



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, September 26 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, September 6

Tuscola Trip 9am at FGH
Saturday Fitness 10am at CC

Sunday, September 7

Curtis Orchard Trip 12:30 pm at FGH

Monday, September 8

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

Tuesday, September 9

International Friendship Group 1pm at LRC

Wednesday, September 10

Meijer Trip 5:45pm at FGH

Thursday, September 11

Book Club 7pm at LRC

Friday, September 12

WIC 1pm at MCHC
Cooking Club 2pm at CC
Men's Fitness 6pm at CC

Pest Control:

During the month of September, 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>

Sports Competition—Fantastic Prizes!

Join us on **Saturday, September 13**, from **12 noon to 6 p.m.** for an exciting competition like no other you have seen in Orchard Downs. The Family Housing Council is organizing competitions in the following sports:

Team sports

- Volleyball
- Tug of war (two teams pull on opposite ends of a rope)
- Relay race (members of a team take turns running)

Individual Sports

- Badminton
- Basketball free throws
- Ping-pong (table tennis)
- Bean bag throw (accurately throw a bag into a designated area)
- Perfect push-up

The event is open to residents of all ages. The winners in each of these sports will receive sports equipment and other exciting gifts.

To register as a team, or if you need more details, please email FHC president Bhupinder Farmaha at farmaha2@illinois.edu by Thursday, September 11. Individual registration will be open on the day of the event.

The Family Housing Council is also looking for volunteers/judges to help with the sports competition. The judges will also receive appreciation gifts for their help. To be a judge, email FHC president Bhupinder Farmaha at farmaha2@illinois.edu by Monday, September 8.

We wish to encourage the residents to bring their families and some of their traditional food to share during the event. The Family Housing Council believes that it is through sharing each other's culture that we can build harmony in our community. The Family Housing Council will also have snacks and drinks available at the Community Center throughout the event.

I-Unite Week: Dinner & A Movie

To help celebrate I-Unite week, a series of free movies with dinner will be shown at the **Asian American Cultural Center** (1210 W. Nevada). Meals will include vegetarian options and halel meat for Ramadan fasting time. FGH staff will lead attendees in a discussion following each movie.

Monday, September 15. Movie: *Crash* (not suitable for children). **Wednesday, September 17.** Movie: *The Color of Fear* (not suitable for children). **Friday, September 19.** Movie: *Bend It Like Beckham* (suitable for all ages). All events begin at **6:30 p.m.**



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.

English Corner—Free Conversational English Practice

Do you want to practice your English in a comfortable and supportive setting? Come to English Corner on **Mondays from 4 to 5:30 p.m.** at the **Campus House** (810 W. Oregon, Urbana). Sessions began on August 25 and will continue through December 8. Come out and join us! Any questions can be sent to Joe at ccfenglishcorner@gmail.com. Also, check out the website at www.englishcorner.us.

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, checkout, and be back on the bus on time. The next Meijer trip will be held on **Wednesday, September 10**.

Parent/Child Playgroup

This weekly playgroup meets **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.

Outdoor Games

Come for an evening of outdoor activities and sidewalk chalk on **Thursday, September 11**, at the **Orchard Downs Community Center** from **6 to 8 p.m.** Questions? Email Becca at rthinn2@illinois.edu.

Fall Fun at Curtis Orchard!!

Join us on a trip to Curtis Orchard on **Sunday, September 14**. Curtis Orchard has many activities for the whole family, including a petting zoo, apple picking, face painting, and much more! For more information, check out www.curtisorchard.com. We will be the leaving **Family & Graduate housing office** at **12:30 p.m.** and will return at 6 p.m. To register, email Becca at rthinn2@illinois.edu.

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 Lauren Karr at LKarr1@illinois.edu or drop it off at the **Family & Graduate Housing office** with a note for Lauren Karr and she will get back to you with the details. Volunteer cooks must reply no later than September 15.

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

The Book Club meets **every other Thursday from 7 to 8 p.m.** in the **Learning Resource Center**. For more information, please contact Learning Initiatives Graduate Assistant Bryan Kelly at kelly31@illinois.edu. The Book Club is a great way to practice conversational English. The next meeting will be **Thursday, September 18**.

Ping-Pong Night!

We will be having an evening of ping-pong at the **Orchard Downs Community Center** on **Tuesday, September 16**, from **6 to 8 p.m.** Contact Becca at rthinn2@illinois.edu if you have any questions.

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 was **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@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.

New Residents Series: University Library Tour

This is a reminder that the New Residents Series will be offering a University Library tour for new residents. The University of Illinois has a big campus, and becoming familiar with its resources can be helpful. The tour will be of the Main Library and the Undergraduate Library. We will meet at the **FGH office** at **4:30 p.m.** on **Thursday, September 11**. The tour will last about an hour on campus. We will be taking the MTD bus to campus, so bring your i-card to ride for free. If you do not have an i-card, we will have tokens for the ride. If you plan to attend the tour, please contact Bryan Kelly, at kelly31@illinois.edu, so the library can be notified.



Free Garage Sale

“Free sale” for international students and scholars (and their families), **Wednesday, September 10, from 10:00 a.m. to 12:00 noon, Twin City Bible Church** (corner of Lincoln and Michigan, Urbana). The event is sponsored by the International Women’s Connection. International women who are interested in attending our free English class can come at 9:00 a.m., and then attend the free sale at 10:00. International students and scholars (and their spouses) are welcome to come any time between 10:00 a.m. and 12:00 noon. If you need transportation or more information, contact Ruth at ruthkk7@sbcgloabl.net

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.

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 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.

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.

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. MultiCultural Health Center fall office hours will be held on **Wednesdays** from **9:30 a.m. to 12:30 p.m.**

CCCHC Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services **every 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, 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.

HeRMES Thursday Clinic

HeRMES Thursday Evening Clinic (**1st and 3rd Thursdays 6 to 8 p.m.** at the MCHC) will begin providing primary physician care just like CCCHC does on their 2nd and 4th Thursdays. Therefore, starting **October 23**, the MCHC will offer a health care clinic every Thursday evening from 6 to 8 p.m. for walk-ins. 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. If you have any questions, contact 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.

WIC Baby Weigh-in Program

The MCHC is bringing back the 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, please email Paul Morgan at pamorgan1@gmail.com.

NEIGHBORLY NEWS

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