RAA 2016 is Seeking Volunteers

Read Across America is a celebration of literacy for young children in preschool through third grade, along with their families. Each child receives a free book to start, or add to, their home library, as well as a free backpack. Local child-centered organizations, including storytellers and readers in both English and world languages, are located around the Lincoln Square Mall area. It is a great opportunity for parents to help their children invest in early literacy skills at home.

This year, Family & Graduate Housing is part of the committee and we hope you can join us on Saturday, March 5 from 10:00 a.m. to 1:00 p.m. If you would like to help at this event as a reader, please contact Maribel at mamou110@hotmail.com. If you prefer to volunteer by helping during the event, please sign up online at http://vols.pt/HFowA.

Laundry Room Usage

We would like to share some reminders to all who will use the laundry rooms available in our University Housing apartments. Please remember that the laundry rooms are for our residents only. Be safe and keep the doors closed. Also, if you note anything odd or misuse of the laundry units, please alert your Community Aide and/or share what you see with the FGH office at apartments@illinois.edu. The following list notes the expectations regarding usage of the machines. Here are some guidelines for laundry room use:

1. Please stay with your laundry at all times.
2. Please remove your clothing from the washer or dryer as soon as the cycle is complete.
3. If another person's clothing remains in a washer or dryer, and no other washer or dryer is available, feel free to remove the clothing. Please put the clothing on a folding table or on a counter in the laundry room. Please do not put the clothes on top of other machines or on the floor.
4. Washers and dryers may not be reserved.
5. Children must be supervised by an adult at all times when in the laundry room.
6. Take all of your belongings with you when you leave the building. Please remember that you are responsible for your belongings.
7. Before using the washers, be sure to read the instructions located on the lid.
8. When the laundry is complete, please leave the doors open slightly if possible to allow the laundry drums to dry.
9. Please remember that the University of Illinois is not responsible for lost, stolen or damaged items.

If there is a problem with a washer or dryer residents should call JETZ, which is the company that leases the machines to Family & Graduate Housing. The phone number for JETZ is 317-710-0817. Please do not call Maintenance.

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.

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 Tuesdays from 10:00 a.m. to 11:30 a.m. at the Family Resource Room (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 Brittney at bwalker3@illinois.edu with any questions.

“Leap” Into the New Year
In celebration of the Leap Year and starting the new year of 2016, come out to the Orchard Downs Community Center on Monday, February 29 at 6:30 p.m. to learn about and create your own 2016 “vision board.” Creating your own personal vision board allows you to reflect upon your past year and make new goals for 2016. Supplies and snacks will be provided. Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

Valentine’s Day Party
Come out to the Orchard Downs Community Center on Saturday, February 6 at 1:00 p.m. to celebrate an early Valentine’s Day. There will be crafts and activities, snacks, and a fondue station. All residents are welcome! Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

February Birthday Bingo
Were you born in February? Then we have a birthday party for you! Join us on Wednesday, February 24 at 6:30 p.m. to celebrate all February birthdays at the Orchard Downs Community Center. We’ll start off by recognizing February birthdays and eating cake, and then we will be playing Bingo! All residents are welcome. Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

Valentine’s Day Card Making
Join us at the Orchard Downs Community Center on Wednesday, February 10 at 6:30 p.m. to make your own Valentine’s Day card for family members and friends living in the neighborhood. This is a great way to show your love and appreciation for family and friends! Cards and decorating materials will be supplied. All cards made at the event can be sent to others living in the apartment community and will be dropped off in mailboxes by graduate assistants. Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Chinese New Year Celebration
Come and celebrate the Chinese New Year together at the Orchard Downs Community Center starting at 12 noon on Saturday, February 13. There will be food and entertainment! Contact Brandi Binder at blbinde2@illinois.edu with any questions.

Hoverboards Banned from Campus
Don't hover! Self-balancing battery-operated scooters (“hoverboards”) are not allowed in any campus facility. Please do not bring one to campus with you. Effective Jan. 18, 2016 hoverboards are not permitted in any facilities owned, leased, occupied or controlled by the University of Illinois at Urbana-Champaign. The campus is adopting this policy as a temporary measure until the safety concerns associated with hoverboards have been resolved. For more information, see https://news.illinois.edu/blog/view/6367/309242.
**Family Housing Council Social Nights**
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, February 6 and February 20 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, February 12 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.

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

**Zumba/Yoga Class**
The MCHC will be hosting another Zumba/yoga fitness class on Mondays at 6:30 p.m. in the Orchard Downs Community Center. 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 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, February 26 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.

**Free Nutrition Workshops**
Learn how to plans meals on a budget and prepare healthy meals for you and your family. Come out to our nutrition workshops for free food, incentives, recipes, and to earn a certificate from the U of I Extension Office. This 9-week course will start Thursday, February 4 and run through March 31 from 1:00 p.m. to 2:00 p.m. at the Learning Resources Center. Registration is required. Contact Brittney G. Walker at bwalker3@illinois.edu with any questions.

**Health Insurance Services Office Hours**
Planned Parenthood of Illinois in Champaign will be partnering with the MultiCultural Health Center (MCHC) to help individuals sign up for health insurance through the Affordable Care Act Marketplace and Medicaid. We will be located in the MCHC (2040-A Orchard Street) bi-weekly from 1:00 to 4:00 p.m. During the month of February, we will be available on Friday, February 12 and Friday, February, 26. Come and see us if you need help with your Marketplace/Medicaid application! For more information, contact Kelechi Lamberts at klamber4@illinois.edu.
MultiCultural Health Center

2040-A Orchard Street

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, February 5 & Friday, February 19 1:00 to 4:00 p.m.

Health Insurance Clinic Hours: Friday, February 12 & Friday, February 26 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.