



Neighborly News



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 9

Saturday Fitness 10am at CC

Monday, August 11

Men's Fitness 6:30pm at CC

Tuesday, August 12

All Kids Insurance Registration 5pm at LRC

Friday, August 15

Cooking Club 2pm at CC

Saturday, August 16

Illinois State Fair Bus Trip 8:30am at FGH
REGISTRATION REQUIRED

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>

Wireless Routers Available

If you have more than one computer at your residence that you want to be connected to the Internet, then you will need a router. A router can be checked out from the **Family & Graduate Housing office** at 1841 Orchard Place for the duration of your stay in Orchard Downs. There is no fee for this service, but you will be asked to show your University ID (i-card). When leaving University Housing, residents will be expected to return the router to the office. Failure to return the router upon the termination of your lease will result in a fee charged to your University account.

Counseling Center Workshops

Throughout the fall semester, the Counseling Center will be holding a series of workshops on **Tuesdays at 7 p.m.** in the **Illini Union**. For a full schedule and listing of the workshop topics, visit <http://webtools.uiuc.edu/calendar/Calendar?callId=677>.

Fall Festival at the Community Center

Come and join your community aides, graduate assistants, and fellow residents and learn more about resources in the University community. There will be plenty of games and prizes for all age groups as well as delicious food for everyone. 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 popular event will be held on **Saturday, August 30 from 12 noon to 3 p.m.** at the **Orchard Downs Community Center**, located at 510 George Huff Drive. For more information, please contact Matt Abbott at abtt@housing.uiuc.edu.

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 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.



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.

Cooking Club

If you like to try new recipes and eat good food, then join us on **Friday 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. Hope to see you there!

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, please contact Sara at sjenkins@admin.housing.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, returning to Orchard Downs. 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 this summer: **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 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.

Thank You from Ms. Debbie

Thank you all for coming to my summer programs! It has been a pleasure to meet you all. I will be returning to the Pre-School soon, so **Thursday, August 7** was the last Storytime. Thank you for your participation and I hope you had as much fun as I did.



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**.

About All Kids insurance: 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. For example, a family of four that makes about \$27,000 to \$30,000 of gross income each year does not have to pay any premiums. A family of four that makes about \$30,000 to \$40,000 of gross income each year pays premiums of \$15 per month for one child and \$25 for two children. 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.

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.

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.



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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.

Date Corrections

Please be informed that the August *Neighborly News* calendar dates for WIC have been posted incorrectly.

The calendar states WIC services will be available **August 1, 15, and 29**. Please note that the correct dates for WIC services will be Thursday, August 8 and Thursday, August 22 from 1 p.m. to 4 p.m. for walk-in and appointment hours. We apologize for any confusion and inconvenience this may have caused.

Free Thermometers and Diapers

The MultiCultural Health Center will be issuing free thermometers and Huggies diapers (sizes 1, 2 and 3) for anyone who takes advantage of our wonderful healthcare and fitness services. They will be available for pick up at any of the programs we offer and also during office hours on **Wednesdays 9:30 a.m.-12:30 p.m.** If you have suggestions for other methods to encourage residents to utilize FGH programs, feel free to contact Paul Morgan, MCHC graduate assistant, at pamorgan1@gmail.com.

NEIGHBORLY NEWS

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