



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 13

Saturday Fitness 10am at CC
Sewing Room 10am at LRC
Movie & Snack 4pm at CC

Monday, December 15

Parent/Child Playgroup 10am at FRC
Current Events 6pm at FGH

Wednesday, December 17

Bingo 6pm at CC
Book Club 6:30pm at FGH

Friday, December 19

Cooking Club 2pm at CC
Wal-Mart/Aldi Shopping Trip 6pm at FGH

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>

Celebrating Children in a World Community: A Day of Activities and Film

In conjunction with the hands-on exhibit “Children Just Like Me,” the Spurlock Museum and AEMS are hosting an all-day family event, with games, music and crafts, community resource tables from local organizations, and three films for and about kids, shown throughout the day. Activities will take place on **Saturday, December 13** from **10 a.m. to 4 p.m.** at the Spurlock Museum (600 S. Gregory Street in Urbana, just east of the Krannert Center for the Performing Arts).

Schedule:

10:15 – “Going to School in India” (the first 3 installments of 9 short films), 2007. In English. Based on the 2005 children’s book by Lisa Heydlauff.

10:45 – “Families of Korea,” 2001, 30 minutes. In English.

11:30 – “Going to School in India,” (the next 3 installments of 9 short films).

12:00 – “Time for School: The Global Education Crisis,” 2003, 47 minutes. In English.

1:00 – “Going to School in India,” (the last installment of 9 short films).

1:30 – “What’s It Like to Go to School in Asia?” Panel discussion with Sunny Jeong (Korean Cultural Center), Waunita Kinoshita (Urbana High School and Parkland College), and Indira Rajagopalan (Complex Director for University Apartments).

2:45 – “Back to School: The Ongoing Struggle to Educate the World’s Children,” 2006, 52 minutes. In English. There are almost as many ways to learn as there are children, and the ways that children thrive and struggle in every environment imaginable are sensitively and sympathetically portrayed in these videos, introducing school life in Afghanistan, India, Japan, Korea and other countries, in styles engaging and accessible to children.

More information on the films, including links to film trailers and film reviews, is available on the AEMS website: www.aems.uiuc.edu/events/asialens.htm#worldschildren. More information on the “Children Just Like Me” exhibit, produced by the Cincinnati Museum Center at Union Terminal and based on DK Publishing’s award-winning book by the same title, can be found at www.spurlock.uiuc.edu/education/calendar/index.php?month=09&year=2008#event27.



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.

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 card, 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.

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 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 **Community Center** from **10 a.m. to 12 noon**. For more information, email Paul Morgan at pamorgan1@gmail.com.

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.

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.

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 **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.

Santa Skate

On **Saturday, December 20** from **4:30 to 6:30 p.m.** we will be at the U of I ice arena for ice skating! We will have arts and crafts, ice skating, refreshments, and pictures with Santa. The ice arena is located at 406 East Armory. Admission is free, but no transportation will be provided. If you have any questions, please email Becca at rthinn2@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.

News Today: Current Events

There is so much going on in the world today. Are you interested in learning more about what is happening or talking about it with others? Learning Initiatives is offering a Current Events discussion group on **Monday, December 15** at **6 p.m.** in the **FGH office**. We will discuss events that are happening in the United States as well as across the globe. Ideas and topics are encouraged for the discussion. Refreshments will be provided. Any questions can be sent to Bryan at kelly31@illinois.edu.

Kids' Afternoon Out

It is almost the end of the semester! Would you like an afternoon to yourself? Is there something you have really wanted to do and just cannot find the time? This is your chance. Learning Initiatives will be hosting a Kids' Afternoon Out at the **Orchard Downs Community Center** on **Sunday, December 14** from **2 to 4 p.m.** Activities for the youth will include games, art projects, and a movie. Participating children must be between 3 and 13 years of age. To participate, a parent must sign their child in and pick them up. Any questions can be sent to Bryan at kelly31@illinois.edu.



Hope Community Health Center

The Hope Center is a not-for-profit corporation formed by healthcare professionals and social workers to provide free healthcare and social services to families in need. Services include, but are not limited to, general medical care, school physicals, basic psychiatric care, medication management, screening for common diseases, health education, and health care advocacy. The Hope Center is located at 507 South Second Street, Unit 1-A, in Champaign. Please call (217) 352-0600 to schedule an appointment. Hours of operation are Monday, Wednesday, and Friday from 1 to 8 p.m.

Free Prescription Fills

By calling or visiting Empty Tomb, anyone can receive financial assistance filling their prescriptions once every 3 months, for prescriptions that are \$150 or less. You must call and set up an appointment, have a real prescription written by a medical provider, and show proof of income for your family size. Regardless of income level, all uninsured patients who pay their bill within 30 days will receive a 25 percent discount. For more information or to set up an appointment, call Empty Tomb at 356-2262.

All Kids Health Insurance Registration Night

This program will provide a question and answer session about All Kids health insurance, as well as an opportunity to register for the insurance. There will be a Champaign Public Health Department Representative available to assist in answering questions and filling out registration forms. The program will be offered on **Wednesday, February 4** from **5:30 to 7:30 p.m.** at the **MultiCultural Health Center**, 2040-A Orchard Street.

The All Kids program offers Illinois' uninsured children comprehensive health care that includes doctor's visits, hospital stays, prescription drugs, vision care, dental care, and medical devices like eyeglasses and asthma inhalers. Parents pay monthly premiums for the coverage, but rates for middle-income families are significantly lower than they are on the private market. For example, a family of four that makes about \$27,000 to \$30,000 of gross income each year does not have to pay any premiums. A family of four that makes about \$30,000 to \$40,000 of gross income each year pays premiums of \$15 per month for one child and \$25 for two children. Children are eligible for All Kids health insurance if they live in Illinois and are age 18 or younger. A child that is eligible for All Kids has 12 months of guaranteed coverage, unless they move out of Illinois or turn 19. All Kids health insurance will not affect your child's immigration status as long as your child does not receive long-term care in a nursing home or mental health facility. Children with a pre-existing medical condition can also get All Kids.

If you have any questions, please email Paul Morgan, MultiCultural Health Center graduate assistant, at pamorgan1@gmail.com or Cathy Ito, R.N. M.S., at cito@cuphd.org.

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 a.m. until 3 p.m. The phone number is 344-5736.

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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