



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 29

Sewing Room 10am at LRC (2044-A)

Monday, August 31

Playgroup 10am at FRC

Tuesday, September 1

NRS: Counseling Center 5pm at FGH

Wednesday, September 2

Craft Club 1pm at LRC
September Birthdays 7pm at CC

Thursday, September 3

Playgroup 10am at FRC
NRS: MTD 5pm at FGH

Friday, September 4

Cooking Club 2pm at CC

Pest Control:

During the month of August, Orchard Downs 1902-1977 will be treated. During September, Orchard Downs 2001-2039 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

New Resident Series

University of Illinois Counseling Center Informational Session

Come out for the first of a series of events designed to assist you in transitioning to life in the United States and the University of Illinois! At the Counseling Center Informational Session, we will learn about the various services that they provide: counseling, educational programming initiatives to help build a more multicultural learning community, training programs, outreach and consultation activities, as well as self-help aides. We will meet on **Tuesday, September 1 at 5 p.m.** in the Conference Room at the Family & Graduate Housing office. Any questions can be sent to Mira Dahlheim at mdahlhe2@illinois.edu.

New Resident Series: MTD Public Transportation Informational Session

Students can ride the bus for FREE! It's true! At the MTD Informational Session, we will discuss bus routes and how to get to specific places using the bus. We will meet on **Thursday, September 3 at 5 p.m.** in Conference Room at the Family & Graduate Housing office. An MTD official will be ready to answer questions and provide participants with bus route booklets and other resources. Any questions can be sent to Mira Dahlheim at mdahlhe2@illinois.edu.

Fall Festival on Saturday

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.

Bus Trip to Rockome Gardens and Tuscola Shopping Center

On **Saturday September 5**, we will be taking a bus to Rockome Gardens and the Tanger Outlet Shopping Center in Tuscola! Rockome Gardens is located in Arcola, Illinois 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 is located in Tuscola and offers many shopping stores. For more information, look at www.tangeroutlet/tuscola. Wear comfortable clothing for outdoor activity. Prior registration is required. To register, email Mira at mdahlhe2@illinois.edu. Please include your name, contact information, and number of adults and children attending.



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.

September Birthdays Celebration

Do you celebrate your birthday during the month of September? Then this is a gathering to celebrate YOU! We will meet at the **Orchard Downs Community Center** on **Wednesday, September 2 at 7 p.m.** for cake and a celebration. Even if you are not celebrating your birthday this month, help your neighbors celebrate theirs by joining us for cake and showing your support! Any questions can be sent to Mira Dahlheim at mdahlhe2@illinois.edu.

Hot Topics

Coming this Fall: Beginning Writers Junior 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.

Sign Up for ALL KIDS/Kid Care

Held During September WIC Hours

The State of Illinois has created a program that provides insurance coverage for all children under the age of 18. Champaign Urbana Public Health District will assist with applications and submissions during the month of **September (September 4 and possibly September 18)** at the **Multicultural Health Center** during our regularly scheduled WIC hours (see back page for more information).

You may also go to the Champaign Urbana Public Health District for further assistance with applications and submissions for ALL KIDS at (217) 531-4306.

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.



Spaces Available at Orchard Downs Pre-School

Orchard Downs Pre-School now has a few spaces available for the full-day class. If your child is between the ages of 3 to 5 years old, completely potty-trained and eager to learn, then check out this opportunity. The class is from **8:30 a.m. to 3 p.m., Monday-Friday**, following the university calendar. For more information call (217) 333-3497 or e-mail bryan1@uiuc.edu.

International Women's Connection

The International Women's Connection (IWC) is a weekly friendship group that meets **every Wednesday**, starting on **Wednesday, September 9**. 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.

Here's what others are saying about IWC: "Our friendship group helped me learn to live in a foreign country by giving me a chance to meet a lot of women who have the same situation as me. It helped me improve my English." – Pinar from Turkey

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!



OFFICERS & STAFF 2009-2010

FAMILY HOUSING COUNCIL
WWW.ODFHC.ORG

President

Bhupinder Singh Farmaha
farmaha2@illinois.edu

Vice President

Adarsh Radadia
radadia@gmail.com

Treasurer

Jeff Tschirhart
tschirha@illinois.edu

Executive Secretary

Adeel Zafar
Zafar2@illinois.edu

Recording Secretary

Caroline Morais
cmorais@iit.edu

NN Assembler

Syeda Um-e-Laila Zaidi
sumelailazaidi@yahoo.com

NN Distributors

Margaret Njeru, Sophie Dewayani,
Tholani Hlongwa, Xiao Chen, Annie Rong

Sewing Room Monitor

Feifei Zhan
sewinguiuc@gmail.com

Garden Plot Manager

Hang Lei
hanglei2@illinois.edu

Webmaster

Craig Merrett
merrett2@uiuc.edu

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.

Space Managers

Chi-Chen Peng
peng3@illinois.edu
Kashif M.
kashif12pk@gmail.com
Esther Lisanza
emukewa2@illinois.edu
Saijun Zhang
szhang11@uiuc.edu

NN Layout

Justin Parker, jparker@illinois.edu

NN Editor

Erin Lukehart Ciciora, elukehar@illinois.edu

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 **Thursdays** 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 the new MCHC graduate assistant Shalaurey Jones at mchc2040a@gmail.com or sjones430@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. You can reach Cathy by email at 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 the new graduate assistant Shalaurey Jones at mchc2040a@gmail.com or sjones430@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

University of Illinois at Urbana-Champaign
Family & Graduate Housing
Family Housing Council
1841 S. Orchard Place
Urbana, IL 61801
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