



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, October 31, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, October 11

Saturday Fitness 10am at CC
Sewing Room 10am at LRC

Monday, October 13

Parent/Child Playgroup 10am at FRC
Nutrition 7pm at LRC

Tuesday, October 14

International Friendship Group 1pm at LRC

Friday, October 17

Cooking Club 2pm at CC
Meijer Trip 6pm a FGH
Men's Fitness 6:30pm at CC

Pest Control:

During the month of October, Orchard Downs buildings 2040 through 2087 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>

Halloween Costume Design Workshop

Why spend money on Halloween costumes when you can create one with a little imagination and guidance? Join the Community Aides for a Halloween costume design workshop on **Saturday, October 18, from 2:30 to 4:30 p.m.** at the Orchard Downs Community Center. We will supply the material and help you make a costume you like. In addition to the basic material, we will have great items to accessorize your costumes. Costumes we plan to make include fairies, witches, princesses, pirates, Harry Potter, Batman, butterflies, bees, and more. All kids older than 2 years and their parents are welcome. Registration is not required, but the workshop will be strictly on a *first-come, first-served* basis for the most popular costumes. Everyone will have an item to take away from the workshop. Please begin to collect old pants, t-shirts, or caps that you can creatively put to use to make a new costume. For details, contact Maheshi at dassanay@illinois.edu.

All Kids Health Insurance Registration

Registration and a question/answer session about the All Kids health insurance program will be **Thursday, October 16, from 6 to 8 p.m.**, at the Learning Resource Center. A representative from the Champaign Public Health Department will explain the insurance plan, answer questions, and assist with registration forms. The All Kids program offers health care to uninsured children in Illinois. Parents pay monthly premiums for the coverage based on income, but *rates are significantly lower than they are on the private market*. In some cases, there will be no premium payment required.

Children are eligible for All Kids health insurance if they live in Illinois and are age 18 or younger. Children are guaranteed coverage unless they move out of Illinois or turn 19. All Kids health insurance will not affect a child's immigration status as long as the child does not receive long-term care in a nursing home or mental health facility. Children who have a pre-existing medical condition are eligible for All Kids coverage.

If you have any questions, please email MCHC Graduate Assistant Paul Morgan (pamorgan1@gmail.com) or Cathy Ito (cito@cuphd.org).

Professional Portraits

Memory Lane Photography will take your family's (or your) photo for free on **Saturday, November 22, from 10 a.m. to 3 p.m.** at the Family Resource Center. You will receive *one free 5 x 7 photo* and will be able to order additional prints at your own cost. Space is limited, and **appointments are required**. Appointments will be scheduled on a first-come, first-served basis. To make your appointment, email Lauren Karr at lkarr1@illinois.edu **no later than Monday, November 3.**

September Sports Day Pictures Online

Pictures taken during Orchard Downs Sports Day on September 13 are available at www.odfhc.org/albums/sports_day_september_2008.



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.

International Food Festival Saturday!

All residents and their families are cordially invited to attend this year's International Food Festival at the Orchard Downs Community Center! The festival is an opportunity to share and taste foods from all over the world, homemade by your neighbors, and to visit with people from many different cultural backgrounds. Please mark your calendars for **Saturday, October 11, from 1 to 3 p.m.** and join us for an afternoon of fun and good food! If you have any questions, email Lauren Karr at lkarr1@illinois.edu.

Nutrition Program

Are you interested in eating better? Do you want to learn about different foods and what they can do for you? The Learning Initiatives Nutrition Program will cover various topics about food and healthy living. A monthly food group will also be presented and discussed. Join us on **Monday, October 13, at 7:00 p.m.** in the Learning Resource Center. Questions and requests are encouraged. Contact Bryan Kelly (kelly31@illinois.edu).

Spooky Bingo!

Enjoy Bingo nights? Come out for a twist on original Bingo nights—Spooky Bingo! We'll have an evening of Halloween-themed Bingo and Halloween prizes! The event will be **Thursday, October 16, from 6:30 to 7:30 p.m.** at the Orchard Downs Community Center. Hope to see you there!

Halloween Party

The Orchard Downs Halloween Party will be **Saturday, October 25, from noon to 3 p.m.!** We will have Halloween games, food, and all kinds of activities for the whole family. Come dressed up in your Halloween costumes and have some serious Halloween fun!

Meijer Trip

All residents of Orchard Downs are welcome to attend the Meijer trip, 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 on **Friday, October 17.**

Men's Friday Fitness

A fitness program for men (at least 16 years of age) is held at the Orchard Downs Community Center **each Friday from 6:30 to 8:30 p.m.** The program focuses on strength and aerobic training. When properly performed, strength training can provide significant benefits and improvement in health and well-being. No registration is required. All levels of endurance and activity are welcomed; we will develop together as a team. If you are interested or have any questions, email Paul Morgan at pamorgan1@gmail.com.

Saturday Fitness for Men and Women

Saturday Fitness Training combines strength exercises with endurance and aerobic exercises, to achieve the benefits of a cardiovascular and strength training workout. The range of stations offered include resistance equipment (e.g., hydraulic equipment or free weights) as well as spaces designated for squat thrusts, push-ups, jumping jacks, sit-ups, and other exercises. Participants work at their own comfort/intensity levels. Join us **every Saturday** throughout the fall semester at the Orchard Downs Community Center from **10 a.m. to 12 noon.** For more information, email Paul Morgan at pamorgan1@gmail.com.

Sewing Room Hours

The Sewing Room is open **every Saturday from 10 a.m. to noon** in the Learning Resource Center. Sewing machines and other equipment, including scissors, pins, measuring tapes, and thread, are available for the use of all residents. No appointment necessary—just drop on by! Contact Sewing Room Monitor Feifei Zhan (sewinguiuc@gmail.com) if you have any questions.

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 Lauren Karr at 333-5656 or lkarr1@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, **every Tuesday from 1 to 2:30 p.m.** in the Learning Resource 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.



Domestic Violence Workshop

What is domestic violence? There are many different types and it can occur in various ways. In recognition of Domestic Violence Month, Learning Initiatives and the McKinley Health Center will be offering a domestic violence information session and workshop on **Thursday, October 16, at 6:30 p.m.** in the Orchard Downs Learning Resource Center. Abbie Wertin from the McKinley Health Center will be presenting the workshop. Discussion is encouraged and, prior to the program, questions can be sent to Bryan Kelly (kelly31@illinois.edu).

Sexually Transmitted Disease Walk-In Clinic

The Champaign-Urbana Public Health District (201 W. Kenyon Road, Champaign) offers this *confidential* service. STD clinic hours are Mondays (men only) 4 to 5:30 p.m.; Tuesdays 9 to 11 a.m. and 1 to 3 p.m.; and Thursdays 9 to 11 a.m. and 1 to 3 p.m. For more information, call 531-5359 or 239-7827 or visit www.cuphd.org.

International Students Support Group

The International Students Group meets on **Thursdays** from 3:30 to 4:50 p.m. (please note the change in meeting time) at ISSS throughout the semester. This is an opportunity for international students who are dealing with a variety of concerns, including cultural adjustment, academic stress, homesickness, relationship issues, lack of confidence, family issues, etc. It is also a place to meet other international students who can relate to your concerns and to learn about cultures from around the world. Group members will receive support and feedback and learn how to cope and respond to situations. The group will be facilitated by Kenneth Wang and Kusha Gujrati. If you're interested, contact Kenneth (ktwang@uiuc.edu) or Kusha (kgujrati@illinois.edu) at 333-3704.

Affordable Family Therapy, Play Therapy

The Psychological Services Center offers short-term family therapy for families with adolescents (ages 12 to 17) experiencing serious emotional, behavioral, or psychiatric problems. Free initial screening. Also available are play therapy openings for children ages 3 to 11 for issues such as anger, grief, sadness, or aggression. Phone: 333-0041; www.psc.uiuc.edu; email (Carol Toler, toler@uiuc.edu).

Urbana School Health Care Services

Urbana School Health Care Services (USHS) offers numerous services for all students of the Urbana School District. Services are available during the child's school day, **Monday through Friday, 8 a.m. to 4 p.m.** Please call to make an appointment and request information on what to bring with you to the appointment. Services will be offered at the Urbana High School (1002 S. Race Street). USHS can be contacted at 239-4220, or visit www.cuphd.org.

Medical services include, but are not limited to, physical exams, immunizations, acute and chronic conditions, reproductive health, dietary management, and nutrition referrals. Dental services include, but are not limited to, screenings, cleanings, extractions and fillings, and fluoride treatments. Counseling services include, but are not limited to, crisis intervention, anger management, individual and family counseling, addiction counseling, and substance abuse counseling. Individuals without insurance will have access to a sliding fee based on income. Parents do not need to be present for medical visits but must complete the parental consent form regardless. Walk-ins are available for acute care issues. If you have any questions, please contact Paul Morgan at pamorgan1@gmail.com.

Meijer Pharmacies Offer Free Pre-Natal Vitamins

The free pre-natal vitamin program features several well-known brands of pre-natal vitamins: NatalCare Plus, Ultra Natal Care, Natal Care Glosstabs, Advanced NatalCare, and NataTab Rx. Medical studies have shown that pre-natal vitamins play an important role in healthy pregnancies and healthy babies. A large number of physicians now prescribe these vitamins for the months leading up to a patient's attempt to conceive. **Store Locations:** 2500 S. Philo Road, Urbana, 365-5200; and 2401 N. Prospect Avenue, Champaign, 353-4000. **Pharmacy Hours:** Monday–Friday 9 a.m. to 9pm; Saturday 9 a.m. to 7 p.m.; Sunday 10 a.m. to 6 p.m.

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/HeRMES Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services the **2nd and 4th Thursdays 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 **starting October 23**. 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 MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women, Infants and Children (WIC) Services

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. 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@cuphd.org, 531-4311) or MCHC graduate assistant Paul Morgan at pamorgan1@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

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