health corps times

November 2007 Issue

Upcoming Events

Healthy Bodega
Working in conjunction with the New York City Department of Health and Mental Hygiene, HealthCorps Coordinators and students will begin surveying bodegas in their communities. No one can eat healthy foods if healthy foods are unavailable. HealthCorps will help bodegas, delis, convenience stores, and grocery stores offer healthy foods and promote their low-fat milk, fruits and vegetables. HealthCorps Coordinators and students in schools outside of New York City will work on similar programs within their communities.

Helping Students with Asthma
CleanBrands, makers of anti-allergenic products, in partnership with HealthCorps is providing two students at each HealthCorps school with free pillowcases, sheets, and linens to help them overcome their asthma problems. Students will be selected based on severity of their problems, and their financial need. Literature on asthma prevention will be distributed to HealthCorps students.

New Developments

Dr. Oz, dressed as a mad scientist, dances with Fordham High School students to the sounds of HealthRock™.

Healthy Halloween - October 27
HealthCorps schools in conjunction with Action Arts League held a Healthy Halloween celebration in New York City's Tompkins Square Park, renamed Tompkins Scare Park for the day, on Saturday, October 27th. The day-long event encouraged creativity over candy on a holiday notorious for overconsumption of unhealthy sweets and an increase in tooth decay.

Dr. Mehmet Oz, City Council Majority Leader Joel Rivera, Rock 'n' Roll Hall-of-Famer Melle Mel, and Dr. Mache Seibel of HealthRock™ participated in a press conference. Dressed as a mad scientist, Dr. Oz spoke about the need for better nutrition, and he danced with the step team from Fordham High School. Councilman Rivera spoke of the need to fight childhood obesity and he danced on stage with Melle Mel. Melle Mel encouraged the audience to exercise regularly. Accompanied by the HealthRock™ band, Dr. Mache Seibel sung songs promoting health, including the anthem "Healthy Halloween."

Throughout October, HealthCorps students demonstrated creativity over candy by making artwork and artistic demonstrations for Tompkins Scare Park. Sculptures of the intestinal tract, ghoulish murals, sculptures, masks, and puppets decorated the park. The Pennsylvania schools even contributed scarecrows and a Healthy Halloween board game to the HealthCorps booth at Tompkins Scare Park. The Manhattan Center for Science and Mathematics High School staged a Halloween Theatre, and students from the High School for Enterprise, Business, and Technology modeled elaborate Halloween costumes they had created. More information on Healthy Halloween is available on the HealthCorps website.

Let's Talk Health Fair - October 24
Urging students to make healthier choices this Halloween, Coordinator Lauren Abramowitz had a display educating students about how much sugar they consume in beverages at a Franklin K. Lane High School health fair. HealthCorps provided water to all the students as a healthy alternative to soda.

Freshman Health Workshop - October 17
Coordinators Stephanie Chambers, Stephanie Gallitano, and Judith Shatzky participated in a health workshop for all Freshmen at Herbert Lehman High School.

American Mural Project - October 6
HealthCorps students have been contributing decorated tongue depressors to Ellen Griesdieck's Wall of America mural. The tongue depressors will be incorporated near a larger-than-life honeycomb aluminum panel depicting Mehmet Oz performing surgery. More information on HealthCorps involvement in this project is available on the HealthCorps website.

Correction
Dr. Mache Seibel's name was spelled incorrectly in last month's *HealthCorps Times*.

HealthCorps Schools

Tottenville High School
Coordinator John Baiano had an overwhelmingly positive response as all faculty members at Tottenville High School received a letter from him introducing the HealthCorps program. He is involved with a cooking/nutrition class, sport and medicine classes, along with a few science classes and the school's R.O.T.C. program. A well-known basketball player on Staten Island, John also accepted an offer to be the new head coach of the men's junior varsity basketball team. In conjunction with other school programs, John combines HealthCorps lessons with afterschool programs including a martial arts program. HealthCorps is grateful to Councilman Vincent Ignizio and State Senator Andrew Lanza for supporting the HealthCorps program at Tottenville.

Press

Saturday Evening Post
The December issue of The Saturday Evening Post, which is currently available in Barnes & Noble and Wal-Mart stores, features a lengthy article on the HealthCorps program written by Lisa and Mehmet Oz.

Oprah & Friends
HealthCorps Executive Director Michelle Bouchard was joined by Coordinators Utibe Essien and Jennifer Paulino to discuss Healthy Halloween on XM Satellite radio.

Health News

Many people believe that after the age of forty, they are destined to experience a slow decline in the function of their bodies as they age. Ageing is not a decline in bodily systems; it is purposeful. The very biological processes responsible for aging older bodies are designed to help younger bodies. With a little knowledge, those systems and processes can be reprogrammed to work the way they used to work. HealthCorps Advisory Board Member Dr. Michael Roizen and HealthCorps Founder Dr. Mehmet Oz have written a new book, *YOU: Staying Young The Owner's Manual for Staying Young*, which explains the fourteen major contributing factors to aging and how they can be used to keep a body working properly and staying young at any age. Doctors Roizen and Oz include a fourteen-day plan to begin reversing the aging process.

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HealthCorps
191 Seventh Avenue #4N
New York, NY 10011-1818
212-742-2875