



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 18

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

Tuesday, April 21

International Friendship Group 1pm at FRC
Safety Week Coloring Contest 6pm at CC

Wednesday, April 22

Parent-Child Playgroup 9am at FRC

Friday, April 24

Cooking Club 2pm at CC
Family Housing Council 6pm 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

Community Aide Positions Available

Community Aides (CA) are residents within the Orchard Downs community who act as a liaison between the people in their surrounding area and the Family & Graduate Housing office. The CA position for Neighborhood 5 (Apartments 1961-2025 all odd #s) and Neighborhood 13 (Apartments 2211, 2113, 2201-2205 Odd #s) is open for the June 1, 2009-May 31, 2010 appointment. Reappointment is available for Community Aides who complete their job responsibilities and have a satisfactory evaluation. Ways in which Community Aides fulfill their responsibilities include, but are not limited to:

- Greeting new residents in their area and helping them become acquainted to the Urbana-Champaign community
- Encouraging social interaction and well-being among community members through various efforts
- Responding to resident conflicts and complaints
- Attending staff meetings, Family Housing Council meetings, and training sessions

Full-length job description and applications for Community Aide positions in Orchard Downs are now available in the **Family & Graduate Housing office**. CA will receive a monthly rent reduction of \$500. The quality of your application will determine if you will receive an interview and applicants living in the open neighborhood will receive priority in the interviewing process. Visiting scholars (on J1 visas) are not eligible for this position. If you wish to apply with your spouse/partner, you must each fill out an application. If you have additional questions about these positions, please contact Indira Rajagopalan at indira@illinois.edu. Please return your completed application to the Family & Graduate Housing office by **Friday, April 24, 2009 before 5 p.m.**

FGH Announces Junior Club

Family & Graduate Housing announces Junior Club, a new after-school program for Orchard Downs residents aged 3 to 5 who are toilet-trained. The program will be held at the **Orchard Downs Community Center, Monday through Friday, from 3 to 5:30 p.m.**

The program will begin **Monday, August 24**. Junior Club will offer opportunities for the children to engage in social, recreational, and educational activities. Children enrolled in the Orchard Downs Pre-School have first priority to the program's openings. Open registration will be held in August.

For further information and questions, please contact the Children's Programming Coordinator, Sara Jenkins, at jenkins@illinois.edu.



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.

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.

Ice Cream Social

On **Saturday, April 25** we will have an ice cream social at the **Community Center**. We will have a variety of ice cream and toppings. It will start at **1 p.m.**

Hot Topics

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.

Coming Soon: Summer Fun for Children

Mark your calendars now for Children’s Day Camp, which will take place **July 6-10** from **9 to 11:30 a.m.** at the **Orchard Downs Community Center**. This camp is free and for any child from kindergarten through 5th grade. The camp includes great stories from the Bible, fun games and crafts, beautiful songs, snacks, and neat prizes! Also, a free lunch will be provided for all the families on Friday. To register ahead of time or to get more information, contact Ruth Krehbiel at 384-3085 or ruthkk7@sbcglobal.net. This event is open to children of all nationalities and religious backgrounds.

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.

Safety Week Coloring Contest

On **Tuesday, April 21**, we will have a coloring contest at the **Orchard Downs Community Center**. It will be begin at **6 p.m.** We will color pictures related to safety week and learn more about safety!

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.



FHC 2009-2010 Elections are Coming

Nominations for the potential candidates for the positions of President, Vice President, Executive Secretary, Treasurer, and Recording Secretary are open. The elected officials will have a rent deduction for \$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 the Family & Graduate Housing Office in paper form and on "The Council" at www.odfhc.org.

All the applicants are required to complete an application form before the due date (April 22, 2009). On Friday, April 24, the candidates will have an opportunity to introduce themselves on the public meeting. It is the time for all of us to get out and actively participate in this important event. The FHC which is composed of five Orchard Downs residents is basically a student organization which represents the Orchard Downs Family Housing to the University. The new executive Committee which is elected in May will take office as of June following the election. Their duties cover a wide range from safeguarding the interest of the residents to organizing activities or programs.

We can participate in this event in two ways: first by nominating qualified people for the FHC, and secondly by casting our 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 basically voluntary services. 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, enjoys serving his/her neighbors and is interested in the community welfare.
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 it to the FHC, to 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 take the position as seriously as a paid job, because it is a lot to do during one term plus he/she has to work in a team.
5. **Objectivity:** A FHC officer must be able to transcend the national and cultural boundaries in order to better serve the community.

This year we are determined to actively take part in the Orchard Downs Family Housing Council Election. 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.

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@c-uphd.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
Family Housing Council
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