



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, February 27, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, February 7

Indianapolis Trip 7am at FGH
REGISTRATION REQUIRED
Sewing Room 10am at LRC
Saturday Fitness 10am at CC

Monday, February 9

Rules of the Road 6pm at FGH

Tuesday, February 10

International Friendship Group 1pm at FRC

Wednesday, February 11

Parent-Child Playgroup 9am at FRC
Current Events 6pm at FGH

Friday, February 13

Cooking Club 2pm at CC

Pest Control:

During the month of February, Orchard Downs buildings 1902-1977 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

Online Lease Renewal Coming March

It's Fast. It's Easy. It's Convenient.

Looking for a fast, easy, and convenient way to renew your lease for next year? Family & Graduate Housing Online Lease Renewal is available **March 2–31** and is your opportunity to secure housing for next year before the time crunch of finals.

As you begin making your housing plans for next year, we encourage you to consider the following benefits you'll continue to enjoy in Family & Graduate Housing:

- A safe, convenient, and welcoming community
- Computer Centers in Orchard Downs & Goodwin-Green, open 7 days a week
- Hundreds of programs and activities offered each year for residents of all ages
- Friendly, knowledgeable office and facilities staff members who are ready and available to assist you
- Diverse and multicultural community
- Excellent live-in community aide staff and complex director
- MultiCultural Health Center available to all residents
- 24-hour emergency maintenance service available at your fingertips

Renew your lease online at your convenience from March 2 to March 31 just by visiting our website at www.housing.uiuc.edu/FHLR! The site also allows you to request an apartment transfer or to let us know that you will be leaving and your apartment will be available for a new resident next year.

Visit the FGH Lease Renewal Information site for a preview of the process (www.housing.uiuc.edu/FHLR/Information). The site includes details about how to renew online, how to set up a personal password, new rates for 2009-2010, and much more.

Please feel free to contact the Family & Graduate Housing office at 333-5656 during normal business hours with any questions. You can also email us at apartments@illinois.edu, or if you prefer to renew your lease in person, just stop by the office and we'll be glad to help.

You are an important part of our Family & Graduate Housing community. We hope that you will make us your housing choice for the future!



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.

International Friendship Group

Are you interested in getting to know others in the community? Do you like to learn more about other 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 child care 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.

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 child care 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 **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 our Family Relations Graduate Assistant Lauren Karr at 333-5656 or LKarr1@illinois.edu.

Urbana Free Library Trip

Would you like to sign up for a library card at the Urbana Free Library? Learning Initiatives programming is taking a trip to the Urbana Free Library on **Friday, February 6**. We will meet at the **FGH office** at **12:30 p.m.** and we will take the bus to the library. Bus tokens will be provided for those who do not have an i-card. Registration is required. If you would like to attend this trip, please email Bryan at kelly31@illinois.edu. Registration emails must be received by Wednesday, February 4.

Rules of the Road

Learning Initiatives will be offering a Rules of the Road workshop on **Monday, February 9**, at **6 p.m.** at the **FGH office**. We will discuss driving safety for the upcoming winter months. Other topics and questions from participants will be encouraged. Come join us! If you have any questions, contact Bryan at kelly31@illinois.edu.

Current Events

Would you like to discuss what is going on in the world? Come participate in discussions about events happening all over the world. The Current Events group will meet on **Wednesday, February 11** at **6 p.m.** at the **FGH office**. Newspapers and alternative media will be provided. Any questions can be sent to Bryan, at kelly31@illinois.edu.



Krishna Dinners at Red Herring

You are invited to a sumptuous vegetarian feast. The Krishna Dinners are offered on **Mondays** from **5:30 to 7:30 p.m.** at the **Red Herring** (basement of the Channing-Murray Foundation, 1209 W. Oregon St., Urbana). Dinner is all-you-can-eat for only \$5!

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 the Family Housing Council several years ago. It directly supports our mission to support student academic success. If you have any questions, please contact apartments@illinois.edu.

Town Hall Meeting on Student Insurance

The University of Illinois at Urbana-Champaign will soon need to finalize pricing for the 2009-2010 student health insurance program, underwritten by United Healthcare. The campus will host a Student Town Hall Meeting to provide information on the current plan and to provide students with an opportunity to raise questions and voice their opinions about the plan. The Town Hall Meeting will be held from **4:00-5:00 p.m.** on **Tuesday, February 10** in the **Illini Union, Pine Lounge**.

International Students Support Group

Feeling lost in a new culture? Missing family and friends? Striving for academic success? Struggling to adjust to U.S. culture? Wanting to make new friends? There's a group for international students that meets weekly to connect with others who share your concerns and to discuss ways to improve your experience at Urbana-Champaign.

WHEN: Thursdays 3:30–4:50 p.m. (weekly group, newcomers welcome throughout semester)

WHERE: ISSS (4th floor of Student Services Building)

WHO: International students

GROUP LEADERS: Kusha Gujrati, Psy.D. & Kenneth Wang, Ph.D.

If interested, please call (217) 333-3704, email Kusha (kgujrati@illinois.edu), or just come over to join us. We are starting on **Thursday, February 5**.

Essay on International Education

The University of Illinois is celebrating international education during the week of **March 9-15, 2009**. Family & Graduate Housing (FGH) is a world in one community. Residents of FGH, including children, are encouraged to submit an essay on the topic of "International Education" with a minimum of 100 words to a maximum of 1,000 words. There is no age limit for participation. With your approval, best essays will be posted in the International Education Week webpage at www.ilint.uiuc.edu/iew and also published in the apartment newsletter. Completed essays with your name, email address, and apartment number must be submitted to Cecilia Lau at ceciliaclau@gmail.com by **Friday, February 20** and handwritten essays can be submitted to the Family & Graduate Housing office. All children who participate will receive a small gift. The top three essays written by adults will receive a prize and certificate from Family & Graduate Housing.

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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WWW.ODFHC.ORG

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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 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

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Family & Graduate Housing
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