



Neighborly News



Family Housing Council

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Weekly Reminders

Saturday, June 21

Saturday Fitness 10am at CC
Family Swim 4-6pm at Kenney Pool

Monday, June 23

Make It & Take It Art 10am at CC
Men's Fitness 6:30pm at CC

Tuesday, June 24

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC

Thursday, June 26

Ms. Debbie's Story Hour 10am at CC
Yoga 11:30am at FGH

Friday, June 27

Wal-Mart & Aldi Trip 6pm at FGH
Kid's Night Out 6pm at CC
REGISTRATION REQUIRED

Pest Control:

During the week of June 23, apartments 1975: A-D; 1977: A-D; 2001: A-D; 2003: A-D; 1963: A-D; 1965: D; 1971: A-D; and 1973: 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, June 27 at 5:45pm in the CC. Join us for snacks and drinks. All residents are welcome.

Register for Orchard Downs Pre-School

We are now accepting pre-school registrations for Fall 2008. If you are interested in enrolling your child (ages 3 to 5 years old), you can check out our information on the Housing website at www.housing.uiuc.edu/living/apartments, or you can 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, please call Connie Bryan, director, at 333-3497 during school hours.

Odyssey Project Offers Free Humanities Courses

The Odyssey Project offers college credit in Humanities courses to low-income adults 18 years and older who can read and write English. Classes will meet at the Douglass Branch Library in Champaign (504 E. Grove Street) on **Tuesdays and Thursdays from 6 to 8pm** in the fall of 2008 and spring of 2009. Transportation (bus tokens), childcare, books, and tuition are FREE of charge. Classes are taught by U of I faculty. To obtain an application or to schedule an interview, please contact John Marsh at the Illinois Program for Research in the Humanities at 217-244-3344 or email jemarsh@uiuc.edu. For more detailed information, please see www.iprh.uiuc.edu/odyssey_project.htm.

FHC Election Ballot Vote & Game Time

Since only a few people used online voting, Family Housing Council will hold a ballot vote on **Saturday, June 21**, from **noon-4pm** for those who did not get a chance to vote. A raffle will be held among participants at the end. Come cast your vote and be one of the five lucky winners. You can play Wii and other games, and enjoy pizza and refreshments! See you on Saturday, June 21 at the **Community Center**. The position of Vice President is still open. If you would like to apply for it, please stop by the office or email to ddy33_deng@hotmail.com.

FHC Monthly Public Meeting

All Orchard Downs residents are encouraged to attend the next Family Housing Council Monthly Public Meeting, which will take place on **Friday, June 27** at **5:45pm** in the **Community Center**. 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.



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.

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.

Cooking Club

If you like to try new recipes and eat good food, then join us on **Tuesday afternoons** at **2pm** at the **Community Center** for Cooking Club. Children are always welcome; however, no childcare assistance is available. Parents are responsible for the safety of their children. If you have any questions, please contact Carie at cbiresc2@uiuc.edu. Our next meeting will be on Tuesday, June 24—hope to see you there!

Yoga at Krannert Art Museum

Please join us as we travel to the Krannert Art Museum on **Thursday, June 26** for yoga. This hour-long class introduces the fundamentals of hatha yoga: seated and standing asanas (poses), breath awareness, and relaxation techniques. Participants should bring their own yoga mats and wear comfortable clothing. Other supplies are provided. Classes limited to 20 participants: first come, first served. Due to limited space, we will leave from the **FGH Office** at **11:30am** sharp. If you would like to register for this event, please contact Carie at cbiresc2@uiuc.edu.

Trip to Wal-Mart & Aldi

Come join your neighbors for a shopping trip to Wal-Mart and Aldi on **Friday, June 27** from **6pm-8pm**. We will meet in front of the **FGH Office** at 6pm. Space is limited and is first come, first served. For details about the stores, please visit www.walmart.com and www.aldifoods.com. For questions about this shopping trip, contact Cecilia at ceciliaclau@gmail.com.

Kid's Night Out

Whether you're looking for a fun activity for your children, or a little bit of quiet time to yourself at home, Kid's Night Out is for you! On **Friday, June 27**, we will be providing supervised activities for children at the **Community Center** from **6 to 8pm**. Children must be potty-trained and not require one-on-one attention in order to attend. Registration is required for this event. If you have any questions or would like to register, please contact Carie at cbiresc2@uiuc.edu.

Farmer's Market Trip

Join us on **Saturday, June 28** as we travel to the Urbana Farmer's Market at Market Square Mall. We will leave at **8:30am** from the **FGH Office** and will return by 10:30am. We will be traveling on the MTD bus, so please bring your U of I identification card if you have one. The farmer's market is a great place to pick up locally grown, fresh, organic produce at affordable prices. You can also buy various craft items. If you have any questions about this event, please contact Carie at cbiresc2@uiuc.edu.

Community Updates

Coming this July: Olympic Summer Fun for Children

Olympic Summer Fun for Children is a Christian day camp that will take place from **July 21 to 25**, every morning from **9 to 11:30am** at the **Community Center**. All children, from kindergarten through fifth grade, are welcome to attend. The cost is free! This year we will be using the upcoming Olympics as our theme and learn how to be a real champion! What is included: great stories from the Bible, fun games, nice crafts, beautiful songs, delicious snacks, and neat prizes! We will also hold a free lunch for all the families on Friday. Register now at <http://tcbc.cc/SummerDayCamp08>, or if you have any questions, you can contact Ruth at ruthkk7@sbcglobal.net.

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.



Taste of Champaign-Urbana

Mark your calendar for Champaign-Urbana's biggest celebration of the year! Taste of Champaign-Urbana will take place on **Friday, June 20** from 5–9pm; **Saturday, June 21** from 11am–9pm; and **Sunday, June 22** from 11am to 6pm. View the work of over 50 artists, and enjoy food from 30 of the best restaurants in town! Also check out some local bands and other entertainment. For more information, visit www.champaignparkdistrict.com/taste.

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.

University Arboretum

The University Arboretum is a great way to enjoy the beauty of the outdoors without having to travel far from home. Whether your interest is in scenery, natural sciences, horticulture, or just quiet contemplation, the Arboretum has something for you. Located at 1800 South Lincoln Avenue in Urbana, the Arboretum is open daily from sunrise until sunset. Admission is free. Call (217) 333-7579 for information or to schedule tours.

Preventing Sunburn

Preventative measures are the best way to ensure that you don't get sunburned this summer. Be sure to limit sun exposure, wear long-sleeve shirts and wide-brimmed hats, use an umbrella on the beach, and apply sunscreen liberally. The American Academy of Dermatology recommends reapplying sunscreen every two hours, even if it's waterproof. Keep in mind that other substances you apply to your skin may decrease the effectiveness of your sunscreen, such as insect repellents containing DEET. If you do get sunburned, there is no remedy that decreases your natural healing time. Treatments can only provide comfort while the skin heals itself.

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.



OFFICERS & STAFF 2007-2008

FAMILY HOUSING COUNCIL
WWW.ODFHC.ORG

President

Elham H. Fini
ehajjal2@uiuc.edu

Vice President

Alexandra Seceleanu
asecele2@uiuc.edu

Treasurer

Qinping Feng
qfeng4@uiuc.edu

Executive Secretary

Ying Deng
ddy33_deng@hotmail.com

Recording Secretary

Larisa Puslenghea
epuslen2@uiuc.edu

NN Assembler

Lucy Zhang
xjin1@uiuc.edu

NN Distributors

Nishi Kumar, Jina Yi, Syeda Um-e-Laila
Zaidi, Felicia Barus, Weining Gu

Sewing Room Monitor

Feifei Zhan
sewinguiuc@gmail.com

Garden Manager

Kashif Muhammad
kmuhamm2@uiuc.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

Alyssa Nevin
alyssanevin@hotmail.com

Kashif Muhammad
kashif12pk@gmail.com

Leonard Muaka
muaka@uiuc.edu

Saijun Zhang
szhang11@uiuc.edu

NN Layout

Justin Parker, jparker@uiuc.edu

NN Editor

Erin Lukehart Ciciora, elukehar@uiuc.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.

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.

Summer Office Hours

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

Free Diapers

Anyone who visits the MultiCultural Health Center for services will receive free diapers (size: 16-28 lbs). This offer is on a first come, first served basis.

Nutrition and Wellness Event

If you are interested in eating healthy and learning about fat-burning diets, physical activity ideas, nutrition tips, and stress-relieving exercises, then this is the program you'll want to attend. It will be instructed by McKinley's dietitians and exercise physiologists and is totally free! We will be serving free snacks and drinks. The program will be interactive, so you will not be asked to perform any exercises; however, you can bring any questions you have about proper dieting, exercise, muscle development, and the human body. The event is scheduled for **Wednesday, July 2** at the **Community Center** at **1pm**. No registration is required. If you have any questions, contact Paul Morgan, the MCHC graduate assistant, 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
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