cooking Club 2pm at CC
Money Budgeting 4pm 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

Parent-Child Playgroup Update: Now on Wednesdays

Starting on Wednesday, January 28, Parent-Child Playgroup will begin meeting every Wednesday 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 the Family Relations Graduate Assistant, Lauren Karr, at 333-5656 or LKarr1@illinois.edu.

International Friendship Group Update: New location

Are you interested in getting to know others in the community? Do you like to learn more about others cultures? If so, please join us at our International Friendship Groups, held every Tuesday at 1 p.m. at the Family Resource Center (1834-A Orchard St.). Each month, we will learn about a different country and culture! We will spend time learning about arts and crafts, food, clothing, religions, ceremonies, holidays, and more! During the month of February, we will be learning about the United States of America. 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 our Family Relations Graduate Assistant, Lauren Karr, at 333-5656 or LKarr1@illinois.edu.

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 jtroutter@cuphd.org.



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.

Kids Craft Night

On Monday January 26, there will be an evening of crafts for kids. It will be held from 6 to 7 p.m. at the Orchard Downs Community Center. There will be several projects to choose from. Kids under the age of 10 must bring a parent with them.

News Today: Current Events

Are you interested in learning more about what is going on in the world and talking about it with others? Learning Initiatives is offering a Current Events discussion group on Wednesday, January 28 at 6 p.m. in the FGH 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.

New Residents Series (NRS): Rules of the Road Workshop

Are you interested in becoming a better driver and getting your driver's license? The Learning Initiatives-Illinois Rules of the Road program can help you build and polish your driving skills. We will meet on Monday, January 26 from 6 to 7 p.m. at the Family & Graduate Housing Office (FGH). Participants will have the opportunity to ask questions and explore the concepts and laws for driving in Illinois. Any questions prior to the meeting can be sent to Bryan Kelly at kelly31@uiuc.edu.

Movie and a Snack

The Movie and a Snack program will be held on Sunday, February 1 at 1 p.m. at the Orchard Downs Community Center. We will be viewing “The Pursuit of Happyness,” rated PG-13, starring Will Smith. Snacks will be served, including smiley face cookies. Come join us for an afternoon of relaxation and fun! Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Money Budgeting Workshop

Are you interested in learning how to manage and use your money more effectively? Learning Initiatives is offering a Money Budgeting workshop to show you how. The program will meet on Friday, January 30 at 4 p.m. at the FGH Office. Any questions can be sent to Bryan Kelly at kelly31@illinois.edu. Hope to see you there!

Saturday Fitness on January 31

Due to the Chinese New Year Celebration on Saturday, January 31, from noon to 3 p.m., Saturday Fitness will be moved to 5-7 p.m. that same day (01/31/09) at the Orchard Downs Community Center. If you have any questions, please email Paul Morgan at pamorgan1@gmail.com.



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.

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.

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.)



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 office hours will be held on **Wednesdays** from 10:30 a.m. to 1:30 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
1841 S. Orchard Place
Urbana, IL 61801
Paid for in part by S.O.R.F. 900 COPIES