



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, April 24 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, April 11

Sewing Room 10am at LRC
Saturday Fitness 10am at CC
Healthy Living 1pm at FGH
Great Egg Hunt 1pm at CC

Tuesday, April 14

International Friendship Group 1pm at FRC
Rules of the Road 6pm at FGH

Wednesday, April 15

Parent-Child Playgroup 9am at FRC
Book Club 6pm at FGH

Thursday, April 16

All Kids Health Registration 6pm at LRC

Friday, April 17

Earth Awareness Noon at LRC
Cooking Club 2pm at CC

Pest Control:

During the month of April, Orchard Downs buildings 2040-2087 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

FHC 2009-2010 Elections are Coming

Nominations for potential candidates for the positions of President, Vice President, Executive Secretary, Treasurer, and Recording Secretary are open. The elected officials will get a rent credit of \$100 and \$75 for the position of President, and the others respectively. The number of nominations for each office is not limited. A nomination sheet will be placed at the Family & Graduate Housing office from April 13 to April 22, 2009. More information about the duties of each elected officer, the Election Rules and Eligibility and the Application Form can be found at Family Housing Office in paper form and on "The Council" at www.odfhc.org.

All the applicants are required to complete an application form by April 22, 2009. On Friday, April 24, the candidates will have an opportunity to introduce themselves at the public meeting. It is the time for all of us to get out and actively participate in this important event. The FHC comprises of five board members that are Orchard Downs residents. FHC is a graduate student organization in the University Housing apartment community. The newly elected board members will take office June 1, 2009 through May 30, 2010, following the election. The duties are varied and range from safeguarding the interest of the residents to organizing activities and programs.

You can participate in this event in two ways: first by nominating qualified people to serve as board members of FHC, and secondly by casting your vote during the election time. But what do we mean by a "qualified" person? What are some of his/her characteristics?

Though there are some fringe benefits for the FHC officers, these positions are voluntary. The material benefit that an officer receives is meant to be only an incentive and not a salary. Therefore, a FHC candidate must be bestowed with some special characteristics such as:

1. Dedication: He/She must be a dedicated person, who loves to get involved in an international community, enjoy serving his/her neighbors and is interested in the welfare of the community.
2. Familiarity with Orchard Downs life: Orchard Downs is a unique community with international families representing a diversity of cultures with different backgrounds and different value systems.
3. Time Availability: To fully accomplish his/her duties, an officer must have enough free time to dedicate to FHC and must attend all the meetings and actively participate in organizing activities or programs.
4. Organization and Efficiency: To be successful in serving the community he/she must be organized and committed to the job, and be a team player.
5. Objectivity: A FHC officer must be able to transcend the national and cultural boundaries in order to better serve the community.

FHC is determined to actively involve residents and encourage participation in this year's Orchard Downs Family Housing Council Election. Please look for qualified people among your friends and your neighbors and nominate them. More information about the duties of each elected officer and the election rules and eligibility can be found at www.odfhc.org in the FHC Constitution form. Feel free to contact FHC with any questions you may have.



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.

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.

International Friendship Group

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.)**. 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.

Hot Topics

IMSS Medical Screening Day

The MultiCultural Health Center and Illini Medical Screening Society (IMSS) invite you to a medical program which includes the following **FREE** medical tests: fasting blood sugar, a full lipid profile (cholesterol and triglycerides), blood pressure, and Hemoglobin A1c test (if needed).

A physician volunteer will be present with IMSS. Once a client completes the consent form, medical history, and social survey, an IMSS member conducts the tests and presents the case to the supervising physician to discuss.

Please keep in mind if you're interested in receiving a Fasting Blood Sugar test you must fast (not eat anything for at least 6 hours prior to the test) before arriving. Because we know this is often difficult and troublesome we have arranged to have this program in the morning. The screening will be held on **Saturday, April 11** from **9 a.m. to 1 p.m.** at the **MultiCultural Health Center (2040-A Orchard Downs)**.

Family and Housing Safety

The MultiCultural Health Center invites you to a program about family safety plans for specific incidents in the home (i.e., fire safety plan, what to do if a child is home alone and something happens, emergency situations, hazardous environments, etc.).

Throughout the program, participants will strategize safety plans for these incidents and more. You can never be too prepared when it comes to safety. This program will take place on **Tuesday, April 28** from **6 to 7:30 p.m.** at the **Learning Resource Center, 2044A Orchard Downs**.

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.

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.



Final Fling Volunteers Needed

The Final Fling is just around the corner and we're looking for residents to help put on this big event! There will be lots of food, music, games and FUN! The date is **Saturday, May 16** with the rain date of Monday, May 18. You may choose to set up, cook or serve food, make/serve cotton candy and popcorn, monitor children's game, or clean-up. If you are interested in helping and being a part of this event, please contact Sara Jenkins at jenkins@illinois.edu.

All Kids Health Insurance Registration Night

This program will provide a question and answer session about All Kids health insurance, as well as an opportunity to register for the insurance. There will be a Champaign Public Health Department Representative available to assist in answering questions and filling out registration forms. The program will be offered on **Thursday, April 16** from **6 to 8 p.m.** at the **LRC, 2044-A Orchard Street**.

The All Kids program offers Illinois' uninsured children comprehensive health care that includes doctor's visits, hospital stays, prescription drugs, vision care, dental care, and medical devices like eyeglasses and asthma inhalers. Parents pay monthly premiums for the coverage, but rates for middle-income families are significantly lower than they are on the private market. For example, a family of four that makes about \$27,000 to \$30,000 of gross income each year does not have to pay any premiums. A family of four that makes about \$30,000 to \$40,000 of gross income each year pays premiums of \$15 per month for one child and \$25 for two children. Children are eligible for All Kids health insurance if they live in Illinois and are age 18 or younger. A child that is eligible for All Kids has 12 months of guaranteed coverage, unless they move out of Illinois or turn 19. All Kids health insurance will not affect your child's immigration status as long as your child does not receive long-term care in a nursing home or mental health facility. Children with a pre-existing medical condition can also get All Kids.

If you have any questions, please email Paul Morgan, MultiCultural Health Center graduate assistant, at pamorgan1@gmail.com or Cathy Ito, R.N. M.S., at cito@c-uphd.org.

Kids Club Receives Honorable Mention in Edible Book Contest

Community Aide and storyteller Claudia Serbanuta was a featured guest at the Orchard Downs Kids Club after-school program on March 30. The children were entertained by Claudia as she told the story of "The Blind Man and the Elephant." Afterwards the children participated in making an elephant cake to represent their entry in the University of Illinois Library's Edible Book Contest. The contest was held on March 31 at the campus YMCA. Kids Club received an honorable mention for their efforts. Congratulations! Thank you, Claudia!

Special Populations Health Fair

"Jazz Up Your Health!" is the theme for the 16th annual Special Populations Health Fair, sponsored by McKinley Health Center. The fair will be held on **Tuesday, April 21** from **10 a.m. to 3 p.m.** in **Illini Union Rooms A, B, and C**. This event presents a one-stop shop in a carnival-like atmosphere where a number of screenings including cholesterol, blood pressure, spinal checks, and massage/manicure services will be available for free. There will also be dance performances, exhibitions, and interactive educational games, including information booths on nutrition, sexual health, stress management, fitness, and drugs and alcohol. You also have the opportunity to make a donation to the community organization Crisis Nursery, which is dedicated to the prevention of child abuse and neglect through the provision of emergency intervention, respite care, and support to families in crisis. In return for a donation, you will be entered in drawings to win gift cards and other prizes.

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 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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