



Neighborly News

Family Housing Council

Vol. 35 Iss. 29 • July 18, 2008



Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be held on Friday, July 25 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, July 19

Saturday Fitness 10am at CC

Monday, July 21

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

Tuesday, July 22

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

Thursday, July 24

Storytime 10am at CC

Saturday, July 26

Berry-Picking Bus Trip 9am at FGH
REGISTRATION REQUIRED
Saturday Fitness 10am at CC

Sunday, July 27

Yard Sale 9am at CC

Pest Control:

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>

Volunteers Needed for Family Study

The Family Development Project is a study of early family interactions conducted through a faculty member in the Psychology Department at the University of Illinois. This project has been approved by the Institutional Review Board.

We are interested in factors that may influence family relationships and children's socioemotional development during infancy and early childhood. We are looking for 12-month-old children and three-year-old children and their parents.

For 12-month-old children and their parents:

The project consists of two phases—when the child is 1 year and 3 years old. We are looking for married or long-term, cohabitating (living together) couples who have a 12-month-old baby to participate in our study. We particularly need families who anticipate remaining in the area for the next 2 years (to complete both phases).

For 3-year-old children and their parents:

The project consists of two phases—when the child is 3 years and 4.5 years old. We are looking for married or long-term, cohabitating (living together) couples who have a three-year-old to participate in our study. We particularly need families who anticipate remaining in the area for the next 2 years (to complete both phases).

Families will receive gifts for their participation, as well as an interesting and fun experience! For more information, visit our website at www.psych.uiuc.edu/labs/eelab/ or email us at familydevelopmentproject08@gmail.com or call Stevie at 217-244-0716.

Berry-Picking Trip

Do you like fresh blueberries, raspberries, and strawberries? Then join us on **Saturday, July 26** for a trip to Pontious Farm in nearby White Heath, Illinois for a chance to pick your own berries. The bus will begin loading at **8:30 a.m.** and we will return to Orchard Downs around 11:30 a.m. As space is limited on the bus, registration is **REQUIRED** for this trip. To register, please email Carie at cbiresc2@uiuc.edu with how many adults and children from your family will be joining. Children are welcome, but please be prepared to supervise them closely. For more information about the farm and prices for berries, please visit <http://pontiousfarm.com/index.html>. If you have any additional questions, feel free to email Carie at cbiresc2@uiuc.edu.

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), please check 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, please call Connie Bryan, director, at 333-3497 during school hours.



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.

Yard Sale

Are you moving out of Orchard Downs soon and need to get rid of some things? Or have you just moved in and need to buy some new household items? If so, then join us on **Sunday, July 27** for this community-wide yard sale where there's sure to be something for everyone. If you are interested in reserving a table to sell items, please contact Carie at cbiresc2@uiuc.edu as soon as possible to reserve a spot. Those who did not register will not be allowed to sell items on the day of the sale.

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 to 11:30 a.m.** 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 2 p.m.** 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. Hope to see you there!

Movie Night

Nothing says summer like a blockbuster comic book movie and a bucket of popcorn! Join us on **Wednesday, July 23** as we show the 2003 blockbuster movie Spiderman at 7 p.m. at the **Community Center**. The movie is rated PG-13 and is approximately 2 hours long. Popcorn and beverages will be provided. If you have any questions about this event, please contact Carie at cbiresc2@uiuc.edu. Hope to see you there!

Cookout

On **Wednesday, July 30** we will be having a community-wide cookout at the **Community Center**. Food will be served beginning at **6:30 p.m.** until we run out. This event is free of charge and is a great opportunity to meet neighbors and socialize with old friends. If you have any questions about this event, please contact Carie at cbiresc2@uiuc.edu.

Pizza-Making at Cooking Club

If you like to try new recipes and eat good food, join us on **Friday, August 1** at 2 p.m. in the **Community Center**. We will be making pizzas and all are welcome. No childcare assistance is available and parents are responsible for the safety and supervision of their children. If you have any questions, please contact Christine at kcng2@uiuc.edu. Hope to see you there!

Community Updates

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, 8 a.m. to 4 p.m.** 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.



West Niles Virus Precautions

West Nile Virus is transmitted by mosquitoes. If you become infected with West Nile virus, you may not experience any signs or symptoms or you may only experience minor ones such as a skin rash and headache. However, some people who become infected with West Nile virus develop a life-threatening illness that includes inflammation of the brain.

West Nile virus is common in areas such as Africa, West Asia, and the Middle East. It first appeared in the United States in the summer of 1999 and since then has been found in all 48 contiguous states. You can do your best to prevent coming in contact with West Nile virus. Here's what to do:

- Wear insect repellent. Repellents that include one of these ingredients are best: DEET, lemon eucalyptus, or picaridin. Children should ask a parent to help apply the repellent.
- Playing outside at midday will help avoid bites because mosquitoes are most likely to be out during early morning or early evening.
- When possible, wear socks, long sleeves, and long pants when playing outside.
- Never play near standing water like creeks or wading pools (mosquitoes love to hang out there!).

Curbing your Late Night Cravings

It seems no matter how much we have eaten or how full we are, there's always room for dessert. The bad news is that many desserts like ice cream and cookies are loaded with calories and fat. If you indulge in these desserts too often you'll pack on the pounds.

Here are the top 5 suggestions for curbing those late night cravings:

- 1) Brush your teeth: After finishing your meal, use a minty mouthwash or brush with a minty toothpaste. If that's not feasible, pop some sugar-free mints or gum into your mouth. Studies show that minty flavors will curb your craving for something sweet. For example, have you ever had orange juice right after brushing your teeth in the morning? Yuck! Mints and sweets just don't mix.
- 2) Keep low-calorie, sugar-free dessert options available: Sugar-free popsicles, fudgesicles, pudding, and gelatin are low-calorie ways to satisfy your sweet tooth.
- 3) Try fruit: Fruit is not only sweet, but is packed with vitamins and minerals and has only 60 calories per serving, 0 grams of fat, and it's a good way to incorporate fiber into your diet.
- 4) Portion control treats: If you **MUST** have something sweet and none of the above suggestions work, try individually wrapped portion-controlled candies. Hershey's Kisses, mini York Peppermint Patties or "fun-size" candy bars are pre-portioned, which can help to prevent you from devouring more calories than you realize.
- 5) Eat less sugar and refined carbohydrates throughout the day: The less sugar you eat, the less insulin your body releases. The less insulin your body releases, the less sugar you crave.

Like any other habit, the craving for something sweet may come as a result of being trained to expect it after a meal. Try breaking the habit for one week and you'll drastically diminish your after-meal sweet craving.

CUPHD Breastfeeding Connection

CUPHD is offering a professional class that provides free breastfeeding support, education, and information. There will also be a free baby weight check! This program is open to all expecting and breastfeeding women. No registration is required. Just bring your baby and a blanket. The class will be held on the **second and fourth Thursday of every month**, from **11:30 a.m. to 1 p.m.** at the **Champaign-Urbana Public Health Department Office**, 201 W. Kenyon Rd., Champaign. For more information, call (217) 531-4311.

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 11:30 a.m.** 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.



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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 9 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, 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 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. You can reach Cathy by email at cito@cupdh.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 9:30 a.m. to 12:30 p.m.

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 8:30 p.m.** 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.

NEIGHBORLY NEWS

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Family & Graduate Housing
Family Housing Council
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