

ACTIVE CHILDREN AT OSU

FALL 2018, VOL. 17, ISSUE 1



From Director J.K. Yun

The IMPACT and IMPACT for Life programs started the year solidly by kicking it off with two major events.

The first was our alumni and friend's reception, held on September 30, celebrating over 35 years of IMPACT. It was wonderful to see so many past IMPACT coordinators, group leaders and friends in attendance. Honorable guests included OSU provost Ed Feser; John Dunn, the founder of IMPACT; Jeff McCubbin, former IMPACT director; and many board members. Listening to past students share stories of the difference they are making in the lives of students with disabilities was uplifting. I could not be more proud of each and every one of our alumni. The highlight of the evening came from John and Jeff, who graciously made a financial commitment to support our graduate students in the Adapted Physical Activity Program. I, and our students, sincerely appreciate their generosity. Thank you, John and Jeff!

Following the alumni reception, we hosted the 2018 North American Federation of Adapted Physical Activity Conference. There were more than 210 participants from over eight different countries with 190 different scientific sessions. The quality of the sessions was outstanding, as expected, and I learned a great deal. I hope our students were able to take something away from hosting the conference in addition to being able to apply some of the ideas that they learned during the conference in our IMPACT sessions.

As program director, I am committed to continuously improving the quality of our program and the educational experiences of our students at Oregon State University. I truly appreciate your support over the 20 years I've been here and ask for your continued support of our educational and research endeavors to better serve people with disabilities for years to come. Thank you.

In this issue:

Events

PAGE 2-3

Meet the team

PAGE 4-5

Star Volunteers

PAGE 5

Social

PAGE 6-7

Social and FAQs

IMPACT's mission is to provide a community based, research-driven program to educate children with disabilities, their families and OSU students by promoting physical activity, well-being, community inclusion and acceptance.

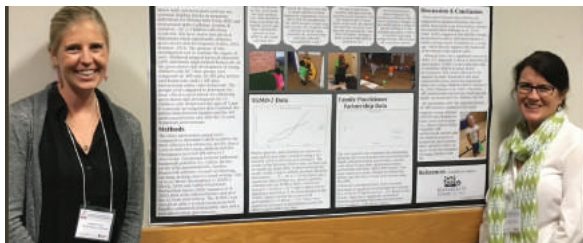


Oregon State
University

EVENTS

NAFAPA

Oregon State University hosted the North American Federation of Adapted Physical Activity (NAFAPA) Symposium in October. OSU hosted students, faculty and professionals in the field from places such as Brazil, Spain, Texas and Pennsylvania, who brought with them a diverse array of research presentations, keynote speeches and building sessions.



ALUMNI EVENT

On October 1, IMPACT celebrated its 35th anniversary with past and present IMPACT coordinators, group leaders, friends and family. The evening was filled with stories of the first IMPACT program, current events and how the program has evolved. The evening began with an introduction by Endowed Professor JK Yun, PhD, who was followed by current doctoral students Samantha Ross and Laynie Case, who spoke about the successes thus far with IMPACT and IMPACT for Life.

Jeff and Debbie McCubbin and John and Linda Dunn added more energy to the room when they announced the start of a generous IMPACT Leadership Endowed Fund to support students involved in both IMPACT and the Adapted Physical Activity graduate program.

If you would like to join the McCubbins and the Dunns and contribute to the IMPACT Leadership Endowed Fund, you can make a gift directly on the OSU Foundation's website (osufoundation.org),

or for more information, please email Heather.Brust@osufoundation.org.



SHOES LACED AND TIRES GREASED!



This term, adapted physical activity graduate students are breaking a sweat and staying active by participating in indoor soccer, intramural and club wheelchair basketball.

JK Yun and his students have been tearing up the turf this indoor soccer season with the help of fellow graduate students, faculty, friends and family. While the Kickin' Chickens are off to a rocky start to open their indoor season, in the true spirit of adapted physical activity they are determined to stay positive in the face of a challenge.

Our student-only intramural wheelchair basketball team has been showing their skills Wednesday nights in Dixon Recreation Center as one of eight teams in the league. Team members are having fun each week putting their skills to the test, securing their first win of the season during their second game.

The Rolling Beavers Wheelchair basketball team, coached by Joshua Gess with assistance from graduate students Chloe Simpson and Spot Harrison, have their eyes on the prize this year as they form a team of all-stars.

Although the roster is currently filled by graduate students, the team is actively recruiting in order to roll out a more diverse lineup as the season progresses with the ultimate goal of becoming a collegiate team.



Thank you, IMPACT team



Laynie Case
IMPACT Coordinator

Hi! This is my first year as IMPACT coordinator, and I could not be more excited! I'm looking forward to supporting the group leaders in their journey toward leaning more about adapting physical activity lesson plans for individuals with varying degrees

of ability levels, in addition to meeting all of the wonderful participants and their families. After graduating from Oregon State, I would like to find a faculty position where I can be involved in university service opportunities and research and teach classes related to adapted physical activity.



Elijah Trullinger

I'm in charge of the **Dixon Group** this term. I'm a master of adapted physical education student. The thing I'm most excited for this term is getting to know participants and volunteers whom I've never worked with.

I can't wait to see how we can create an environment where everyone has fun and learns new things. In my free time, I like to hunt, fish, hike and coach sports ranging from 4 years old to high school in baseball and wrestling. My goal is to become a physical educator, as well as open a CrossFit gym for individuals, both with and without disabilities, in an inclusive setting such as Impact For Life's CrossFit.



Veronica Lepe

Hi, IMPACT families! My name is Veronica, but most people call me Roni! I'm a MAPE (master of Adapted Physical education) student from Independence, Oregon, and I'm excited for IMPACT this term. I'm looking forward to creating some amazing lesson plans for **Group B** that have lots of fun and

exciting activities. I also can't wait to see the improvements my participants will make and the relationships that I'll build with my group throughout this term. During my free time, I enjoy year-round trips to the beach, hiking, a good karaoke session (even though I'm not that good) and spending time with my family.



Willie Leung

Hello there! I am currently a second-year PhD student in kinesiology with an option in adapted physical activity. This term, I will be leading the **Boys and Girls Club** group and I'm looking forward to the variety of activities we'll be participating in from golf, to hockey, to rock climbing. You can usually find me

eating sweets, watching sitcoms or out discovering a new physical activity. My life goal is to promote physical activity and exercise for all, and being a part of IMPACT is a great way for me to work toward that goal.



Danielle Spirlin

Hello, Everyone! I will be leading **Group A** this term. I could not be more excited to apply what I have learned throughout my schooling and thus far as a MAPE student to develop successful programs each week! I am an Oregon native, having grown up in Portland. I earned my

B.S. in human performance at Linfield College. In my free time, I enjoy exercising and visiting my family, especially my amazing nephews. I would love to teach Elementary PE in the Portland metro area once I graduate.



Savannah Hively

I will be leading **Group E** this term. I am a MAPE student from Portland, Oregon, who loves creating pottery, planting succulents and doing anything creative I can get my hands on. I am excited to be able to get to know all my participants and their unique personalities. My life goal is

to become an adaptive physical educator and to eventually create a center for families and individuals with disabilities to meet an array of educational and personal learning needs.



Jodi Stinson

Hi! I am super excited to be back at IMPACT this year and joining the **Tots group** again this fall! I am currently in the second year of my master's degree in kinesiology in the adapted physical activity program. I can't wait to see all the tots' smiling faces each week as we learn new skills and have fun!



Daniel Aranda

I'll be leading **Group D**. I can't wait to build new friendships with my amazing participants and volunteers! When I'm not in class or developing awesome lesson plans for IMPACT, I enjoy eating lots of food and playing slow pitch softball. Once I graduate with my master's in adapted physical education,

I would love to teach middle or high school physical education or adaptive PE, while also coaching baseball and being involved in physical activity in my community.



Gabbi Zott

Hi, everyone! I am from the great city of Detroit, Michigan. I'm excited to be here for my first year in the adapted physical activity master's program. I will be leading **Aquatics** and am looking forward to watching the participants gain confidence in their swimming abilities. I hope to

be able to come up with new and innovative ways to keep them motivated while still having fun! My career goal is to develop a career in academe where I can seek truth regarding independence in a population of individuals with disabilities.



Nicole Fiscella

Hey, everyone! I'm a newbie to the West coast, growing up in Pennsylvania and most recently earning my master's degree in exercise physiology at James Madison University in Virginia. I'm a first-year PhD student studying kinesiology with an option in

adapted physical activity, and I'm excited to be assisting Willie with the **Boys and Girls Club** group this term.

I can't wait to get to know the participants and witness the incredible activities they'll accomplish this term.



Chloe Simpson

I am delighted to be continuing my third year at IMPACT as I continue into my Ph.D in the kinesiology program's option in adapted physical activity. I am passionate about promoting and providing physical activity for all. I intend to explore my interest in effective teaching practices and

behavior management within the physical education setting.

In my free time, I enjoy everything active including running, biking (racing cyclocross), swimming, yoga and hiking. I look forward to IMPACT every week as a positive and active way to transition into my weekend. As I tell the participants, remember to stay active and be positive.



Rich Nguyen

Rich Nguyen here! I am a MAPE student from Portland, Oregon. I will be leading **Group F** this term. I am super excited to have the opportunity to be physically active and build relationships with my participants. Just as they make my day, I hope to make theirs every Friday! I love playing basketball, trying new

restaurants and exploring Portland.

STAR VOLUNTEERS



KYLE PALMER

Senior exercise science major with a focus in physical education from Western Oregon University joining IMPACT for the first time!

Although I signed up for IMPACT because it is a course required to complete my degree in exercise science, I have come to see the progress my participant makes week to week and connection we have formed. It has been incredibly rewarding thus far being able to gain valuable teaching experience in addition to learning so much in just these few weeks. Not only is it an awesome experience for participants, but the volunteers as well. Whether I am out with my participants at a class or in a committee meeting, positivity is fostered. Thank you so much for this recognition!



SARAH HEINLY

Junior nutrition major returning for her second (and certainly not her last) term as a volunteer

I signed up to volunteer with IMPACT because I love working with kids and I think it's so important to introduce physical activity at a young age. IMPACT is a great program because it creates a fun environment that encourages kids to get active and shows them how much fun exercise can be. My favorite part of IMPACT is the relationship that forms between the volunteer and the participant; it is so special and unlike any other type of friendship. You learn so much together each week, and it's amazing to see the progression from the first week to the last. It's so cool to see them master a skill that they had little knowledge of how to do before. It's rewarding knowing you helped them achieve something they may not have known they could do.

CLUB WELLNESS

It's time to move with Club Wellness! This fantastic 12-week program provides information on fitness and nutrition. Not only that, there is a physical activity component that provides individuals with disabilities the support they need to learn how to pursue a life of wellness.

Our certified wellness trainers will tailor each program to meet the needs of each participant to allow for optimal participation and success.

With weekly goal setting and tracking, it's easy to monitor your progress and adjust goals as needed. Each club member will receive a club member workbook and membership card.

For more information,
check out our website at
clubwellnesstraining.com



CHECK US OUT ON SOCIAL MEDIA!



[FACEBOOK.COM/
APAOREGONSTATE](https://www.facebook.com/APAOREGONSTATE)



[TWITTER.COM/
APAOREGONSTATE](https://twitter.com/APAOREGONSTATE)



[@APAOREGONSTATE
#OSUAPA](https://www.instagram.com/APAOREGONSTATE)

FAQ

When does IMPACT start?

Please refer to the registration letter that is sent to at the beginning of each term. The dates are on the back of the letter.

Can my child take off a term to be involved in a school/community activity or sport?

We encourage participants to integrate into the community. You can rejoin the following term without losing your spot.

I don't have the money this month for the IMPACT fee. Can I send it in next month?

Yes, you may certainly send it in the following month. Please make the payment out to: *OSU IMPACT*. Send to: *OSU IMPACT, 123 Women's Building, Corvallis, OR 97331*. Please mail it rather than give it to the group leader or volunteer. The office is closed during IMPACT.

My child is having surgery or other medical issues that will keep him/her out for more than two Fridays this term. What should I do?

If this is your situation, please let Rena know and we can discuss not enrolling your child for the current term and re-enroll the next term once he/she is feeling better. If your child is gone for more than 80 percent of the term, the volunteer will not have a consistent partner and therefore risks not gaining the valuable experience that IMPACT can offer. Some volunteers are involved in IMPACT as a lab for their class and receive a grade for their participation. Just as children depend on them to be present at IMPACT, they also may depend on children to attend IMPACT.

My child cannot go in the swimming pool for awhile due to a personal or medical concern. Is this OK?

This is not a problem. If this is the case, the child can participate in the gym. If this becomes too tiring for your child, please let us know. The child, group leader and IMPACT coordinator can decide on an appropriate alternative.

My child lost their coat, swimming goggles, etc. Do you know where it is?

Many times, we are not able to locate lost items. Please check your child's backpack and belongings when you pick them up so it can be looked for the same night in the gym, locker room, etc. If the item is not in the IMPACT Lost and Found and the custodians find it, they will take it to Surplus. You may file a report at

lostfound.surplus.oregonstate.edu/lostAndFound/reportItem

surplus keeps the item for 30 days. Additionally, if you find that your child came home with someone else's belongings, please bring it to the next IMPACT session.

Where is my child on the waiting list?

Please feel free to call Rena at 541-737-2176 to find out your child's position on the waiting list.

Thank you so much for calling in when your child is going to be absent. We discuss this information each night and move volunteers around to make sure that everyone has a partner at IMPACT.

For future terms, if you are unable to get the registration slip sent in on time, please call Rena at 541-737-2176 and she can register you over the phone. You can then send the payment in after. This saves her a lot of time in making phone calls to confirm registration, which is done as a courtesy.

Thank you to everyone who updates their child's application once a year in the fall. Moving forward, we ask that everyone please do this for your child. It is important that we have current phone numbers and emergency contacts for you in case of emergencies. Additionally, as your child gets older, there may be changes related to diagnoses, swimming abilities, restroom needs, behavior strategies, and important words of encouragement. The more updated information we have, the better we are able to provide the best experience to your child and their volunteer at IMPACT.



Oregon State University
**College of Public Health
and Human Sciences**

IMPACT

College of Public Health and Human Sciences
Women's Building, 13A
Corvallis, OR 97331-6802

Oregon State University
College of Public Health and Human Sciences

IMPACT | Joonkoo Yun, program director

Active Children at OSU | Laynie Case, casela@oregonstate.edu

This is a quarterly publication of OSU's Adapted Physical Activity program. Your letters, suggestions and comments are encouraged.

Please send alumni news to kathryn.stroppel@oregonstate.edu.

Contact us

541-737-2176 ph | 541-737-6613 fax
rena.thayer@oregonstate.edu | health.oregonstate.edu/msd

For news about the College of Public Health and Human Sciences, visit synergies.oregonstate.edu.

Oregon State University is committed to affirmative action and equal opportunity in employment and education.