



Neighborly News

Family Housing Council

Vol. 35 Iss. 16 • April 18, 2008



Weekly Reminders

Saturday, April 19

Sewing Room 10am at LRC
Circuit Training 10am at CC

Monday, April 21

Meijer Trip 5:45pm at FGH

Tuesday, April 22

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
Free Developmental Screenings 5:30pm at FRC
REGISTRATION REQUIRED

Wednesday, April 23

Opera: Armide 6:30pm at FGH
REGISTRATION REQUIRED

Friday, April 25

Yoga 11:30am at FGH
REGISTRATION REQUIRED

Pest Control:

On Monday, April 21, apartments 2074: A-D; 2080: A-D; 2082: A-D; and 2084: A-D will be treated. On Friday, April 25, apartments 2075: A-D; 2073: A-D; 2071: A-D; and 2065: A-D 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, April 25 at 5:45pm at the CC. Join us for snacks and drinks. All residents are welcome.

Register for Orchard Downs Pre-School

We are now accepting pre-school registrations for Fall 2008. If you are interested in enrolling your child (ages 3 to 5 years old), please check our website at www.housing.uiuc.edu/living/apartments or pick up an application at the FGH Office or the pre-school located in the Community Center. Payment of a registration fee of \$50 will secure a space for your child. If you have any questions, please call Connie Bryan, director, at 333-3497 during school hours.

Orchard Downs Redevelopment Survey

The survey is here! Your participation in this survey is important to help shape the future of Orchard Downs the way you want it. By now every leaseholder in Orchard Downs should have received instructions on how to fill out an email survey regarding the future of Orchard Downs. The survey was launched on April 9, 2008 and will close on Wednesday, April 30, 2008. Be sure to complete the survey in order to be entered into a raffle drawing. The prizes are two 27-inch televisions and two \$50 rent credits (limit one prize per apartment). Participation in this survey is voluntary and will not affect your relationship with the University of Illinois. All responses will be kept confidential. For more information about the survey, please visit www.orcharddownsonline.org.

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 10** with the rain date of Monday, May 12. You may choose to set up, cook or serve food, make or serve cotton candy, monitor children's games, or clean-up. If you are interested in helping with any part of this event, please contact Sara Jenkins at jenkins@uiuc.edu.

Marriage Seminar & Brunch for Married International Students & Scholars

Take a break and join us for a delicious meal and hear some advice and encouragement on how to balance academic pressure with marriage and family responsibilities. There is no cost but pre-registration is needed by Friday, April 18. Babysitting will also be provided for those who pre-register. The brunch will be held at **Twin City Bible Church**, on the corner of Lincoln Avenue and Michigan, on **Saturday, April 19** from **11am to 1pm**. To register or to find out more information, please contact Ruth at ruthkk7@sbcglobal.net or 384-3085.

Free Luncheon for Orchard Downs Community

Sigma Pi Fraternity and Alpha Omicron Pi Sorority are organizing a luncheon for Orchard Downs residents as part of the Altruistic Campus Experience on **Sunday, April 20** from **10-1pm** at the **Community Center (510 George Huff Drive)**. There will be plenty of food and games that all age groups will enjoy. If you have any questions, please contact Benjamin Angel at bangel2@uiuc.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.

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.

Kid's Afternoon Playtime

The next Kid's Afternoon Playtime will take place on **Sunday, April 27** from **1-3pm** at the **Community Center**. This is an opportunity for kids to get together for supervised, structured play while giving parents a bit of a break on the weekend. Please register for this event by contacting either Carie at cbiresc2@uiuc.edu or Samantha at kunze@uiuc.edu. Hope to see you there!

Family Reading Night at Champaign Public Library

On **Monday, April 28** we will be traveling to the Douglass Branch of the Champaign Public Library for Family Reading Night. At this family-friendly event you can bring a book to share or choose one at the library. Refreshments will be served along with a book giveaway! Registration is required—please contact Carie at cbiresc2@uiuc.edu. We will leave from the **FGH Office** at **5:45pm** and will return to Orchard Downs around 7:30pm. Feel free to contact Carie with any questions you may have, or visit the Champaign Public Library website (www.champaign.org).

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.

Free Child Developmental Screenings

On **Tuesday, April 22** from **5:30 to 7:30pm**, Mary Petre from Developmental Services Center will be at Orchard Downs to provide free Developmental Screenings to children from the ages of birth to three years. Developmental Screenings are a great way to ensure that your child is reaching all cognitive, physical, emotional, and social developmental milestones. Routine screenings are very important as the first three years of life are crucial for development. The screenings will take place at the **Family Resource Center** located at 1834-A. It is strongly recommended that you register for this event by contacting Carie at cbiresc2@uiuc.edu.

Community Updates

Dental Hygiene Clinic at Parkland College

For \$10 you can receive dental examinations, oral hygiene instruction, medical history reviews, cleaning, fluoride treatments, and X-rays. Each appointment is approximately one to one-half hours long and must be made in advance by calling 217-351-2221. Please arrive at the clinic 5 to 10 minutes prior to your appointment. Be aware that babysitting is not available. There is no charge to children under 12, adults over 62, Medicaid recipients, or Public Aid recipients. Children under the age of four cannot be treated. The dental hygiene clinic is open **Monday through Friday** from **8am to 5pm**. The clinic is closed on Saturdays and Sundays. The clinic is located at 2400 West Bradley Ave, Champaign, IL 61821. For more information, visit www.parkland.edu/hp/dental/clinic.html.

Exciting, Free Health-Related Events

On **Tuesday, April 22**, the McKinley Health Center's Special Populations Student Health Concerns Committee (SPSHCC) will be hosting its 15th Annual Health Fair. SPSHCC committee is a registered student organization and has been active in the campus for several years. The health fair will be at **Illini Union, rooms A, B and C** from **10am to 3pm**. The health fair is comprehensive and is designed to provide a variety of free learning experiences to students in health/allied health careers. It is also designed to promote illness prevention and general wellness. Some of the key services already planned include: blood pressure screenings, cholesterol screenings, and massages. Information booths on nutrition, stress management, fitness, sexual health, cosmetology, and general wellness will also be available. All services are free!

On **Sunday, April 20**, at **4pm** at **Foellinger Auditorium** the McKinley Sexual Health Peers will co-sponsor the stage play "What You Don't Know Can Kill You." It is free and attendees will be given a chance to win a laptop computer.



Saturday Fitness Training at Community Center

Our new fitness training program will be conducted on Saturdays, beginning **Saturday, April 12** from **10am to noon** at the **Community Center** (unless otherwise notified). You will be engaging in circuit training exercises with Paul, who is a trained professional. Circuit training is a great way to encourage group motivation and commitment to building a healthy mind and body.

Circuit training is a type of interval training in which strength exercises are combined with endurance/aerobic exercises, combining the benefits of both a cardiovascular and strength training workout. 'Circuit' means a group of activities and refers to a number of selected "stations" positioned around the facility that are to be visited in rapid succession. The range of stations includes those comprising resistance equipment (e.g. hydraulic equipment or free weights), as well as allocated spaces to do squat thrusts, push-ups, jumping jacks, sit-ups, and other exercises. Each person will complete the activity in one station before they proceed to the next station. Then they will continue until they have passed through all stations once or twice as required, or until a certain time requirement has been met.

This is fast-paced weight training where you move from exercise to exercise –sometimes running from one to another–without taking a break. Many exercises focus primarily on strengthening or cardiovascular activity, but circuit training combines both. You get to build up your muscles and your heart! Anyone over 16 years of age is welcome to participate. There will be no child care available during the program. For questions and registration, contact Paul at pamorgan1@gmail.com.

Orchard Downs Family Housing Council 2008-2009

Elections Rules and Eligibility

The Orchard Downs Family Housing Council (ODFHC) Elections Committee wants to inform all the residents of Orchard Downs about the election rules and eligibility of the upcoming election.

FIRST: Only official lessees of Orchard Downs Family Housing units and their spouses will be eligible to vote in the election and to hold office in the FHC.

SECOND: A maximum of two votes are allowed per housing unit, provided that their names appear on the records of the Family & Graduate Housing Office.

THIRD: Visiting scholars on J visas can be nominated, but they cannot be paid once they are elected.

FOURTH: A resident can only run for one office position. Those who work as officers in the Family & Graduate Housing Office are not allowed to hold office positions in the FHC.

FIFTH: The number of nominations for each office is not limited. A nomination sheet will be placed at the Family & Graduate Housing Office from April 14 to April 24, 2008. All the applicants are required to complete an application form before the due date (April 24, 2008).

SIXTH: Non-candidate officers and some volunteers, if needed, must be present during the election.

SEVENTH: All the campaign advertisements should be done before the election days. None of the election supervisors are allowed to advertise for candidates on the election days.

EIGHTH: The results will be published as soon as possible after the elections. An email of the results will be sent to all of the candidates, including the non-winners.

NINTH: Copies of the FHC Constitution will be placed in Family & Graduate Housing Office.

TENTH: President, Vice President and Treasurer nominees must hold an F1, J1 or J2 Visa if they are not U.S. citizens, or have an official University affiliation.



OFFICERS & STAFF 2007-2008

FAMILY HOUSING COUNCIL
WWW.ODFHC.ORG

President

Elham H. Fini
ehajjal2@uiuc.edu

Vice President

Alexandra Seceleanu
asecele2@uiuc.edu

Treasurer

Qinping Feng
qfeng4@uiuc.edu

Executive Secretary

Ying Deng
ddy33_deng@hotmail.com

Recording Secretary

Larisa Puslenghea
epuslen2@uiuc.edu

NN Assembler

Lucy Zhang
xjin1@uiuc.edu

NN Distributors

Nishi Kumar, Jina Yi, Syeda Um-e-Laila
Zaidi, Felicia Barus, Weining Gu

Sewing Room Monitor

Feifei Zhan
sewinguiuc@gmail.com

Garden Manager

Kashif Muhammad
kmuhamm2@uiuc.edu

Webmaster

Sahan Dissanayake
sdissan2@uiuc.edu

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

Alyssa Nevin
alyssanevin@hotmail.com

Kashif Muhammad
kashif12pk@gmail.com

Leonard Muaka
muaka@uiuc.edu

Saijun Zhang
szhang11@uiuc.edu

NN Layout

Justin Parker, jparker@uiuc.edu

NN Editor

Erin Lukehart Ciciora, elukehar@uiuc.edu

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.

Thursday Clinic Services

The Champaign County Christian Health Center (CCCHC) offers clinic services **every Thursday of the month** from **6 to 9pm** 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, the following: 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. For more information, please contact CCCHC at 398-2914, visit www.ccchc2003.org, or contact the MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women, Infants and Children (WIC)

This program is 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. 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 cito@cupdh.org or over the phone at 531-4311.

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 or MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women's Health Clinic/Planned Parenthood

This program is offered on the **second Wednesday evening of every month** from **6 to 8pm**. Services are provided by Planned Parenthood of east central Illinois with fees based on income level for the following services (including but not limited to): annual gynecological exams, fertility and contraceptive counseling, sexually transmitted infection treatment and many other services related to women's health. For more information contact Planned Parenthood at 359-8022 or visit their website, www.ppeci.org.

Fitness Video Series

If you're looking for new workouts or intense exercises to learn then look no further! The Family & Graduate Housing Office will be offering free rentals of fitness DVDs. These DVDs provide exercise routines, interactive fitness education, and sweat-producing workouts! Drop by the office (**1841 Orchard Place**) and request to check out one of the exercise DVDs. They work great with group fitness programs for organizations and neighbors or can fulfill at-home exercise needs on an individual basis.

NEIGHBORLY NEWS

University of Illinois at Urbana-Champaign
Family & Graduate Housing
Family Housing Council
1841 S. Orchard Place
Urbana, IL 61801
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