



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

Oregon State University · College of Public Health and Human Sciences

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

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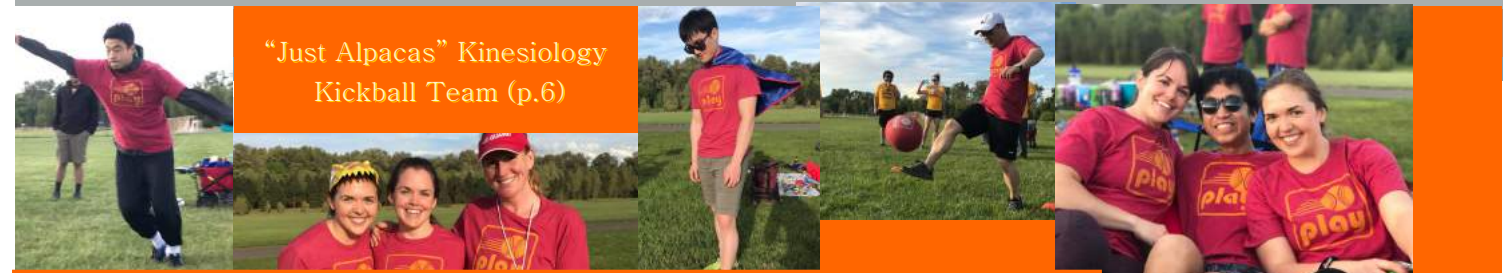


The next Active Children will be Fall 2017. If you would like to share your story, news, or comments, please contact

Samantha Ross at Samantha.Ross@oregonstate.edu

COLLEGE OF PUBLIC HEALTH AND HUMAN Active Children at OSU

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"Just Alpacas" Kinesiology
Kickball Team (p.6)

Proud Moments~

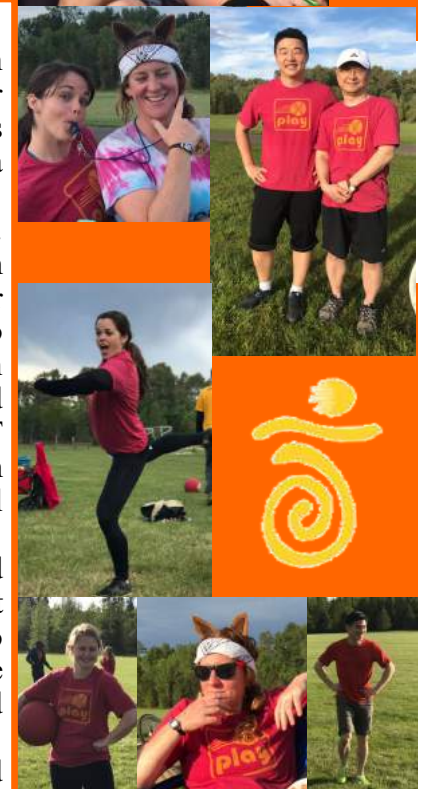
Finally the sun comes out to let us know that school is almost over! I am looking forward to enjoying summer break but it is hard to see so many of our students and IMPACT participants graduate from our program. It is always difficult to let go, but I am confident they are well trained and will make a significant impact in their future communities. I am proud of each of you!

There are many accomplishments to share from this year, here are only a few. First, two out of three of Oregon State's College of Public Health and Human Sciences 2017 Ovation Award Recipients were the graduates and friends of our program. This award honors outstanding alumni and friends who are dedicated to serving our students or who have significantly impacted their community. Lauren Lieberman, who completed her Ph.D. in 1996, received the Alumni Impact Award (see page 3). Aleita Hass-Holcombe, our current board president of IMPACT program, a 1985 OSU graduate of Master's in Adapted Physical Education program, was recognized for her outstanding contributions on her professional work and community service. I am so proud of their recognition!

Second, our program will host the 2018 North American Federation of Adapted Physical Activity Conference, October 1-3, 2018. The conference will attract many leading experts in adapted physical activity. It will be a great opportunity to share our excellent work to a wider audience, bring many of our alums back to the campus, and learn up-to-date knowledge for promoting full participation and health of individuals with disabilities. I am excited about the possibilities!

Last but not least, the idea of IMPACT for Life was cultivated in 2008 and launched as a pilot program with 10 young adults with disabilities in 2009. We now serve 20 individuals with disability in our community. I believe we have learned many important lessons for how to promote a true community driven physical activity program for individuals with disabilities! The program was started with a clear vision of a generous donor who saw the need of more community-based inclusion programs to promote independence and empowerment of individuals with disability. The program was not intended to simply extend the age range of the current IMPACT program but to provide educational experiences to empower individuals with disabilities to engage in physical activity and healthy lifestyles within our community. Ideally participation in the 3 to 5 year program will lead to community support systems for individuals to facilitate and promote active lifestyles. We are working to develop and formalize this initial vision of IMPACT for Life this summer and upcoming year. I am looking for your feedback and innovative ideas for promoting a more inclusive community driven IMPACT for Life program.

~Joonkoo ("JK") Yun, Program Director



The mission of IMPACT is to 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.

Oregon State
UNIVERSITY

PROGRAM UPDATES



Walk MS

On May 23rd, many participants and volunteers from the Multiple Sclerosis Exercise Program (MS Clinic) participated in the annual Walk MS in Downtown Corvallis. Together, as the OSU MS Exercise team, they raised over \$750.00 to the event. This money will go toward research relating to MS and aids for people living with MS. Volunteers from MS Clinic also supported the event in various volunteer positions, assisting, encouraging, and facilitating participants at the event. We had a big crowd to cheer for everybody at the finish line. It was a fun-filled day for the community!

IMPACT for Life Crossfit

In partnership with Crossfit Train 97333

The Crossfit class was a new addition to IMPACT for Life this term. A group of participants worked with volunteers and coaches weekly, working hard to improve their functional fitness through constantly varied and vigorous physical activities. The coaches help provide opportunity for challenge and success. They are proud of their improved strength and fitness. We are hoping to extend this program next year and encourage participants to find safe, fun, and inclusive opportunities to stay active in our community.



VOLUNTEERS NEEDED FOR HEALTH ATHLETES PROGRAM 2017 Special Olympics Summer State Games Saturday July 8th 10:00am—4:00pm Oregon State University

What is Health Athletes?

A program that provides free health screening in a fun, welcoming environment that removes anxiety that people with intellectual disabilities often face when visiting the doctor. Screening include:

- Fit Feet (podiatry)
- FUNfitness (physical therapy)
- Health Promotion (better health and well-being)
- Health Hearing (audiology)
- MedFest (sports physical exam)
- Opening Eyes (vision)
- Special Smiles (dentistry)



What would be my role as a volunteer?

Provide basic health education & lead interactive games with athletes.

If you can give the day to volunteer—contact:

**Alicia Dixon-Ibarra, Health Athletes OSU site coordinator
or Joann Stoller, Sr. Director of Sports**
Alicia.dixon-ibarra@oregonstate.edu ; jstoller@soor.org



IMPACT Updates



Welcome new board member, Christia Hankey. I am a graduate of the OSU Masters program in Physical Education Teacher Education. I'm currently teaching PE at Periwinkle Elementary in Albany. IMPACT was a highlight of my time at OSU and having the opportunity to stay connected as a member of the board has been great. I hope to share my experience as a former group leader and now teacher in the community with the board in a way that will help and support IMPACT now and in the future.

IMPACT Parent Meetings

Impact hosted two successful parent meetings this spring, covering topics we had received questions about.

April Meeting, hosted by Corvallis Public School employees, Shelley Powers, Jennifer Seesz and Rachel Stalter. They provided great information regarding alternative options for obtaining a high school diploma. Having a variety of experiences in the school system they also gave details on the programs available, catering to all long-term goals, that help prepare individuals with disabilities or life after high school. They were a great resource for any parents that had questions or concerns about the opportunities for their child at the high school level.

May Meeting, hosted David Bell, managing director of Oregon 529 Savings Network. David discussed the new ABLE saving Plan that was recently passed. The ABLE Savings Plan provides tax-advantaged savings accounts for individuals and their families to save for qualified disability expenses without losing federal and state benefits. The presentation and Q&A was really informative and generated a lot of questions from parents.

We're looking for topics for next year! If you have any topics you'd like more information regarding, know would be helpful for our Impact families, or any contacts that could be a good resource, let us know.

For details (including power points) and contact information from the meetings or for topic recommendations for the future, email Bridgette Schram at schramb@oregonstate.edu

STAR VOLUNTEERS



Kennedy Hedges

Kennedy's group leader admires her ability "to modify activities, prioritize participant needs, stay calm during high stress situations and resolve issues efficiently and quickly." Kennedy started IMPACT this fall as a freshman. She shares that "It has been a significant part of my journey of self discovery and belonging in this new environment. I've learned the role of unconditional love and support and the influence it has on learning and progression. It feels so amazing to be a part of community of people that share the same intention in the work that they do. Working with my participant this term has given me a lot of perspective on how the small things can make all the difference, because together they create something truly meaningful."

Darin French



Darin is an energetic and supportive activity partner for the IMPACT participants at Boys and girls Club! His group leader describes him as "reliable, attentive to individual needs, creative and flexible in his approach to encouraging participants to stay active, and is a valuable member of the team." Darin shares that "although I've only been a part of IMPACT for a short while, it truly has been one of the most rewarding things I've been a part of during my time at OSU. Looking for new and exciting ways to get participants engaged and in love with physical activity is something that I look forward to each week. Sometimes I think I have just as much fun as they do every Friday!"

what's next

for IMPACT Leaders



Jared Johnson

Thank you Oregon State and thank you IMPACT participants and families for this wonderful opportunity! I have grown so much as a teacher through IMPACT and have had so much fun along the way. My favorite part about IMPACT was the gym, as that was the place where I got to implement my own lesson, interact the most with the kids and apply the things I have learned. I will be graduating this Spring and am currently in the process of job searching. I cannot wait to continue my future as a Physical Educator.



Emmi Collier

I would like to thank the IMPACT families and participants for everything this year. I really enjoyed getting to know all of the participants while seeing them learn and grow throughout the year. The kids have truly made my time at Oregon State exciting and memorable in the best of ways. Moving forward, I will be teaching Physical Education to elementary students in Sweet Home, Oregon at Foster Elementary School. I can truly say that I am excited to take my experiences from this program into my career, and I can't thank you enough for providing me with those opportunities.



Katelyn Meisenheimer

Thank you for a wonderful year. This has been an amazing teaching experience and I have learned so much. I look forward to spending summer term working with IMPACT. This year I had the opportunity to work with the youngest group, a group in the middle, and the oldest age group at IMPACT. One of my favorite things was the connections I made with the participants. I loved seeing the enjoyment from the participants every Friday night. I will be finishing up my degree this June and am currently looking for a full-time job teaching Physical Education in Oregon for next year. Thank you again for this amazing opportunity.



Brittany Hollingsworth

Thank you to all the families and participants for a wonderful IMPACT experience! I am truly grateful to have been a part of IMPACT and feel blessed to have been a part of such a life-changing experience! My Friday evenings were filled with joy, uncontrollable laughter, achievement of goals, all while having a splashing good time :) ! I truly feel as though this experience will better prepare me for my future and allow continued success as I become a Physical Education teacher. To all of the IMPACT families, participants, and others affiliated with this program, thank you for an incredible journey!



Candace Brink

I want to say thank you to all the families and participants I was able to work with this year. I have enjoyed my time working with each student and seeing their growth and development as the weeks progressed. IMPACT has truly made an impact on my life, and each of these kids have taught me so much. Each week I enjoy watching my participants succeed at the activity they are engaged in, and seeing the smile on their face when they accomplish their objective. After I graduate, I plan on teaching at the middle or high school level, while also continuing my coaching career in golf at the high school level.



Bethany Nedrow

I would like to thank the IMPACT families and participants for this amazing teaching experience. I enjoyed being an IMPACT Leader because it has been one of the most memorable experiences of my life! I have acquired many new skills through this program in order to facilitate a safe and inclusive environment for all students. In addition, I have learned a lot from each participant, and it has been a joy to see each participant grow and develop within this program. I have been offered a Physical Education job, however, I am still in the process of looking for the right place for me to grow. Thank you for your support and for this amazing opportunity to interact with all of you!



Jessica Westby

I would like to thank all the families of IMPACT for choosing to enroll your children in this program. Not only is it a valuable opportunity for the participants to engage in meaningful physical activity and social interactions, but it provides us group leaders with an irreplaceable experience that will benefit our futures in the field of Physical Education. I appreciate the learning experience that IMPACT has been each term, and I look forward to working with participants and future group leaders as they transition into the position that I have had the privilege to work in this past year. Following the completion of my degree, I plan on enjoying some time outside this summer before returning to teach Physical Education at the middle or high school level. I wish you all the best!



Daniel Hinchberger

I want to start off by saying thank you to all the families and participants that I was able to work with over the past year. Seeing the participant's improvements throughout the year, in the gym and in the pool, is one reason why I am becoming a teacher. The smiles on their face, working together with their volunteer to achieve success, and improving physical activity, is what makes working with the IMPACT program a highlight of my college career. I have accepted a job in Anchorage, Alaska teaching Adapted Physical Education. This provides me a chance to continue to work with children with disabilities and incorporate them into an inclusive environment in General Physical Education classes. My family and I are excited for our new adventure to begin. Thank you!



Drew Halvorson

Thank you to all the IMPACT families and participants! I have had a great time teaching and learning from all the participants this past year, and I look forward to a great Summer Term with IMPACT. I enjoyed spending time working on skills in the pool and learning about participants on Friday nights. I will miss the experience of being able to work with so many great young students. Working at IMPACT has made me a better teacher and a better person. I look forward to using the skills I learned through IMPACT and continuing to help people have positive experiences with physical activity!



Erin Siebert

I have had an amazing time at Oregon State and spending my Friday nights with IMPACT has been an absolute joy. I cannot tell you how much I am going to miss the participants and their families. Both IMPACT and IMPACT for Life have played a huge role in my success during my time here and I have enjoyed being a part of both programs. I want to say thank-you so much to the participants and their families who I have been so lucky to work with over the years; and an especially big thanks to the volunteers, group leaders, undergraduate and graduate students who have been a part of my journey. You all are the ones who make this all possible. Thank-you! I'm looking forward to finishing up my degree this summer and then heading to California where I have accepted a position as an Assistant Professor at San Jose State University. Hopefully I can bring some of the awesomeness of IMPACT and IMPACT for

Representing OSU in Austin Texas.

Michelle Catena (left), Samantha Ross (middle), and Christina Hospodar (right) represented Oregon State University, Social Mobility Lab, this year at the 2017 Society of Research in Child Development conference, in Austin, Texas. "It was great to connect and share ideas with other innovative leaders in the field of child development" Samantha, a doctoral student, shared about the experience. Over 6,200 researchers, educators, clinicians, and students attended this year's conference. Masters student Christina described it as "an excellent opportunity to get a quick snapshot of all of the incredible research happening around the country." She further noted that "it certainly got our mental gears spinning, and we can't wait to incorporate some of what we learned into our research at OSU."



APA Students Staying Active

Kickball

Kinesiology’s kickball team, “Just Alpaca” were League Champions of the Corvallis Social Kickball League this year. The past six weeks have been filled with triumph, fun, and positive energy. “Players show great effort! It’s not only a good opportunity to be refreshed but also to spend time together” says team member, Byungmo (Ku).

Coach Chloe’s Corner

Here are our five keys to success for any aspiring alpacas:

- 1 Practice! - As a result of our pre-season practice, we demolished our first game with a 16-4 score.
- 2 Utilize every player’s strengths - By game two, we established field positions. Our pitcher, Willie Leung, mastered the double-bounce granny pitch, resulting in record strike-outs.
- 3 Practice good sportsmanship - Our team excels in sportsmanship by always matching the number of players the other team provides in the outfield, and congratulating all players on a good game.
- 4 Keep spirits high - Spirit is undoubtedly our strongest asset with our personal spirit coach, Christina Hospodar. Christina keeps the energy alive with her playlists, dance moves, photography, and constant encouragement.
- 5 Look fabulous on the field - Finally, all Alpaca players run the field in style, making sure to keep it fun with goofy hats, tie-dye socks, and whatever else we can find!



Coach Chloe



Is it an Alpaca or Llama?

1. My ears are short and spear-shaped.
2. I’m an independent wanderer.
3. I do not spit.
4. I can weigh up to 145 pounds.
5. My ears are long and banana like.
6. I’m flame and water resistant!
7. I am a herd animal.
8. I’m from the *Caemlidae* family.
9. I can weigh up to 250 pounds.
10. I’m an all-star kickball player.

1.A.2.1.3.A.4.A.5.1.6.A.7.A.8.A.8.1.9.1.10.A

Wheelchair Basketball



(Back row: Dr. Sam Logan, Dr. Josh Gess, Benjamin Narin , Chloe Simpson;
Front row: Matt Harrison, Jaehun Jung , Willie Leung, Christina Hospodar, Bridgett Schram)

Dr. Josh Gess, assistant professor in mechanical engineering at Oregon State University, is leading efforts to expand the adaptive wheelchair program. The team, including several Adapted Physical Activity graduate students and assistant professor Dr. Sam Logan, participated in the OSU intermural program last year. Dr. Gess has recently partnered with Invacare (Invacare.com), a global leader in manufacturing and distributing medical products. This upcoming season the team will demo Invacare’s Top End Pro basketball wheelchairs (topendwheelchair.com). Currently the team is seeking funding for equipment to expand the program next year.



Reconnect with Alumni: Lauren Lieberman

Dr. Lauren Lieberman, a 1996 graduate of the Movement Studies in Disability program here at Oregon State, was presented with the College of Public Health and Human Science's Alumni Impact Award for her work with Camp Abilities. Her outstanding contributions to the promotion of physical activity for individuals with disabilities personifies the spirit of our college’s mission and value. Camp Abilities is a week-long development sports camp for children and teens who are visually impaired, blind, or deaf-blind. Dr. Lieberman is currently a Distinguished Service Professor at the College at Brockport, State University of New York in Adapted Physical Education. Her work has had a global impact, with Camp Abilities expanding to 25 locations, including international camps in Brazil, Ireland, Puerto Rico, Finland, Portugal, and Costa Rica.

While here, Dr. Lieberman shared her passion for higher education and the field of Adapted Physical Activity (APA) to graduate students and faculty in a presentation called, “Have it All: How to Combine Teaching, Research and Service with what you love.” She provided insight from her years of experience on how to balance service, research, and teaching, focusing in on giving more responsibility to students. Dr. Lieberman has maximized Brockport and Camp Abilities classes, programs, and research through the power of delegation and passing on knowledge to students. She is a firm believer in equipping students with the tools to provide inclusive physical activity opportunities and to have careers they are passionate about. Many of the Camp Abilities were founded by Dr. Lieberman’s former students. To promote Camp Abilities philosophy for inclusion, training videos and ideas for game modifications are provided on the Camp Abilities webpage: campabilities.org Check it out to learn more!



Learn more at CampAbilities.org

Camp Abilities, Oregon

July 23-2

Willamette University, Salem

YouTube “NWABA Camp Abilities Video”
<https://www.youtube.com/watch?v=7Y5GRo7NiqU>

“Camp Abilities (full segment): Real Sports (HBO)”
<https://www.youtube.com/watch?v=Xnbdp35NvEo>