Final Fling Volunteers Needed

Family & Graduate Housing’s annual spring picnic, The Final Fling, is just around the corner. We are looking for residents to help with this big event! There will be lots of food, music, games and FUN! The date is Saturday, May 2. You may choose to set up and decorate, cook or serve food, make and serve cotton candy or popcorn, monitor children’s games, or cleanup. If you are interested in helping and being a part of this event, please contact your neighborhood CA or CJ Holterman at cjholt@illinois.edu.

Lease Renewal Starts April 1

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.

St. Louis Bus Trip

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 Saint Louis Zoo. We will depart from the Family & Graduate Housing Office (FGH) at 6:30 a.m. and arrive back at Orchard Downs at approximately 8:00 p.m. Registration for this event is required and began at http://go.illinois.edu/StLouisBusTrip Monday, March 30 beginning at 9 a.m. If you have any questions please email Paige Jackson at pmjacks2@illinois.edu or visit their websites http://www.gatewayarch.com/ and http://www.stlzoo.org/.

Watch NCAA Basketball Championship

Come watch the NCAA championship game with us on Monday, April 5 at 6:00 p.m. in the Orchard Downs Community Center. Enjoy American-style food: buffalo wings with choice of dipping sauces (ranch, bbq, hot, mild, etc.), mini sub sandwiches, celery sticks, carrot sticks, and iced tea, to name a few. Enjoy an evening of cheering for your team, good company, and good American food. Attendees will also be able to enter the Poll Contest. Guess the final scores between the two teams and the one closest to the final score WINS! Learn more about the NCAA tournament by visiting http://www.ncaa.com/sports/basketball-men. For more information about the event, contact Community Aides Beverly Smith smithbev@illinois.edu, Carlos Rubio ca.rubioluna@gmail.com, Saijun Zhang szhang11@illinois.edu, or Tumani Malinga malinga2@illinois.edu.
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.

Multicultural Event for Children
Join us on Saturday, April 18 at 3:00 p.m. at the Orchard Downs Community Center for a fun multicultural event. There will be storytelling performances, multicultural craft activities, international games, and a variety of photo booth props and signs. This will be a fun and engaging event for children of all ages and their families. Snacks and beverages will be provided. Please contact Ga Young at gilt5@illinois.edu with questions.

Middle School/Teen Night (6th to 12th grade)
Join us on Friday, April 17 at 6:30 p.m. at the Orchard Downs Community Center for learning about fruit arrangements like a pro with guest instructor, Dorothy. Dinner & snacks will be provided. Contact Ga Young at gilt5@illinois.edu with questions.

Outside Play Date
Come enjoy the beautiful weather and mingle with your fellow residents! Join us at the Community Center at 6:00 p.m. on Monday, April 20 for a play date to celebrate spring! We will have sidewalk chalk, snacks, and play on the playground. Come on by and join the fun! If you have any questions please email Paige Jackson at pmjacks2@illinois.edu.

Parent-Child Playgroup:
Parent-Child Playgroup will meet on Tuesdays and Fridays from 10:00 to 11:30 a.m. at the Family Resource Center (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.

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

Let Your Voice Be Heard
We want to know what you think about FGH programming! Take this short four-question survey about programs at Family and Graduate Housing. If you have any questions contact Morgan, the Family Relations GA, at tarter2@illinois.edu. Link for survey: http://tinyurl.com/lg2283

The Great Egg Hunt
Come to the Orchard Downs Community Center on Saturday, April 4 at 1:00 p.m. for an egg hunt! Fun for the whole family, with lots of Easter eggs and prizes! Contact Ga Young at gilt5@illinois.edu with any questions.

Expressive Arts
Please join us on Tuesday, April 7 at 6:30 p.m. at the Orchard Downs Community Center for an expressive arts night. There will be an opportunity for residents to engage with each other and explore your cultural identities through arts. This will be a fun and interactive event for residents of all ages. Snacks and beverages will be provided. Please contact Ga Young at gilt5@illinois.edu with questions.

April Birthday Bingo: April 9
Were you born in April? Do you love Bingo? Then we have a party for you! Join us in the Community Center at 6:30 p.m. on Thursday, April 9 for a party to celebrate all of the April birthdays! We will have music, bingo, and birthday cake. Come on by and celebrate! If you have any questions please email Paige Jackson at pmjacks2@illinois.edu.

Parent’s Night Out
Bring your children to the Family Resource Center (1834-A) on Friday, April 10 from 6-8:30 p.m. for a fun craft project, snacks, games, and a movie. This will be a great activity night for your kids (ages 0-14), while you have the chance to relax at home or have a night out on your own. You must REGISTER your children for this event at https://illinois.edu/fb/sec/8108509. Registration is limited to the first sixteen children who register. Please contact Ga Young at gilt5@illinois.edu with questions.

Uncorked at Krannert: April 16
Join Family and Graduate Housing at the Krannert Center for the Performing Arts on Thursday, April 16 for Uncorked! Uncorked is a free event with snacks, wine samples, and great conversation. We will meet in front of Krannert on Gregory at 4:50 p.m. to enjoy the event together. If you have any questions please email Paige Jackson at pmjacks2@illinois.edu or check out their website at http://www.krannertcenter.com.
Family Housing Council Information

FHC Public Meeting
The FHC Public meeting will be on Friday, April 10 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

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 health awareness and wellness for themselves and their fellow neighbors. Residents will participate in special programs designed to improve health and physical activity. If you are interested please email or MCHC GA Kelechi Lamberts at klamber4@illinois.edu

Dental Screenings Sign-ups
The MCHC will be hosting its second dental screening for residents who need to see a dentist. We will be distributing applications throughout the month. Please pick up the applications at the MCHC or at the FGH office front desk.

MCHC Dental Screening Fair
The MultiCultural Health Center will be conducting its second dental fair in the Orchard Downs community for the residents of Family & Graduate Housing. The event is geared towards raising awareness by providing dental services such as dental screenings, dental care referrals, and dental education resources for hygiene and disease prevention. Dental specialist and examiners from SmileHealthy mobile dental clinic will be coming to provide free dental screenings for residents and their children. To participate, please pick up an application from the main office or the MultiCultural Health Center. The fair will be held on Saturday, April 25, 9:00 a.m. – 12:00 noon, and 1:00 p.m. – 4:00 p.m. at the Community Center. To receive more information, contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

Walk/Jog/Run Group (MCHC Health Club)
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, April 29 at 6:30 p.m. Families have the option of walking or doing a slight run with their children and friends 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 further information or questions, contact Kelechi Lamberts at klamber4@illinois.edu

MCHC Health Club: Yoga Classes
MCHC will be hosting our weekly yoga classes on Mondays at 7:00 p.m. This will be a chance to exercise and work towards 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.

Stress-Relief Social
There will be a stress-relief social in the Orchard Downs Community Center on Friday, April 24 at 6:00 p.m. Come and get some free snacks and interact with your fellow neighbors and their families. Games and karaoke will be available! Also, get a chance to receive massage therapy and relieve some stress. All are welcome. For more information, contact Kelechi Lamberts at klamber4@illinois.edu.
The MultiCultural Health Center

2040-A Orchard Street

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-Lambers, MCHC Graduate Assistant (GA), at mchc@illinois.edu.

Stress Management Consultation: First and third Mondays, 11:00 a.m. - 1:00 p.m. (appointments only). Email klamber4@illinois.edu for appointments.