



JULY 2010 NEWSLETTER

Hello BounceBack Kids Families and Friends!

"I'm bored, what can I do?" Anyone else hear that in their household during the summer months? In between relaxing from the school year and planning for the fall, there are many minutes in between where kids are looking for something to do.

The first thing we suggest is to check out the [BounceBack Kids calendar](#) of activities. We have a bunch of great plans this summer and hope to see you all there.

In addition, our summer intern, [Alexandra Lucas](#), put together a list of some great ideas and helpful tips for summer fun!

Here are four great tips from the [Eat Smart, Move More NC](#) website. This website has a lot of helpful information about keeping busy with healthy lifestyle!

Old-fashioned favorites: The list of possibilities is long. With little or no equipment, kids can have hours of fun with old-time games. Play kick the can, kickball, four-square and hopscotch. Try tag, freeze tag or flashlight tag. For more fun outdoor games, try a game of hide and go seek or red light-green light. Simon says is always a fun way to get everyone moving.

Creative indoor activities: Many ball games can also be adapted for indoor play using foam balls. Creative team games are great for "Indoor Olympics" with events like a shoebox relay. "Racers" take turns skating a set distance with shoeboxes on their feet, then passing the "baton" to the next team member. Shoeboxes skate well on carpet, tile or wood without scuffing.

High-energy box games: The oldie-but-goodie in this category is Twister®—fun for all ages since 1966. The game that ties you up in knots is fun for families or groups. It is played in tournaments around the world. Hullabaloo®, a creative combination of Simon says and freeze tag, seems to be the popular "new kid on the block".



Low-tech equipment: Some favorites are Frisbees® and hula hoops; Koosh®, Nerf and foam balls; and noodle pool toys (in and out of the water). This equipment usually comes with cool ideas for activities. Don't forget sidewalk chalk offers hours of entertainment.

And finally, a favorite for all families, a nice stroll around a nearby lake or park during the cool early morning or evening hours.

Helpful Summer Fun Websites

<http://www.myeatsmartmovemore.com/SimpleTips.html>
www.centerofweb.com/kids/games/default.htm
www.streetplay.com/thegames/
<http://fun.familyeducation.com/summer/seasons/32954.html>

BounceBack Kids Cookbook Needs Your Help!

It's official – BounceBack Kids is cooking! With the help of our summer intern, Alexandra Lucas, we are creating the "BounceBack Kids Cookbook." We need your help to make this a successful, not to mention, delicious project!

We are asking all BounceBack Kids participants, families, staff, volunteers, board members and friends to submit recipes that we can include in our cookbook and/or cooking section of the website (both will be available this holiday season). If you would like to learn more about this project, please email Alexandra@bouncebackkids.org or call 919-246-9100x7.

To submit a recipe, please click here:

[BounceBack Kids Recipe Form](#)

Cooking is always a wonderful way to bring family and friends together for fun,. Alexandra has started us off with one of her favorite recipes!

Alex's Sweet Potato Chips

Supplies:

- cookie sheet or baking pan
- timer
- oven mitts



- knife
- chopping board

Ingredients:

- sweet potatoes (Half a sweet potato per person is a good estimate)
- olive oil
- salt and pepper

Steps:

1. Pre-heat your oven to 350 degrees
2. Slice the sweet potato in half length and width wise, leaving you with four (4) pieces Lay each sweet potato quarter with its long, flat side on to the board and slice it into pieces approximately 1/8th of an inch thick.
3. Drizzle some olive oil on the sweet potatoes. (This is a great time to ask the kids for some seasoning assistance)
4. Lightly sprinkle on salt and pepper.
5. Set your timer to 20 minutes. Cooking time depends on the thickness of the chips. I like to start checking the oven at 20 minutes to make sure no thinner slices are burning, and I return to the oven every five minutes to check. I prefer crispier chips so I let mine simmer for 35 to 40 minutes.

I hope that your family enjoys this great snack recipe!

JAKE'S JOKE CORNER

For all those who have met our friend, Jake - you know he loves to tell you a good joke! His jokes make everyone smile so we asked him if he would be willing to include a joke for the newsletter. Thanks Jake!

Question: What is the German word for "Constipation?"

Answer: Far-From Pooping

Call to BounceBack Kids Participants and Siblings

If you have a poem, story, photo, or piece of art that you would like to have included in the BounceBack Kids Newsletter, please contact, <mailto:Alicia@bouncebackkids.org>. We would love to include it in one of the upcoming issues.



BOUNCEBACK KIDS FUNFUEL PROGRAM

The BounceBack Kids FunFuel Program provides gasoline cards to help BounceBack Kids families offset a portion of some transportation expenses associated with participating in BounceBack Kids activities.

While we are not including any income threshold requirements associated with participation in the BounceBack Kids FunFuel Program at this time, it is our intent that participation be limited to those families for whom assistance with BounceBack Kids-related transportation expenses is truly needed. If you have any questions, please contact [Lisa Brachman](mailto:Lisa.Brachman@bouncebackkids.org) at (919) 246-9100.

We are very grateful to the James S. and Grace H. Murray Family Foundation for their support of this pilot program.

CALL FOR FAMILIES WITH ADOPTED CHILDREN

One of our families is interested in talking with parents of adopted children with serious medical illnesses. If you are interested in reaching out to this family, please email me at <mailto:Alicia@bouncebackkids.org> and I will connect you.

July Calendar 2010

Kids Bowl and Parents Go...Out!

Saturday, July 17 at 11:30am - 2:30pm

[Buffaloe Lanes](#)

151 High House Road

Cary, NC

Come bowl with us while your parents take a little time out to themselves. We are going to have lunch at the bowling alley starting at 11:30am. We will bowl from 12:30-2:30pm. Parents please plan to drop off your kids at 11:30 am so they can join us for lunch before we start to bowl. See you at the bowling alley and "Let the Good Times Bowl." Please [RSVP](#) by Tuesday, July 13.



Group Fitness with [Empower Personal Fitness](#)

Saturday, July 24 at 10am

3211 Shannon Road, Suite 105

Durham, NC 27707

Join us for 45 minutes of group fitness activities that include a "settling in" period, fitness or exercise routine and cool-down and stretching period. Please [RSVP](#) by Tuesday, July 20.

Family Lunch and Kid's Movie Time

Sunday, August 1st in the afternoon:

Lunch Location:

[Brier Creek Jason's Deli](#)

8421 Brier Creek Parkway, #101

Movie Location:

[Brier Creek Movie Theatre](#)

8611 Brier Creek Parkway

Join us for lunch and a movie. We will hold a family lunch where all parents, guardians and BounceBack Kids are invited for lunch at Jason's Deli. After lunch we will be headed to the movie theatre to watch Dogs and Cats: The Revenge of Kitty Galore.

Parents are asked to join us for lunch and then drive their child(ren) to the movie theatre. Parents are asked to pick up their child(ren) at the movie theatre at the end of the movie. Parents may enjoy a couple hours to themselves as we watch, Dogs and Cats: The Revenge of Kitty Galore.

Exact times of the day's events to be confirmed once the official times of the movie are announced. Please [RSVP](#) by July 27.



We are planning some great upcoming events for August and the Fall. We hope to have the entire schedule in place soon so you can put the BounceBack Kids fun into your calendar.

We will send directions, event details and an event reminder to all the families who [RSVP](#).

VOLUNTEERS

Summer is here, but that doesn't mean our programs are on vacation. We still have lots of opportunities for volunteers to join us this summer. Contact us if you would like to be added to the volunteer mailing list and we will send regular updates to inform you as to what exciting volunteer opportunities are out there.

Welcome New Volunteers:

Elizabeth Sibrack
Sam Androphy

VOLUNTEER VOICES:

Hi, my name is Paula Rosine Long and I have been volunteering at BounceBack Kids for the past five years. I found out about the program - which was then known as Hoop Dreams - my senior year in high school, when I saw a short film on the program that aired during the Final Four. I was very moved and was inspired to become a volunteer. My younger brother Moe began volunteering later that year, and it has been wonderful to experience with my sibling a program that is so often a sibling and family affair.

When I began, Hoop Dreams focused almost exclusively on basketball and was held in the smaller Intramural Gym at Duke. Now the program has grown, and as BounceBack Kids it includes different sports and fitness events, as well as the arts. One thing that has remained constant, however, is the sense of community. Beyond the programming, BounceBack Kids is a supportive network of families and community members, and I feel very lucky to have been a part of it.

I am honored to have gotten to know so many inspiring children and loving families, and I am sure that I have received much more from this experience than I have given. When I set off for England in September, Bounceback Kids is one of the things that I will miss the most. If you are thinking about becoming involved, I could not recommend it more highly.

We are sending our best wishes to Paula Rosine Long as she heads off to England. We will miss her! Paula Rosine, please come see us when you are visiting home!



Volunteer Opportunities

Camp Kaleidoscope Welcome Home: Each year BounceBack Kids celebrates the return of Camp Kaleidoscope campers. Camp Kaleidoscope is a camp for Duke Hospital pediatric patients to go to a week of sleep away camp for fun and entertainment. We provide cool refreshments, drinks and conversation to the families as they wait for their children's return from their very exciting week. We are looking for a couple of volunteers to stand with us on Fridays July 9,16 and/or 23 from 4:30pm –6:30 pm in Durham. Please RSVP and tell us the day(s) you can help and we will send the details.

July Bakers: We are looking for a few individuals who would be willing to help us with some upcoming July events (year round opportunities as well) where some home-back goodies would be greatly appreciated. We have three special Friday late afternoons in July that we could use some help. July 9,16 and 23

Event Assistance: We have several upcoming summer and fall events that will need some extra hands in planning in terms of gathering donations, activities and general support help.

Weekly Activities: We are always looking for volunteers to join us at our regular events. We are in particular need over the summer, as many of our college volunteers are away.

Photographer: We are looking for a photographer willing to take photos of our kids, families, staff and volunteers during upcoming events.

Operational Needs: We regularly have volunteer opportunities to assist with the operational aspects of BounceBack Kids. (i.e. packet assembly, filing)

Fundraising: We are always looking for help with fundraising. This may include donor development and grant research and writing.

Newsletter Articles: We produce and distribute a monthly e-newsletter that we are always interested in article research, writing and editing.

Graphic Design: We regularly are in need of graphic design assistance to help to develop new materials and enhance existing materials.

Want to volunteer with us? Email us at <mailto:volunteer@bouncebackkids.org>



Wish List:

BounceBack Kids is seeking different donations to help enhance our offerings. If you have any of the following or are willing to purchase these items, please contact us at Alicia@bouncebackkids.org or 919-246-9100x1.

- Sponsor 200 ice pops to be given out on July 9, 16 and 23 for the Camp Kaleidoscope Welcome Home
- 2 new large drink dispensers (one for lemonade and one for water)
- 1 large traveling cooler for outdoor events
- e-reader (i.e. nook) for us to lend out to participants who are re-hospitalized.
- Sponsorship of Durham Bulls Baseball Caps, to be given out to all BounceBack Kids who attend BounceBack Kids upcoming "Back to School Event."

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