



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN



# Neighborly News



Family Housing Council— <http://www.odfhc.org>

Vol. 36 Iss. 39 • September 25, 2009

## 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 26

Sewing Room 10am at LRC (2044-A)  
Chicago Bus Trip  
REGISTRATION REQUIRED

### Sunday, September 27

Kids' Afternoon Out 1pm at CC

### Tuesday, September 29

Appetizer Potluck 6pm at CC

### Wednesday, September 30

Craft Club 1pm at LRC  
Family Bingo 7pm at CC

### Thursday, October 1

Playgroup 10am at FRC

### Friday, October 2

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

## Intermediate English Class at Orchard Downs

A new upper intermediate English class is starting on Tuesday, October 6 and will run through November 17 at Orchard Downs. The class will meet at the Learning Resource Center in 2044-A Orchard Street on Tuesdays from 8 to 9:30 p.m. The class will focus on culture and conversation. For more details, please contact Annette Buckmaster at [Annette.buckmaster@gmail.com](mailto:Annette.buckmaster@gmail.com).

## Volunteers Needed for Food Festival

The International Food Festival is one of the most popular events held at Orchard Downs to celebrate the many cultures represented here. It is an exciting opportunity for residents to share their cultures through food. But in order to make this event happen, we need help from you! Residents have the opportunity to participate in this event by cooking a dish from their culture to share with the rest of the community. Volunteer cooks will receive reimbursement for the ingredients that they buy. They will also receive a small appreciation gift. The event will be held on Saturday, October 10 in the Orchard Downs Community Center starting at 1 p.m.

We hope you will volunteer to be part of this exciting event!

If you have any questions or would like to share your culture with others by preparing a dish, please contact Angelica Calixto at [calixto2@illinois.edu](mailto:calixto2@illinois.edu) or 333-5665. Interested cooks must reply no later than September 25!

## Learn about H1N1 (Swine Flu) and the Seasonal Flu

During Cooking Club (2 p.m. on Friday, September 25 at the Community Center), the McKinley Health Center's Special Populations department will be giving some background on H1N1, how to disinfect the kitchen, how to prevent H1N1 in general, and what services McKinley offers. It will only take about 30 minutes of your time, so please come out and learn, have fun, and try a delicious snack!

If you have any questions, please contact the MCHC GA Shalarey Jones by email at [sjones430@gmail.com](mailto:sjones430@gmail.com). Learn more online at McKinley's website.

- [http://www.mckinley.illinois.edu/General/updates/flu\\_update.htm](http://www.mckinley.illinois.edu/General/updates/flu_update.htm)
- [http://www.mckinley.illinois.edu/general/news/h1n1\\_update.htm](http://www.mckinley.illinois.edu/general/news/h1n1_update.htm)
- <http://www.cdc.gov/h1n1flu/>



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

---

## **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: 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 [mdahlhe2@illinois.edu](mailto:mdahlhe2@illinois.edu) with the name of the dish you intend to bring.

## **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.

## **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 the Family & Graduate Housing office.

## **Little Touch Leap Pad**

Do you have a child 6–36 months old? Are you looking for new ways to entertain and educate your child? Then Little Touch Leap Pad is for you. Little Touch Leap Pad introduces your child to the ABCs, letter sounds, numbers, shapes, and colors. Family & Graduate Housing has purchased one Little Touch Leap Pad for residents to check out for up to one week. If you have any questions, please contact the Family & Graduate Housing office.

## **Kids' Afternoon Out**

Need an afternoon to catch up on school, or do your children want to get out and play? Have them join us at the **Orchard Downs Community Center on Sunday, September 27** from **1p.m. to 3p.m.** All children must be at least 3 years of age, toilet-trained, and not need one-on-one adult attention. If you have any questions, or would still like to register for this event, please contact Amber at [sturgeo2@illinois.edu](mailto:sturgeo2@illinois.edu).

## **Family BINGO**

Do you and your children enjoy playing BINGO, or would like to learn? Come to the **Orchard Downs Community Center on Wednesday, September 30** at **7 p.m.** and play! This is a great opportunity to spend time with your children and other families, playing a game that is fun for all ages! A light snack will be provided, as well as small prizes for those who call BINGO! If you have any questions, 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.



## School Physical & Immunizations

One of our partners, HeRMES, will be offering school physicals on 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, 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.

## FHC Monthly Public Meeting: September 25

All Orchard Downs residents are encouraged to attend the next Family Housing Council Monthly Public Meeting, which will take place on **Friday, September 25** at **5:45pm** in the **Community Center**. Pizza and refreshments will be provided.

The Family Housing Council is made up of residents who work to make Orchard Downs a comfortable, great place to live. If you cannot attend the meeting, remember that the FHC Public Meeting minutes are published monthly in the *Neighborly News*. The minutes will give you up-to-date information on council operations and important issues that affect the whole community.

## 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.

**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

FAMILY HOUSING COUNCIL  
WWW.ODFHC.ORG

### President

Bhupinder Singh Farmaha  
farmaha2@illinois.edu

### Vice President

Adarsh Radadia  
radadia@gmail.com

### Treasurer

Tutin Aryanti  
aryanti2@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 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

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

*Paid for in part by S.O.R.F. 900 COPIES*