



Neighborly News



Family Housing Council

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Weekly Reminders

Saturday, May 24

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

Monday, May 26

Memorial Day (Holiday)

Tuesday, May 27

Parent/Child Playgroup 10am at FRC

Friday, May 30

Cooking Club 2pm at CC

Saturday, May 31

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

Pest Control:

During the week of May 26, apartments 2084: A-D; 2087: A-D; 2085: A-D; and 2083: A-D will be treated.

To request treatment, visit the website below. 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, May 30 at 5:45pm in the CC. Join us for snacks and drinks. All residents are welcome.

Kids' Club Summer Registration

Registration for the Kids' Club after-school summer session will be **Monday, June 2** from 5 to 6pm at the Orchard Downs Community Center.

The Orchard Downs Kids' Club is a free after-school program for children ages 5 to 12. Children must be at least 5 years of age and entering kindergarten this fall. The program is held Monday through Friday from 3 to 5:30pm at the Community Center.

Kids' Club offers social, recreational, and educational activities for the children. During the summer session, the children participate in swimming field trips to Crystal Lake Public Pool. Registration is on a first come, first served basis. New families are encouraged to register. For additional information, please contact Sara Jenkins, the children's programming coordinator, at 333-5656 or jenkins@uiuc.edu.

Free School Physicals & Immunizations

Physical exams are required for all students entering pre-kindergarten, kindergarten, 6th and 9th grades, and students new to the district from out of state. Free school physicals and immunizations will be available from 6 to 8:30pm on the following dates: **July 24, August 7 and 21, September 4 and 18, and October 2**. The free physicals and immunizations will be conducted at the Champaign-Urbana Public Health District (CUPHD), 201 West Kenyon Road, Champaign.

Parents must accompany children and bring immunizations records. Appointments are required, and can be scheduled by calling (217) 531-4253. Limited appointments are available. Also, free dental exams are available for Unit 4 Students. For more information, see www.cuphd.org.

Returning your Neighbor's Mail

You arrive home one evening and after checking your mail you realize that your neighbor's mail wound up in your mailbox. What do you do? Here is an unbelievably easy thing you can do— return the mail to your neighbor. You can do this in no time, plus a neighbor who returns mail is more likely to have their mail returned as well. And we all know how much you would dislike missing your favorite hobby magazine. So the next time you get your neighbor's mail, please be considerate and think how much you can contribute to a culture of respect in your building when you make sure your neighbor gets his/her mail.



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

Do you like to try new recipes and eat good food? Then Cooking Club is for you! Cooking Club is held on **Fridays** 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 any questions, please contact Carie at cbiresc@uiuc.edu or 333-5665.

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** at the **Family Resource Center (apt. 1834-A)**. If you have any questions, please contact Carie at cbiresc@uiuc.edu or 333-5665.

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 rent. You may check out the leap pad for one week. Contact the Family & Graduate Housing Office if you are interested in learning more.

Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy. It is for this reason that we would like to welcome your newborn into the Orchard Downs community with a 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 the Family & Graduate Housing Office.

Community Updates

Men's Fitness

A new Fitness program designed specifically for men will begin **Monday, June 9** at the **Community Center** from **6:30 to 8:30pm**, and will continue throughout the summer every Monday evening. The fitness program will focus on strength and aerobic training. Strength training is the use of resistance to muscular contraction to build the strength, anaerobic endurance and size of muscles. We will utilize the technique of progressively increasing the force output of the muscle through incremental increases of weight, elastic tension or other resistance, and use a variety of exercises and types of equipment to target specific muscle groups. When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being including increased bone, muscle, tendon and ligament strength and toughness, improved joint function, reduced potential for injury, improved cardiac function, and elevated good cholesterol. If you are interested or have any questions, please email Paul Morgan at pamorgan1@gmail.com.

Saturday Fitness

Saturday Fitness 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. The range of stations offered include: resistance equipment (e.g., hydraulic equipment or free weights), as well as allocated spaces to do squat thrusts, pushups, jumping jacks, situps, and other exercises.

We have had great success with the number of participants involved in Saturday Fitness. It has developed into a bonding family of muscle strength and endurance. We collectively share the pain and excitement entailed in every Saturday morning workout! If you are new to Saturday Fitness or would like to join, please do not be intimidated by the proposed intensity levels. We work one-on-one with every member and focus on their specific goals. The participants work at their own comfort/intensity levels, I just add a bit of encouragement and exercise knowledge to prepare them for results! Please join us **every Saturday** at the **Community Center** from **10am to noon** all summer and fall semester. If you have any questions, email Paul Morgan at pamorgan1@gmail.com.



All Kids Health Insurance Registration Nights

This program will provide a question and answer session about All Kids Health Insurance, as well as an opportunity to register for the insurance. There will be a Champaign Public Health Department representative available to assist in answering questions and filling out registration forms. The program will be offered twice this summer for new and old residents of Illinois on **Tuesday, June 17** from 5 to 7pm at the **Learning Resource Center** and **Tuesday, August 12** from 5 to 7pm at the **Learning Resource Center**.

About All Kids insurance: The All Kids program offers Illinois' uninsured children comprehensive health care that includes doctor's visits, hospital stays, prescription drugs, vision care, dental care, and medical devices like eyeglasses and asthma inhalers. Parents pay monthly premiums for the coverage, but rates for middle-income families are significantly lower than they are on the private market. For example, a family of four that makes about \$27,000 to \$30,000 of gross income each year does not have to pay any premiums. A family of four that makes about \$30,000 to \$40,000 of gross income each year pays premiums of \$15 per month for one child and \$25 for two children.

Children are eligible for All Kids Health Insurance if they live in Illinois and are age 18 or younger. A child that is eligible for All Kids has 12 months of guaranteed coverage, unless they move out of Illinois or turn 19. All Kids Health Insurance will not affect your child's immigration status as long as your child does not receive long-term care in a nursing home or mental health facility. Children with a pre-existing medical condition can also get All Kids.

If you have any questions, please email Paul Morgan at pamorgan1@gmail.com or Cathy Ito at cito@cuphd.org.

Orchard Downs Pre-School

We are now accepting pre-school registrations for fall 2008. If you are interested in enrolling your child, age 3 to 5 years old, please visit 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 call Connie Bryan, pre-school director, at 333-3497 during school hours.

Tea Ceremonies at Japan House

Tea ceremonies are held at Japan House on the second and fourth Thursday of the month. The next tea ceremonies will be on **Thursday, June 12 and 26** at 2pm and 3pm. Cost is \$5 per person. Reservations are required—please call (217) 244-9934 or email japanhouse@uiuc.edu.

Japan House will also be offering tours on Thursdays from 1-4pm and on the third Saturday of each month from 1-5pm. There is no fee or reservation required for a tour. Japan House is located at 2000 South Lincoln Avenue in Urbana.

American Holidays: Memorial Day

In the United States, Memorial Day is observed as a federal holiday on the last Monday of May. This year it will be on Monday, May 26. The observance of Memorial Day began soon after the American Civil War ended, with the first observance being in May 1866. As time passed and the United States fought other wars, Memorial Day became the occasion for commemorating lives lost in all military conflicts.

On Memorial Day there are parades, and often there is a wreath-laying ceremony at commemorative sites and monuments. Official flags are flown at half-mast, and at military posts there is a 21-gun salute fired in memory of lost comrades.

In addition to remembrance, Memorial Day is also a time for picnics, family gatherings, and sporting events. One of the longest-standing traditions is the Indianapolis 500, an automobile race which has been held in conjunction with Memorial Day since 1911.

**Source: Includes information from www.wikipedia.org, "Memorial Day"*



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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.

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@cuphd.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 at www.ppec.org.

Starting on Wednesday, May 28, MultiCultural Health Center summer office hours will be held on Wednesdays from 9:30am to 2:30pm.

NEIGHBORLY NEWS

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