



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 23

Saturday Fitness 10am at CC

Monday, August 25

Parent/Child Playgroup 10am at FRC
Men's Fitness 6:30pm at CC

Tuesday, August 26

International Friendship Group
1:30pm at LRC

Wednesday, August 27

Meijer Trip 5:45pm at FGH

Thursday, August 28

Back-to-School Party 6pm at CC

Friday, August 29

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>

Returning your Neighbor's Mail

You arrive home one evening and after checking your mail you realize that your neighbor's mail wound up in your mailbox. What do you do? Here is a very easy solution: you can return the mail directly to your neighbor. You can do this in no time, plus a neighbor who returns mail is more likely to have their mail returned as well. And we all know how much you would dislike missing your favorite hobby magazine! So the next time you get your neighbor's mail, please be considerate and think how much you can contribute to a culture of respect in your building when you make sure your neighbor gets his/her mail. Thank you!

New Cable Channels

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.

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.

International Women's Connection

The International Women's Connection (IWC) will begin its 21st year on Wednesday, September 3. The IWC is an informal gathering of American and international women from around the world. It was established in 1987 as a place where women could form friendships, practice English, and share and learn from one another. Meetings are held **Wednesday mornings, 9 to 11:30 a.m.** in the **basement of Twin City Bible Church**, at the corner of Lincoln and Michigan Avenues. Babysitting is provided.

Attend one or both parts:

Free English Class: 9–10 a.m.

This is a practical, conversational class for anyone who wants to improve their English.

Friendship Program: 10–11:30 a.m.

Wednesday, September 3 – Where to shop and how to make salsa

Wednesday, September 10 – Free garage sale (any international student or spouse can attend this)

Wednesday, September 17 – Overview of health care in the U.S.

Wednesday, September 24 – Finding inexpensive entertainment

For additional information, contact Ruth at ruthkk7@sbcglobal.net or 384-3085.



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 Trip

Family & Graduate Housing is pleased to announce an upcoming trip 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 6:15 p.m. 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. The next Meijer trip will be held on **Wednesday, August 27**.

Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy! For this reason, we would like to welcome your newborn into the Orchard Downs community with a small complimentary gift package. This is our way of saying, "Welcome to the World!" If you have recently welcomed a new baby into your family, please contact Lauren Karr at 333-5656 or LKarr1@Illinois.edu.

International Friendship Group

Are you interested in getting to know others in the community? Do you like to do arts and crafts? Would you like to learn more about other cultures? Please join us at our weekly International Friendship Group, beginning **next Tuesday, August 26** and held every week this fall semester from **1:30 to 2:30 p.m.** in the **Learning Resource Center (apartment 2044-A)**. Children are welcome but no childcare assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact Family Relations Graduate Assistant Lauren Karr at 333-5656 or LKarr1@Illinois.edu.

Trip to Rockome Gardens & Tuscola Shopping Center

On **Saturday, September 6**, we will be taking a bus to Rockome Gardens and the Tanger Outlet Shopping Center in Tuscola! We will leave Orchard Downs at **9 a.m.** and will return at 6 p.m. We will spend time at both locations. Rockome Gardens is located in Arcola, Ill. and offers many attractions such as rock formations, art demonstrations, and a petting zoo. For more information on what to expect, check out www.rockome.com. Tanger Outlet Center is located in Tuscola and offers many shopping stores. For more information, visit www.tangeroutlet/tuscola. Wear comfortable clothing for outdoor activity. Prior registration is required. To register, email Becca at rthinn2@illinois.edu. Please include your name, contact information, and number of adults and children attending to reserve your seat!

Parent/Child Playgroup

This weekly playgroup will resume next **Monday, August 25**, and will be held every week this fall semester from **10 to 11:30 a.m.** at the **Family Resource Center (apartment 1834-A)**. These playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Playgroups also are 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. If you have any questions, please contact our Family Relations Graduate Assistant Lauren Karr at 333-5656 or LKarr1@Illinois.edu.

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 this fall semester **every Friday from 2 to 3 p.m.** in the **Orchard Downs Community Center**. Children are welcome but no childcare assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact Lauren Karr at 333-5656 or LKarr1@Illinois.edu.

Back-to-School Party

Come out to the **Orchard Downs Community Center** on **Thursday, August 28** from **6 to 7:30 p.m.**! We will have a representative from the Urbana School District present to answer questions. After the question and answer session we will be playing "Back-to-School Bingo!" Prizes will be a variety of school supplies. We will also have a raffle for a new back pack! Hope to see you there!

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 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 abbtt@housing.uiuc.edu.



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>.

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.

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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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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