



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, May 29 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, May 16

Sewing Room 10am at LRC
Final Fling Noon at CC

Sunday, May 17

Kids Afternoon Out 4pm at CC

Monday, May 18

Healthy Living 6pm at FGH

Tuesday, May 19

International Friendship Group 1pm at FRC
Dr. Seuss Story & Craft 6pm at CC

Wednesday, May 20

Parent-Child Playgroup 9am at FRC

Thursday, May 21

Butterflies Craft 6pm at CC

Friday, May 22

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

Play Basketball

The Community Aides invite all residents to join them in a friendly basketball match! The game will take place on **Saturday, May 23 from 5 to 7 p.m.** in the **Orchard Downs north basketball court**. Everyone is welcome to come and play. For questions about this event, please email Abdu at azouhir@gmail.com.

Summer Fun for Children: Coming in July

Mark your calendars for this free summer camp for any child in kindergarten through fifth grade. The camp takes place **July 6-10 from 9 to 11:30 a.m.** every morning at the **Orchard Downs Community Center**. The camp includes stories from the Bible, fun games, nice crafts, beautiful songs, delicious snacks, and neat prizes! We also have a free lunch for all the families on Friday. To register online, go to tcbc.cc/summerdaycamp09. For more information, call Ruth at 384-3085 or email ruthkk7@sbcglobal.net. This event is open to children of all nationalities and religious backgrounds.

Swine Flu

What can you do to stay healthy:

- Cover your nose and mouth with tissue when you cough or sneeze, 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.

For more information:

Swine Flu Information line: 217-531-1212

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



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.

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 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 also 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.

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.)



Barbeque Safety Tips

As summer approaches, more of us will be lighting the barbecue grills. But first, it is always important to remember that a successful barbecue is a safe barbecue. Following is a list of safety tips to guide you through the grilling process. Common sense and planning will help prevent injuries.

- Barbecue grills are designed for outdoor use only. Never barbecue in your trailer, tent, house, garage, or any enclosed area because carbon monoxide is dangerous.
- Set up grill in an open area at least 25 feet away from buildings, overhead combustible surfaces, dry leaves, or brush. Be sure to avoid high traffic areas and always barbecue in a well-ventilated area. Be aware of the wind blown sparks.
- Use long-handled barbecue utensils to avoid burns and splatters.
- Wear clothing that does not have hanging shirt tails, frills or apron strings, and use flame retardant mitts when adjusting hot vents.
- Never attempt to move a hot grill.
- Never leave a grill unattended once it is lit.
- Never leave children unattended while the barbecuing.
- Don't allow anyone to conduct any activities around the grill when the grill is in use or following its use. The grill body is hot during the period of use and will remain hot for a period of time following its use. Always use your grill away from combustible surfaces.

Please instruct children not to play with grills at any time. Your neighbors may have a gas grill and it is important for the safety of all residents that the equipment is not tampered with or damaged. Your efforts to keep the neighborhood safe will make the summer more enjoyable for everyone.

Leaving for Vacation

Now that classes are finished for the spring, you may be interested in planning a trip or vacation. Before you leave, make sure you check the items listed below:

- Have a neighbor check your apartment daily while you are gone. If there is any damage, please have them report it to the Family & Graduate Housing Office as soon as possible.
- Notify the paper carrier to stop delivery of your newspaper while you are away.
- Contact the Post Office to have the delivery of your mail stopped until you return.
- Turn down your telephone ringer volume so that it cannot be heard outside.
- Lock your doors and close and lock all your windows. Close your blinds or drapes.

Knowing that your apartment is secure may help you better enjoy your vacation. Have a safe trip!

FHC Monthly Public Meeting

All Orchard Downs residents are encouraged to attend the Family Housing Council Monthly Public Meeting, which will take place on **Friday, May 29 at 5:45pm** in the CC. Snacks and drinks will be provided. The Family Housing Council is made up of residents who work to make Orchard Downs a comfortable, great place to live. If you cannot attend the meeting, remember that the FHC Public Meeting minutes are published monthly in the *Neighborly News*. The minutes will give you up-to-date information on council operations and important issues that affect the whole community.



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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., 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

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Family & Graduate Housing
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