



Active Children

IMPACT

Individualized Movement and Physical Activity for Children Today

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Volume 9 Issue 1

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IMPACT Welcomes:

- Austin W.
- Andrew T.
- Daniel B.
- Isaiah T.
- Jacklyn S.
- Alex B.

New Grant Funding Helps Build Sustainability

We were very pleased to be notified in the last few weeks about our new Leadership Training Grant that will be funded by the US Department of Education, Office of Special Education Programs. This grant will essentially insure that our ability to fund doctoral level students will continue for at least the next five years. While these resources do not go directly to support our IMPACT and IMPACT for Life programs, it does indirectly help us make sure that skilled graduate students will be here who can lead and improve our

current programs into the future.

Our Movement Studies in Disability program is the only program in the US that receives grant funding to support both master's degree students and doctoral students in the area of adapted physical activity. As such, the ultimate goal of our collective work of faculty and our students is focused on improving the health of people with disabilities, reducing secondary conditions, and reducing health disparities between people with and without disabilities. Our students are learning to

provide quality physical education programs to children with disabilities in the schools, designing research projects to better understand what works and what does not, building community-based programs like IMPACT for Life or our Exercise Program for adults with multiple sclerosis, collaborating with other community projects like *Pounds* to reduce weight, increase physical activity and improve health of adults with

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Scholarship Endowment Made Possible

With the significant financial support of Mr. and Mrs. Otis Skaggs, the Steve Skaggs Scholarship has now reached the necessary financial threshold for a scholarship to be distributed each year. This annual award has been given to the top student in the Movement Studies in Disability program since 1997. The scholarship was created to honor Steve Skaggs, PhD, a former graduate student in our program and IMPACT coordinator. Steve was an outstanding student who went about his work with a smile on his face and a passion for improving the health and lives of children and adults with disabilities. Our program will now be able to acknowledge Steve's legacy with a small cash award to help defray costs related to his/her education. We are so pleased to have this scholarship endowed for the future.



Participant Spotlight

Kaining is in Group D. He is 11 years old and has been participating in IMPACT for at least 3 years. Kaining loves coming to IMPACT, especially for the swimming activities. He also like baseball, skipping, and throwing. When he is at home he likes to go for walks in the park, jumping rope, and doing sit-ups. Kaining's volunteer is Trent Tam-Sing and this is their first term working together. Kaining is always excited to be at IMPACT to be active and make new friends!!

Sustainability

developmental disabilities in our community, and finding best ways to advocate for more opportunities to promote health of children and adults with disabilities.

Sometimes it is nice to sit back and realize that our program, through its outstanding students, continues to make an impact well beyond our Corvallis community. Many, if not all, our former students are now in careers where they continue to advance our understanding, develop new opportunities and create important linkages in their communities to support this broader mission. We are indeed proud of our graduates and hope they continue to connect with our program. However, we do not believe it is time to sit back and reflect, but rather push forward with new ideas and find ways to improve what we do. Please continue to work with us to improve our program outcomes.

- Dr. Jeff McCubbin, Executive Associate Dean, College of Health and Human Sciences

Volunteer Spotlight

Trent Tam-Sing is a post-bacc student currently majoring in Biochemistry and Biophysics. He received his bachelor's degree in EXSS Pre-Physical Therapy in 2008 from OSU. Trent is pursuing a career as either a Geriatric or Urology Physician. Trent started volunteering with IMPACT in winter 2007, and stayed with the program until he graduated in 2008. It has been two years since he has been here, and he is ecstatic to be back with the program. Trent and Kaining started working together this term. He plans to continue working with him and his family for the rest of the year. In his spare time Trent likes to work at Five Star Sports in Corvallis, taking classes and fulfilling prerequisites towards medical school, training for the Eugene Marathon, snowboarding, paddle surfing in the spring and summer, fly fishing, golfing, taking his dog on hikes, and building connections with new people



Oregon State University • College of Health and Human Sciences
OSU IMPACT • Jeff McCubbin & JK Yun, Program Directors

Active Children • Hannah Thackery, Editor

This is a publication of the OSU Movement Studies in Disability Program. Your letters, suggestions, alumni news, and comments are encouraged.

OSU IMPACT

Women's Building 206
Oregon State University
Corvallis, OR 97331-6802

Phone: 541.737.2176

Fax: 541.737.6613

Email: rena.thayer@oregonstate.edu

www.hhs.oregonstate.edu/IMPACT

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New Group Leaders



Tots: Hannah Thackery



Hannah is a masters degree student in the Movement Studies in Disability program. She received her undergraduate degree from Ball State University in Muncie, Indiana. For the past three years Hannah has been teaching elementary adapted physical education near San Diego, California. In her free time Hannah likes to go surfing, hang out at the beach, camp, and go hiking.

Group B: Amanda Keck



Amanda is a masters degree student from Medford, Oregon. She completed her undergraduate degree at Oregon State and now is in the MS-PETE program with the endorsement in Adapted Physical Education. In her spare time she likes to go hiking, rafting, playing the guitar, spending time with her family and friends, and hanging out with her dog Wally.

Group D: Lindsay Marsaw



Lindsay is from Port Angeles, Washington. Last May she graduated from Linfield College in McMinnville, Oregon with a Bachelors of Science degree in Physical Education. She is now in the masters for Physical Education Teacher Education program and also pursuing an endorsement in Adapted Physical Education. In her spare time Lindsay enjoys wakeboarding, snowboarding, and being with friends and family.

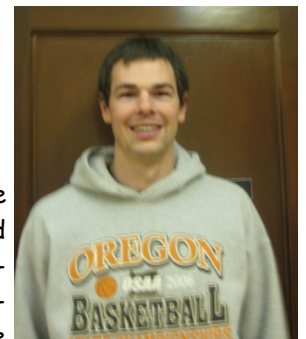
Group A: Susan Caveletto

Susan is a masters degree student in the Physical Education Teacher Education program. She is also working towards earning her Adapted Physical Education endorsement. She is originally from Nipomo, California. She received her undergraduate degree from California State University Chico. In her free time Susan likes to read, hike, run, watch movies, and listen to Car Talk and This American Life on NPR.



Group C: Ian Huntley

Ian is a graduate student in the MS-PETE program. He is originally from Salem, Oregon. Ian went to Linfield College for his undergraduate work in McMinnville, Oregon. He received a bachelors degree in physical education in May 2010. While working on his masters degree in physical education he will also be getting an Adapted Physical Education endorsement as well. In his free time he likes to hang out with his friends,



Aquatics: Melinda Hundley



Melinda is the aquatics instructor for IMPACT. She grew up in Forest Grove, Oregon. She received her undergraduate degree in physical education from Oregon State University. Melinda is currently working on getting her master's degree in Physical Education. She is very excited to be a PE teacher!! In her free time she loves to watch and cheer on the Blazers, play tennis, run, bake, read, and watch movies.

New Group Leaders



Group E : Michael Johnson

Mike is from East Wenatchee, WA. He completed his undergraduate degree in exercise science here at Oregon State. As an undergraduate Mike volunteered with IMPACT from Fall 2007 to the Spring 2010, and now he is a group leader! Mike is in the masters degree program for Physical Education Teacher Education. He spends his free time training at the Oregon State Sports Performance Center where he is currently a competitive Olympic weightlifter.

Group F: Elle Herro

Eleanor Herro "Elle" is a Southern California transplant. She received her undergrad degree, B.A. in Adapted Physical Education, at California State University Long Beach. Currently, Elle is working on her Masters in Exercise Sport Science with a focus in Physical Education Teacher Education. In her free time she loves being outside and exploring. She likes to go on hikes, bike rides, and surrounding herself with nature. Elle lives by the saying, "stop and smell the roses (or any nice-smelling flower)." When she needs to get away for a while, she will either find a place where I am engulfed by trees or go to the coast where she can stare at the ocean. Elle describes herself as a pretty quirky person who has a glass half-full outlook. Her goal in life is take the road less traveled and to enjoy every minute of every adventure.



Group G: Danielle McSherry

Danielle is from Portland, Oregon. In June 2010, she received her Bachelor's degree at Oregon State in Nutrition and Exercise Science, where she has also started a Master's program in Physical Education Teacher Education. Her passion is to enhance the lives of children in the community through physical education. While she is not lesson planning, her hobbies include playing soccer and baking.



Group G : Bridie Hunt

Bridie is from Tiller, which is located in southern Oregon. She went to Southwestern Oregon Community College and graduated with an Associates of Science in athletic training. She continued on to Oregon State in the Exercise and Sports Science Physical Education Teacher Education program. She is now in the MS-PETE program and earning an adapted physical activity endorsement as well. Bridie had volunteered for IMPACT for 2 sessions during her undergraduate program. She really enjoys IMPACT and wishes she would have started sooner. In her spare time she likes to play volleyball, go hiking, ride her bike, and hang out with friends.



Afterschool Programs

Over 6 million youth attend afterschool programs nation wide and staff are identified as being a key part of the outcomes youth experience by attending afterschool programs. For youth with disabilities, afterschool programs may be an opportunity for participation in physical activity but little is known about the beliefs or perceptions staff have about including youth with disabilities in physical activity (PA). My study tried to identify factors that influenced staff's intent to include youth with disabilities in physical activity during afterschool programs. The results of the study indicate two major findings: a) that the people close to staff play an important role in the

staff's intent to include youth with disabilities in PA. This could include supervisors, or coworkers; and b) that staff's feelings about the advantages and disadvantages about including youth with disabilities in PA plays a significant role in staff's intent to do so. This study suggest that afterschool programs with inclusion policies or philosophies that are relayed to staff are likely to have staff that intend to include youth with disabilities in physical activity. Although this study focus was on inclusion in physical activity, this may be helpful to parents who are looking to enroll their child in an afterschool program. Parents can ask programs if they have an inclusion policy/philosophy and if staff are aware of the philosophy.



-Jen Taylor



From the Literature

Sandt, D. (2008). Social stories for students with autism in physical education. *Journal of Physical Education, Recreation & Dance*, 79(6), 42-25.

Social stories are a great tool to use to help children understand and learn how to have appropriate behaviors in a certain situation. Social stories are designed for children with autism, but can be used with all children. The stories are designed to help students learn social information. Social stories are typically used in a classroom but can be expanded and used in many different settings. Stories can help a child by: learning a new behavior, adjusting to changes in a routine, obtain desired responses over a difficult behavior, and understanding how others might feel. Social stories can be used to help a student learn to shoot a free throw, share equipment, wait their turn in line, and many other situations that are involved in IMPACT!

Our IMPACT Conundrum....



Over the past few years, our enrollment in IMPACT have grown to where we are now enrolling 85 children in the program. Unfortunately the waiting list for families to enter the IMPACT program has grown as well. For Fall 2010, our wait list was over 50 and essentially taking around 2 years for children to be enrolled. We have enacted an attendance policy, so families who are enrolled are responsible for attending each week and/or communicating with us as needed. We have started IMPACT for Life to create a new

opportunity for our 18 year olds and up to transition into a different type of program to support healthy physical activity in the community. And we have begun investigating other ways to build our programs to allow us to enroll more children and families. We would welcome other ideas on our challenging waiting list....

- Dr. Jeff McCubbin, Executive Associate Dean, College of Health and Human Sciences

POUNDS

Pounds is a group that meets once a week to discuss what is necessary to lead a healthy lifestyle. The group consists of adults with disabilities from the community. Each session they are weighed as well as have their pedometers downloaded. Afterwards, there is an inclusive discussion of what a healthy meal is and examples of healthy foods are

brought in. Once the discussion is over, there are announcements of who lost weight and by how much, as well as who met their walking step goals for the week. On special days the group gets to go out for dinner. They talk and choose healthy choices at local restaurants. Their goals for the upcoming holiday season are to keep losing weight and

consistently meet their weekly walking goals.



Eat Healthy This Winter

Winter season mean many fresh vegetables and fruits are still available. These veggies and fruits are grown and harvested in Oregon this winter, so you can still eat healthy all winter long!

Broccoli
Carrots
Cauliflower
Mushrooms
Onions



Potatoes
Turnips
Arugula
Celery



Kiwi
Lettuce
Radishes
Spinach

Alumni Spotlight - Kristin McNab

When asked to summarize some things I've done since graduating from OSU in May 2006 with an MS in the MSD program, I thought - "where do I start?". God has certainly blessed my path since my departure from Oregon State and I'm so grateful for my experiences there which have brought me to where I am now. After graduating, I moved across the country to live closer to family and secured my first teaching job as an Adapted PE (APE) teacher for the Virginia Beach school district. I fulfilled a dream of living near to the ocean when I found a beach bungalow which was only a five minute walk to the ocean. Little did I know Virginia Beach was also where I would meet my future spouse, Dan, a submariner for the US Navy. Dan and I met in October 2006, were engaged in March 2007, married June 2009 and moved to Monterey, California for his job in 2009.

As we prepared to move across the country I thought to myself - "how will I find another job doing what I love

most, teaching in the specialized field of APE, in a state where schools are cutting all the important 'extras' like PE?". A greater power was in charge -- a couple months after moving to Monterey, I attended one teacher recruitment fair at a local college, and there was an opening for an APE teacher in my new hometown! I've been teaching for the Monterey School District for the past two years and have enjoyed every moment. Last year, I felt really lucky again, as my new hometown hosted the National APE conference, which I was able to attend with coworkers. I also had the opportunity to orchestrate and lead many students at one of the elementary schools where I work in breaking a Guinness World Record. In February 2010, over 80,000 people in the state of California jumped rope at the same time to break Australia's Guinness World Record of 59,000. My students were 460 of those 80,000 jumpers!

One bonus of moving around and teach-

ing in different states and school districts is the opportunity to learn from coworkers with completely different perspectives, and share what I've learned at OSU, and on the job, with many different students and teachers. My husband and I anticipate another move across the country in April 2011, again for his job, and again in October 2011 to a submarine base in the United States (destination unknown for now). I'll continue to seek new opportunities to teach and use my OSU education and experiences to enhance the lives of students with disabilities. Biggest thing I've learned in 5 years -- Life is an adventure! Roll with it!



Alumni Spotlight - Susan Kasser

Dr. Sue Kasser is an Associate Professor within the Department of Rehabilitation and Movement Science at the University of Vermont where she has worked since 1997 teaching courses in Adapted Physical Activity and Exercise Prescription for Special Populations. She currently serves as Program Coordinator for Exercise and Movement Science and Internship Coordinator for senior interns.

Her scholarship focuses on balance and physical activity in individuals with multiple sclerosis. Much of her

research examines the neurophysiological mechanisms underlying postural control and falls in this population. She also focuses on intervention outcomes as well as adoption and adherence issues for those with MS.

Dr. Kasser has over 20 years of experience facilitating community and school-based programs for individuals with varying ability levels. She is the Director of the IDEAL (Individually Designed Exercise for Active Lifestyles) Program that offers tailored exercise sessions for

individuals with MS, Parkinson's disease, or other neuromuscular conditions.



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Women's Building 206
Oregon State University
Corvallis, OR 97331-6802



**Movement
Studies in
Disability**

*Dedicated to improving
the lives, health, and
environment of individuals,
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IMPACT Updates

IMPACT Dates Winter 2011:

Jan 14
Jan 21
Jan 28
Feb 4
Feb 11
Feb 18
NO IMPACT on Feb 25
Mar 4

Wonder where your previous group leaders are now? Below is where the 2009-2010 IMPACT leaders are teaching:

Annie Carson at Wilson Elementary in Corvallis, OR
Candice Hansen at Stephens Middle School in Salem, OR
McKenzie Morgan is substitute teaching in Corvallis, OR
Kyle Silbernagel at Highland Elementary School in Seaside, CA
Audrey Watson is Substitute Teaching in Baker City, OR
Matt York at Seaside High School in Seaside, CA

The next IMPACT Newsletter will be Spring 2011. If you would like to share your story, news, or comments, please contact:

Hannah Thackery

thackerh@onid.orst.edu