



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

Saturday, November 15

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

Monday, November 17

Parent/Child Playgroup 10am at FRC

Tuesday, November 18

International Friendship Group 1pm at LRC

Wednesday, November 19

Book Club 6:30pm at FGH

Thursday, November 20

Rules of the Road 6pm at FGH

Friday, November 21

Cooking Club 2pm at CC
Men's Fitness 6:30pm at CC

Pest Control:

During the month of November, Orchard Downs buildings 2101 through 2112 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>

Community Aide Position Available!

Community Aides (CA) are residents within the Orchard Downs community who act as liaisons between the residents in their surrounding area and the Family & Graduate Housing office. The CA position for Neighborhood 4 (Apartments 1940–1976, even numbers) is open for the January through May 2009 appointment. Current Community Aides who fulfill their job responsibilities and have a satisfactory evaluation are eligible for reappointment.

Ways in which Community Aides fulfill their responsibilities include, but are not limited to,

- greeting new residents in their area and helping them become acquainted with the Urbana-Champaign community
- encouraging social interaction and well-being among community members through various efforts
- responding to resident conflicts and complaints
- attending staff meetings, Family Housing Council meetings, and training sessions

A full-length job description and application for CA positions in Orchard Downs are available in the **Family & Graduate Housing office**. Community Aides receive a monthly rent reduction of \$500. The quality of your application will determine whether you will receive an interview; applicants living in the open neighborhood will receive priority in the interviewing process. Visiting scholars (on J1 visas) are *not* eligible for this position. If you wish to apply with your spouse/partner, you must each fill out an application.

If you have any questions about these positions, please contact Indira Rajagopalan at indira@illinois.edu.

Please return your completed application to the **Family & Graduate Housing office** by 5 p.m. on **Monday, November 24**.

New Email Address for FGH Operations

The new email address apartments@illinois.edu has replaced famhous@uiuc.edu. This address is much more customer- and staff-friendly. Messages to famhous@uiuc.edu will be automatically forwarded to the new address for the next six months or so. Please make a note and update your address book!

Save Money on Your Power Bill!

Family & Graduate Housing has window weatherization kits available for you to install in your apartment. These kits help reduce condensation on windows and stop cold drafts, which can reduce heating costs. You may pick the kits up at the **Family & Graduate Housing office** during normal business hours. Window kits are FREE!

Installation Tips

All tape and tape residue from the window kits must be removed by you in the spring, so plan ahead for an easy job. Use the tape that comes with the kit because other kinds of tape will damage painted surfaces and will be more difficult to remove. You can also reduce cold-air drafts by installing the plastic around your window air-conditioner.

If you have any questions, please call the FGH office: 333-5656.



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.

Rules of the Road

Learning Initiatives will be offering a Rules of the Road workshop on **Thursday, November 20, at 6:00 p.m.** at the **FGH office**. We will discuss driving safety for the upcoming winter months. Other topics and questions from participants will be encouraged. Come join us! Any questions can be sent to Bryan at kelly31@illinois.edu.

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.

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.

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.

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.

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.

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.



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.

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), 201 W. Kenyon Road, Champaign. For more information and scheduling, please call 373-9281.

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.

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 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/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 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 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). 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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