**Apartment Survey**

A survey was recently sent to you asking questions about your experience living with us. If you haven’t already done so, please take a few minutes to complete the survey by March 30, 2015. Your feedback is important to us! We use the results to improve our services and programming.

**Air Conditioner Covers**

Some residents have asked about the best way to keep drafts from coming through air-conditioning units during the winter months. Our maintenance staff recommend that residents purchase quilted indoor air conditioner covers, which can be found at many local retail stores. Please stop by the Family & Graduate Housing office if you would like to see a sample of this product.

**Second Annual Children’s Play Date**

Be our guest for a Valentine's Day Children's Play Date for visiting scholars, spouses and child(ren) on **Saturday, February 14** from 1:00 to 3:30 p.m. at the First Christian Church indoor playground (intersection of Curtis and Staley Roads). While child(ren) enjoy the playground, parents can use the walking track, sitting area, free WiFi access and snacks for all...perfect for a winter Saturday afternoon. **Transportation will be provided by First Christian Church from both the North and South Laundries in Orchard Downs at 1:00 p.m.** Our buses will return you to Orchard Downs at 3:30 p.m. If you have questions, email **hisministry@fcc-online.org**. Please register online by February 10 at **https://fcconline.wufoo.com/forms/play-date**.

**Valentine’s Day Cards**

Have you thought about sending your neighbors or friends a special Valentine’s Day card? Now Family and Graduate Housing will do it for you! Sign up to send your favorite people a card and Valentine candy! Cards and candy will be delivered to their door the week of Valentine’s Day (February 14). You can sign up to send up to 10 cards for free! Cards will be addressed to your friends/neighbors and signed by your name or anonymous. Recipients of cards must live in Orchard Downs or Ashton Woods. The deadline to submit request for cards is **Friday, February 6**. If you have questions, contact the Family Relations GA, Morgan Tarter, at **tarter2@illinois.edu**. Go to **http://tinyurl.com/o6wysbk** to submit a request.

**Bloomington-Normal Bus Trip: March 7**

Want to get away for the day? Join Family & Graduate Housing on **Saturday, March 7** as we explore the Bloomington Children’s Discovery Museum and Eastland Shopping Mall. We will depart from the Family & Graduate Housing Office (FGH) at 10:00 a.m. and arrive back at Orchard Downs at approximately 5:30 p.m. Registration begins February 16 at 9:00 a.m. Please register at **http://go.illinois.edu/BloomingtonBusTrip**. If you have any questions, email Paige Jackson at **pmjacks2@illinois.edu** or visit their websites at **http://www.childrensdiscoverymuseum.net** and **http://www.ishopeastlandmall.com**.
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).

**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.

**Middle School/Teen Night (6th-12th grade)**
Join us on **Friday, February 20** from 6:00 to 8:30 p.m. in the Family Resource Center (1834-A) for an individual pizza making party. We will learn how to make our own pizzas with a variety of toppings and ingredients. Different kinds of board games will be available for the party too! If you have any questions, contact Ga Young at gjin5@illinois.edu.

**Parent-Child Playgroup**
Parent-Child Playgroup will meet on **Tuesdays and Fridays** from 10 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.

**February Valentine’s Birthday Bingo**
Were you born in February? Do you love Bingo? Then we have a party for you! Join us in the Community Center at 6:30 p.m. on **Thursday, February 12** for a party to celebrate Valentine’s Day and all of the February 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.

**Crafting Club**
Come decorate cookies and make Valentine’s Day cards at Crafting Club on **Friday, February 13** at 2 p.m. in the Family Resource Center (1834-A). Children are welcome, but must be supervised. Contact Morgan at tarter2@illinois.edu with any questions.

**Lunar New Year Celebration**
The New Year is here, and what better way to celebrate than with fellow residents? Join us at the Orchard Downs Community Center on **Saturday, February 28** at 12 Noon for a Lunar New Year celebration. There will be food and refreshments, entertainment, and children’s activities. If you have any questions, please email Paige Jackson at pmjacks2@illinois.edu.

**IHC Lending Storeroom**
It is a place where everyone knows your name. It is a place where neighbors meet and someone from the community can give advice about resources and second-hand shops in the area, as well as lend out cookware and electrical appliances and home decorations at no cost!

The lending storeroom has been a part of Orchard Downs for many years, but sadly, is at risk of closing if more volunteers and a coordinator cannot be found. It only takes 30 minutes to train to be a volunteer and a very rewarding two hours on Saturday 9 - 11 a.m., once a month or less. If you are someone who is conscientious and enjoys meeting people, and if you have a somewhat flexible schedule, you may be able to fill this very important role of coordinator or a volunteer. If you are interested in either being a volunteer or a coordinator, please contact Mary Kruse (mary.kruse1@gmail.com) or Carolyn Lang (stewartlang@ameritech.net).

The coordinator recruits and trains volunteers, schedules work times, reminds volunteers the week before of their work days. He or she also needs to make periodic checks of the storeroom to assess how things are going and what items are in demand. This is a great voluntary leadership opportunity.
Hot Topics

Orchard Downs Laundry Now Accepts Extra Credits
We are excited to share that both Orchard Downs laundry buildings now accept extra credits in addition to coins! To add credits to your i-card, visit https://web.housing.illinois.edu/MyBalances and use a credit or debit card to add money to your balance (credits can be used in dining halls, too!). One credit equals $1.00. Once you have added extra credits to your card, you can use it for laundry: (1) Swipe your card first; (2) Make sure the water starts, then add detergent; (3) Add clothes.

You can also use the Laundry Alert system, which shows what washers or dryers are available, the status of your laundry, or get laundry notifications sent directly to you! For more information and links to Laundry Alert, visit http://housing.illinois.edu/laundry.

Family Housing Council Information

FHC Saturday Social Nights
The FHC invites all Orchard Downs residents to join us on Saturday, February 7 from 6 p.m. to 8 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, February 13 from 6 p.m. to 8 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 professionals 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.

Men 2 Men Program informational
The MCHC will be relaunching the Men 2 Men program for male residents of Family & Graduate Housing, beginning on Tuesday, February 3 at 6:00 p.m. in the Community Center. This is a program that creates a space strictly for men to engage in activities beneficial for the health and wellness of this particular group. Please come to our informational to find out more! Snacks will be provided. Contact the MultiCultural Health 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 of February and March. Please pick up an application at the MCHC or at the Family & Graduate Housing office front desk.

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 Kelechi Lamberts at klamber4@illinois.edu.

Yoga Class
The MCHC will be hosting yoga fitness classes every Monday at 7:00 p.m. in the Community Center. 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 Community Center on Friday, February 27 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.
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.

Clinical 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.