Do You Have Plans for Next Year?
All current Family & Graduate Housing standard leases end at 12:00 p.m. noon on July 31, 2016. If you would like to return to a Family & Graduate Housing apartment next year, online lease renewal for 2016-2017 begins April 1, 2016. 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, 2016.

Final Fling 2016
Everyone is invited to come celebrate the end of the semester with us for a sports themed final fling! Join us on Saturday, May 7 at 12:00 p.m. noon at the Orchard Downs Community Center for the fun. Enjoy music, carnival games, relays, free lunch, cotton candy, raffle prizes, and much more!

Important Tips from Maintenance: Temperature & Weather Changes
Residents who live in Orchard Place or Orchard Downs apartments may notice areas of their floor or walls that become damp with condensation as outdoor temperatures warm up this spring. To decrease the amount of moisture that develops on floors and walls during temperature and weather changes, the maintenance department recommends the following:

1. Never turn the furnace off or turn the thermostat below 60 degrees Fahrenheit. Allowing the temperature of the apartment to get below 60 degrees allows the surface temperature of the walls and floors to drop quickly. Concrete walls and floors take a long time to warm back up once they are cooled. When the furnace cycles on again, the ambient air temperature in an apartment increases quickly. The difference in temperature between ambient air and the concrete surfaces will result in condensation forming on the walls and floors. After allowing this to happen, it will take several days for the furnace to raise the surface temperatures enough to stop the condensation from forming.

2. Do not store items up against walls as this will keep the warm air from heating the walls, allowing condensation to form. Cool, dark, and damp surfaces are the perfect breeding ground for mold and mildew. It is important to maintain air circulation around all items stored along walls. We also recommend that residents store in plastic bins rather than in cardboard boxes, which can absorb moisture and potentially cause damage to items stored inside them.

3. Failure to maintain a minimum ambient temperature of 60 degrees Fahrenheit in your apartment will result in unpleasant living conditions and potential property damage to your apartment and neighboring apartments. It is the responsibility of every University Apartment leaseholder to follow the above listed recommendations.
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 Tyra Brown (email tlbrown3@illinois.edu).

Welcome to the World
Babies are a sign of hope and bring much joy to our lives. 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 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 Tuesdays from 10:00 a.m. to 11:30 a.m. at the Family Resource Center (apt. 1834-A). Caregivers and children ages five and under will participate in fun and educational activities such as crafts, music, story time, and snacks. Contact bwalker3@illinois.edu with any questions.

Women’s Tea Time Support Group
Come join us for tea and conversation. The Women’s Tea Time Support Group is a comfortable space for women to bond and learn new skills while supporting each other. There will be weekly workshops on a variety of topics such as art, cooking, stress-management, parenting, and more. This group will meet every Thursday, 1:00-2:30 p.m., starting April 7 at the Family Resource Center (apt. 1834-A). For more information, contact Brittney at bwalker3@illinois.edu.

International Children’s Day
Join us at the Orchard Downs Community Center on Saturday, April 9 at 1:00 p.m. for crafts, activities, and games for everyone to enjoy. This is a special event to celebrate children and our diverse community. Snacks will be served! Contact Joy at sugihar2@illinois.edu with any questions.

Family Soccer Day
Parents and kids, join us for a game of soccer on Saturday, April 23 at 10:30 a.m. on the Orchard Downs soccer field. Teams will be made that day and lunch will be provided afterwards at the Orchard Downs Community Center.

April Birthday Bingo
Were you born in April? Then we have a birthday party for you! Join us on Wednesday, April 13 at 6:30 p.m. to celebrate all April birthdays at the Orchard Downs Community Center. We’ll eat cake and then play Bingo! All residents are welcome. Contact Joy with any questions at sugihar2@illinois.edu.

April Showers Story Time
Join us at the Orchard Downs Community Center on Monday, April 18 at 6:30 p.m. for an April showers story time and craft night. This event for young children and their families is in partnership with The Center for Children’s Books. Contact Joy Sugihara at sugihar2@illinois.edu with any questions.

International Trivia Night
Come out to the Orchard Downs Community Center on Wednesday, April 6 at 6:30 p.m. for a fun night of trivia open to all residents! Residents will play in teams and answer questions highlighting countries all around the world. Winning teams will receive a prize and all participants will win candy! Snacks will be provided. Please be on time and make sure your children are supervised for the event. Contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Middle School and Teen Night
Middle school and high school students are invited to the Orchard Downs Community Center on Friday, April 22 at 6:30 p.m. Community Aide Dorothea will teach students about fruit arrangements. Students will then make their own fruit arrangement, and enjoy the dinner provided! This event is only for middle school and high school students. Contact Joy Sugihara with any questions at sugihar2@illinois.edu.

The Relationship Workshop
Students and resident adults, join us for a workshop on Monday, April 25 at 6:30 p.m. at the Orchard Downs Community Center. Are you seeking advice for building relationships that are happy and satisfying? Knowing the basic principles of healthy relationships gives us meaning, fulfillment, and excitement in both happy and sad times. Join us for tips on strengthening your loving relationships. Dr. Jungeun Kim from the Counseling Center will share simple strategies. Child care will be provided and pizza will be served!
Family Housing Council Social Nights
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, April 2 and April 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, April 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.

Health and Wellness Programs

MCHC Health Center Call for Volunteers
The MultiCultural Health Center is looking for members in the community who are 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 our health clinics. Please contact the MCHC GA Kelechi Lamberts at klamber4@illinois.edu if you are interested or have questions.

MCHC Health Resource Fair
The MultiCultural Health Center will be sponsoring its annual Health Fair on Saturday, April 16 at the Orchard Downs Community Center beginning at 11:00 a.m. Learn about resources that are available for residents to improve their health/wellness and also match names with faces for potential health-related programs that will be held at Orchard Downs in the near future. For more information, contact MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

Walk/Jog/Run Group (MCHC Health Club)
Attention families and residents of all ages: the MultiCultural Health Center will be having another Walk/Jog/Run group. Families have the option of walking with their children and friends or making a slight run around the Orchard Down neighborhood complex. Everyone is invited. Running is NOT mandatory. We will meet at the MCHC on Wednesday, April 27 at 6:30 p.m. and then go for our walk/run. For more information or questions contact Kelechi Lamberts at klamber4@illinois.edu.

Final Fling Volunteers Needed
We are looking for residents to help with the Final Fling! The date is Saturday, May 7 at 12:00 noon. You may choose to set up and decorate, cook or serve food, make and serve cotton candy or popcorn, monitor children's games, or clean up. If you are interested, please contact your neighborhood CA or CJ Holterman at cjholt2@illinois.edu.

Nominate a Resident for IHLUAC
Nominations are now being accepted for the the International Honorary for Leaders in University Apartment Communities (IHLUAC). To submit a nomination, write a brief description that characterizes the nominee and explains why you think this person should be recognized by IHLUAC. Include information about their outstanding contributions and examples of the accomplishments that demonstrate their leadership and commitment to this community. Email nominations to cjholt@illinois.edu by Fri., April 15 at 4:00 p.m.

Fruit Presentation Workshop
Join us on Sunday, April 17, 5:00-7:00 p.m. at the Orchard Downs Community Center to learn how to cut and arrange fruit to look like a flower arrangement! You will watch a demonstration and then be entered into a raffle drawing to win the arrangement. Snacks and beverages will be provided. For more information, contact Dorothea at ca6sudibyo@gmail.com.

International Hospitality Committee Needs Volunteers
The International Hospitality Committee is looking for volunteers to staff the IHC Lending Storeroom at 2044A Orchard St. on Saturday mornings from 9:00 a.m. to 11:00 a.m. The duties include welcoming visitors to the storeroom, helping them find items, and filling out forms for borrowed items. It’s a fun way to meet and greet visitors, and make them feel welcome! If you’d like to volunteer, please contact Keach Sasamori at keachs@yahoo.com.
MultiCultural Health Center

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, April 1 & Friday, April 15 1:00 to 4:00 p.m.

Health Insurance Clinic Hours: Friday, April 8 & Friday, April 22 1:00 to 4:00 p.m.

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 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.