



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 30

Saturday Fitness 10am at CC

Monday, September 1

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

Tuesday, September 2

International Friendship Group 1pm at LRC

Thursday, September 4

Book Club 7pm at LRC

Friday, September 5

WIC 1pm at MCHC
Men's Fitness 6pm at CC
Cooking Club 2pm at CC
Meijer Trip 5:45pm at FGH

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>

Orchard Downs Pre-School Accepting New Students

Orchard Downs Pre-School offers many activities to enhance social, physical, emotional, and mental growth of preschool children, ages 3 to 5. The school provides a stimulating environment for the individual growth of each child. The school offers a high-quality, low-cost education for children of Orchard Downs residents and assists them in the transition to the public school system. The school is also known for its multicultural setting and its unique blending of social and cultural backgrounds.

The school offers **half-day (9:00 a.m. to noon)** and **full-day (8:30 a.m. to 2:30 p.m.)** programs. Classes operate when the University is in session. To register your child, call 333-3497 or 333-5656. Registration forms are available at the school, the Family & Graduate Housing office, and online at www.illinois.edu/goto/odps. All registration forms must be completed before children may attend. The Orchard Downs Pre-School is located in the Family & Graduate Housing Community Center, 510 W. George Huff Drive, Urbana.

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.

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. to 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.



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.

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 abbtt@housing.uiuc.edu.

Meijer Trips

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, check out, and be back on the bus on time. The next Meijer trip will be held **Friday, September 5**.

Parent/Child Playgroup

This playgroup meets weekly, and will be held **every Monday this fall semester** from **10 to 11:30 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 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.

Bus Trip to Curtis Orchard

On **Sunday, September 14**, we will be taking a bus to Curtis Orchard. Curtis Orchard offers many activities such as apple picking, petting zoo, face painting, apple donuts, and much more! For more information on what to expect, check out www.curtisorchard.com. We will be leaving the **Family & Graduate Housing office** at **12:30 p.m.** and will return at 6 p.m. To register for the trip, email Becca at rthinn2@illinois.edu. Please include your name, contact information, and how many adults and children will be attending.

Outdoor Games

Come for an evening of outdoor activities and sidewalk chalk on **Thursday, September 11!** It will be at the **Orchard Downs Community Center** from **6 to 8 p.m.** Questions? Email Becca at rthinn2@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 International Friendship Group, held **every Tuesday this fall semester** from **1 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. The next meeting is **Tuesday, September 2**.

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.

Book Club

Book Club will meet for the first time on **Thursday, September 4**, from **7 to 8 p.m.** in the **Learning Resource Center**. At this meeting we will discuss and choose a book for the club to read. A list of five suggested readings will be provided, as well as a snack. All participants will have an opportunity to vote and choose which of the suggested books we will use. Book Club will meet every other week for the rest of the year. For more information please contact Learning Initiatives Graduate Assistant Bryan Kelly at kelly31@uiuc.edu.

New Residents Series: Rules of the Road Workshop

Are you interested in becoming a better driver and getting your driver's license? The Learning Initiatives – Illinois Rules of the Road program can help you build and polish your driving skills. The first meeting will be **Monday, September 8**, from **7 to 8 p.m.** at the **FGH office**. Participants will have the opportunity to ask questions and explore the concepts and laws for driving in Illinois. Any questions prior to the meeting can be sent to Bryan Kelly at kelly31@uiuc.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!



International Food Festival: Call for Cooks

We will be hosting the annual International Food Festival again this year on **Saturday, October 11**, at 1 p.m. at the **Orchard Downs Community Center**. It is a fantastic opportunity to share food from your culture and taste foods from many other cultures. You will receive reimbursement for your ingredients. If you wish to sign up as a cook, please submit your name, email address (or phone), and apartment number to Laurren Karr at LKarr1@illinois.edu or drop it off at the Family & Graduate Housing office with a note for Laurren Karr and she will get back to you with the details.

New Residents Series: University Library Tour

The New Residents Series will be offering a University Library tour. The University of Illinois has a big campus, and becoming familiar with its resources can help. The tour will cover the Main Library and the Undergraduate Library. We will meet at the **FGH office at 4:30 on Thursday, September 11**, and the tour will last about an hour on campus. Check back for information about transportation. Any questions can be sent to Bryan Kelly at kelly31@uiuc.edu.

Hot Topics

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 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.

American Holidays: Labor Day

Labor Day is a federal United States holiday that takes place on the first Monday in September. This year it falls on **Monday, September 1**. Labor Day was started in 1882 as a day of rest to honor all the people who work. On this day, many offices, factories, banks, and some stores are closed. Labor Day has evolved into a family-oriented holiday that marks the end of summer vacation, and is a prelude to autumn. It has become not just a day, but also a weekend—a time for taking trips, and enjoying picnics and sporting events.

Are you a new or returning student to the U of I? Do you need an inexpensive car to get around Champaign-Urbana? Well, Worden Martin Nissan has the car for you! We offer new and used, imports and domestic cars. We have the car that fits your needs! All U of I students receive special Worden Martin employee discounts and rebates. Contact Jonathan Patterson at 217-352-8910 or at jpatterson@wordenmartin.com for more information and to receive the special pricing. (This is a paid advertisement)



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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 other Thursday of the month** from **6 to 8 p.m.** for walk-in appointments at the MCHC. The first services will be available September 11th. 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. The program begins September 5th. 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.

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 **September 4 & 18, and October 2** from **6 to 8:30 p.m.** at the **Champaign-Urbana Public Health District**, 201 W. Kenyon Rd. Parents must accompany children and bring immunizations records. Appointments are required, and can be scheduled by calling 531-4253. Limited appointments are available. Free dental exams are also available for Unit 4 students. See www.cuphd.org.

CUPHD Breastfeeding Connection

CUPHD offers a class providing free breastfeeding support and education, including a free baby weight check! 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 District**, 201 W. Kenyon Rd. For more information, call (217) 531-4311.

NEIGHBORLY NEWS

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