



Neighborly News



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

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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 16

Saturday Fitness 10am at CC
Illinois State Fair Bus Trip 8:30am at FGH
REGISTRATION REQUIRED

Monday, August 18

Kids' Club Registration 5pm at CC
Meijer Trip 5:45pm at FGH
Men's Fitness 6:30pm at CC

Tuesday, August 19

All Kids Insurance Registration 5pm at LRC

Friday, August 22

Cooking Club 2pm at CC

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>

Garden Manager Position Opening: Deadline Extended

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 include:

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

The garden manager will receive monthly payments in the value of \$65. To apply for this position, download the application form and instructions from the FHC website, <http://www.odfhc.org/job.php>. The application deadline is **Friday, August 22**. Subsequently, applicants will be asked to have an interview with the Council.

Roommate Wanted Forum

A new forum has been created on the Orchard Downs discussion board for residents looking for a roommate. The board is called "Roommate Wanted" and the address is <http://bb.odfhc.org/list.php?10>. Remember, to post a message you must have an account on the board. To create an account, click on the Log in link.

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.

Campus Move-in Day

University Housing, the Illinois campus, and the Champaign-Urbana community will be welcoming thousands of students and their families on **Thursday, August 21**, as new students move into the undergraduate residence halls. Please be aware that there will be increased traffic around your neighborhood on August 21.



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.

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: **Monday, August 18 and Wednesday, August 27.**

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!

Community Updates

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>.

INTERLINK: International Student Mentoring Program

INTERLINK is a mentoring program aimed at helping international students adjust to the culture and environment at the University of Illinois and the local community. The program will pair new and returning international students (mentees) with volunteer mentors consisting of senior students (graduate or undergraduate), faculty, and staff so that mentees can get social and emotional support in their adjustment process.

First consideration will be given to applications received by **Wednesday, September 10**. Mentors and mentees will find out about their matches on Thursday, September 18 at the INTERLINK Orientation. Applications received after September 10 will be placed on a waiting list for ongoing consideration.

We welcome mentors and mentees from all backgrounds. To balance our mentor pool, we especially encourage graduate students and U.S.-born mentors to apply. For detailed information, and to find our online application, please visit www.couns.uiuc.edu/interlink/interlink.htm. You can also contact Kenneth Wang at 333-3704 or ktwang@illinois.edu for questions and clarifications.

New Cable Channels Coming Soon

University Housing is excited to offer residents an expanded cable channel line-up, free of charge. The channel line-up is changing from approximately 60 channels to over 90 channels. The line-up includes seven international channels: Univision, Telemundo, TV5 (French), TV Asia (South Asian languages), Filipino Channel (Tagalog), CTI Zhong Tian (Mandarin-Chinese), and BBC America.

The switchover to new channels is expected to take place overnight on **Friday, August 15**. To subscribe to additional premium cable channels or report problems with your cable service, contact Comcast Cable directly by calling 1-888-736-2271. Cards listing the new channels will be distributed to all residents, and the line-up is also available online at www.housing.uiuc.edu/pdf/cable_channels.pdf.

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.



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.

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.

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.



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WWW.ODFHC.ORG

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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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Family & Graduate Housing
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