



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 Friday, August 28 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, August 22

Sewing Room 10am at LRC (2044-A)

Monday, August 24

Parent-Child Playgroup 10am at FRC
Fall Semester Begins

Wednesday, August 26

Craft Club 1pm at CC

Back to School Party 6pm at CC

Friday, August 28

Cooking Club 2pm at CC

Saturday, August 29

Fall Festival Noon at CC

Pest Control:

During the month of August, Orchard Downs 1902-1977 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.illinois.edu>

Study Room

Apartment 2102-104

Don't Miss the Fall Festival

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 29 at 12 noon** in the **Orchard Downs Community Center** (located at 510 George Huff Drive). For more information, please contact your community aide or Family & Graduate Housing at apartments@illinois.edu.

Back to School Bingo Party

Join us on **Wednesday, August 26** at the **Orchard Downs Community Center**. Come meet new friends and play bingo to win school supplies! The party starts at **6:30 p.m.**

International Women's Connection

Begins Wednesday, September 9

The International Women's Connection (IWC) is a weekly friendship group that meets **every Wednesday**. We will begin with a free English class that meets from **9 to 10 a.m.** From 10 to 11:30 a.m. we will continue our meeting with refreshments and various interesting programs.

On Wednesday, September 9 we will have a program on grocery shopping and a demonstration on making fresh salsa. Complete schedules are available at the Family & Graduate Housing office. On Wednesday, September 16 there will be a free garage sale, which you definitely do not want to miss! All of our meetings take place at Twin City Bible Church, located at the corner of Lincoln and Michigan. Childcare is also provided, so you can bring your children with you. If you need transportation or have any more questions, please contact Ruth at 384-3085 or ruthkk7@sbcglobal.net.

Coming this Fall: Beginning Writers Club

Is your child beginning Kindergarten or joining first grade this fall? This club will give your child an opportunity to write/scribble/draw, etc. and an opportunity to share what they have written if they wish, and to talk with the other "writers" as they create. Snacks will also be provided. This fun-filled activity begins this fall **every Saturday** from **10 a.m. to 12 noon** at the **Orchard Downs Community Center**. Our first day will be **Saturday, September 5**. If you have any questions, contact Esther Lisanza at emukewa@illinois.edu.



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.

Parent-Child Playgroup

This weekly playgroup meets **every Monday in August at 10 a.m.** at the **Family Resource Center** (1834-A Orchard St.). These playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Playgroups are also a great way to meet other parents, share activities and conversations, and make new friends (for yourself and your children)! Children should be 5 years old or younger.

Sewing Room Hours

The Sewing Room is open **every Saturday from 10 a.m. to noon** in the **Learning Resource Center** (2044-A Orchard St.). Sewing machines and other equipment, including scissors, pins, measuring tapes, and thread, are available for the use of all residents. No appointment is necessary—just drop on by! Contact Sewing Room Monitor Feifei Zhan (sewinguiuc@gmail.com) if you have any questions.

Cooking Club

Come join in the fun! At Cooking Club, you can meet new friends, taste new food, and learn new recipes! Please join us weekly on **Fridays from 2 to 3 p.m.** in the **Orchard Downs Community Center**. Children are welcome but no child care assistance is available. Parents are responsible for the supervision and safety of their children.

Hot Topics

Dining on Campus: Easy, Affordable, Convenient

Did you know that you can use your i-card for meals in University Housing dining halls and the Illini Union Ballroom buffet? If you're already on campus for classes or research, why not dine with us as a convenient, affordable option?

It's easy! Just add Extra Credits to your i-card. Then when you enter the dining hall, the attendant will swipe your card and you can enjoy an array of hot entrees, a salad bar, and other freshly prepared food.

To add Extra Credits to your i-card, simply visit www.housing.illinois.edu and click on "Buy Extra Credits" at the top of the page. You will need a credit card to make the purchase. You can also purchase Extra Credits or a guest meal ticket at a residence hall front desk.

At the Illini Union Ballroom, you may use Extra Credits, cash, checks, credit cards, or departmental accounts.

Rates

One credit equals one cent, and your credits never expire as long as you have an active i-card. Rates for students, faculty, and staff are:

Dining hall

Breakfast: \$6.95 (695 credits)

Lunch: \$8.95 (895 credits)

Dinner: \$11.95 (1195 credits)

Illini Union Ballroom

Lunch: \$9.25 (925 credits)

In addition to Extra Credits, we also offer several flexible meal plan options. For more information, visit www.housing.illinois.edu/dining.

Locations & Hours

All seven dining halls will open for regular meal hours beginning with dinner on Thursday, August 20, and the Ballroom buffet opens for fall on **Monday, August 24**. You can find all of the details about locations and hours at www.housing.illinois.edu/dining. We hope you'll join us!



FHC Monthly Public Meeting: August 28

All Orchard Downs residents are encouraged to attend the next Family Housing Council Monthly Public Meeting, which will take place on **Friday, August 28 at 5:45pm** in the **Community Center**. Pizza and refreshments will be provided.

The Family Housing Council is made up of residents who work to make Orchard Downs a comfortable, great place to live. If you cannot attend the meeting, remember that the FHC Public Meeting minutes are published monthly in the *Neighborly News*. The minutes will give you up-to-date information on council operations and important issues that affect the whole community.

Parking Permits for 2009-2010

It's time to get your parking permit for 2009-2010!

Residents may go to http://illinois.edu/goto/apt_parking to apply for parking. Click on "Request a parking permit" and fill in your information. Orchard Downs parking is included in your monthly rent. All residents are responsible for following University Campus Parking regulations. Information on regulations and rates is available online at www.parking.uiuc.edu.

If you have any questions about parking, please feel free to contact us at Family & Graduate Housing: call 333-5656 or email parkingapt@illinois.edu. Thank you for your cooperation.

Study Room at 2102-104

Residents at Family & Graduate Housing can access the study room located at apartment 2102-104 Orchard South using the laundry room key at any time throughout the year for quiet study. The study room for residents' use came about due to an effective proposal submitted by the Family Housing Council several years ago. It directly supports our mission to support student academic success. If you have any questions, please contact apartments@illinois.edu.

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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. MultiCultural Health Center office hours will be held on **Wednesdays** from 10:30 a.m. to 1:30 p.m.

CCCHC Thursday Clinic/HeRMES Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services the **2nd and 4th Thursday of the month from 6 to 8 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: 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.

The HeRMES Thursday Evening Clinic (**1st and 3rd Thursdays 6 to 8 p.m. at the MCHC**) provides primary physician care. Treatment is offered for many health concerns, including, but not limited to, general health issues, nutrition education, preventive health care, seasonal colds and the flu, other respiratory infections, aches and pains, and much more.

Please take advantage of these free services. For more information, please contact CCCHC at 398-2914, visit www.ccchc2003.org, or contact MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women, Infants and Children (WIC) Services

This program is offered **every other Friday 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., at cito@c-uphd.org. 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 (cito@c-uphd.org, 531-4311) or MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

The MCHC also offers a weigh-in program for infants. Bring your baby to the MultiCultural Health Center **every other Friday from 1 to 4 p.m.** to have your baby's weight checked. We will also be distributing cards that will enable you to keep track of your baby's weight. If you have any questions about this program, please email Paul Morgan at pamorgan1@gmail.com.

NEIGHBORLY NEWS

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