This is my 18th 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
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 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

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GoBabyGo

To date has donated 250 cars thanks to an equal partnership between Dr. Sam Logan, OSU, Dr. Bethany Sioane, OHSU & Dr. Crystal Bridges. 2016 Highlight (photo top right): Kate Strirling, 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

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 undergraduate 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.

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 Alumi 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.

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.
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!

Chloé 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 onesies in my free time. I am working towards my Masters in Kinesiology, Applied 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.

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.

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 a fun and 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 a bring a smile to each participant, family member, and volunteer’s face!

Chloe Stovell. 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 become a group leader!

Ana Storey. A graduate of Beaveron 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 become a group leader!

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.

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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!

Daniel Hincher. 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 teamwork 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.

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!

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The Oregon State University Department of Health and Human Performance is pleased to announce its role in the 2016-2017 IMPACT program.