



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, June 26 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, June 20

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

Sunday, June 21

Holiday: Father's Day

Monday, June 22

Book Club 6:30pm at FGH

Tuesday, June 23

Make-n-Take Art 10am at CC
Kids Book Club 4pm at CC

Wednesday, June 24

Kids Science Club 9:30am at LRC
Sand Play 10am at CC
Bake & Decorate 1pm at CC

Thursday, June 25

Ms. Debbie's Storytime 10am at CC

Friday, June 26

Cooking Club 2pm at CC

Pest Control:

During the month of June, Orchard South 2113-2205 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

Be Aware of Online Scams

There have been a few attempts at scamming residents using online forums. Please follow these guidelines* to better protect yourself from online scammers.

Most scams involve one or more of the following:

- The use of Western Union, Money Gram, cashier's check, money order, or escrow service.
- Initially paying in excess and then asking for the extra money to be returned.
- Someone far away, often in another country, initiates the transaction.
- Inability or refusal to meet face-to-face before completing transaction.

The following common-sense rules can help you avoid many common scams:

- Deal locally with people you can meet in person.
- Do not send funds through Western Union or Money Gram or any other wire service.
- Scammers use fake cashier checks and money orders. Call the issuing bank and verify the check before depositing it.
- Do not give out personal financial information such as your bank account number, social security number, eBay/PayPal info, etc.

Most importantly, use common sense. If something seems suspicious or if the payment is not done in cash, then one needs to be extra cautious.

*Guidelines based on Craigslist scam protection guidelines. For more information, refer to <http://www.craigslist.org/about/scams>.

Kids Science Club Update: Now Meeting at 9:30 a.m.

Starting Wednesday, June 24, Kids Science Club will be meeting every Wednesday at 9:30 a.m. in the Learning Resource Center (2044-A Orchard St.). This fun club will allow kids of all ages to learn more about science and have fun at the same time! Kids of all ages are welcome to join; however, children under age 5 must be accompanied by an adult. If you have any questions, please contact our Family Relations Graduate Assistant, Lauren Karr, at 333-5656 or LKarr1@illinois.edu.



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.

Summer Kids Science Program

Do you want to learn more about science and how the world around you works? Do you want to try awesome science experiments with your friends? If so, please join us this summer for the Kids Science Club! This fun club will allow kids of all ages to learn more about science and have fun at the same time! This weekly program meets **every Wednesday at 9:30 a.m.** at the **Learning Resource Center (2044-A Orchard St.)**. Kids of all ages are welcome to join; however, children under age 5 must be accompanied by an adult. If you have any questions, please contact our Family Relations Graduate Assistant, Lauren Karr, at 333-5656 or email 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.

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 email 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 Saturday at 10 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 are also 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 email LKarr1@illinois.edu.

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, contact Lauren Karr at 333-5665 or lkarr1@illinois.edu.

Kids Afternoon Out

Parents, would you like an afternoon to yourselves? This is your chance! Learning Initiatives will be hosting a Kids Afternoon Out at the **Orchard Downs Community Center** on **Saturday, June 27 from 2 to 4 p.m.** Activities for the youth will include outdoor games, art activities, and a snack! Participating children must be at least 4 years old. Any questions can be sent to Bryan Kelly at kelly31@illinois.edu.

Healthy Living

Are you interested in living a healthier lifestyle? School can be stressful and it can be easy to lose track of your own health. Come to Healthy Living on **Monday, June 29 at 6 p.m.** at the **FGH office**. We will discuss diet, exercise, and other healthy habits to help you perform at your highest level. Any questions or concerns prior to the program can be sent to Bryan at kelly31@illinois.edu.



ISSS Workshops

International Student and Scholar Services (ISSS) will be offering two workshops during July, in preparation for incoming international students. The workshops are geared towards staff and faculty who work with our international students and scholars. Please note that the workshops are similar to the workshops we offered during in past; however, we are repeating them for those who were not able to attend previously.

If you are working with international students and would like an overview of various issues concerning their status and well being, then join us!

Understanding and Working with Homesickness of International Students

Date: Thursday, July 9, 2009 2 – 3:30 p.m.

Location: Illini Union, Room 407

Offered by: International Student and Scholar Services and the Counseling Center

This workshop will review key characteristics of our international students. We will discuss challenges that international students face during their studies to the U.S. We will provide various tips and resources faculty and staff can use while working with international students. Also, you will hear from a panel of U of I international students about their first hand experience on campus.

F-1/J-1 International Student Overview

Date: Tuesday, July 14, 2008 10 a.m. – 12 noon

Location: Library and Information Science Building, Room 126

Offered by: International Student and Scholar Services

This workshop will review the basic terms and regulations regarding student status. We will discuss when to direct international students to our office. We will also review the various resources ISSS provides.

If you are interested in joining us, please sign up by e-mailing iss@illinois.edu. The deadline to sign up is **Monday, July 6**.

In your e-mail please include the following: your name, department, position, workshop attending, and any specific question or issue you would like to have addressed.

We hope to see you there!

Summer Fun for Children: Searching for Treasure

Do your children enjoy searching for treasure? We will be uncovering useful and interesting treasures, so be sure and sign up your children (any child kindergarten through 5th grade).

WHAT: Children's Day Camp • **WHEN:** July 6-10; 9-11:30 a.m. • **WHERE:** Orchard Downs Community Center

FOR: Any child kindergarten through 5th grade • **COST:** Free

What's included: great treasure stories from the Bible, fun games, interesting crafts, beautiful songs, nutritious snacks, and fabulous prizes! We also include a free lunch for all the families on Friday, July 10. To register online, visit 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.

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.)



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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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