Pre-School Accepting Students for Fall

The Orchard Downs Pre-School offers many activities to enhance the social, physical, and emotional growth of preschool children ages 3-5. The school provides a stimulating environment for the individual growth of each child maintaining a high quality, low cost education for children. The Pre-School is also known for its multicultural setting and unique blending of social and cultural backgrounds. The Orchard Downs Pre-School is located in the Family & Graduate Housing Community Center at 510 W. George Huff Drive, Urbana.

We offer a half-day (9:00 a.m. to 12:00 p.m.) and a full-day (8:30 a.m. to 3:00 p.m.) class when the University is in session. The Jr. Club After-School Program (3:00 p.m. to 5:30 p.m.) is free to Orchard Downs residents whose children attend the full-day class. To register your child, call 333-3497 or the FGH office at 333-5656. Registration forms are available at the school, the Family & Graduate Housing office, and on-line at www.housing.illinois.edu/odps. All registration forms must be completed before children may attend. Applications will not be received until the child is three years old. For more information please contact the FGH office.

American Holidays: Independence Day

Independence Day (July 4) celebrates the birth of the United States. In 1776, the 13 American colonies were fighting the Revolutionary War against Great Britain, because they wanted to be independently governed. On July 4, 1776 the Continental Congress adopted the Declaration of Independence, a special document that declared that the colonies were free and independent states.

The Declaration of Independence was written by Thomas Jefferson, who later became the nation’s third president. On July 4 every year Americans remember the signing and the significance of this document. All across the country, from quiet towns to large cities, this summer day is filled with parades and dances, races and contests, festive picnics and barbecues. The nights are brightened by fireworks displays.

Garden Plot Registration

We are still registering for the 2016 FHC Garden Plot Program. You can begin the registration process at go.illinois.edu/ODGardenPlot. After the garden manager has contacted you and set-up a plot selection time and location, bring a check with you for registration. Cash is not accepted. Please write your check out to the University of Illinois at Urbana-Champaign and make sure you sign the check. Bring an ID or apartment information to determine what rate you will be charged for your selected plot. If you have any questions, email the Garden Group at ODGardenGroup@hotmail.com or come to the next Family Housing Council meeting.
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 apartments@illinois.edu or 333-5656.

Movie & Pizza Night
Come join us at the Orchard Downs Community Center on Monday, July 11 at 6:30 p.m. for a movie and pizza night open to all residents. In partnership with graduate assistants from McKinley Health Center, this movie night will be focused on the general theme of wellness. Enjoy pizza, snacks and come and socialize with other residents! Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

Summer Birthday Bingo
Were you born in June, July or August? Then we have a birthday party for you! Join us on Friday, July 22 at 6:00 p.m. to celebrate all summer birthdays. We’ll start off by recognizing summer birthdays and eating birthday cake followed by playing Bingo! All residents are welcome. Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

Campfire Storytime
Please join us at the Orchard Downs Community Center on Wednesday, July 27 at 6:30 p.m. for a campfire themed Storytime. In partnership with The Center for Children’s Books, this is a fun event for young children and their families. Weather permitting, we will be reading stories outside and snacks will be provided. Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Farewell Graduate Assistants
The 2015-2016 Graduate Assistants will be finishing their work at the end of the July and would like to show their appreciation and say farewell to all residents. Please come out to the Orchard Downs Community Center on Friday, July 29 at 6:00 p.m. to say goodbye to the graduate assistants and enjoy socializing with one another. Food will be served! Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Children’s Parade
Please join us to celebrate Independence Day at the Orchard Downs Community Center with a children’s parade on July 2. We will decorate children’s bikes and strollers. The decorating will start at 10:00 a.m. and the parade will start at 10:30 a.m. Refreshments will be served.

Sewing Room
The Sewing Room is open on Saturdays from 9:00 a.m. to 11:00 a.m. in the Learning Resource Center (Orchard Downs apartment 2044-A). Sewing machines and other equipment including scissors, pins, measuring tape, and thread are available for residents to use. The Sewing Room monitor is Tyra Brown (email tlbrown3@illinois.edu).

Welcome to the World
Babies are a sign of hope and bring much joy to our lives. At Family & Graduate Housing we would like to welcome your newborn to our community with a small gift. This is our way of saying, “Welcome to the World!” If you have recently welcomed a new baby into your family, please contact Brittney Walker at bwalker3@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

Parent-Child Playgroup
Come play and learn with us! Parent-Child Playgroup will meet on Mondays and Wednesdays from 10:00 to 11:30 a.m. at the Orchard Downs Community Center. Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. There will be no play group on July 4, July 11 and July 12. For more information Contact Brittney at bwalker3@illinois.edu.

Summer Snacks Workshop
Need new recipes for the summer? Come join us for a summer nutrition workshop on Thursday, July 28 at 12pm to 1pm at the Orchard Downs Community Center. Learn how to prepare healthy summer snacks and meals for you and your family. For more information contact Brittney at bwalker3@illinois.edu.
Hot Topics

**Family Housing Council Social Nights**
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on **Saturday, July 2 & Saturday, July 16 from 6:00 p.m. to 8:00 p.m.** at the **Orchard Downs Community Center** for socializing and fun! Pizza and drinks will be provided.

**Family Housing Council Public Meeting**
The FHC Public meeting will be held on **Friday, July 8 from 6:00 p.m. to 8:00 p.m.** in the **Orchard Downs Community Center**. All residents are warmly invited to discuss issues of interest in our community. Food and drinks will be provided.

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**Health and Wellness Programs**

**Walk/Jog/Run Group**
Attention all families and residents of ALL ages. The MultiCultural Health Center will be having another Walk/Jog/Run group for every one of ALL ages on **Wednesday, July 13 at 6:30p.m.** Families have the option of walking with their children and friends or either a slight run around the Orchard Down neighborhood complex. Everyone is invited. Running is NOT mandatory. We will meet at the MCHC and then go for our walk/run. For any more information or question contact Kelechi Lamberts at klamber4@illinois.edu.

**Run The Hill Challenge**
How many times can you run the large hill in 3 minutes? Come out and join us on **Saturday, July 23 at 11:00a.m.** at **Orchard Downs Hill** for a fun and exciting experience of challenging the large hill that is in Orchard Downs. This is open to everyone, including children, interested. Prizes and refreshments will be provided.

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**Tips for Preventing Heat-Related Illness**
During the warm summer months, heat-related illnesses can occur. The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar--these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library--even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle (human or animal).

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on: infants and young children, people aged 65 or older, people who have a mental illness, those who are physically ill, especially with heart disease or high blood pressure.

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.
The MultiCultural Health Center hosts a free medical clinic every Thursday from 6:00-8:00 p.m. This is a walk-in clinic staffed by volunteer medical students and supervised by a licensed medical professional. For several years, HeRMES has operated in partnership with area health clinics that serve the uninsured and underserved of Illinois.

**Clinic Hours**

Clinic hours are posted on the monthly calendar, and are also updated on a weekly basis on the MCHC voicemail. Please call (217) 265-6267 to make an appointment (walk-ins also welcome).

**HeRMES:** Every Thursday from 6:00 to 8:00 p.m. Doors open at 5:30.

**WIC Hours:** Friday, July 8 & Friday, July 22  1:00 to 4:00 p.m.

Clients who are receiving coupons can only pick up their coupons from the MCHC office on the 6th and 12th months. The coupons sent during the first 3 months and the 9th month must be picked up at the C-UHD office. Clients must also make sure to register on the WIC website in order to make themselves eligible to pick up WIC coupons at the MCHC. This will allow each resident’s coupons to be delivered to the MCHC for pick up.

**CCCHC Services:** Champaign County Christian Health Center is a non-profit clinic in our community located at Presence Community Resources Center on Wright St. on the Presence Hospital Campus, with a satellite office at the MultiCultural Health Center by appointment only. Please contact CCCHC through the appointment line, (217) 402-LOVE (5683), if you need assistance with primary care. For more information, visit: [http://ccchc2003.org](http://ccchc2003.org).

**Woman, Infants and Children (WIC) Services:** WIC services are provided for women, infants and children and are offered by the Champaign-Urbana Public Health District. Services for WIC participants include supplemental nutritious foods, nutrition education, counseling, screenings and referrals to other health services, welfare and social services, and immunizations for children. (Note: Clients who are receiving coupons can only pick up their coupons from the MCHC office on the 6th and 12th months. The coupons sent on the first 3 months and the 9th month must be picked up at the C-UPHD office. Clients must also make sure to register on the WIC website in order to make themselves eligible to pick up WIC coupons when available at the MCHC prior to pick up so it can be delivered to the MCHC for pick up.)

**Office Hours:** Office hours at the MCHC will be on Mondays and Wednesday from 1:00 p.m. to 4:00 p.m. and on Tuesdays and Thursdays from 2:00 p.m. to 5:00 p.m. Feel free to stop by for baby weigh-ins or come and pick up some beneficial health information handouts on winter safety, pre-natal health, or common health questions. For more information, contact Kelechi Ibe-Lamberts at mchc@illinois.edu.

For stress-management consultation email klamber4@illinois.edu.