



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, January 30, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

Saturday, December 6

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

Sunday, December 7

Winter Clothing Drive 4pm at CC

Monday, December 8

Parent/Child Playgroup 10am at FRC

Tuesday, December 9

International Friendship Group 1pm at LRC

Wednesday, December 10

Bingo 6pm at CC

Thursday, December 11

Holiday Cookie Baking 6pm at CC

Friday, December 12

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

Pest Control:

During the month of December, Orchard Downs buildings 2113 through 2205 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>

Lease Renewal Scheduled for March 2009

Family & Graduate Housing lease renewal will be a bit earlier in 2009. Residents will be able to renew their leases online from **Monday, March 2, through Wednesday, March 31**, for the 2009–10 fiscal year, which begins August 1, 2009.

There is one important change to the lease terms and conditions for 2009: If you plan to renew your lease for the 2009–10 fiscal year, you will not be able to request to terminate your lease before September 15, 2009. If you need to extend your lease for the first part of the fiscal year (August through the first part of September), please contact the Family & Graduate Housing office as soon as possible to discuss your options. We may be able to extend the lease on your apartment. If that is not possible because your apartment has been assigned to a new resident, we can make arrangements for you to stay in Guest Housing or a two-bedroom furnished apartment for the extended length of time. In such cases, residents who have a lease with FGH will be charged what the normal rental rate would have been had they stayed in their apartment. Therefore, this option is a big benefit to current residents! We urge all residents who need an extended lease to make arrangements as soon as possible, because Guest Housing and short-term apartments fill up through July and August.

The lease renewal information website will be available to residents in February. Please review all the information about lease renewals for 2009–10 at your earliest convenience.

New HD Channel Available for Residents

We are pleased to announce the addition of ESPN HD to the cable TV line-up. Residents who have a television with a digital tuner can view ESPN HD on display channel 71-1. Residents with a digital will find ESPN HD on display channel 923.

If you have any questions about Comcast service, please call 1-888-736-2271 (toll-free).

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 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 at 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.

Cookie Baking

Come to the Community Center on **Thursday, December 11, at 6 p.m.** for holiday cookie baking! We will have supplies to make holiday cookies for everyone to enjoy. If you have any questions, please email Becca at rthinn2@illinois.edu.

Bingo

On **Wednesday, December 17**, we will be playing bingo at the **Community Center** from **6 to 7 p.m.** Come out for a break during finals week. If you have any questions, please email Becca at rthinn2@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.

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.

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.

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.

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.

Shop at Wal-Mart & Aldi

A shopping trip to the Wal-Mart and Aldi stores is set for **Friday, December 19**, from **6 to 8:30 p.m.**

All FGH residents are welcome to attend this trip on a first-come, first-served basis. The bus will begin boarding at **5:45 p.m.** and depart at 6 p.m. from the **FGH office**. Please allow time to complete your purchases, check out, and be back on the bus by 8:30 p.m. You can shop at either of the stores, but make sure you let the staff on board the bus know where you are going to shop.

Note: Aldi stores accept only cash or debit cards, and you will need a quarter to rent a shopping cart. You will, however, get your quarter back after you return the cart. Feel free to bring your own bags for carrying your purchases. If you have any questions about this shopping trip, email Matt at abttt@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.



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:

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.

Twice Is Nice Thrift Store

Need a warm cap, gloves, or scarf for the cold months ahead? You can buy one for yourself and all members of your family at very affordable prices at Twice Is Nice, the thrift store at 607 West Elm Street in Urbana (between Orchard and Coler streets). Caps, mittens, gloves, and scarves are priced as low as \$1 each. The shop also offers many warm jackets and coats starting as low as \$4. Many sweaters are \$2. A visit to the shop will help you and your family prepare for the cold and snow to come! Shop hours are Tuesdays, Thursdays, and Saturdays from 9:00 a.m. until 3:00 p.m. The phone number is 344-5736.

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!

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.

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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Family & Graduate Housing
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