Do You Have Housing Plans for Next Year?

All current Family & Graduate Housing standard leases end at 12:00 p.m. on July 31, 2015. If you would like to return to a Family & Graduate Housing Apartment next year, online Lease Renewal for 2015-2016 begins April 1, 2015. The online Lease Renewal site will allow you to request to return to your current apartment or transfer to another apartment within the Family & Graduate Housing community. If you do not want to renew your lease for next year, you will also need to visit the Lease Renewal site to decline your lease renewal. Lease Renewal will be available through April 30, 2015. Please note that you must be affiliated with the University as a student, staff, or faculty member during the 2015-2016 academic year to renew your lease. Further information about Lease Renewal will be sent to your email address during the month of April. Please contact the Family & Graduate Housing office if you have any questions regarding the Lease Renewal process.

Eco Family Fest

In honor of the 5th Annual Campus Ecofeminism Summit on campus, Orchard Downs and the Women’s Resources Center invites you for an afternoon of activities for the whole family. These activities are designed to celebrate our planet and connect students and their families to green living! It will be held at the Orchard Downs Community Center on Sunday, March 8 from 12 noon to 2:00 p.m. We’ll have food, games, crafts, and a resource fair, and it is all free and open to the public! If you have any questions, please email Paige Jackson at pmjacks2@illinois.edu. If you can, please RSVP on Facebook at http://on.fb.me/1FyABRp.

St. Louis Bus Trip: April 18

Want to get away for the day! Join Family & Graduate Housing on Saturday, April 18 as we visit the “Gateway to the West,” St. Louis! We will be going to The Gateway Arch and the Saint Louis Zoo. We will depart from the Family & Graduate Housing office (1841 S. Orchard Place, Urbana) at 6:30 a.m. and arrive back at Orchard Downs at approximately 8:00 p.m. Registration for this event is required and will be at http://go.illinois.edu/StLouisBusTrip beginning Monday, March 30 at 9:00 a.m. If you have any questions, email Paige Jackson at pmjacks2@illinois.edu or visit the websites at http://www.gatewayarch.com and http://www.stlzoo.org.

Cultural Adjustment Workshop

Please join us at the Orchard Downs Community Center on Wednesday, March 11 at 6:30 p.m. to discuss and share your experiences while adjusting time to the new environment and learn about different ways to manage stress and struggles in relation to the experiences that you are having. This program is for international students' and scholar's spouses to get to know each other. Childcare and snacks will be provided during the program, and a small gift will be given for attendance. Please contact Ga Young at gjin5@illinois.edu with any questions.
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.

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 Sedna Cordova (email: adrianysedna@gmail.com).

March Birthday Celebration
Were you born in March? Do you love games? Then we have a party for you! Join us in the Orchard Downs Community Center at 6:00 p.m. on Thursday, March 12 for a party to celebrate all of the March birthdays! We will have music, games, and birthday cake. Come on by and celebrate! If you have any question please email Paige Jackson at pmjacks2@illinois.edu.

Parent-Child Playgroup
Parent-Child Playgroup will meet on Tuesdays from 10:00 to 11:30 a.m. and Fridays from 10:00 to 11:30 a.m. at the Family Resource Center (Orchard Downs apartment 1834-A). Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. Contact Morgan at tarter2@illinois.edu with any questions. There will be no playgroup on March 24 or March 27 due to Spring Break.

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, contact Morgan at tarter2@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

Dr. Seuss’s Birthday Party
Do you have a birthday in March? So does Dr. Seuss! Everyone is invited to the Orchard Downs Community Center on Monday, March 2 at 6:30 p.m. to celebrate! We will have Dr. Seuss themed food, crafts, and games! Please contact Ga Young at gjin5@illinois.edu with any questions.

Bingo and Health Trivia
On Wednesday, March 4 at 6:30 p.m., come to the Orchard Downs Community Center for a fun night of bingo and health trivia! There will be lots of prizes and snacks as well as the chance to learn more about healthy living. Come enjoy a fun night with your family! Contact Ga Young at gjin5@illinois.edu with questions.

Spring Story and Craft Night
Please join us at the Orchard Downs Community Center on Tuesday, March 17 at 6:30 p.m. for a spring story, craft, and snack. This is a fun event for children of all ages and their families! Contact Ga Young at gjin5@illinois.edu with questions.

Middle School/Teen Caricaturing Night (For 6th-12th graders)
Hey teens! Do you like drawing silly pictures and having fun? Here is a fun program for you! Join us on Friday, March 20 from 6:30 to 8:30 p.m. at the Orchard Downs Community Center for a caricaturing workshop. Caricature artist, Dan Wild, will come over and teach the art of caricature and cartooning. We will also have a chance to caricature for each other and take the art back home! Family & Graduate Housing and the Luso-Brazilian Association are co-sponsoring this event. Snacks and Brazilian refreshments will be served. Please contact Ga Young at gjin5@illinois.edu with any questions.

Special Event for International and American Women
Join us for the International Women’s Evening Connection (IWEC). It will be a fun evening of cooking, talking, and meeting new people. This event will be held on Thursday, March 12 from 6:30 to 8:30 p.m. at the Twin City Bible Church (on the corner of Lincoln and Michigan, Urbana). We will be making homemade pizza, eating, talking, and making new friends. Please register by March 10 by emailing Ruth at ruth.krehbiel@gmail.com. There is no charge for this event, but donations are welcome. This event is for women only (no men or children, please).
Family Housing Council Information

FHC Saturday Social Nights
The FHC invites all Orchard Downs residents to join us on Saturday, March 7 and March 21 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.

FHC Public Meeting
The FHC Public meeting will be on Friday, March 13 from 6:00 p.m. to 8:00 p.m. in the Orchard Downs Community Center. All residents are warmly invited to discuss the issues ongoing in our community. Food and drinks will be provided.

Health and Wellness Programs

MultiCultural Health Center Call for Volunteers
The MultiCultural Health Center is looking for community members who would be willing to serve as volunteers for the health center. We are looking for people who are doctors, nurses, dentists, or any form of health professional from their native homeland or the U.S. who would be interested in participating in the health clinics. If you are interested, please contact our MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

MCHC Health Club Registration
Registration for the MCHC Health Club is still open! The Health Club is a group of residents who are interested in improving their health awareness and wellness for themselves and their fellow neighbors. Residents will participate in special programs constructed to improve the health and physical activity. If you are interested, email the MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

Yoga Class
The MCHC will continue hosting yoga fitness classes every Monday from 7:00 p.m. to 8:00 p.m. in the Orchard Downs Community Center. This will be a chance to exercise and work towards maintaining your health and keeping your body in shape. If you have yoga mats and other equipment, please feel free to bring them. Members of the MCHC Health Club are encouraged to participate. To sign up or to receive more information, contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

MCHC Health Resource Fair
For the third year, the MultiCultural Health Center will be sponsoring its annual Health Fair on Sunday, March 15 at the Orchard Downs Community Center beginning at 11:00 a.m. This fair is a way for our residents to discover the resources that are available for them in order to improve all phases of their health/wellness and also allows them the opportunity to match names with faces to the potential health-related programs that will be held at Orchard Downs in the near future. We will have a booth set up for participants to share information for students and their families alike. For more information, contact MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

Stress-Relief Clinic
There will be a new consultation “stress-relief clinic” program occurring at the MultiCultural Health Center on Mondays from 11:00 a.m. to 1:00 p.m. It will be co-sponsored with Counseling Center. For more information, please see the back of your monthly calendar!
Family Housing Council

The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs Family & Graduate Housing.

The FHC meets monthly at the Orchard Downs Community Center.

For FHC resources such as meeting minutes, constitution, job descriptions, and more at www.housing.illinois.edu/FHC.

For information about the FHC please contact:

President: Hengyan Xie
xiehy555@illinois.edu

Vice President: Changyi Zhang
cyz@illinois.edu

Treasurer: Charity Benefield
cbenef2@illinois.edu

Executive Secretary: Hao Wang
edwardwh@illinois.edu

Recording Secretary: Xiuling Zhu
xlzhu1005@gmail.com

MultiCultural Health Center

The MCHC works to deliver culturally sensitive illness prevention and health services to the families of the Family and Graduate Housing Community. Services are provided on a first come first served basis.

Clinical Services: The clinic will be staffed with a physician and/or a nurse practitioner. Services will include but are not limited to general health concerns such as colds or other respiratory infections, physical exams, referrals to community services and more.

Clinic hours will be updated on a weekly basis on the MCHC voicemail to reflect clinical services that week. Please call (217) 265-6267.

Clinic hours:

HeRMES: Every Thursday from 6:00 to 8:00 p.m. Doors open at 5:30.
(Appointments can be made and walk-ins are welcome. For appointments please call the MCHC at 217-265-6267 and leave a voice mail.)

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.

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 3rd month 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 Wednesdays (1 - 4 p.m.), Tuesdays (2 - 5 p.m.), and Thursdays and Fridays (11 a.m. - 2 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, please contact Kelechi Ibe-Lamberts, MCHC Graduate Assistant (GA), at mchc@illinois.edu.