



# Wellness! ROCKS!



Vol. 9 | JUL/AUG 2012 **E-NEWS** IN THE KNOW AND ON THE MOVE

## Wellness center kids leap to the Recess Rocks beat in Westchester County, NY

"We were just starting our wellness program when we found the Recess Rocks website," explained Lori-Beth Patsey, MS Ed, CPT and wellness coordinator at the Open Door Family Medical Center based in Ossining, New York. "We knew right away we wanted it as soon as possible!"



Lori contacted Miss Kim and arranged training for herself and her AmeriCorps team so they could lead a weekly, 45-minute afterschool **Celebrations!** program. "We rehearsed, studied and pulled it off!" Lori enthused. "It was a smooth process because of Kim's great energy, depth of knowledge and experience. She taught us everything we needed to know."

That was last winter. Since March, **Open Door**—among the largest and highest quality health care providers in Westchester County, with over 40,000 patients—has also offered classes for kids whose

parents do group exercise at the wellness center and brought **Recess Rocks** to the local community center's young day campers. This fall Lori would like to work with her AmeriCorps team to introduce **Active Classroom** activities to area elementary schools.

"Recess Rocks has made a tremendous contribution to our wellness program's success," Lori stated, "and we can't thank Kim enough for creating and sharing these programs with us."

What are Open Door's kids' favorite Recess Rocks movement songs?

- *Recess Rocks Theme Song* by SteveSongs
- *Just a Dream* by Nelly
- *Three Little Birds* by Bob Marley & The Wailers

*Whirl on over now!*

Find these and more free, fun activities at [RecessRocks.com](http://RecessRocks.com).

## KIDS CORNER



### Recess Rocks All Over Town!

School's out for summer but **Recess Rocks** powers on. Ask your parents or caregiver to give us a shout or ask organizers to invite Recess Rocks to:

- Country fairs
- Festivals
- Farmers markets
- Concerts on the green

Where else can Recess Rocks go?  
*Anywhere you kids gather!*

Children's museums, summer camps, family beach clubs and campgrounds—we can keep you jazzed on fun, energizing exercise all summer long.



## KIDS IN THE KITCHEN

Love banana bread? Berries too?  
Have we got a star spangled treat for you!



### Ingredients:

- Banana bread
- 1 pint raspberries
- Whip cream
- 1/2 pint blueberries

### Directions:

- Bake favorite banana bread recipe in a 9x13 pan. Let cool.
- Wash and pat dry raspberries and blueberries

### Large flag:

- Field: Spread whip cream on banana bread
- Stars: Place blueberries in top left corner
- Stripes: Line up raspberries in rows

### Mini flags:

- Cut banana bread into 2 1/2 inch x 4 1/2 inch pieces; put on plates
- Field: Spread whip cream on each piece
- Stars: Place 6 blueberries in top left corner
- Stripes: Quarter 4 raspberries, arrange in three rows

Share your patriotic snack with friends and family!

# DID YOU KNOW?

The Patient Protection and Affordable Care Act is the biggest overhaul of the \$2.6 trillion healthcare system in about 50 years. Signed by President Obama in March 2010 and upheld June 28, 2012 in a 5-4 Supreme Court ruling, the Act requires most Americans to obtain health insurance by 2014 or pay a tax, and contains a provision expanding the Medicaid health insurance program for the poor.

The ruling came on the heels of three of the nation's largest private insurers—United Healthcare, Humana and Aetna—announcing recently they would abide by several of the law's features, no matter the Supreme Court outcome, including provisions which would:

- **Allow children to stay on their parents' insurance policies until age 26.**
- **Not reinstate lifetime coverage limits.**
- **Offer cancer screenings and other preventive services without a copayment.**

Moreover, as described in the Administration's [health care reform website](#) insurers can no longer deny coverage to children under age 19 because of pre-existing conditions like asthma and diabetes, and starting in 2014, health insurers will be prohibited from discriminating against anyone due to pre-existing conditions.

# QUOTE CUES

*"If you dream and you allow yourself to dream you can do anything. And that's what this Olympic medal represents."*

—Canadian Olympic gold medal winner **Clara Hughes**

Clara Hughes, 39, won two bronze medals as a cyclist in the 1996 Summer Olympics plus a gold, silver and two bronze medals for speed skating at three different Winter Olympics. Now, after a 10-year break, Hughes will cycle in the London Games. "It's a gift. It's an opportunity," Hughes explained about her return. "I'm just so motivated to try, and to see what's possible. And that's my goal, to be whatever I may be on that day, and to have no regrets. Right now it's so beautiful that I just want to be engaged in every moment and I want to be engaged in this process, and to feel the spirit of the Olympics, and be a part of this beautiful event once again."

Hughes is also an avid supporter of **Right To Play**, an organization dedicated to improving the lives of children in some of the most disadvantaged areas of the world by using the power of sport and play for development, health and peace. Right To Play's values—a perfect complement to **Recess Rock's**—reflect the best practices of sport and play:

CO-OPERATION

HOPE

INTEGRITY

LEADERSHIP

DEDICATION

RESPECT

ENTHUSIASM

NURTURE



## ASK!

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**TO BRING RECESS ROCKS TO YOUR COMMUNITY**

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