



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



Neighborly News



Family Housing Council

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Weekly Reminders

Saturday, June 28

Farmer's Market Trip 8:30am at FGH
Saturday Fitness 10am at CC

Sunday, June 29

Basketball 5:30pm at North Basketball Court

Monday, June 30

Make It & Take It Art 10am at CC
Meijer Trip 5:45pm at FGH
Men's Fitness 6:30pm at CC

Tuesday, July 1

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
Tuscola Shopping Trip 2:30pm at FGH
REGISTRATION REQUIRED

Wednesday, July 2

Nutrition & Wellness Event 1pm at CC

Thursday, July 3

Storytime 10am at CC

Friday, July 4

American Holiday: Independence Day

Pest Control:

During the week of June 30, apartments 1961: A-D; 2008: A-D; 2009: A-D; and 2027: A-D will be treated. During the month of July, Orchard Downs buildings 1801 through 1838 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>

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.

Tuscola Shopping Trip: Register by June 30

If you are interested in taking a shopping trip to Tuscola on Tuesday, July 1, please register by emailing Paul Morgan at pamorgan1@gmail.com with "TUSCOLA TRIP" as the title in the subject line. Registration will be on a first come, first served basis and will be closed on June 30. You will receive an email confirmation that you will need to bring with you on the day of the trip without which you will not be able to board the bus. When emailing, please provide your apartment number, name, and the number of adults and children who will be going on the trip. Infants and children under 2 can sit on their parents' laps. Please indicate that when you email for registration.

The Tuscola Trip is scheduled for **Tuesday, July 1**. On July 1, boarding will begin at the **Family & Graduate Housing Office at 2:30pm**. On your return back to FGH, the bus will leave Tuscola at 6:45pm.

The Tanger Outlet Mall is not an indoor mall, so be sure to wear comfortable and weather-appropriate clothing for walking from shop to shop. To learn more about the shopping you can expect at the Tuscola Mall, visit the Tanger website at www.tangeroutlet.com/tuscola.

Sholem Aquatic Center

Free for FGH Residents on Sunday, June 29

Make a big splash with a fabulous pool party, perfect for cooling off during hot summer days! Sholem Aquatic Center in Champaign is free for residents of Family & Graduate Housing on **Sunday, June 29 from 11am to 7pm**. Residents will be responsible for transportation to and from Sholem Aquatic Center. It is located at **2200 West Sangamon Drive**, and the phone number is 217-398-2581. The bus line is Brown & Blue. When you arrive at the pool, provide your names and apartment address to the cashier to be admitted free of charge on this date.

All participants must follow the Sholem Aquatic Center's rules and policies, as posted in the pool area. Children under 16 must be accompanied by an adult during the event. You can spend time with your family and meet your neighbors during the pool party! Feel free to contact Matt Abbott for details at abbtt@uiuc.edu. Visit www.champaignparkdistrict.com for information on the Sholem Aquatic Center.

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.



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.

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.

Play Basketball and Win Prizes

Community Aides invite all residents to join them in a friendly basketball match! The game will take place on **Sunday, June 29** from **5:30 to 7:30pm** in the north basketball court near Hackberry Hill at Orchard Downs. Everyone is welcome to come and play. If you have any questions, please email Abdu at azouhir@gmail.com.

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!

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.

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.

Community Updates

American Holidays: Independence Day

Tuesday, July 4

Independence Day celebrates the birth of the United States. In 1776, the 13 American colonies were fighting the Revolutionary War against Great Britain, because they wanted to be independently governed.

On July 4, 1776 the Continental Congress adopted the Declaration of Independence, a special document that declared that the colonies were free and independent states. It was read out to the people of Philadelphia from the steps of their State House.

The Declaration of Independence was written by Thomas Jefferson, who later became the nation's third president. On July 4 every year, Americans remember the signing and the significance of this document. All across the country, from quiet towns to large cities, this summer day is filled with parades and dances, races and contests, festive picnics and barbecues. The nights are brightened by fireworks displays.



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.

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.

Independence Day Activities in Champaign-Urbana

On Friday, July 4, celebrate Independence Day with some fun activities. For more details, visit www.july4th.net.

Schedule of events for the day:

9:30am: Registration for Race-Walk (East side of Assembly Hall on Fourth St.)

10:30am: Youth Run (East side of Assembly Hall on Fourth St.)

11:05am: 5K Race-Walk (East side of Assembly Hall on Fourth St.)

1:05pm: Parade (Starts at Lincoln and Nevada, ends at Florida & First St.)

7:00pm: Evening Entertainment (Dodds Park/Parkland College)

9:15pm: Fireworks (Dodds Park/Parkland College)

Ice Cream & Independence at the Virginia Theatre

Come celebrate America with an old fashioned radio broadcast at **7pm on Thursday, July 3** at the historic **Virginia Theatre**! The Champaign Park District is proud to present a celebration of America featuring the Concert Band of Central Illinois' 4th of July Pops Concert. Come early and enjoy free Cold Stone Creamery ice cream outside the Virginia Theatre (located at 203 W. Park Street in Champaign). Tickets are \$14 for adults and \$8 for children.



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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.

Summer Office Hours

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

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

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