



# 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 28

Sewing Room 10am at LRC  
Saturday Fitness 10am at CC  
MTD Workshop 1pm at FGH  
Guitar Hero Tournament 3pm at FGH

### Sunday, March 1

Kids' Movie & Snack 12:30pm at CC

### Monday, March 2

Volunteer Club 6pm at FGH

### Tuesday, March 3

International Friendship Group 1pm at FRC

### Wednesday, March 4

Parent-Child Playgroup 9am at FRC  
Book Club 6pm at FGH  
Ping Pong Night 6pm at CC

### Friday, March 6

Cooking Club 2pm at CC

### Pest Control:

During the month of March, Orchard Downs buildings 2001-2039 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

## Renew Your Lease Starting March 2

**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 **March 2–March 31** and is your opportunity to secure housing for next year before the time crunch of finals occurs.

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 who are ready and available to assist you
- Diverse, 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 through March 31 just by visiting our website at [www.housing.illinois.edu](http://www.housing.illinois.edu) (you can click on the announcement for Lease Renewal). The site allows you to renew your parking permit, request an apartment transfer, or let us know that you will be leaving and your apartment will be available for a new resident next year. Use the site to let us know the date you will be vacating, and your security deposit will be promptly refunded!

You can also visit the FGH Lease Renewal Information website for a preview of the process ([www.housing.illinois.edu/FHLR/Information](http://www.housing.illinois.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. If you have any questions, feel free to contact the Family & Graduate Housing Office at 333-5656 during normal business hours. You can also email us at [apartments@illinois.edu](mailto: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 and Graduate Housing community. We want to be your housing choice for the 2009-2010 academic year.



# Community Programs

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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.

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## 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.

## 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](mailto:LKarr1@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. Current Events will meet on **Monday, March 9** 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](mailto:kelly31@illinois.edu).

## 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).

## Kids' Movie & a Snack

Learning Initiatives and Special Events will be having Kids' Movie & a Snack on **Sunday, March 1** at **12:30 p.m.** in the **Community Center!** We will be watching "The Cat in the Hat" and a fun Dr. Seuss snack will be served. We ask that children who participate be at least 4 years old. Any questions can be sent to Bryan at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## Volunteer Club

Are you interested in volunteering around the community? Learning Initiatives is starting the Volunteer Club and we will have our first meeting on **Monday, March 2** at **6 p.m.** in the **FGH office**. We will discuss the types of activities that members would like to do and set up times that everyone can participate. Come with ideas and suggestions! Any questions can be sent to Bryan at [kelly31@illinois.edu](mailto:kelly31@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](mailto: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! 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](mailto:LKarr1@illinois.edu).

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## Global Partners Spring 2009

Global Partners is an opportunity to converse in English with University of Illinois students from the United States and around the world. This is a free program with the goal of improving conversational English skills and comprehension as well as cultural understanding. Meetings are held **every Tuesday or Thursday** at **6 pm** in the **Illini Union Basement** by the Chick-fil-A restaurant. Students, Researchers and their Spouses and Families are encouraged to attend, though all are welcome. For more information and weekly updates, please email Josh at [uiucglobal@gmail.com](mailto:uiucglobal@gmail.com).



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## International Education Week Photo Contest

Submit your best photo for the 2009 International Education Week Photo Contest. Use your photography to illustrate the IEW theme, "Connecting You to a World of Opportunities!" Submissions will be judged on quality and the way in which they illustrate how UI students are engaging internationally. Winning submissions will be recognized at the IEW keynote address on **Friday, March 13**, and will be on display throughout the month of March. Winners will receive gift certificates for local merchants. For more about International Education Week, March 9-13, visit us <http://www.ilint.uiuc.edu/iew/about.php>. To submit, send your digital photo (only one per student) and up to 300 words explaining how your photo illustrates the theme "Connecting You to a World of Opportunities!" to [intstudies@illinois.edu](mailto:intstudies@illinois.edu) by 5 p.m. on Friday, February 27.

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## Free Pre-Natal Vitamins at Meijer

Five leading brands of pre-natal vitamins are available in all Meijer pharmacies now. These vitamins are specifically for women who have become pregnant or those anticipating future conception. This free offer includes a one-month free prescription with unlimited refills.

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## Provena Quick Clinic

Provena Quick Clinic is a convenient care clinic for both students and area residents. Provena medical group offers care on weekends at the Provena Quick Clinic to serve families of the community who need care when their primary care physician's office is closed. If it's not life-threatening, skip the ER and come to the Provena Quick Care Clinic! If you have any questions, please email Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

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## Counseling Center: Free Programs

Here is a list of free, fun, and interesting programs designed and facilitated through the University's Counseling Center. All programs are held on Tuesdays at 7 p.m. in Multipurpose Room # 3 at the Athletics and Recreation Center (201 E. Peabody Drive, Champaign).

### March Programs:

March 3—"Beyond Counting Sheep—Dealing with Sleep Difficulty"

March 10—"Hope and Help for your Nerves—Managing Anxiety"

March 17—"Taming your Cyber-Tooth Tiger—Managing Your Internet Usage"

March 31—"Two Cultures, One Love—Multicultural Dating"

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

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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.

### Space Managers

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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](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

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