



# 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 25

Sewing Room 10am at LRC  
Saturday Fitness 10am at CC  
Healthy Living 1pm at FGH  
Ice Cream Social 1pm at CC

### Sunday, April 26

Kids Night Out 4pm at CC

### Monday, April 27

Spring Crafts 6pm at CC  
Rules of the Road 6pm at FGH

### Tuesday, April 28

International Friendship Group 1pm at FRC  
Health & Wellness 6pm at LRC

### Wednesday, April 29

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

### Friday, May 1

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

## Register for Orchard Downs Pre-School

The Orchard Downs Pre-School is now accepting student applications for fall 2009! If you have a child 3-5 years old and are looking for a pre-school that will provide an excellent environment for early childhood learning, Orchard Downs Pre-School is the place! We offer a full-day class from 8:30 a.m. to 3 p.m. Monday through Friday, and a half-day class from 9 a.m. to noon, Monday through Friday. A Junior Club is also offered for free from 3 to 5:30 p.m. for both full-day and half-day Orchard Downs resident students.

Applications are available at the FGH office or online at [www.housing.illinois.edu/ODPS](http://www.housing.illinois.edu/ODPS). A non-refundable registration fee of \$50 is required upon application. If you have any further questions, please contact Connie Bryan at [bryan1@illinois.edu](mailto:bryan1@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](mailto:jenkins@illinois.edu).

## Recycle Your Electronics

Come to the annual Champaign County Computer & Electronics Recycling event on **Saturday, May 2**. The event will be held rain or shine, from **8 a.m. to 4 p.m.** in the Champaign County Fairgrounds Parking Lot north of Carle Hospital. Items accepted for free include: computers, cables and peripherals, networking equipment, servers, phones, cell phones, home electronics, small appliances, stereos, A/V equipment, CDs, VHS, DVD, Cassette, DAT, and all data tapes. Computer monitors will be accepted for a \$5 fee. Television fees are as follows: up to 23" (\$10), 24" - 40" (\$15), 40" and up & consoles (\$20). For more information, call (217) 328-3313.

## 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](mailto:ruthkk7@sbcglobal.net). This event is open to children of all nationalities and religious backgrounds.



# 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.

## 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).

## 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).

## 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](mailto: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.**

## Spring Crafts

To encourage spring and the warmer weather we are going to be making spring crafts! This activity will be held at the **Community Center** on **Monday, April 27** at **6 p.m.** Craft supplies will be provided and you can take the crafts home with you!

## Close-Knit Community Workshop

The knitting workshop is back! This workshop was run in Orchard Downs in Spring 2008, and was very successful. If you want to learn a new art and an enjoyable form of meditation, then consider signing up for this 3-4 month workshop this summer. Not only will you learn to knit, but you will contribute a pre-determined amount of clothes to others in our community. Upon completion of the first part of the workshop, we will make cable scarves (for you to keep!). A majority of the supplies will be provided to you for the duration of the workshop. Please send questions and register as soon as possible! There are limited spaces. Please write to Sonia at [sillybluefrog@yahoo.com](mailto:sillybluefrog@yahoo.com).

## 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).

## Little Touch Leap Pad

Do you have a child 6–36 months old? Are you looking for new ways to entertain and educate your child? Then Little Touch Leap Pad is for you. Little Touch Leap Pad introduces your child to the ABCs, letter sounds, numbers, shapes, and colors. Family & Graduate Housing has purchased one Little Touch Leap Pad for residents to check out for up to one week. If you have any questions, please contact Lauren Karr at [lkarr1@illinois.edu](mailto:lkarr1@illinois.edu).



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## Introduction to Anime: Lecture, Discussion, & Art

Come to the Urbana Free Library Lewis Auditorium on **Wednesday, April 29** from **4 to 8:30 p.m.** for a free event for teens and adults. See featured speaker Melek Ortabasi, Assistant Professor of World Literature from Simon Fraser University, and two local guest speakers. Topics include: “Visual Visionaries: The Style and Artistic Influence of Manga and Anime” (4-5 p.m.); “Bringing Anime to America: An Insider’s Perspective” (6-6:45 p.m.); “An Introduction to Anime: The History and Culture of a Transnational Medium” (7-8 p.m.). This event is open to the public, and refreshments will be served. For more information, visit [http://www.aems.uiuc.edu/events/educator\\_events/anime\\_workshop.htm](http://www.aems.uiuc.edu/events/educator_events/anime_workshop.htm).

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## Local Fun for Kids: Orpheum Children’s Science Museum

Located at 346 North Neil Street in Champaign, the Orpheum Children’s Science Museum offers a variety of indoor and outdoor exhibits for children of all ages. The exhibits are a fun way for children to learn about science—they can view slides under a microscope, look for fossils in a simulated paleontological dig, learn about groundwater pollution in an interactive exhibit, and look at the museum’s collection of critters. The museum is open on weekdays from 10 a.m. to 4 p.m., and weekends from 1 to 5 p.m. The museum is closed on Mondays. Admission is \$2 for children ages 2–18 years old and \$3 for adult non-members. For more information, visit [www.m-crossroads.org/orpheum](http://www.m-crossroads.org/orpheum) or call 352-5895.

## Attention Drivers

As the weather turns warmer, you will see more children playing outside. To keep everyone safe, please remember to obey all traffic signs and signals. Make sure to come to full and complete stops at stop signs and stay at or below the speed limit. Slow down and be extra careful if you see children! Also, please remember the rules for when you see a school bus. Drivers going both ways on a street must stop when they see the flashing red lights. Drivers must wait until the red lights stop flashing and the bus moves forward.

By following these reminders, you can help keep our community a safe place for everyone.

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## Food & Clothing Agencies

### Goodwill: Inexpensive Clothing and Household Items

Goodwill Industries sells quality donated used clothing for adults and children at a reasonable price. Household items are also available to purchase here. Located at 1102 North Prospect in Champaign, Goodwill is open Monday through Saturday from 9 a.m. to 7 p.m., and on Sundays from noon to 6 p.m. For more information, call the store at 356-4021.

### Salt and Light

Salt and Light operates a food pantry (providing food once every 30 days per household) and a clothing closet, and provides small appliances and household items on a first come-first served basis with no limits on number of visits. This organization also maintains a waiting list for furniture and large appliances. All services are free. Salt and Light is located at 1512 West Anthony Drive in Champaign. Food distribution is on Wednesdays from 1 to 5 p.m., and clothing distribution is on Mondays and Wednesdays from 1 to 5 p.m. For more information, call 355-5654.

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.)



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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](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@c-uphd.org](mailto:cito@c-uphd.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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