



## **JUNE 2010 NEWSLETTER**

Hello BounceBack Kids Friends and Hello Summer! Hello! It's Alicia Altmueller, Assistant Director again! Between the heat and the rain, it is beginning to feel like a Carolina summer to me! Just a few more days and most of the local schools will be out for the summer. My daughters are already asking me what I have planned for them, can they stay up "just a little longer" and why do I put so much sun block on them. All good questions that I am sure to hear more than once this summer. Our BounceBack Kids have been busy. In the past two weeks we celebrated the end of the school year with two large and exciting events. Both Golf and Frankie's Fun Park were a great start for the summer fun to come. We still have some Stretching and Drumming in store for our BounceBack Kids. Be on the lookout for the calendar of events for more wonderful summer activities coming soon! There are fun times ahead as we get ready for another North Carolina summer.

Speaking of summer, two of our UNC student volunteers, Carter and Laura have been researching two topics that are particularly important during the summer months.

### **KEEPING SAFE IN THE HEAT**

Though we all love the summer, there are a few things we must all remember to stay safe and healthy.

**Hydrate:** Drink a glass of water one to two hours before going out, and another glass 10 to 15 minutes before going outside to play. When outside, drink regularly, every 20 to 30 minutes. And if you are hot and feel like you need to drink more, stop and take the time to drink.

**Outside Activity:** Limit outdoors playtime between 10 a.m. and 4 p.m., when the sun is at its peak.

**Sun Block:** Apply SPF 15 or higher sun block 30 minutes before going outside, and reapply every 2 hours and after swimming or sweating.

**Proper Attire:** Dress in loose-fitting, light-colored clothing made from natural fibers, which "breathe" better than synthetic fibers. Don't forget to put on a hat. It should have a 3 -inch brim or the bill should face forward.

**Safety:** Keep in mind of any changes in how you feel. If you feel dizzy or light-headed tell an adult immediately.



To learn more, check out these websites:

<http://www.aap.org/advocacy/releases/summertips.cfm>

<http://www.wbay.com/Global/story.asp?S=432533>

<http://www.erh.noaa.gov/rah/heat/>

## **SUMMER CAMP RESOURCE LIST**

Carter and Laura have been researching camp opportunities specifically for children with medical illnesses/conditions and their families. The following is a list of potential summer camps in North Carolina and neighboring states. These camps are specially equipped and focus on fun for children with serious medical illness. Many have opportunities for siblings, family and year-round events.

### **North Carolina Camps:**

#### **Camp Carefree:**

**Phone:** 336-427-0966

**Website:** [http://www.campcarefree.org/html/about\\_us.html](http://www.campcarefree.org/html/about_us.html)

#### **Camp Kaleidoscope:** Duke University Hospital

**Email:** [arthur.taub@duke.edu](mailto:arthur.taub@duke.edu) **Phone:** 919.681.5349

**Website:** [http://www.dukechildrens.org/giving/events/camp\\_kaleidoscope](http://www.dukechildrens.org/giving/events/camp_kaleidoscope)

#### **Camp Rainbow:** East Carolina University School of Medicine

**Email:** [SaulsJ@mail.ecu.edu](mailto:SaulsJ@mail.ecu.edu) **Phone:** 919-551-4676

**Website:** <http://www.ecu.edu/cs-dhs/pediatrics/Pediatrics-Camp-Rainbow.cfm>

#### **North Carolina Therapeutic Riding Center Summer Camp**

**Phone:** 919-304-1009

**Website:** [http://www.nctridders.org/summer\\_camp.html](http://www.nctridders.org/summer_camp.html)

#### **Victory Junction**

**Phone:** 1-877-VJG-CAMP or 336-498-9055

**Website:** <http://victoryjunction.org/>

#### **Neighboring States: Camp Debbie Lou: South Carolina Phone:** 843-841-

1550 **Website:** <http://campdebbielou.com/index.php>

#### **Camp Fantastic:** Virginia

**Phone:** 540-667-3774 **Website:** <http://www.speciallove.org/>

BounceBack Kids – 1289 Fordham Blvd – Suite 317 – Chapel Hill, NC 27514  
919-246-9100 – [www.bouncebackkids.org](http://www.bouncebackkids.org) - [info@bouncebackkids.org](mailto:info@bouncebackkids.org)



## **SUMMER CAMP RESOURCES CONTINUED**

**Camp Happy Days:** South Carolina

**Phone:** 843-571-4336 **Website:** <http://www.camphappydays.com/>

Do you know of another camp for the resource directory we are building? If so, please email [Alicia@BounceBackkids.org](mailto:Alicia@BounceBackkids.org).

## **MEMORIAL DAY WEEKEND GOLF**

With blue skies and a slight breeze, BounceBack Kids held its golf on Saturday, May 29 at the Duke University Driving Range. Professional trainers, physical therapy students and volunteers were on hand to help out our kids, their siblings and families. The day was filled with golf instruction, Golf Ball Hunts and Golf Cart Rides! BounceBack Kids sends a big thank you to Dr. Jennifer Moody and Dr. Eric Hegedus of [T.E.A.M. Duke](http://www.team-duke.com/index.html) for the opportunity to have professional trainers, and Physical Therapy Students with us for the day. [T.E.A.M. Duke](http://www.team-duke.com/index.html) once again delivered a wonderful day! <http://www.team-duke.com/index.html>

We would also like to thank the Duke University Golf Course for hosting us.  
<http://golf.duke.edu/>

[Click here to see some photos taken during the event.](#)

There was such a great response, that we are looking to see if we can have an even bigger event in the Fall... We will keep you posted!

## **FRANKIE'S FUN PARK**

Once again, Frankie's proves to be a favorite! BounceBack Kids took over Frankie's! There was fun had by all... Laser Tag, Bumper Boats, Fun House, Oh My! Thank you to all of our BounceBack Kids, their families and our volunteers! It was a wonderful day for all!

[Click here to see some photos taken during the event.](#)

## **BOUNCEBACK KIDS CONGRATULATES ERIK JOHNSON**

BounceBack Kids wants to send a special "Shout Out" to Erik as he will be graduating from high school this coming Thursday! We hope that you enjoy your special day and may this be the beginning to an amazing new chapter of your life.



## **JAKE'S JOKE CORNER**

For all those who have met our friend, Jake – you know he loves to tell you a good joke! Last month's joke was a hit and so we asked Jake for an encore! Thanks Jake!

*How do you make a tissue dance?*

**-You put a little boogie in it!**

## **CALLING ALL BOUNCEBACK KIDS PARTICIPANTS**

Do you have a story, poem, art piece or something special to share? We would love to post it in our upcoming newsletters. Email [Alicia@bouncebackkids.org](mailto:Alicia@bouncebackkids.org). Deadline for the July newsletter is June 21st.

## **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 connecting, please email me at [Alicia@bouncebackkids.org](mailto:Alicia@bouncebackkids.org) and I will make the introduction.

## **THANK YOU FOR SUPPORTING US**

We would like to take this time and thank a local business that recently helped one of our families in a special time of need. Thank you Bob Wittenstein, owner of the [Cleaning Authority](http://chapelhill.thecleaningauthority.com/).

<http://chapelhill.thecleaningauthority.com/>

## **JUNE CALENDAR**

### **Group Fitness with Empower Personal Training**

Saturday, June 12 at 10am [3211 Shannon Road, Suite 105 Durham, NC 27707](http://www.bouncebackkids.org)

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 Thursday, June 10 at 12:00pm.



## **JUNE CALENDAR CONTINUED**

### **Drumming with MUSIC EXPLORIUM**

Saturday, June 19 at 12pm [5314 Hwy 55, Suite 107 Durham, NC 27713](#)

Come play drums and enjoy the rhythm of the day with a special drumming season. Please [RSVP](#) by Tuesday, June 15 at 12:00pm. We will send directions, event details and an event reminder to all the families who [RSVP](#). We are planning some great events for July and August – stay tuned!

### **SAVE THE DATE! 2011 Duke-UNC Student Basketball Marathon Date Set!**

Mark your calendars -- the 2011 Basketball Marathon will be Saturday, February 19 - Sunday, February 20 at Wilson Gym at Duke. We look forward to another fabulous event.

## **BOUNCEBACK KIDS FUNFUEL PROGRAM**

Looking for a little help getting to the events? 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. It is our intent that participation be limited to those families for whom assistance with BounceBack Kids-related transportation expenses truly needed. If you have any questions, please contact [Lisa Brachman](#) 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.

## **SERVICES FOR BOUNCEBACK KIDS THAT ARE RE- HOSPITALIZED**

We just want to remind everyone that if a BounceBack Kids Participant is re-hospitalized, we have some special services available. We have two laptops that we lend to children when they are in the hospital. We also try to find a cleaning service that will clean your home during your child's hospital stay. If there are other services that would be beneficial to your family during this challenging time, please suggest them to us.

If you are interested in our trying to help you in this way, please let [Alicia](#), [Leslie](#), or [Lisa](#) know. [Alicia@bouncebackkids.org](mailto:Alicia@bouncebackkids.org), [lesliem@bouncebackkids.org](mailto:lesliem@bouncebackkids.org) or [lisab@bouncebackkids.org](mailto:lisab@bouncebackkids.org) or call us at 919.246.9100

## **VOLUNTEERS**

We recognize that BounceBack Kids could not do what it does without the endless efforts of our volunteers. We want to thank all who have helped make our work that much

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better!

**We also want to welcome our new volunteers:**

Stephan Altmueller - Carter Brown - Jennifer Kim - Natalie Giduz - Laura Murdock - Chad Rappleyea - Ben Scheper - Bhavin Trivedi - Erin Walker - Tyler Woodrum

**And a special welcome to our UNC Summer APPLES Intern Alexandra Lucas!**

**VOLUNTEER VOICES:**

My name is Alex Lucas, and I'm thrilled to be an intern for BounceBack Kids this summer! You may have seen me at the Emily K Center in May, the last Parents Night Out, or at the Golf Event at Duke. If I we haven't chatted already, I'd like to share why I joined the staff, and what I've been working on. I first learned about BounceBack Kids in a lecture by my professor. She discussed the sociological trends of physical activity in children. The trends and graphs illustrated the decline of physical activity in youth populations, and the even lower reported physical activity among youth with medical conditions. My professor then spoke about BounceBack Kids, and their endeavors to change those statistics through their programs. I'm very grateful that I was selected for the position, because my personal interest aligns well with that of BounceBack Kids. My goal is to promote healthy lifestyles through recreational opportunities, as well as healthy eating. In fact, for the past couple of weeks I've been taking the lead on a new BounceBack Kids project. BounceBack Kids is in the early stages of developing a healthy living cookbook. We will have a lot more to share in the upcoming months, but for now if you would like to send suggestions or ideas about the cookbook, please contact me at phone at (919) 246-9100 ext 7 or email at [alexandra@bouncebackkids.org](mailto:alexandra@bouncebackkids.org).

**Immediate Volunteer Needs:**

**Bakers:** We are looking for a few individuals that might be willing to help us with some upcoming summer and year round events where some home-back goodies would be greatly appreciated. We have three special Friday events in July that we could use some help.

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

**Weekly Activity Volunteers:** 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.



**Internet Research:** We are working on putting together a resource guide for our families and would love some assistance in researching various topics.

**Administrative Volunteer:** We have a need for one volunteer to make copies of some specific articles. We would also like these articles scanned for future use.

Want to volunteer with us? Have a special skill that is not listed here, that you would like to offer? Email us at [volunteer@bouncebackkids.org](mailto:volunteer@bouncebackkids.org)

### **KEEP INFORMED**

Subscribe to our email list by emailing [info@bouncebackkids.org](mailto:info@bouncebackkids.org) Please put in the subject line: ADD TO EMAIL LIST

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<http://www.facebook.com/pages/BounceBack-Kids/64471896322?ref=ts>  
(or search BounceBack Kids)

and follow our Tweets at <http://twitter.com/bouncebackkids>