



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

### Saturday, October 25

Saturday Fitness 10am at CC  
Sewing Room 10am at LRC  
Halloween Party noon at CC

### Sunday, October 26

Pumpkin Party 2pm at CC

### Monday, October 27

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

### Tuesday, October 28

International Friendship Group 1pm at LRC  
Halloween Bag Making 6:30pm at CC

### Friday, October 31

Cooking Club 2pm at CC  
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>

## Harvest Time in Our Garden Plots

Harvest everything from your garden by **Saturday, November 1**. We will mow everything down at that time. Please make sure to clear your garden space of fences, twine, cages, supports, gloves, shovels, garden hoses, sticks, plastic, or other material that could damage the mower or plow. Your cooperation is greatly appreciated. Your garden manager is Hang Lei, who can be reached at [hanglei2@illinois.edu](mailto:hanglei2@illinois.edu).

## Renter's Insurance

Family & Graduate Housing encourages all residents to purchase renter's insurance. The University of Illinois is not responsible if your personal belongings are damaged or destroyed due to fire, flood, theft, water damage, breakage, or vandalism. It is in your best interest to have renter's insurance. There are several local and national providers of this type of insurance. Please look for resources that are available on the Internet and the local phone book.

## Emergency Messaging System

In a campus emergency, shouldn't you be in the know? Register your cell phone and email address for the emergency messaging system at [www.emergency.illinois.edu](http://www.emergency.illinois.edu). The emergency messaging system will alert you to crisis situations on campus through mass text messages and emails. Enrolling with your cell phone number and email address will ensure that you receive critical information relative to your safety in a fast, efficient manner.

## 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!

## Pumpkin Party!

**Sunday, October 26**, is our annual Pumpkin Party! From **2 to 4 p.m.** at the **Orchard Downs Community Center**, we will carve pumpkins. Pumpkins and pumpkin patterns will be provided. Pumpkin carving is an American tradition at Halloween time. It's a great activity for the whole family to enjoy!



# 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.

## Trick or Treat Bag Making!

Planning on taking the children trick or treating? If so, bring the kids to our Trick or Treat Bag Making Party on **Tuesday, October 28, from 6:30 to 7:30 p.m.** at the **Orchard Downs Community Center**. We will have supplies ready to make special bags to take trick or treating.

## Men's Friday Fitness

A fitness program for men (at least 16 years of age) will be 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](mailto: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](mailto: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](mailto:LKarr1@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 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](mailto:LKarr1@illinois.edu).

## 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](mailto: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, 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](mailto:LKarr1@illinois.edu).

## 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](mailto:pamorgan1@gmail.com).

## FHC Monthly Public Meeting

All Orchard Downs residents are encouraged to attend the next Family Housing Council Monthly Public Meeting, which will take place on **Friday, October 31 at 5:45 p.m.** 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.



## Children's Story Time at Urbana & Champaign Public Libraries

In an effort to provide children and their parents with activities that will introduce them to Middle Eastern cultures and traditions, the Center for South Asian and Middle Eastern Studies (CSAMES) at the University of Illinois is sponsoring a series of children's programs at the Urbana and Champaign public libraries this fall. One Saturday a month, a traditional story will be read or told about a certain theme, after which there will be a hands-on activity in which children will participate. Upcoming events for *Stories from the Middle East* series (all at 2 p.m.) are as follows:

**November 15, Urbana Free Library:** *The Stars in My Geddoh's Sky*—A story about a young boy named Alex, whose grandfather comes from Egypt to visit him in the U.S. Alex has fun going to the beach with his *geddoh* (grandfather), flying kites and teaching him how to play baseball. The children will learn about *geddoh's* homeland and make a paper kite.

**December 13, Champaign Public Library:** *Ahlan wa Sahlan!* —Introduces Arabic language through stories and song.

**December 20, Urbana Free Library:** *Celebrating Hanukkah*—Children will learn about Hanukkah and how to play a traditional game with a dreidel (spinning top). Urbana Free Library

For more information, contact Matt VanderZalm at 244-1724 or [mvanderz@illinois.edu](mailto:mvanderz@illinois.edu).

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## 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](http://www.cuphd.org).

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## Free Exams for Women

Have you had your mammogram this year? Did you know that 40,970 women died last year from breast cancer and that 1 in 8 women will be diagnosed with breast cancer sometime in their lives? The Illinois Breast and Cervical Cancer Program offers free mammograms, pap tests, and breast and pelvic exams for uninsured women. These are available at the Champaign-Urbana Public Health District ([www.cuphd.org](http://www.cuphd.org)), 201 W. Kenyon Road, Champaign. For more information and scheduling, please call 373-9281.

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## 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](mailto:ktwang@uiuc.edu)) or Kusha ([kgujrati@illinois.edu](mailto:kgujrati@illinois.edu)) at 333-3704.

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](mailto: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 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: 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. 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 MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## Women, Infants and Children (WIC) Services

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. You can reach Cathy by email at 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@cuphd.org](mailto:cito@cuphd.org), 531-4311) or MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto: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](mailto:pamorgan1@gmail.com).

## NEIGHBORLY NEWS

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