



Neighborhoodly News



Family Housing Council— <http://www.odfhc.org>

Vol. 36 Iss. 19 • May 8, 2009

Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be Friday, May 29 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, May 9

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

Sunday, May 10

Mother's Day (Holiday)
Movie and a Snack 6pm at CC

Monday, May 11

Rules of the Road Workshop 7pm at FGH

Tuesday, May 12

International Friendship Group 1pm at FRC

Wednesday, May 13

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

Friday, May 15

Cooking Club 2pm at CC

Pest Control:

During the month of May, Orchard Downs buildings 2101-2112 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

Mark Your Calendars for Final Fling!

The Final Fling picnic is only one week away! Come to the Orchard Downs Community Center and enjoy this annual celebration with music, carnival games, a bounce house, relays, a picnic lunch, cotton candy and more! The fun starts at noon and is sure to be an enjoyable experience for everyone. We hope to see you there! In case of bad weather, the rain date is Monday, May 18. Email Becca at rthinn@illinois.edu for more information.

Extended Deadline for Council Elections

In an attempt to get more interested residents involved with the Family Housing Council, the deadline for applications for council officers has been extended to Thursday, May 14. Please pick up an application at the Family & Graduate Housing office. We will keep you up to date with details on the voting process as the ballot time gets near.

If you have any questions, please contact Bhupinder at farmaha2@illinois.edu.

Coming Soon....SUMMER FUN FOR CHILDREN

What: Children's Day Camp

When: July 6-10; 9:00-11:30 every morning

Where: Orchard Downs Community Center

For: Any child Kindergarten through 5th grade.

Cost: FREE

What's Included: Great Stories from God's Word, the Bible; Fun Games; Nice Crafts; Beautiful Songs; Delicious Snacks; and Neat Prizes! Also, a free lunch for all the families on Friday.

To Register online go to tbc.cc/summerdaycamp09

For more information, call or send an email to Ruth (384-3085) or ruthkk7@sbcglobal.net

This event is open to children of all nationalities and religious backgrounds.



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.

Movie and a Snack

Come join us for Movie and a Snack on **Sunday, May 10** at **6:00pm** in the **Orchard Downs Community Center**. We will be showing the critically acclaimed movie, *The Shawshank Redemption*, starring Tim Robbins and Morgan Freeman. The film is rated R and participants must be 17 years old to watch the film. Along with the film, a snack will be served. Questions can be sent to Bryan Kelly, at kelly31@illinois.edu.

Rules of the Road Workshop

Are you interested in becoming a better driver or getting your driver's license in Illinois? The Learning Initiatives - Illinois Rules of the Road program can help you build and polish your driving skills. We will meet on **Monday, May 11** from **7:00 to 8:00 pm** at the **Family and Graduate Housing Office**. Participants will have the opportunity to ask questions and explore the concepts and laws for driving in Illinois. Any questions can be sent to Bryan Kelly at kelly31@uiuc.edu.

Current Events

There is so much going on in the world today. Are you interested in learning more about what is happening or talking about it with others? Learning Initiatives is offering a Current Events discussion group on **Wednesday, May 13** at **6:00pm** in the **FGH Office**. We will discuss what is happening in the United States as well as across the globe. Ideas and topics are encouraged for the discussion. Any questions can be sent to Bryan Kelly, at kelly31@illinois.edu.

Ladybug Rocks

We will be making ladybugs out of rocks at the community center. We will be painting and decorating rocks to put in gardens, use as paper weights or just to have. It will be held at the **community center** on **Monday May 11th** at **6pm**.

Baby Einstein Video Series

Are you looking for new and fun ways to entertain your infant and toddler? Then we have the answer for you—the Baby Einstein Video Series. Each video explores a new and exciting topic, such as music, nature, and colors, which will hold your child's attention. Each topic is presented using music, puppets, and other visual images. You can come to borrow a video at the **Family & Graduate Housing office**. If you have any questions, please contact Lauren Karr at 333-5665 or 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.

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.

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.

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.



Close-Knit Community Workshop

The knitting workshop is back! This workshop was run in Orchard Downs in Spring '08, 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 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/register as soon as possible! There are limited spaces! Please write to Sonia at sillybluefrog@yahoo.com.

Swine Flu

What can you do to stay healthy

- Cover your nose and mouth with tissue when you cough or sneeze. Make sure to throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleansers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread easily.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

SWINE FLU Information line: 217.531.1212

Additional informational resources: www.c-uphd.org, www.stock2forflu.com, www.champcoprepares.com

Enjoy the Outdoors at Allerton Park

Looking for something to do on a sunny day? Allerton Park is approximately 30 minutes away from the University. Hiking in Allerton is fun because of the beautiful sculptures that decorate the trails. The park offers over 20 miles of trails which wind through the 1,500 acres of upland and lowland forests, restored prairie, and landscaped gardens along the Sangamon River. It is a common occurrence to see many examples of the 30 species of mammals, 60 species of breeding birds, and 28 species of amphibians and reptiles that inhabit the park. White-tailed deer, raccoons, cotton-tailed rabbits, squirrels, and coyotes are just a few of the mammals that are most commonly viewed. To get to Allerton, take I-72 West to the exit for Monticello. Go through Monticello and follow the brown signs for the park. Once you arrive, you can get information from the Visitor Center. To learn more about the park, go to www.allerton.uiuc.edu.

Swing Dance Lessons

The Swing Society at the University of Illinois promotes the education and enjoyment of various swing dance styles within the community of Champaign-Urbana. They hold dances, organize workshops, and offer lessons teaching both East Coast Swing and Lindy Hop. The Swing Society will be offering lessons this summer. Times and locations for lessons, as well as general information about the Swing Society, are posted on www.cu-swing.org.

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.)



OFFICERS & STAFF 2008-2009

FAMILY HOUSING COUNCIL
WWW.ODFHC.ORG

President

Bhupinder Singh Farmaha
farmaha2@uiuc.edu

Vice President

Alexandra Seceleanu
asecele2@uiuc.edu

Treasurer

Achenyo Omale
omale1@illinois.edu

Executive Secretary

Jun Wan
junwan1@illinois.edu

Recording Secretary

Adaikkalam Thamilmani
thamil_006@yahoo.com

NN Assembler

Syeda Um-e-Laila Zaidi
sumelailazaidi@yahoo.com

NN Distributors

Margaret Njeru, Xiaowen Wu, Dandan
Zhang, Xiao Chen, Genet Fisseha

Sewing Room Monitor

Feifei Zhan
sewinguiuc@gmail.com

Garden Plot Manager

Hang Lei
hanglei2@illinois.edu

Webmaster

Craig Merrett
merrett2@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

Abdu Zouhir
azouhir@gmail.com
Kashif Muhammad
kashif12pk@gmail.com
Esther Lisanza
emukewa2@illinois.edu
Saijun Zhang
szhang11@uiuc.edu

NN Layout

Justin Parker, jparker@uiuc.edu

NN Editor

Erin Lukehart Ciciora, elukehar@illinois.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. 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., at cito@c-uphd.org. 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

University of Illinois at Urbana-Champaign
Family & Graduate Housing
Family Housing Council
1841 S. Orchard Place
Urbana, IL 61801
Paid for in part by S.O.R.F. 900 COPIES