



Active Children at OSU  
 IMPACT  
 College of Public Health and Human Sciences  
 Women's Building 13B  
 Corvallis, OR 97331

COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES

# Active Children at OSU

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OSU IMPACT · Joonkoo Yun, Program Director

Active Children Newsletter · Samantha Ross, Editor

This is a publication of the OSU Adapted Physical Activity Program. Your letters, suggestions, alumni news, and comments are encouraged.

**OSU IMPACT**

Women's Building 13b      **Phone:** 541.737.2176  
 Oregon State University    **Fax:** 541.737.6613  
 Corvallis, OR 97331-6802   **Email:** rena.thayer@oregonstate.edu

[Health.oregonstate.edu/msd](http://Health.oregonstate.edu/msd)



*The next Active Children will be Spring 2017. If you would like to share your story, news, or comments, please contact*

*Samantha Ross at [Samantha.Ross@oregonstate.edu](mailto:Samantha.Ross@oregonstate.edu)*

**This is my 18<sup>th</sup> year at Oregon State University** and the enthusiasm from the IMPACT participants, our volunteers and group leaders are higher than ever! This academic year, we have 13 new graduate students in our adapted physical activity program (see page 3-5). Many of you have already met our new IMPACT coordinator, Jaehun "Jae" Jung. He joined OSU last year from Northern Illinois University where he was coordinator of a similar program for two years. I am looking forward to implementing his new, fresh ideas for IMPACT in an effort to continuously improve the quality of our services and educational experiences for participants, undergraduate and graduate students.

**The mission of IMPACT** (see side panel) was developed and approved by the IMPACT board of directors a few years ago. In order to achieve this mission, I have five personal goals. **1.** Provide positive physical activity and aquatic experiences for children with disabilities. They should enjoy their Friday nights and get health benefits from participating in physical activity and social interactions. **2.** Provide outstanding service learning opportunities to our volunteers. They are the future leaders of our communities. Through volunteering for IMPACT programs, they should gain appreciation for human diversity, acceptance, and become advocates for inclusion. **3.** Support group leaders in becoming professionals committed to directly working with individuals with disabilities. I hope each of the group leaders takes advantage of this wonderful opportunity to try new ideas and learn how to effectively promote inclusive physical activity. **4.** Support the coordinator in learning to manage and operate campus-based service learning programs that benefit both children with disabilities and undergraduate students. The skills they learn here should be transferable to all future programs. **5.** Provide educational and respite opportunities for IMPACT parents and their families. I am looking forward to continuing to strive towards achieving these goals this year, and thank everyone for their continued support.

Joonkoo "JK" Yun, Adapted Physical Activity Program Director



## IMPACT Mission Statement

*Provide a community based research-driven program to educate children with disabilities, their families, and OSU students by promoting physical activity, wellbeing, community inclusion, and acceptance.*



# COMMUNITY CONNECTION



## IMPACT for Life

is fortunate to have so many new volunteers this year and a new coordinator, **Erin Siebert** (pictured above). Our volunteers play an integral role in our program helping to create unique exercise plans tailored to participants' interests, as well as working hard to keep participants motivated to be active during sessions and promoting physical activity outside of the sessions too!

## CrossFit Train 97333

is our newest facility to add to our partnership list. Together with the assistance of **Dr. Jen Beamer** (pictured below), we are offering an adapted CrossFit 101 class. This is an opportunity for participants to try CrossFit work outs in a safe, no pressure environment. The introductory course will focus on proper technique and ensuring that participants feel comfortable in the gym. We look forward to continuing this partnership and encourage participants to give it a try. More information coming soon!

**Adapted CrossFit 101**  
@ CrossFit Train  
1780 SW 3rd St B & C,  
Corvallis, OR 97333



with **Jen Beamer**



Hello IMPACT families and participants! My name is **Christina Hospodar** and I am a new Master's student working with Dr. Sam Logan. I am originally from Connecticut, but attended Wake Forest University in Winston-Salem, NC, where I completed my undergrad degree in Health and Exercise Science and Spanish. I will mostly be working with **GoBabyGo**, but will also be involved with IMPACT. I am excited to meet all of you and I am looking forward to my first year at OSU.

## GoBaby-Go

To date has donated **250** cars thanks to an equal partnership between Dr. Sam Logan, OSU, Dr. Bethany Sloane, OHSU & Dr. Crystal Bridges



**2016 Highlight** (photo top right): Kate Stribling, PT, DPT, delivered a GoBabyGo car to a child in China as part of her OHSU sponsored clinical service trip!

## Thank you to our community partners:

- Dixon Recreation Center
- G-3 Sports and Fitness
- Memorial Union Bowling Alley
- Osborn Aquatic Center
- Boys & Girls Club of Corvallis
- Snap Fitness
- Timberhill Athletic Club

**New** CrossFit Train 97333



## Multiple Sclerosis Program



Currently, the MS Exercise Program serves about 20 participants living with multiple sclerosis. All participants are returning to the program this term from last year. Each participant is working toward their goal for independent living and making great progress. All participants always give 100% during the program and have bright smiles. I hope that all participants keep coming to the program and help the program grow even more. The participants have supported each other for a long time. They encourage each other to try their best every day. Current PhD student, **Byoung Mo Ku (Ku)** - pictured left - will be taking over as the new coordinator starting in Winter. He plans to continue to foster the growth of the program and it's participants.

### Bridgette Schram—pictured above left—

Originally from Nebraska, I received my undergrad degree in Social Work from the University of Nebraska at Omaha. As a first year masters student in the Adapted Physical Activity program, I bring with me experience in aquatics as both a competitive swimmer and teacher/coach as well as a variety of experiences in community service and non-profit work. Most recently living in Colorado, I have a passion for the outdoors, and am excited to explore the beautiful state of Oregon! I look forward to being introduced and involved in all of the programs offered, as well as meeting the participants involved! I'll be starting fall term with IMPACT for Life and the MS Exercise Program.



## OSU Alumni Corner

**Willie Leung**, in his final year of his OSU masters program, reconnected with OSU alumni at this year's North American Federation of Adapted Physical Activity Symposium (NAFAPA)! Each of our alumni are making substantial contributions through community outreach and research as professors, post-doctoral and PhD students. All of the alumni presented their work at the symposium and reconnected with friends - Dr. Yun, Dr. MacDonald, Dr. Logan, and many more. Everyone reminisced about how IMPACT, MS Exercise Program, and the IMPACT for Life program were highlights of their experience in Oregon. Starting at the top photo, moving clockwise, we have Willie posing with alumni **Megan Irwin** (former master student), **Dr. Amanda Tepfer** (former MS Exercise program and IMPACT coordinator), **Jaehun (Jay) Jung** (current PhD student), **Dr. Kerri Vanderbom** (former MS Exercise and IMPACT for Life Coordinator), and **Dr. Jill Pawlowski** (former IMPACT coordinator) with **Dr. Mara Nery**.



## IMPACT Coordinator



My name is Jaehun Jung, and I will be the new **IMPACT Coordinator** starting this fall 2016. I am excited about this opportunity to step in the role of coordinator of the program. I would like to thank Jill Pawlowski for her previous work as the coordinator and hope to be able to keep making progress. For fall, we added 11 new participants and 11 new group leaders in this program. With these new people, our goal is to keep providing various opportunities to engage in community-based physical activity.



## Jared Johnson

I am from Gresham, Oregon. I graduated with a Bachelor's of Science in Exercise Sport Science. I was very active growing up, lettering in basketball, golf, tennis and track and field in high school. I continue to enjoy an active lifestyle. I like to work out, hike and play lots of volleyball. I also enjoy spending time with family and friends. I am looking forward to being a group leader at IMPACT.



**Bethany Valentina.** Hello, I have the pleasure of being the IMPACT leader for group C. I had such an amazing experience as a volunteer for IMPACT when I was an undergraduate at OSU, and I hope to learn a lot through this teaching experience and journey as well. I am looking forward to providing an inclusive environment for all, as well as motivate many participants to live and experience a positive physically active lifestyle for life. I am so thankful for this opportunity, and I truly hope to bring a smile to each participant, family member, and volunteer's face!



**Chloe Simpson.** I completed my undergraduate degree in Kinesiology at California State University, Sacramento. At CSU, Sacramento I worked at the Autism Center for Excellence integrating socialization skills through recreational activities. I like to cycle, hike, travel, and wear onsies in my free time. I am working towards my Masters in Kinesiology, Adapted Physical Activity with the long term goal of becoming an adapted physical education teacher. This year I am most excited for the experience and lessons to be learned at IMPACT.



**Ana Storey.** A graduate of Beaverton High School and Western Oregon University, I am excited to be at OSU this year as a graduate student. Ever since I was a kid, I've had two favorite things--sports and working with kids. I participated in basketball, soccer, softball and swim teams in High School and have done my share of hiking, camping and gym workouts. This program provides me with the opportunity to hone my athletic skills and learn the complexities of working with differently abled students while doing my two favorite things in the world. As an undergraduate I was an IMPACT volunteer and am now excited to be a group leader!



## Justin Davidson

I am a first year PhD student in Kinesiology. My current focus is Adapted Physical Activity. This will be my third year in IMPACT — I spent one year as a volunteer, one year as a group leader and this will be my first year watching over all of the groups. I am currently working as an Adapted Physical Educator in the Lebanon School District. I currently oversee approximately 40 students, ranging from kindergarten to graduated adults. This will be my first year with Lebanon and so far it is shaping up to be a fun year!



## Candace Brink

I am from Bend Oregon, where I earned a degree in Kinesiology at OSU Cascades. I have been a PGA Golf Professional for 11 years, and I enjoy the game of golf, and just about every other sport. I also enjoy any activity that takes me into nature. I am currently placed at North Albany Middle School and am enjoying working with the 6th grade students there. I look forward to seeing all the IMPACT students I met over the summer and making new friends this year. I'm excited for the many learning experiences and activities we will share this term!



## Daniel Hinchberger

Thank you to all IMPACT families and participants — Seeing the participants' improvements throughout the year, in the gym and in the pool is why I'm working toward becoming a teacher. The smiles on their faces and team work with volunteers makes IMPACT a highlight of my college career. After I graduate, I plan on teaching and coaching at the middle or high school level, hopefully somewhere in the Corvallis area. Also, thank you to my wife and two children for all their support and encouragement throughout the years. I'm excited to be able to spend more time with my family throughout the years to come.

# IMPACT

# LEADERS 2016 2017



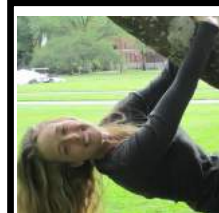
## Brittany Hollingsworth

I'm originally from Fishers, Indiana and graduated from Indiana University with a degree in Kinesiology in 2011. My favorite sport is basketball and I love spending time with my family and friends when I'm not in school. I'm really looking forward to meeting everyone at IMPACT!



## Drew Halvorson

I recently received my undergraduate degree in Kinesiology from OSU. I plan on teaching Physical Education and coaching football in the future. I am looking forward to meeting lots of new people at IMPACT this year and creating new relationships. I enjoy using physical activity to bring people together, have fun and learn! I am excited to be part of the prestigious IMPACT program at Oregon State University. Go Beavs!

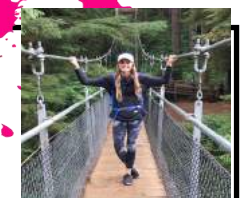


Hi, my name is **Jessica Westby** and I am from Olympia, WA. Before my time here at OSU in the Masters PETE program, I received my Bachelors in Exercise Science from Western Oregon University. During my time at Western, I had the opportunity to volunteer at IMPACT, and I am looking forward to now being a group leader! In my free time I enjoy playing sports and being active, and I love doing all kinds of outdoor activities including rock climbing, skiing, wakeboarding and camping. See you at IMPACT!



## Emmi Collier

Hello! I graduated from Western Oregon University in June of 2016 in Exercise Science with a focus in Physical Education. While at Western Oregon University, I was on the track team as a thrower. I also enjoyed participating on the Orientation team. Working with IMPACT as a group leader will be a new experience for me, and I'm looking forward to getting to know all of the participants and volunteers that I will be working with for the next year. I hope to build relationships as well as experience for my career this year!



## Katelyn Meisenheimer

I am a student in the MS PETE program at Oregon State University. I will be working with group D this Fall. I look forward to meeting all of the participants and getting to know them throughout the year. I can't wait to implement new lesson plans and new equipment with group D. I look forward to a fun year with IMPACT.