Winter Break Office Hours
The Family & Graduate Housing office will be closed on the following University Holidays: December 24, 25, and 31, 2015; and January 1, 2016.

Important Apartment Information
- Winter Window Kits are now available at the Family & Graduate Housing office. If you would like to cover your apartment windows with plastic for the winter months, please come pick up a kit.
- All trash must be placed INSIDE the trash dumpsters. Please do not leave trash sitting on the ground outside of dumpsters.
- Please remain in the Laundry Building when using a washer or dryer. If you choose to leave, you must plan to return at the time the washer/dryer cycle is complete. Laundry that is left in washers or dryers that have finished a cycle may be removed.

English Language Program
Improve your English language skills! The Intensive English Institute is now accepting applications for the spring 2016 semester, which starts in January. Those with F1, F2, J1, J2 visas and permanent resident status are welcome to apply for the 14-week academically focused English language program either as a full-time or part-time student. A discount of $250 is available to family members of current University of Illinois faculty, staff and students.

Please see our website (www.iei.illinois.edu) or stop by our office at 616 E. Green St. Champaign (above McDonald’s) for more information.

Lending Storeroom Update
The IHC Lending Storeroom at 2044A Orchard Street does NOT accept TVs, window air conditioners, furniture, or anything made of cloth. It is illegal under Illinois law to dispose of electronics in your regular trash. Best Buy in Champaign will accept three TVs per household free of charge under 32” in diameter.

For a complete listing of places to bring your unwanted electronics, see http://www.chambanamoms.com/2015/06/22/recycle-electronics-champaign-urbana. If you have any questions, contact Keach at keachs@yahoo.com. Thank you for your cooperation!
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.

Santa Skate
Don't miss your chance to meet Santa and take some awesome pictures with him while enjoying fun activities! This is a great opportunity to enjoy an afternoon of skating, crafts, snacks, and hot chocolate! Be sure to come out to the Ice Arena (406 East Armory Avenue, Champaign) on Saturday, December 19 from 4:30-6:30 p.m. to enjoy this free event. Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

December Birthday Bingo
Were you born in December? Then we have a party for you! Come join us on Thursday, December 3 at 6:30 p.m. to celebrate all December birthdays in the Orchard Downs Community Center (510 W. George Huff Dr., Urbana). All residents are welcome to come enjoy birthday cake and Bingo! Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

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 Family Resource Center (1834-A). Caregivers and children age five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. *There will be no Playgroup on Dec 14th, 16th, 23rd, 28th, & 30th. For more information contact Brittney at bwalker3@illinois.edu.

Study Snacks
Want a snack while you study for finals? Stop by the Family & Graduate Housing office (1841 Orchard Place) and pick up a study snack pack during the week of December 14-18 from 8:00 a.m. to 5:00 p.m. Happy Finals Week!

Parents’ Day Out
Parents do you need some extra time for holiday shopping, studying, or just want a break? If you so, bring your children to Parents’ Day Out, Tuesday, December 22 from 1:00 to 4:00 p.m. at the Orchard Downs Community Center. FGH staff is facilitating this program. Registration is required. Register your child at http://goo.gl/forms/BF4uv8qoNU. Space is limited. Snacks will be provided. For more information contact Brittney at bwalker3@illinois.edu.

Cookie & Gingerbread House Decorating
Are you ready for festive holiday activities? Come out to the Orchard Downs Community Center (510 W. George Huff Dr., Urbana) on Wednesday, December 23 at 1:00 p.m. to decorate your own cookies and gingerbread house! Cookies and decorating supplies will be provided, as well as hot chocolate to help you stay warm in the cold weather! This is a great event for the whole family in celebration of the winter and holiday season. Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Indianapolis Trip
We will be traveling to Indianapolis on Saturday, January 9. The cost of the trip is $15 per adult and $10 per child. Registration for this trip will start Monday, December 21 beginning at 9:00 a.m. You can register for this trip at http://go.illinois.edu/Indianapolis2016. The link will not open before 9:00 a.m. Happy Holidays!
Hot Topics

**Family Housing Council Social Night**
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, December 5 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, December 11 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. If you are a doctor, nurse, dentist, or any form of health professional we would love to work around your availability and have your help! Please contact our MCHC GA Kelechi Lamberts at klamber4@illinois.edu if you are interested or have any questions.

**MCHC Health Club Registration**
Registration for the MultiCultural Health Club is still going on! The Health Club will consist of a group of residents who are interested in improving health and wellness for themselves and their neighbors. Residents will participate in special programs constructed to improve their health and physical activity. If you are interested, please contact our MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

**Zumba Aerobics Class**
The MCHC will be reopening its zumba fitness class in January for those interested in participating. Our regular instructor will be returning at the beginning of the second semester to teach the course. This will be a chance to work towards keeping your body in shape. To sign up or receive more information, contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

**Winter Health & Safety**
The winter season will be here before we know it. Along with the winter comes consistent cold weather and snow. It is very important that residents are aware of the some of the steps to take to make sure that they have a safe and healthy winter season. Here are some tips from the MultiCultural Health Center:

1. Make sure you layer your clothing in order to stay warm during the winter season. There are three important layers when dressing for winter:
   - Insulation layer: Clothes such as thermal underwear or compression shorts, or shirts that can keep your blood flowing and warm are important during the winter.
   - Base layer: Clothes such as long sleeve shirts and sweaters that are thick should be worn on top, and long jeans or pants should be worn on bottom. This will help protect you from the cold.
   - Outer shell layer: Make sure to wear a thick coat, gloves, winter hat, and snow boots on top of your base clothing to keep you warm prior to going outside.
   - It is important that older babies and young children have one more layer of clothing than an adult would wear in the same conditions. This will help protect them from the cold weather the most effectively.

2. Invest in a shovel and an ice scraper for your car.

3. Please make sure to get an insulation kit for your home if possible.

4. If you are leaving your apartments for an extended period of time, please make sure not to close your taps completely. Leave enough of a drip in your faucet to keep your pipes from freezing or bursting.

5. Don't leave space heaters operating when you are not in the room.

6. Make sure to walk slowly and carefully to stay safe while walking on streets with ice or cars during snow flurries.
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. Will be closed from the 17th onward until January.

WIC Hours: Friday, December 4 and Friday, December 18, 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](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.