



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



# Neighborhoodly 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, September 25 at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

### Saturday, September 19

Sewing Room 10am at LRC (2044-A)  
Family Meet-Up 9:30am at CC

### Sunday, September 20

Eid Al Fitr Celebration 1pm at CC

### Tuesday, September 22

Family Movie Night pm at CC

### Wednesday, September 23

Craft Club 1pm at LRC  
Chicago Bus Trip Registration Ends/  
Ticket Pickup 6pm at FGH

### Thursday, September 24

Playgroup 10am at FRC  
Krannert Uncorked 4:30pm at FGH

### Friday, September 25

Cooking Club 2pm at CC

### Pest Control:

During the month of 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

## School Physical & Immunizations

One of our partners, HeRMES, will be offering school physicals on Thursday, September 17 and Thursday, October 8 at the Marshall K. Berner Family Information Center. School physicals are required for students entering pre-kindergarten, kindergarten, 6th and 9th grades, and any students new to the district. Parents/guardians must accompany the child(ren). Please bring immunization records with you.

The physicals and immunizations will be offered on **Thursday, September 17 and Thursday, October 8 from 4:30 to 7 p.m.**

**Where:** Champaign Unit 4 School District  
Marshall K. Berner Family Information Center  
405 East Clark Street  
Champaign, Illinois 61820

Call (217) 351-3701 to schedule an appointment.

## Annual Public Health Flu Drive

The annual Public Health drive-through flu clinic will be held on **Thursday, September 17 and Friday, September 18 from 7 a.m. to 7 p.m.** Vaccines are available for everyone ages 4 and up.

Flu shots cost \$35 and pneumonia shots are \$52. Champaign-Urbana Public Health District (CUPHD) accepts Medicaid, Medicare, MasterCard, Visa, cash, and personal checks.

The flu clinic will be held at CUPHD, 201 W. Kenyon Road, Champaign. The phone number is (217) 531-4311.

If you have kids younger than 4 years of age, please note that Public Health will be offering a kids program in the near future.

## MCHC Schedule Changes due to Public Health Flu Clinic

Please note that the MCHC will not have office hours on Thursday, September 17. Come and join us at the Graduate Student Resource Fair on September 17 from 11a.m. to 2 p.m. at the Illini Union, Rooms A, B, and C.

There will also be no WIC hours on Friday, September 18 due to the Flu Clinic.



# Community Programs

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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](mailto:famhous@uiuc.edu) or 333-5656.

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## Sewing Room

The Family Housing Council would like to thank all residents who actively use the sewing room and to encourage those who have not been there yet to stop by during the scheduled hours. It's a great opportunity for all residents to take advantage of the space and sewing equipment and supplies. The Sewing Room is open **every Saturday from 10 a.m. to noon** in the **Learning Resource Center at 2044-A**. 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 at [sewinguiuc@gmail.com](mailto:sewinguiuc@gmail.com) if you have any questions.

## Parent-Child Playgroup

This weekly playgroup meets on **Thursdays 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.

## MIX-N-MINGLE: Krannert Uncorked

Want to meet other new or single residents in the community? On **Thursday, September 24** enjoy a free sampling of delectable wine selections from area beverage distributors in addition to complimentary cheese and crackers! It's the perfect opportunity to meet new people, unwind after a long week, or just enjoy the tastes of the season! We will meet **outside the FGH office at 4:30 p.m.** to ride the bus to Krannert Center for the Performing Arts, and will return around 7 p.m. Any questions can be sent to Mira at [mdalhhe2@illinois.edu](mailto:mdalhhe2@illinois.edu).

## Chicago Bus Trip

On **Saturday, September 26** enjoy a fun-filled day in Chicago, Illinois! You will have your choice of spending time at Navy Pier or spending time on Michigan Avenue. If you choose to spend the day at Michigan Avenue you can visit the Museum of Contemporary Art and/or shop and explore the city! To attend this event, you must register each person at the following link: [http://illinois.edu/goto/trip\\_reservation](http://illinois.edu/goto/trip_reservation). Shortly after, you should receive an email confirmation that will notify you of how to pay for your tickets. If you have any questions, please contact Mira at [mdalhhe2@illinois.edu](mailto:mdalhhe2@illinois.edu).

## MIX-N-MINGLE: Appetizer Potluck

Want to meet other new or single residents in the community? On **Tuesday, September 29**, the **Orchard Downs Community Center** will host an appetizer potluck! A potluck is a gathering where each person is expected to bring a dish of food to be shared or passed among the group. Come out and enjoy one another's tasty treats! While bringing food is not required to attend, it is highly encouraged! If you plan to bring a dish to pass, email Mira at [mdalhhe2@illinois.edu](mailto:mdalhhe2@illinois.edu) with the name of the dish you intend to bring.

## Family Movie Night

Fall is coming! That means plenty of bees and honey are soon to be on the way! Join us at the **Orchard Downs Community Center** on **Tuesday, September 22 at 6 p.m.** for the first movie in our Family Series, featuring the Bee Movie! All children should be accompanied by at least one parent or adult, and be able to remain calm throughout the duration of the movie. A sweet snack will be provided along with a beverage! Hope to see you there, as it will 'bee' a great time! If you have any questions regarding this event, please contact Amber at [sturgeo2@illinois.edu](mailto:sturgeo2@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 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.

## Baby Einstein Video Series

Are you looking for new and fun ways to entertain your infant and toddler? Then we have the answer for you—the Baby Einstein Video Series. Each video explores a new and exciting topic, such as music, nature, and colors, which will hold your child's attention. Each topic is presented using music, puppets, and other visual images. You can come to borrow a video at the Family & Graduate Housing office. If you have any questions, please contact the Family & Graduate Housing office.



## Illini TV Movie Requests

Each apartment is equipped with a basic cable TV package that includes Housing's Channel 2, now known as Illini TV. We choose a wide variety of movies to be broadcast in University Housing to meet the entertainment desires of our residents from diverse backgrounds. Residents are encouraged to submit requests for movies they wish to see. Visit [www.housing.illinois.edu/TV](http://www.housing.illinois.edu/TV) and click on "Illini TV Request."

## Lending Storeroom

The International Hospitality Committee Lending Storeroom at 2044A Orchard Street is open **every Saturday from 9 to 11 a.m.** Anyone is welcome to borrow household items and appliances. Please fill out a form in the storeroom listing the items you are taking and give the list to the storeroom volunteer. When you no longer need the items, please return them in good, clean, working condition. The storeroom does not accept any bedding, clothing, pictures, books, toys, food, medicines, carpets or any appliances that don't work. Please contact Mary Kruse at [mary.kruse1@gmail.com](mailto:mary.kruse1@gmail.com) if you have any questions.

## 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](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](http://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](mailto:parkingapt@illinois.edu). Thank you for your cooperation.

## Closing Laundry Building Doors

It is important to keep the doors to the laundry buildings closed at all times. Propping open the door makes it easy for someone who does not belong in the laundry room to come in and this has been a problem. In the winter it results in a very cold place to work.

Please be considerate of your neighbors who are entitled to find the laundry space comfortable to be in. Use your key to re-enter the building rather than leaving the door open, and remember to always close the door when you leave the building.

### STUDENTS, SPOUSES, VISITORS, SCHOLARS, & FRIENDS!

**ENGLISH CLASSES:** Conversation, Survival English, Grammar, Listening Strategies, Pronunciation, Reading/Vocabulary, Writing, TOEFL & SPEAK Test Preparation, & Business English.

**SMALLEST CLASS SIZE!** Make new friends! [Staff@EnglishCenterUSA.com](mailto:Staff@EnglishCenterUSA.com)

*(This is a paid advertisement.)*



1001 S. Wright St., Champaign  
217-344-3310  
[www.EnglishCenterUSA.com](http://www.EnglishCenterUSA.com)

### Classified Ads/Inserts in the Neighborly News

For information about placing a classified ad or insert in the Neighborly News, please contact Family Housing Council President Bhupinder Farmaha at [farmaha2@illinois.edu](mailto:farmaha2@illinois.edu). Discounts are available for advance payment on a full semester ad.



## OFFICERS & STAFF 2009-2010

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WWW.ODFHC.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. MultiCultural Health Center office hours will be held on **Thursdays from 11 a.m. to 1:30 p.m.** (Please note that the MCHC will not have office hours on Thursday, September 17.)

## CCCHC Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services on the **second and fourth Thursday of the month (September 10 and 24)** 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.

## HeRMES Thursday Clinic: Coming Later this Fall

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](http://www.ccchc2003.org), or contact the new MCHC graduate assistant Shalarey Jones at [mchc2040a@gmail.com](mailto:mchc2040a@gmail.com) or [sjones430@gmail.com](mailto:sjones430@gmail.com)

## Women, Infants and Children (WIC) Services

Please note that WIC on September 18, 2009 is cancelled due to the Flu Clinic.

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](mailto: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](http://www.cuphd.org)). For more information, contact Cathy Ito ([cito@c-uphd.org](mailto:cito@c-uphd.org), 531-4311) or Shalarey Jones at [mchc2040a@gmail.com](mailto:mchc2040a@gmail.com) or [sjones430@gmail.com](mailto: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 enable you to keep track of your baby's weight. If you have any questions about this program, please email Shalarey Jones at [mchc2040a@gmail.com](mailto:mchc2040a@gmail.com) or [sjones430@gmail.com](mailto:sjones430@gmail.com).

## NEIGHBORLY NEWS

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