



Neighborly News



Family Housing Council— <http://www.odfhc.org>

Vol. 35 Iss. 31 • August 1, 2008



Weekly Reminders

FHC Monthly Public Meeting

The next FHC meeting will be held on Friday, August 29 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, August 2

Saturday Fitness 10am at CC

Monday, August 4

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

Tuesday, August 5

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

Thursday, August 7

Storytime 10am at CC

Friday, August 8

Registration for Springfield Fair Trip
6pm at FGH

Pest Control:

During the month of August, Orchard Downs buildings 1902 through 1977 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>

Meet the Family Housing Council Employees

Did you ever wonder who is delivering your *Neighborly News* each week? Or who maintains the Family Housing Council website (<http://www.odfhc.org>)? How about who takes care of the sewing room or the garden plots? All the residents that perform these important community services are employed by the Family Housing Council (FHC). They are not only vital to our community, but also are generous with their time and work. Let's meet them!

Kashif Muhammad is the garden plot manager. He is currently our most experienced employee. He is pursuing a Ph.D. in Civil Engineering and approaching his preliminary exams this fall. Kashif and his wife Laila are originally from Pakistan.

Laila Zaidi is our *Neighborly News* assembler. Every copy of the *Neighborly News* that makes its way to your door passes through her careful hands. Laila and Kashif have lived in Orchard Downs for three years. In addition to being FHC employees they are also community aides and fortunate parents of two lovely children.

Xiaowen Wu is a recent addition to our employee list. She is the *Neighborly News* distributor for area A (apartments 1801-1924 in Orchard Place). Originally from China, she has come to the U.S. to pursue graduate studies in Environmental Engineering and has been living in Orchard Downs for three years.

Dandan Zhang is the new *Neighborly News* distributor for area B (apartments 1961-1977 odd, 1930-2044 even). She is a graduate student in Actuarial Science (Mathematics) and she is also from China. Dandan has been in Orchard Downs for four years.

Genet Fisseha is the distributor for area C (apartments 2001-2037, 2051-2087 and 2060-2084). She comes from Ethiopia and is the proud mother of two children: a three-year old son and an eight-month old infant. She has spent the last two years living in Orchard Downs.

Margaret Njeru is the distributor for area D (apartments 2102-2202 and 2203-2205). She is pursuing a Ph.D. in Elementary Education, works as a community aide, and is a full-time mother as well.

Xiao Chen is the *Neighborly News* distributor for area E (apartments 2101-2201 and those closest to the Community Center in Hazelwood Court). She comes from China, has lived in Orchard Downs for several years, and is a very new mother.

Feifei Zhan is the sewing room monitor. She is very talented with the scissors, needles, and sewing machines. Feifei is the brand new mother of a ten-month infant. Her family comes from China and has been living in our community for two years.

Last but not least, **Craig Merrett** is our computer guru. He does a terrific job of keeping us up to date with the FHC website, <http://www.odfhc.org>. He has just graduated with a master's degree in Aerospace Engineering and is continuing towards a Ph.D. He comes from lovely Canada.

The Family Housing Council (FHC) hopes that every resident learns to appreciate and respect the hard work of our employees and are very proud to be associated with these talented and devoted individuals who put their heart into their work.



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.

Fall Festival at the Community Center

Come join your community aides, graduate assistants, and fellow residents to learn more about resources in the University community. There will be plenty of games and prizes for all ages as well as delicious food. This will be a great way to meet all of your neighbors and celebrate the start of the school year! A prize drawing will take place at the end of the event. This event will be held on **Saturday, August 30** from **12 noon to 3 p.m.** at the **Community Center**, located at 510 George Huff Drive. For more information, contact Matt Abbott at abbtt@housing.uiuc.edu.

Springfield State Fair Trip

Come on out for the annual Illinois State Fair in Springfield! We are visiting the fair on **Saturday, August 16**. The fair has many games, carnival rides, food, music, exhibits, and other entertainment for people of all ages. This is a large bus trip, so registration is required. Residents will need to arrive by **8:30 a.m.** on the day of the trip. The cost for the entire trip is \$5 for adults and \$3 for children under 16. There are no refunds for tickets. Registration will take place on Friday, August 8 from 6 to 7 p.m. at the FGH office. If you have any questions, contact Sara at sjenkins@admin.housing.uiuc.edu.

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, 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.

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.

Meijer Trips

Family & Graduate Housing is pleased to announce several upcoming trips to Meijer discount stores. All residents of Orchard Downs are welcome to attend these trips and there is no registration required. The pickup point is the **FGH office** (1841 Orchard Place). The bus will begin boarding at **5:45 p.m.** and depart at 6 p.m. The bus will arrive at Meijer on Prospect at 6:15pm and depart from there at 7:15 sharp. Please allow time to complete your purchases, checkout, and be back on the bus on time. Meijer trips will be held on the following dates: **Monday, August 18 and Wednesday, August 27**.

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 www.cuphd.org. Medical services include physical exams, immunizations, acute and chronic conditions, reproductive health, dietary management, and nutrition referrals. Dental services include cleanings, cleanings, extractions and fillings, and fluoride treatments. Counseling services include 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. Walk-ins are available for acute care issues. If you have any questions, contact 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 on **Tuesday, August 12** from **5 to 7 p.m.** at the **Learning Resource Center**.

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. 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.



Family Housing Council (FHC) Garden Manager Position Opening

The Family Housing Council (FHC) is looking for a garden manager to be in charge of the garden plots in Orchard South. The duties of the Garden Manager are:

- Update the map of garden plots as located in the field, mark plot areas, and number each plot
- Register garden plot applications, allocate garden plots to the renters according to the order of the applications, keeping records of all the assignments, fees, and deposits received
- Address concerns of the plot holders, inspect the garden plots every two weeks to ensure their proper management, and submit a monthly report to the Vice President of the Family Housing Council, within the week preceding the FHC public meeting
- At the end of the gardening season (November of the year), inspect the plots and ensure that they are cleared and tilled before returning the deposits due to the plot holders
- Attend the Family Housing Council meetings held on the last Friday of each month from 6 to 7 p.m. and submit any necessary reports
- Help with the Family Housing Council sponsored programs/activities

The garden manager will receive monthly payments of \$65. To apply for this position, download the application form and instructions from the FHC website at <http://www.odfhc.org/job.php>. The application deadline is Friday, August 15. Subsequently, applicants will be asked to have an interview with the council.

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! For more information, visit www.psych.uiuc.edu/labs/eelab/, email familydevelopmentproject08@gmail.com or call Stevie at (217) 244-0716.

Breakfast & Olympics Opening Ceremony

Come join the Community Aides for breakfast and enjoy watching the opening ceremony of the 2008 Summer Olympics held in Beijing, China. The program is open for all Orchard Downs residents on **Friday, August 8** from **7 a.m. to 10 a.m.** at the Orchard Downs Community Center. If you have any questions, please contact Claudia Serbanuta at cserban2@uiuc.edu.

FHC Public Meeting Minutes: July 25, 2008

The meeting started in the presence of council members Bhupinder Singh Farmaha, Alexandra Seceleanu, Ying Deng, Qingping Feng, community aides, Complex Director Indira Rajagopalan and several residents. President Bhupinder Singh Farmaha welcomed everybody to the meeting. He introduced himself as the new council president and introduced the other council members. He stated that the council has unanimously appointed Alexandra Seceleanu to fill the vice-president vacancy. He asserted that the new Council will build upon a good team from the previous council and will put all their efforts into building a true sense of community in Orchard Downs. Any resident can raise any issue with the council and they will be heard. President Bhupinder Singh Farmaha mentioned the following upcoming events:

- The Fall Festival organized by FGH on August 30 for which the Council is sponsoring T-shirts for volunteers, thus showing their support for people whose efforts make such events possible for all to enjoy
- The Olympic Games sports event that will take place in September will be organized by the Council

Indira Rajagopalan mentioned two FGH events for August:

- A trip to Springfield on August 2 to see the museum and the mall, residents will receive details on registration by email
- A trip to the State Fair in Springfield on August 16

The council brought up the issue of car-washing hoses. FGH is willing to explore this with maintenance. Aspects like storage need to be considered. Several methods were suggested to that end. FGH will consider the issue and work with maintenance regarding the hoses.



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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 **August 7 & 21, September 4 & 18, and October 2 from 6 to 8:30 p.m.** at the **Champaign-Urbana Public Health District, 201 W. Kenyon Rd.** Parents must accompany children and bring immunizations records. Appointments are required, and can be scheduled by calling 531-4253. Limited appointments are available. Free dental exams are also available for Unit 4 students. See www.cuphd.org.

CUPHD Breastfeeding Connection

CUPHD offers a class providing free breastfeeding support and education, including a free baby weight check! 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 District, 201 W. Kenyon Rd.** For more information, call (217) 531-4311.

NEIGHBORLY NEWS

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Family & Graduate Housing
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