



Neighborly News

Family Housing Council

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Weekly Reminders

Saturday, May 31

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

Sunday, June 1

Champaign Public Library 1pm at FGH

Tuesday, June 3

Parent/Child Playgroup 10am at FRC
Meijer Trip 5:45pm at FGH

Wednesday, June 4

Close-Knit Community Workshop 2-5pm
at FRC

Friday, June 6

Cooking Club 2pm at CC

Saturday, June 7

Saturday Fitness 10am at CC
Touch a Tractor 12:45pm at FGH

Pest Control:

During the week of June 2, apartments 2081: A-D; 2075: A-D; 2073: A-D; 2071: A-D; 2065: A-D; 2063: A-D; 2061: A-D; and 2059: 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, May 30 at 5:45pm in the CC. Join us for snacks and drinks. All residents are welcome.

Upcoming Pre-School Programs

Ms. Debbie's Make-and-Take Art Projects

Children ages 5 and under are welcome to come to this activity on **Monday, June 9** from 10-11am at the **Orchard Downs Community Center**. Registration is not required. For questions or more information, please contact Ms. Debbie at dhedrick@uiuc.edu.

Ms. Debbie's Story Hour

Children ages 5 and under are welcome to come to Ms. Debbie's Story Hour on **Thursday, June 12** at 10am at the **Orchard Downs Community Center**. This week's selection will be *Commotion in the Ocean*. Registration is not required. For questions or more information, please contact Ms. Debbie at dhedrick@uiuc.edu.

Gardening Raffle

The Family Housing Council has an annual raffle for the gardeners who rent plots in the southern part of Orchard Downs. This year's raffle winners are Chonggang Xu, Fuqiang Tian and Hang Yu. They will be presented with their prizes during the Family Housing Council monthly meeting on **Friday, May 30**.

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 on **July 24, August 7 and 21, September 4 and 18, and October 2** from 6 to 8:30pm 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.



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.

Touch-A-Tractor

Join us on **Saturday, June 7** as we travel to Prairie Farm for the Touch-A-Tractor event, sponsored by the Champaign Park District. This is a great opportunity for you to see a real tractor up close. We will leave from the **FGH Office** at **12:45pm** and will return by 3pm. Registration is required and transportation is provided. If you have any questions, or would like to register, please contact Carie at cbiresc2@uiuc.edu. Hope to see you there!

Champaign Public Library Trip

On **Sunday, June 1** we will be visiting the Champaign Public Library. The library features books, CDs, DVDs, and activities for children, adults, and families. We will leave from the **FGH Office** at **1pm** and will return by 3pm. Registration is required for this event and transportation is provided. If you have questions or would like to register, please contact Carie at cbiresc2@uiuc.edu.

Community Updates

Men's Fitness

A new Fitness program designed specifically for men will begin **Monday, June 9** at the **Orchard Downs 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. I 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 **Orchard Downs Community Center** from **10am to 12noon** all summer and fall Semester. If you have any questions, please 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.

Urbana School Health Care Services

Urbana School Health Care Services (USHS) offers numerous services for ALL students of the Urbana School District. Services are available during the child's school day, **Monday–Friday, 8am to 4pm**. Please call to make appointments and request information on what to bring with you to the appointment. Services will be offered at the Urbana High School (1002 S. Race Street). USHS can be contacted at (217) 239-4220, or visit www.cuphd.org.

Medical services include, but are not limited to, physical exams, immunizations, acute and chronic conditions, reproductive health, dietary management, and nutrition referrals.

Dental services include, but are not limited to, screenings, cleanings, extractions and fillings, and fluoride treatments.

Counseling services include, but are not limited to, crisis intervention, anger management, individual and family counseling, addiction counseling, and substance abuse counseling.

Individuals without insurance will have access to a sliding fee based on income. Parents do not need to be present for medical visits, but must complete the parental consent form regardless. Walk-ins are available for acute care issues.

If you have any questions, please contact Paul Morgan at pamorgan1@gmail.com.

Anita Purves Nature Center

If you enjoy nature and you're looking for something to do in the community, then take some time to visit the Anita Purves Nature Center. Located at the north end of Crystal Lake Park, the Nature Center is an environmental education facility that is free and open to the public. The Nature Center and the adjacent Busey Woods provide a natural resource to individuals, families, and groups interested in learning more about the outdoors. The Nature Center is at 1505 North Broadway in Urbana, and it is **open Monday through Friday from 8am–6pm and Saturdays from 9am–4pm (closed Sundays)**. For more information, visit www.urbanaparks.org.



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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.ppeci.org.

Starting on Wednesday, May 28, MultiCultural Health Center summer office hours will be held on Wednesdays from 9:30am to 12:30pm.

NEIGHBORLY NEWS

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