



Active Children

IMPACT

Individualized Movement and Physical Activity for Children Today

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IMPACT Welcomes:

- Rachel S.
- Reeve C.
- Brian S.
- Tim F.
- Liam R.
- Madilyn W.
- Nicolas G.
- Sofiya B.

Attendance Policy

There continues to be a pressing need for the IMPACT program to implement an attendance policy for the children and parents involved in the program. Our challenge is that we have over 40 children currently on our waiting list to enter the program. We also have children and families who are unable to make a commitment to attend regularly, and indeed keep others from gaining a place in the program. Beginning Spring term, 2010 families who are unable to make a commitment and attend at a minimum 75% (6 of 8 sessions each term) will be placed back onto the wait-

ing list at the conclusion of that term. Their son or daughter can be re-enrolled at such a time there is room in the program. When children are unable to attend due to chronic illness or need for extensive surgery etc, they will be encouraged to return to the program upon being healthy enough to do so. We understand that children and parents become ill or life circumstances make it difficult to be in attendance 100% of the time. However, we feel that some families have occupied a spot in the IMPACT program and not used the program as is intended.

In addition, it is our ultimate goal to help our children transition into other community based programs as thus we have allowed and even encouraged children/families to take one term off to participate in other community based programs (e.g. participation in soccer or art classes). We will continue to support a "one term off" policy, with return to full IMPACT participation. This is particularly the case for many children for summer IMPACT participation.

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IMPACT Has a New Leader

You may have noticed a new face in the leadership around IMPACT. Our new fearless leader is Jen Morgan. Originally from Chico, CA Jen received a MA in Kinesiology from Chico State after spending some time traveling and teaching around the world. Jen has a diverse background in physical activity, teaching across many different ages and abilities in dance, physical education and even some math! Jen is currently a PhD student here at OSU in the Movement Studies in Disability program. Her research interests include

the physical education teacher education program and inclusive practices.

In her free time, Jen competes in triathlons and bike races and enjoys finding large bodies of water to swim in. You may also see Jen out and about with her two funny little dogs Sigmund and Lupe.



Attendance

When or if your child is placed on the waiting list due to poor attendance, we will accept a written appeal from the parents for consideration. Decisions on the appeals will be made by the IMPACT co-directors with input from our Advisory Board. Please understand our intent is to serve as many children and families as we can with quality and consistent supervision. Help us continue to do so.

We would also welcome other ideas from our parents and/or friends of the IMPACT program to help us consider the best ways to reduce the amount of time new families must wait to enroll in the IMPACT program.

Lastly, our efforts to build the **IMPACT for Life** program continue to move ahead, with plans for transitioning new participants into the program in the coming months. As your son/daughter approaches the age of 18, please meet with us to discuss if/when the **IMPACT for Life** option is a workable plan for the coming years. Generally, our goal in **IMPACT for Life** is to use more community-based programs to support exercise, sport and physical activity time for our former IMPACT participants.

We thank you for understanding our need to take positive steps towards doing what is best for our community in order to serve the greatest number of children to the best of our ability.

Participant Spotlight

Hayden

This is Hayden's second term at IMPACT in the Tots group. His group leader and volunteer say that Hayden enjoys group activities with the Tots and playing in the pool. A native of Salem, OR Hayden is IMPACT's youngest participant at age 2 years, 9 months. Hayden has been lucky to work with his volunteer Alyssa for both terms that he has been at IMPACT. Along with enjoying the group activities and pool time, Hayden is looking forward to becoming a big brother very soon!



Volunteer Spotlight

Alyssa McKinney

Alyssa is a pre-physical therapy student here at OSU. Before working with Hayden for the past two terms Alyssa volunteered for two terms last year for a grand total of four consecutive terms as a volunteer. Tots group leader Steve Thom says that Alyssa always brings a positive attitude to IMPACT and is always able to adapt to the needs of her participant and the group as a whole. Upon graduation in 2011 Alyssa plans to continue her education in physical therapy school.



Oregon State University • College of Health and Human Sciences
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Active Children • Susan Silverman, Editor

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

IMPACT

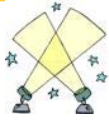
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www.hhs.oregonstate.edu/IMPACT

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Research Spotlight



Alicia Dixon

Physical activity in older adults with and without intellectual disabilities

Alicia Dixon, a master's degree candidate from the Movement Studies in Disability program, is currently conducting research concerning barriers to physical activity for older adults both with and without intellectual disabilities. She feels this topic is very important since by the year 2050, 1 in 5 adults will be over 65 and physical activity is an important part of life for all ages to prevent disease. She has found through research that only 40% of the elderly population engage in regular physical activity. She believes that the key to determining why older adults are not participating in physical activity is to not only look at the barriers associated with physical limitations, but also the psychological barriers that are limiting older adults to begin activity. Her research is designed to provide insight to why older adults, with and without intellectual disabilities, are not participating in sufficient amounts of physical activity to receive health benefits by measuring physical activity with pedometers and accelerometers, and asking questions about their physical activity. The questions are focused on their social supports (friends, family, and staff), and how confident they are to participate in physical activity despite barriers. Alicia plans to continue on at Oregon State next year as a PhD student.

Dr. Miyoung Lee

12 month walking intervention in individuals with intellectual disabilities

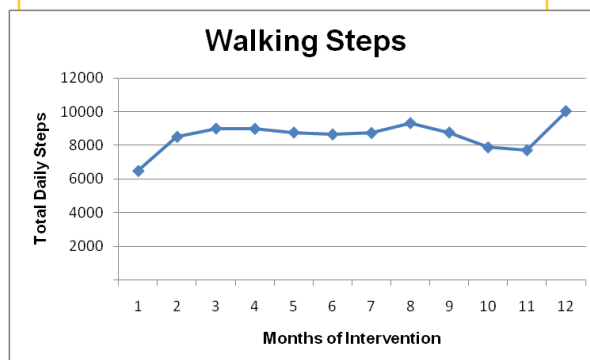
Physical inactivity is a great concern in our society because it has been linked to chronic diseases. Lack of physical activity is a special concern for people with intellectual disabilities due to lack of opportunities, transportation, social supports, etc. Therefore, walking activity could be a great potential way to increase physical activity levels in this population because it is inexpensive and easy to take part in without significant outside social support. Since 2009, Dr. Miyoung Lee, Alicia Dixon, Ruben Guzman, and Anisia Dugala in the Physical Activity and Disability Laboratory have been providing a walking program for 27 persons with intellectual disabilities in Corvallis. The initial daily walking steps of this group was 6,497 steps per day on average. The number of steps taken has now increased up to 10,018 steps per day (see graph below), which reaches the "healthy" lifestyle category following FDA guidelines. Congratulations to Dr. Lee and team for their success!

Susan Silverman

Walking patterns and ankle motion: an application to prosthetic design

Susan Silverman, a master's degree candidate from the Movement Studies in disability program, is currently developing a research proposal concerning the involvement of ankle motion in walking patterns. Susan wishes to examine how the loss of ankle motion can influence how a person walks. This research idea comes out of the present research which show that individuals with below-knee amputations who use a prosthetic leg for walking, have multiple variations in their walking patterns and these individuals have very little ankle range of motion.

Susan believes that seeing the walking patterns that may develop is important since 75% of people who use a lower limb prosthetic leg report having low-back pain and other secondary conditions which may be connected with their altered walking style. She hopes to apply this research to current studies in prosthetic ankle design especially as it concerns the athletic population of individuals with lower limb amputations.



Sophie's Run 2010- Saturday April 24th

IMPACT's very own Sophie Gerding is the namesake of this annual race to raise awareness for William's Syndrome.

This year the 1K walk and 5K run will be held on April 24th, 9:00am at Willamette Park in Corvallis.

The course is in a beautiful setting, paved bike path along the scenic Willamette River and through some wooded areas and grasslands. Flat to rolling terrain. Two out-and-back sections, first heading North, returning to start/finish area, and then South before again returning to start/finish area.

Registration is now open online or you may register in person on race day.

Awards for top finishers and raffle prizes will be given out on race day.

The cost of the run is \$20.00 for all entries. Those post-marked/received by April 12, 2010

will be considered preregistered entries and will include a t-shirt. For groups of 5 or more the registration fee is \$12, all entries in the group must be sent in together and will include a t-shirt if received by April 12, 2010. All other 5K entries (after April 12, 2010) will be \$20.00, 1K will be \$15 and will not receive a t-shirt.

If you have any questions regarding the RUN contact Amy, the Race Director at:
JNSmkr@aol.com Phone: 541-602-1049

If you have questions regarding Sophie and/or Williams Syndrome- contact Heather at:
heather@sophiesrun.com
Phone: 541-929-7266
Please use Sophie's Run in your email subject line

Snacks will be available after the race.

We hope to see you all come out and show your support for Sophie and for William's Syndrome awareness at Willamette Park on Saturday April 24th!

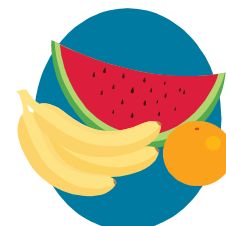
For more information please visit
<http://www.sophiesrun.com>



10 Local Produce Items to Try This Season

As spring begins to bloom we lucky Oregonians have access to a multitude of fresh produce items. The Corvallis farmer's market is available on Saturdays and Wednesday and is a great place to find something new. Here are 10 items that thrive in our area during April, May and June. Take a food adventure with your family and try something new!

1. Asparagus- try grilling, it's great!
2. Collard Greens- with ham is wonderful
3. Kale- try it in soup
4. Edible flowers- ask a local gardener
5. Fava Beans- great in vegetable soups
6. Fiddleheads- steam or sautee, they taste like asparagus and spinach
7. Garlic Scapes- anywhere you would use green onions and garlic
8. Green Onions- great in soups and salads
9. Nettles- use anywhere you would use cooked spinach
10. Rhubarb- pies, jams, turnovers, the possibilities are endless!



Walk for MS

The OSU Multiple Sclerosis exercise class recently participated in the MS walk in downtown Corvallis.

The team was made up of Movement Studies in Disability students & faculty, volunteers, and our participants and families.

This year the team raised over \$6,000! John Thune, one of our exercise participants, has raised over \$50,000 during the past 10 years!

All proceeds from the walk go towards Multiple Sclerosis awareness and towards research for a cure for the disease that affects over 7,000 people in Oregon and Washington.



Alumni Spotlight

Lauren Lieberman graduated from Oregon State in 1996 with a degree in Movement Studies in Disabilities.

Lauren is currently a professor at The State University of New York College at Brockport in the area of Adapted Physical Education. Prior to attending graduate school at OSU she taught at the Perkins School for the Blind in the Deafblind program for 5 years.

Lauren also runs Camp Abilities: a developmental sports camp for children with visual impairments each summer in New York.

Lauren's areas of research include inclusion strategies and physical activity for youth with sensory impairments. She has published 60 articles in refereed journals, and presented over 90 presentations, 21 in other countries. Currently Lauren has completed six books in the field of Adapted Physical Education: **Games for People with Sensory Impairments**, **Strategies for Inclusion: Case Studies in Adapted Physical Education**, **Paraeducators in Physical Education**, **Going PLACES: A transition guide to physical activity for youth with visual impairments** and four more in press.

Lauren is currently on the editorial board of the Journal for Physical Education, Recreation & Dance (JOPERD) and on the board of the United States Association for Blind Athletes.



For more information about **Camp Abilities** visit

<http://www.campabilities.org>



Spring 2010 Group Leaders

Once again, to increase the amount of exposure to different age groups and disabilities the MSD and MS-PETE students will have new group assignments for this term. This term we will be working on striking skills like hitting a baseball, golfing and hockey. We hope the skills your child will learn this term will give them something new to practice and improve upon during the summer months.

The Spring assignments are:

- Tots: Steve Thom
- Group A: Annie Carson
- Group B: Audrey Watson
- Group C: McKenzie Morgan
- Group D: Matt York
- Group E: Kyle Silbernagle
- Group F: Dan Lever
- Group G: Candice Hansen
- Aquatics: Susan Silverman



Polar Plunge 2010

On February 20th three (slightly crazy) leaders of the IMPACT program splashed their way into the Willamette River with a few hundred other zany friends and a few hundred spectators to raise money for Special Olympics Oregon.

Team "Freezing Beavers" included IMPACT leaders Jen Morgan, Jen Taylor and Susan Silverman. Along with some other brave souls the team raised almost \$2,000 while the event itself raised almost \$30,000.

The river was cold but the day was sunny and smiles were on the faces of

the participants, the judges and the spectators.

A costume contest made for some good laughs and face painting fun.

A special thanks goes out to all of you who supported and participated in the Polar Plunge 2010.

The dates for next year's plunge remain undecided, but we are looking forward to another successful plunge in 2011.



Team "Freezing Beavers" pre-plunge!

Left to right: Susan Silverman, Jen Taylor, Jen Morgan

IMPACT for Life Update

IMPACT for Life is continuing to grow under the direction of their new leader Kerri Vanderbom. IMPACT for Life is an extension of the IMPACT program, designed for individuals over the age of 18 who have "aged-out" of the Friday night IMPACT program. As we mentioned in our attendance policy, the waiting list for the Friday night IMPACT program has grown to

over 40 children. In order to serve as many children as possible we are continuing to encourage our older participants to consider transitioning to the IMPACT for Life program.

Currently there are eight participant/volunteer pairs taking part in IMPACT for Life. Like Friday night IMPACT volunteers are OSU students from multiple disciplines.

Unique to IMPACT for Life are the individualized programs and activities for each participant, conducted in a community based setting instead of a large group.

For more information please contact Kerri Vanderbom at mcmurtrk@onid.orst.edu



Get out of the house

Spring is officially upon us and with spring comes warm weather and sunshine! That means it is time to go outside and play. Here are a few ideas to get you and your family out and about this spring.

- ♦ Go flower hunting at the many nearby trails. Some of them may even be edible!
- ♦ Schedule family walking time, after dinner is a great time with the sun setting later and later these days (don't forget the dog!)
- ♦ Take advantage of the numerous bike trails available in the Willamette Valley, keep track of your miles and see how far you can go this spring!
- ♦ Learn a new outdoor game and try to teach your friends or neighbors, start a new trend.
- ♦ Have a picnic in a nearby park
- ♦ Check out the farmer's market in Corvallis which is now available every Wednesday and Saturday.

April is Autism Awareness Month

This month we can all do our part by educating ourselves, families and friends about autism. Of note is the recent release of the proposed changes in the next edition of the Diagnostic and Statistical Manual for Mental Disorders (DSM). This manual sets the standard for defining mental disorders which influences research federal legislation language and funding. The proposed changes include combining the current diagnoses of autism, Asperger's, pervasive developmental disorder and childhood disintegrative disorder into a single diagnostic label of Autism Spectrum Disorders (ASD).

Under the proposed changes, the diagnosis of ASD will be based on deficits in social and communications skills with the presence of repetitive behaviors and fixed interests. Rationale for the changes builds upon the idea that a single definition more accurately reflects the current state of knowledge about the pathology of

autism and its clinical presentation. It has been suggested that with the previous diagnosis categories, it was difficult for professionals to reliably distinguish between autism, Asperger's and other related disorders. ASD as a single diagnostic category may better represent a common set of behaviors that are associated with autism and allow for greater adaptability to the individual's clinical presentation by considering individual specifiers such as severity and verbal abilities.

This change in definition does not necessarily signify a change in services for individuals with autism. For example, the elimination of the Asperger's diagnosis does not mean a loss of access to services. Some professionals even suggest that services will be easier to access under the new definition. There are a variety of opinions about the proposed changes, and undoubtedly these changes are expected to have widespread impact.

A new website that includes the proposed revisions and draft diagnostic criteria has been created, where visitors are able to review the changes and make comments until April 30th. The comments will be reviewed and researched by experts before a final version, which is scheduled for release in May 2013.

To view the proposed changes and leave your comments visit the American Psychiatric Association DSM-5 Development website: <http://www.dsm5.org/Pages/Default.aspx>



Alumni Spotlight

Maria Kosma graduated from OSU in 2003. Since then Maria has become a tenured, Associate Professor in the Department of Kinesiology at Louisiana State University in Baton Rouge, LA. Maria's research line focuses on the study of theory-based psychosocial determinants of physical activity for improved health using advanced statistical and methodological techniques among adults with physical disabilities and older adults. She received external funding and she recently applied for two federal research grants to identify best ways to improve the

health status of adults with physical disabilities and older adults. She has published her research in quality, peer-reviewed journals and she has presented her research papers at both national and international scientific conferences. In her teaching, she includes service-learning experiences to enhance student learning by applying theory to practice. She advises several graduate students and she reviews articles in quality scientific journals. She also has Fellow status in the Research Consortium of the American

Alliance for Health, Physical Education, Recreation, and Dance.



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IMPACT Updates

There will be no IMPACT May 28th for the holiday weekend

IMPACT will resume on June 4 which is also the last day for spring term.

Our next parent meeting will discuss the topic of transitions from an educational to a community-based setting for young adults with disabilities.

Watch for an announcement from your group leader for the date in the next few weeks.

The IMPACT summer sessions will be:

June 25th, July 2nd, July 9th and July 16th from 9:30-11:00am

Groups A-G will be available

Cost: \$35.00

Registration will be sent out at the beginning of June.

The Corvallis Department of Parks and Recreation will host **Discover the Night Skies** the first Friday of each month April-September from 7:00-11:00pm. Telescopes are provided and the cost is \$5.00. Check out <http://www.ci.corvallis.or.us/>

Thank You!

The IMPACT program would like to extend a special thank you to the OSU athletic department.

The athletic department has generously donated \$1,230 in proceeds from their silent auction at The Other Side Talent Show on April 13th.

Our most sincere thanks for their continued support. Go Beavs!