



## PRESS RELEASE

**Contact: Donna Legge**  
Parks and Recreation Director  
707-838-5307  
[dlegge@townofwindsor.com](mailto:dlegge@townofwindsor.com)

FOR IMMEDIATE RELEASE  
August 27, 2012

### **Town of Windsor Among 213 US Communities Earning Designation “Playful City USA”**

*- Communities Recognized for Fighting Play Deficit by Implementing Pro-Play Policies -*

WINDSOR, CA – Motorists using the northbound Central Windsor exit from Hwy 101 last week may have noticed a new sign below the “Windsor Town Green” directional indicator. Along with 213 other communities across the United States, Windsor has been designated a “Playful City USA,” and the sign to prove it arrived last week.

The national, non-profit organization granting the title, KaBOOM, is a group concerned for the drastic reduction in children’s outside play. It advocates for local policies that increase play opportunities for children and is dedicated to “saving” play. Windsor Parks and Recreation staff, with the support of the Parks and Recreation Commission and the Town Council, share the concern that children today spend less time playing outside than any previous generation. “We will continue to fashion recreation programs to help meet the need for increased opportunities for such play,” commented Parks and Recreation Commission Chair Bernadette Torres.

According to the American Academy of Pediatrics, play is critical to healthy brain development. It allows children to use their creativity while simultaneously developing imagination, dexterity and physical, cognitive and emotional strength. Yet today’s children spend less time playing outside than any previous generation in part because only 1 child in 5 lives within walking distance of a park or playground. The resulting play deficit is having profound consequences for kids physically, socially and academically.

Windsor Parks and Recreation Director, Donna Legge explained, “With its 18 community and neighborhood parks, 3 regional parks, 3 recreation centers, trails and numerous recreation programs, the Town of Windsor is ensuring that its adults as well as its children have ready access to safe, outdoor play space, beauty and serenity, healthy movement, socializing and free-time fun.” “Our Town esteems these values,” she continued, “and we are delighted to have received the recognition of ‘Playful City USA’.”

Presented by The Humana Foundation, Playful City USA is a national program advocating for local policies that increase play opportunities for children and is a key platform in combating the play deficit.

###