



Neighborly News



Family Housing Council

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Weekly Reminders

Saturday, February 2

Sewing Room 10am at LRC
Movie & a Snack: France 1pm at CC

Sunday, February 3

Ice Cream Social 2:30pm at CC

Tuesday, February 5

Babies Lap Time 9:15am
Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
Valentine Bingo 6:30pm at CC

Wednesday, February 6

Mindfulness for Stress Reduction 10am at FRC

Pest Control:

On Monday, February 4, apartments 2108: 101-104, 201-204, and 301-304; and 2110: 301-304 will be treated. On Friday, February 8, apartments 2104: 101-104; and 2106: 101-104, 201-204, and 301-304 will be treated. To request treatment, visit the website below.

Submit Maintenance Requests to:

<http://iservice.housing.uiuc.edu>

FHC Monthly Public Meeting

The next FHC meeting will be held on Friday, February 29 at 5:45pm at the CC. Join us for snacks and drinks. All residents are welcome.

Mindfulness for Stress Reduction

Registration Required

Could you use a little relaxation in your life? In this 6-week series, we will listen to short, pre-recorded lessons by well-respected teachers such as Jon Kabat-Zinn, Ph.D., and will use our bodies and breath as points of awareness during guided and individual meditation practice.

This series will begin **Wednesday, February 6**, from **10 to 11am** and will be held at the **Family Resource Center (apt. 1834-A)**. Please contact Amanda to sign up for this series of classes (333-5665 or amandaj@uiuc.edu). This program is for adults and is not suitable for children.

TMA iService Desk for your Maintenance Requests

Do you have maintenance or repair requests? Then submitting an online maintenance request through the TMA i-Service Desk is the best and fastest way to do it. Please follow these easy steps to submit an online maintenance request:

1. Go to <http://iservice.housing.uiuc.edu/>
2. Select "Submit a Work Request"
3. Under "Select Complex," please select Orchard Downs
4. Then select your building
5. Type in your basic information and the nature of your request in the spaces provided and click submit

Feel free to contact Family & Graduate Housing Office at famhous@uiuc.edu at anytime if you have questions.

Krannert Center: Festival Dance 2008

This year's Festival Dance will feature four masterful dance makers: Bill T. Jones (2007 Tony Award Winner), Tere O'Connor, Renée Wadleigh, and Linda Lehovec. Lehovec's new work entitled Three Barks Away from a Howl will be performed by University of Illinois student dancers. Festival Dance will be showing at the Krannert Center for the Performing Arts from **January 31 to February 2**. For show times and tickets check www.krannertcenter.com or call 333-6280.



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.

Parent/Child Playgroup

Parent/Child Playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Children should be 5 years old or younger. Playgroup is held on **Tuesdays** from **10-11:30am**. Please contact Amanda with any questions at amandaj@uiuc.edu or 333-5665.

Cooking Club

Do you like to try new recipes and eat good food? Then Cooking Club is for you! Cooking Club is held on **Tuesdays** at the **Community Center** from **2-3pm**. Children are always welcome; however, no child care assistance is available. Parents are responsible for the supervision and safety of their children. If you have questions, please contact Amanda at 333-5656 or amandaj@uiuc.edu.

Close “Knit” Community Workshop

If you want to knit, this is a great workshop for you. We are going to make a baby sweater over the course of 4-7 weeks. But first, we’re going to learn to knit and practice by knitting for our community! There will be several things you can choose to knit and contribute. If you are interested, please email Sonia at sillybluefrog@yahoo.com.

Valentine Bingo

Come out for night of Bingo and prizes with your family and friends! Bingo will be on **Tuesday, February 5** at **6:30pm** at the **Community Center**. If you have any questions, email Samantha at kunze@uiuc.edu. See you there!

Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy. It is for this reason that we would like to welcome your newborn into the Orchard Downs community with a 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 Amanda Johnson by phone at 333-5665 or by email at amandaj@uiuc.edu.

Ice Cream Sundae Social

Come and create your ice cream sundaes with your friends and neighbors! We will be having an ice cream social on **Sunday, February 3** at **2:30pm** at the **Community Center**. We will be providing ice cream and many different toppings for your creations. If you have any questions, email Samantha at kunze@uiuc.edu. See you there!

Babies Lap Time

Join us on **Tuesday, February 5** at **9:15am** for rhymes, music, and games for children ages birth to 24 months with an adult. We will be leaving from the FGH Office. If you have any questions, email Samantha at kunze@uiuc.edu.

Movie & a Snack: France

This month, two FGH residents from France will be hosting this event and making crepes! Join us at the **Family Resource Center** at **1pm** on **Saturday, February 2**, as we watch the French film “Delicatessen.” If you have questions about this event or would like to host a Movie & a Snack event representing your country, please contact Carie at cbiresc2@uiuc.edu or Amanda at amandaj@uiuc.edu.

Advertise on the Family Housing Council Website

Do you want to publicize an event to the Orchard Downs community?

Are you holding a moving sale? Do you want to buy reasonably priced household items?

Are you looking for a roommate?

Do you want to share a ride?

The Orchard Downs Discussion Board is a great venue for that! It’s online, it’s free, and everybody has access to it by visiting <http://bb.odfhc.org/index.php> (click on the discussion board link in the navigation menu). We are looking forward to your announcements!



Street Sense: It's Common Sense

Basic Street Sense

Wherever you are—on the street, in an office building or shopping mall, driving, waiting for a bus or subway—stay alert and tuned in to your surroundings. Send the message that you're calm, confident, and know where you're going. Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.

Know the neighborhoods where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, and restaurants, or stores that are open late.

On Foot: Day and Night

Stick to well-traveled streets. Avoid shortcuts through wooded areas, parking lots, or alleys.

Don't flash large amounts of cash or other tempting targets like expensive jewelry or clothing.

Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket, not a back pocket.

Try to use automated teller machines in the daytime. Have your card in hand and don't approach the machine if you're uneasy about people nearby.

Don't wear shoes or clothing that restrict your movements.

Have your car or house key in hand before you reach the door.

If you think someone is following you, switch direction or cross the street. Walk toward an open store, restaurant, or lighted house. If you're scared, yell for help.

Have to work late? Make sure there are others in the building, and ask someone—a colleague or security guard—to walk you to your car or transit stop.

On Buses and Subways

Use well-lighted, busy stops.

Stay alert! Don't doze or daydream.

If someone harasses you, don't be embarrassed. Loudly say "Leave me alone!" If that doesn't work, hit the emergency device.

Watch who gets off with you. If you feel uneasy, walk directly to a place where there are other people.

Source: www.sacsheriff.com/crime_prevention/documents/home_safety_12.cfm

Holidays: Chinese New Year

The Chinese New Year is the celebration of the New Year as based upon the Chinese calendar. New Year's Day is the Beginning of Spring and lasts for fifteen days. The New Year is often referred to as the Spring Festival. New Year's Eve is a very important part of the celebration, too. A large feast is served in the evening, for which the whole family gathers. After the meal, the family stays up for the night playing cards, games, or watching special TV programs dedicated to the occasion. Customs may vary throughout the geographical regions in China, but the underlying theme is a wish of peace and happiness for family members and friends. This year, Chinese New Year begins on February 7, 2008.



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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.

Planned Parenthood

This service provides sexual and reproductive health care **every second Wednesday of the month** from 6 to 8pm.

Mobile Clinic by CUPHD

Mobile programs and services are a wide variety of affordable programs offered by Champaign-Urbana Public Health District (CUPHD) to meet residents' health care needs. This mobile program will be offered **once every month on a Thursday** from 2-4 pm on the **South Laundry parking lot closest to the MCHC**. Please refer to Orchard Downs calendar for the clinic service schedule. Some of the services that will be offered include Illinois Diabetes Control Program, Illinois Breast and Cervical Cancer Programs, HIV and STD screening, smoking cessation information, disease management education, blood pressure checks, referrals into other programs, and Immunizations. For details, please email mchc@uiuc.edu.

Women, Infants and Children (WIC)

This program will be offered **every other Friday afternoon** from 1 to 4pm at the **MultiCultural Health Center**. These services are provided for women, infants and children, and are offered by the Champaign Urbana Public Health District. Some of the services provided to WIC participants include supplemental nutritious foods, nutrition education and counseling, screening and referrals for other health services, welfare, and social services. For more information, email mchc@uiuc.edu.

Thursday Clinic Services

The Champaign County Christian Health Center (CCCHC) offers clinic services on the **second and fourth Thursday evenings of the month** from 6 to 9pm. The clinic will be staffed with a physician and/or a nurse practitioner. For more information, please email mchc@uiuc.edu.

NEIGHBORLY NEWS

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