



Neighborly News

Family Housing Council— <http://www.odfhc.org>

Vol. 35 Iss. 50 • December 19, 2008

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 20

Saturday Fitness 10am at CC
Sewing Room 10am at LRC
Santa Skate 4:30pm at UI Ice Arena

Sunday, December 21

Yo-yo Event 2pm at CC
Hannukah begins at sundown

Monday, December 22

Parent/Child Playgroup 10am at FRC
Winter Crafts 2pm at CC

Tuesday, December 23

International Friendship Group 1pm at LRC

Wednesday, December 24

Christmas Eve
University closed

Thursday, December 25

Christmas Day
University closed

Friday, December 26

Kwanzaa begins
University closed

Pest Control:

During December, Orchard Downs 2113 through 2205 will be treated. During January, Orchard Place 1801 through 1838 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>

The *Neighborly News* will not be distributed during the week of December 26 because of the holiday break. The next issue will come out on Friday, January 2. We wish everyone a safe and happy break!

Play it Safe Around the Ponds

As you have probably noticed, there are lovely ponds at the Arboretum, which is located along Lincoln Avenue. Although this is a beautiful and convenient area for walks, these areas are dangerous for children to play around. During the winter months, the surface of the ponds often freezes. Since it can be difficult to tell whether ice on a pond is completely frozen over, please don't venture out onto the ponds! It can be very dangerous to attempt to walk or ice skate on these ponds. If you have children, please instruct them not to play close to the ponds. We thank you for your help in keeping everyone safe.

Inexpensive Gift Ideas for the Holidays

Try these great gifts for anyone on your list. They are easy on the budget!

- Special foods that you know the person enjoys (candy, imported cheeses, tea, wine)
- Homemade cookies or desserts
- A dozen fancy envelopes from a stationery store that are already stamped
- Photo album, puzzle books, magazine, or newspaper subscriptions
- Gift certificates to a movie theater, restaurant, beauty salon, etc.
- Telephone calling card
- Designate a day to take the person shopping, out to eat, to the library, etc.

AMERICAN HOLIDAYS: New Year's Eve (December 31)

In the United States, the federal holiday is January first, but Americans begin celebrating on December 31. At New Year's Eve parties across the United States on December 31, many guests watch television as part of the festivities. Most of the television channels show Times Square in the heart of New York City. At one minute before midnight, a lighted ball drops slowly from the top to the bottom of a pole on one of the buildings. People count down at the same time as the ball drops. When it reaches the bottom, the New Year sign is lighted. People hug and kiss, and wish each other "Happy New Year!" Whatever you choose to do for New Year's Eve, remember to be safe. See what safety tips the Illinois State Police recommend at www.isp.state.il.us/media/pressdetails.cfm?ID=210.



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.

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 includes 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.

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.

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.

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.

Winter Crafts

On **Monday, December 22** we will be having a winter craft afternoon. From **2 to 3:30 p.m.** at the **Community Center** we will have supplies to make fun winter projects! If you have any questions, please email Becca at rthinn2@illinoise.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.

Want to be a Yo-yoer?

Did you know that the yo-yo is considered the second oldest toy in history, the oldest being the doll. Yo-yos have been around for over 2,500 years! Yo-yoing is a popular pastime around the world. Although generally associated with children, it is common for people who gain a level of proficiency at the sport in youth to continue playing into adulthood. This is a fun and relaxing program for residents, kids, parents, and grandparents—all are welcome. It's a unique opportunity for all residents to have fun together while learning more about the yo-yo and some cool tricks from others who know how to do it. Join us for some yo-yo fun at the **Community Center** on **Sunday, December 21** from **2 to 4 p.m.**

Kids' Book Club: Charlie and the Chocolate Factory

Learning Initiatives and Special Events will be having a Kids' Book Club for all youth between the ages of 8 and 13. We will read “Charlie and the Chocolate Factory” on **Tuesday, January 6** and **Thursday, January 8** from **4 to 6 p.m.** in the **Community Center**. We will then watch the film version of “Charlie and the Chocolate Factory,” with Johnny Depp, on **Friday, January 9** at **4 p.m.** The film is rated PG. The featured snack will be chocolate snacks and treats! Registration is required and you may register your child until **Sunday, January 4**. Please email the name and age of your child to Bryan at kelly31@illinois.edu.

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.



Family Housing Council: Public Meeting Minutes

The public meeting started at 6 p.m. in the presence of FHC board members, complex director, community aides, and some residents. FHC President Bhupinder Singh welcomed the attendees and the meeting session started with pizza and drinks.

- President Bhupinder spoke about a recreational facility in Orchard Downs. He said he has received concerns from a few residents about winter depression problems, and thought on their concerns to create some social environment where the people can gather and relax. He proposed the common space to be independent of any other activity and easily accessible by laundry key. The recreational place could initially have a few chairs, tables, daily newspapers, LCD television, games like carrom board, vending machine, coffee, and tea along with creamer and sweetener, during the winter. Thus people can enjoy and interact with residents and relax during winter.
- Family Housing Complex Director Indira Rajagopalan gave her view on the recreational center while welcoming the proposal. She mentioned the current facilities already in place—outdoor playgrounds, common grilling place, Community Center, Family Resource Center, Learning Resource Center, and MultiCultural Center. She also quoted a study room planned several years ago, which was estimated to cost \$10,500 annually. She added that there is no apartment space, fund for furniture, electric, maintenance, and security for a common recreational room, and therefore we can try using the Learning Resource Center (LRC) for informal gathering space for awhile. She also further cautioned that the privacy of the neighborhood residents is important as there were already complaints about the noise from the current computer center facility.
- There were also questions from community aides on the recreational center, asking on the specifics of facility that we need, and the responsibility of taking care and maintenance of the facility.
- They also discussed about the study room which already in place in Orchard Downs. However, as many are unaware of this, it was proposed to advertise the location of the study room in NN. While Indira supported spreading the news through NN, she said that there will be programs and trips in the coming holidays and also in winter.
- From additional discussions, it was planned to reserve the LRC for a couple of hours for recreational purposes, and also to have coffee/tea and some snacks during these social hours.
- The complex director again pointed out that no alcohol, no smoking, and no storage permitted inside the LRC.
- The treasurer, Achenyo Omale gave the financial report for November 2008.
- Alexandra Seceleanu, FHC vice president, introduced the new NN distributor, Annie Rong, and she signed the contract.
- President Bhpinder Singh ended the meeting by thanking the speakers and attendees.

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.

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.)



OFFICERS & STAFF 2008-2009

FAMILY HOUSING COUNCIL
WWW.ODFHC.ORG

President

Bhupinder Singh Farmaha
farmaha2@uiuc.edu

Vice President

Alexandra Seceleanu
asecele2@uiuc.edu

Treasurer

Achenyo Omale
omale1@illinois.edu

Executive Secretary

Jun Wan
junwan1@illinois.edu

Recording Secretary

Adaikkalam Thamilmani
thamil_006@yahoo.com

NN Assembler

Syeda Um-e-Laila Zaidi
sumelailazaidi@yahoo.com

NN Distributors

Margaret Njeru, Xiaowen Wu, Dandan
Zhang, Xiao Chen, Genet Fisseha

Sewing Room Monitor

Feifei Zhan
sewinguiuc@gmail.com

Garden Plot Manager

Hang Lei
hanglei2@illinois.edu

Webmaster

Craig Merrett
merrett2@uiuc.edu

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.

Space Managers

Abdu Zouhir
azouhir@gmail.com
Kashif Muhammad
kashif12pk@gmail.com
Esther Lisanza
emukewa2@illinois.edu
Saijun Zhang
szhang11@uiuc.edu

NN Layout

Justin Parker, jparker@uiuc.edu

NN Editor

Erin Lukehart Ciciora, elukehar@illinois.edu

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

University of Illinois at Urbana-Champaign
Family & Graduate Housing
Family Housing Council
1841 S. Orchard Place
Urbana, IL 61801
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