

ACTIVE CHILDREN AT OSU

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From Director J.K. Yun

As we approach the end of the school year, I need to take time to brag about our student accomplishments. Samantha Ross, the current IMPACT for Life coordinator, received the American Kinesiology Association Graduate Student Writing Award, which recognizes outstanding scholarly contributions in the United States. Also, Christina Hospodar, the former Tots group leader, was the recipient of the 2018 American Kinesiology Association Master's Student Scholar Award. Congratulations to both Samantha and Christina!

I always find it difficult to write my message for spring term because every year I have to say goodbye to many of our students. All Physical Education and Teacher Education students will graduate this summer, and I want to thank each of them for their outstanding contributions as IMPACT group leaders this last year. Three of our master's students in Adapted Physical Activity will also graduate this spring term. They have provided excellent support during the last two years and they will be missed greatly. Last but not least, I want to thank Jaehun Jung, IMPACT coordinator, as spring term will be his last term in this position. I sincerely appreciate the leadership he has shown during the last two years. Laynie Case will be the new IMPACT coordinator starting this summer.

Since we will have a new coordinator and new group leaders, I want to re-express the goals of the IMPACT program. First, we want to create positive physical activity experiences for every child. Second, we provide educational experiences to OSU students. In order to accomplish these important goals, we expect all children to regularly attend IMPACT. In addition, although we have asked a few parents to join our sessions to provide extra support, we ask that parents and/or caregivers do not directly interact with our volunteers and his/her participant during the IMPACT session. Lastly, I want to remind everyone that not all children have a photo release agreement. Please do not take a photo or video during IMPACT unless you have special permission from everyone being photographed. If you have concerns or suggestions, please communicate with myself or another faculty member as well as your child's group leader. We are committed to providing the best opportunities and therefore welcome your feedback. I hope you all have a great summer and look forward to seeing you in the new academic year!

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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
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UPDATES

IMPACT ATTENDANCE POLICY

IMPACT families! We want to take this opportunity to remind you of our attendance policy. As there is a long waiting list to be a part of IMPACT, and many wonderful volunteers who look forward to seeing the IMPACT kiddos every Friday, it is important that we see you at IMPACT.

Our policy is that children make it to 75 percent of the sessions (six out of eight). We understand that there are times children may not be able to attend due to their or their family's health, and that other conflicts arise such as participation in other community programs. If your child is going to be absent, please call or email Rena Thayer at 541-737-2176 or Rena.Thayer@oregonstate.edu.

We are so happy to see your smiling faces every Friday and want to see you more! Thank you, families, for all your help and support!



UPCOMING EVENTS

SUMMER IS HERE!!

Attention IMPACT families who plan to enroll in the summer program. This is a friendly reminder that Summer IMPACT sessions are on Fridays from 9:30-11 a.m., in the Women's Building on Oregon State's campus. There are four summer IMPACT sessions, with the following dates: June 29, July 6, July 13, and July 20. Please help us welcome our new group leaders and say goodbye to last year's PETE students. We cannot wait to see you on June 29! If you have any questions about Summer IMPACT, please contact Rena Thayer.



NAFAPA 2018

We are so excited to share that Oregon State University will host the North American Federation of Adapted Physical Activity (NAFAPA) Symposium in October 2018! It is an honor for us to hold this symposium as it brings so many special people together.

The 2018 symposium theme will be Individuals, Communities and Beyond: Promoting Full Participation and Well Being for All. Oregon State alumni, scholars and professionals from across the continent will be visiting Corvallis to share their research and collaborate on how to best include individuals with disabilities in physical activity and physical education. We cannot wait to share what we've been up to at Oregon State! Early bird registration ends September 1, so make sure to sign up soon if attending!

IMPACT FOR LIFE

UPDATES

Impact for Life has had a big year! The program has made some changes with the intention of increasing community participation to support long-term physical activity for participants. The main shift can be seen in the transition to group classes that take place at fitness facilities in the community, including yoga, aquatic classes, CrossFit, and golf! There has already been great success! The program saw increases in the number of participants served, pulling new people off the waitlist each quarter, and an increase in the number of volunteers. We've even had participants attend some of the community group classes over breaks when Impact for Life is not in session!

In order to thank our current community partners that have helped make this a success, along with promoting buy-in from potential community partners, a spring event "Building New Horizons" was held on June 3. This event had a great turnout, and allowed us to learn from the instructors and community how Impact for Life could best assist them in creating an inclusive environment. This information will be incredibly useful as we continue to plan and develop the future of Impact for Life. We would like to send a huge thank you to our friend Brett Edwards who created a promotional I4L video that premiered at the event and helped communicate our vision.

This shift would not have been possible without our current community partners: Osborn Aquatics, Live Well Studio, Crossfit Train, Trysting Tree Golf, The Arc, SamFit, Samaritan Athletic Medicine, LBCC Benton Center and Dixon Recreation Center. We would also like to thank our undergraduate volunteers and awesome group class volunteers-Candace Brink (golf), Jen Beamer (volunteer CrossFit coach), A-wei (volunteer Zumba instructor)-and our program development committee filled with graduate and undergraduate students committed to finding ways to make this transition a success.



ZUMBA BIO



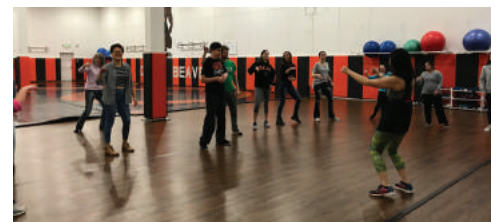
Hi! My name is A-wei,

I am a Zumba Gold instructor and occupational therapist from Taiwan. I am also a current Master's student in

Kinesiology-Adapted Physical Activity and the instructor for the IMPACT for Life Zumba Gold program.

In my Zumba Gold party (because it is a party!), I modify each dance according to the participants' abilities and provide them with simple and repetitive movements. There is no right or wrong way to move at the party, so the participants are able to enjoy the atmosphere through the interaction with the music. The Zumba Gold party has been a great way for participants to enjoy exercise through dancing.

I feel so happy and confident to see the big smiles on their faces. I hope to see more of you at Zumba next term!



THANK YOU, IMPACT TEAM



Jaehun "Jae" Jung
IMPACT Coordinator

I am so grateful for the opportunity I have had to coordinate the IMPACT program for last 2 years. Thank you to all participants, families, faculty members, group leaders, and volunteers for their immense contributions to this program. I have

enjoyed seeing participants building skills, positive attitudes, and the confidence necessary to become involved in physical activity. After this spring term, I will be continuing on at OSU to close up my dissertation for the next academic year. I wish to continue seeing participants smiling in this program next year when I visit!

Nolan Bradley



This Spring term at IMPACT I was with Group A. Through my time at IMPACT I thoroughly enjoyed building relationships with all of our participants and volunteers. Having the opportunity to play with and guide youth in physical activity has been a great experience that I plan to continue to pursue in my career.

I am currently looking for a Physical

Education teaching job and plan to stay in the Valley area!

Hope you all have a great summer!

Willie Leung

Hey all, its Willie! This Spring term, I was the group leader

for the Boys & Girls Club and Osborn Aquatic Center. This was the first term that I was paired with this group, so I was very excited to work with all the participants in the club. They are all amazing! This term, we explored many different types of physical activity such as rock climbing at McAlexander Field

House, bowling at MU Basement, and golfing with past group leader, Candace Brink. This is my fourth year being a part of IMPACT and I always appreciate the energy I see from the participants and volunteers. Without your help, we would not have this much fun—thank you! I will be continuing my degree with the APA program in the Fall and look forward to seeing you all at IMPACT after summer!

Nicole Aydt

Hi everyone, it's Nicole! Being involved with IMPACT has

been one of the most fun things I have done so far in my program. I have had the honor of being able to work with group E this term. They are truly an amazing group with a large amount of energy and are always willing to learn. We have also enjoyed working alongside group F this term.

After I finish up here at OSU, I will be spending the summer at home in Astoria adventuring around and working a bit before starting a new job in the fall. IMPACT has given me the chance to interact with a wonderful group of students who always push me to be better in everything that I do. Their energetic and can-do attitudes make coming to IMPACT worth it each week. I will miss them very much!

Jodi Stinson

"It has been an amazing year at IMPACT! It's been wonderful dancing and being physically active with the Tots this term! I really enjoyed seeing all of their smiling faces and watching the progress they continued to make each week! Next year I will be heading into my second year at OSU and finishing my master's degree in

the Kinesiology APA program! See you in the Fall!"

John Hanson

Hello, my name is John Hanson. I have had the pleasure of working with Group C, G, and B throughout this past year in the IMPACT Program. What I have enjoyed most out of my experience with IMPACT is getting to know new people and creating new relationships with the participants and volunteers. It

has been an unforgettable learning experience that has positively influenced how I teach. Upon my graduation from the MS-PETE program I am hoping to find a job locally with an opportunity to coach. I am excited to begin my journey as a teacher!

Brock Mueller



My name is Brock Mueller and I was the group leader for Group D this term at IMPACT. I have really enjoyed being able to be a part of IMPACT this year. It is always a highlight of my week seeing the joy and excitement everyone has for the gym activities and the pool every Friday. I especially loved seeing how great of swimmers everyone was and

how excited they become to show new skills they learn. After this term, I plan on getting a physical education teaching job near the Portland area so I can be closer to home. I have greatly appreciated the opportunity I have had working at IMPACT and will miss being a part of it every Friday.



Bridgette Schram

Bridgette here! I was the IMPACT pool coordinator again this spring and you probably saw me walking around the pool deck! I also help with Impact for Life and attend the Crossfit class. My time at Impact has been such a great way to stay connected to the work that originally

brought me to pursue research at OSU. Witnessing the excitement and community created through the programs keeps me motivated! The kids and experiences will be something I'll take with me to Georgia State in the fall, where I'll be pursuing my PhD in Public Health. There, I will be finding ways to promote inclusion and opportunities for individuals with disabilities in physical activity settings. I'll miss you all!



Kelly Donnelly

Kelly here, leading Group E – the Dixon Crew! I am currently seeking employment from Alaska to Massachusetts and any mountainous places in between as an Adapted Physical Educator. Between now and the time I nail down my first teaching gig, I will host my East

Coast family on the West Coast, train for a triathlon and tackle a few more Oregon peaks. The smiles and abilities of your talented, curious and eager kids have helped me to hone my skills for developing activities appropriate for each student. I have learned that patience and creativity can open opportunities for students to express themselves, build their skills and find joy in the process with their friends. I may be called the teacher, but I'm certain I learned more from each of my IMPACT athletes! Thank you for being involved with the program. Happy summer!

Barb Sneckner



Hello Impact followers! My name is Barb Sneckner and I am a MS-Pete student here at OSU. I am finishing up my last term here at Oregon State and am super excited to begin my career as a physical education teacher! I have thoroughly enjoyed my experience with IMPACT, and this term is no different. I worked with

group F, and they are an absolute joy to work with. Together, we have worked on both traditional and non-traditional sports and activities and are making strides in our skill development!

Chrissy Redfern



This year at IMPACT has been such a wonderful learning experience. In the last year I have had the privilege of working with many individuals and groups F, A and C. During this time I was able to make connections with students and gain valuable tools to use when working with individuals with disabilities. My favorite memory of

IMPACT was working with students in the pool. It was always a fun time for students to interact with others and be themselves. Through this program I was able to gain experience teaching my students valuable skills about health and physical activity. This fall, I will be starting work as an Adapted Physical Education teacher at Riverview Elementary school in Lebanon, Oregon.



ASHLEY HALLER – Impact for Life Star Volunteer

I have been working with the IMPACT for Life committee since September 2017, starting with an idea for a cycling program addition. Since then, I have also volunteered with three awesome participants who have influenced me in a personal and professional way. What I enjoy most about IMPACT for Life is the willingness to always have just a little bit of fun. Whether I am out with my participants at a class or in a committee meeting, positivity is fostered. Thank you so much this recognition!



RICH NGUYEN – IMPACT Star Volunteer

IMPACT has helped me grow as an individual throughout the years and I am very thankful for this program. This is the third year I have been working with my participant, and the bond we have built with each other is like no other I have experienced. As we work together to develop life and physical activity skills every Friday, I end the day on a positive note knowing that I can make an impact. The program has strengthened my passion in physical education, and one of the opportunities IMPACT has created for me is enrollment in the MS PETE program here at Oregon State. After three years of volunteering, I am excited to come back and be one of the group leaders this upcoming fall! See you all next school year!

SERVICE OPPORTUNITIES

AUTISM OUT AT SEA

Hey all, my name is Winston Kennedy and I am a current APA doctoral student. This spring term, I had the opportunity to work with Autism on the Seas (AoTS). AoTS is a travel agency that books cruises for families who have members with disabilities such as autism spectrum disorder and down syndrome. Along with booking the cruise, they provide assistance with getting members on board, activities and events for families, and respite time so parents and guardians have some free time to enjoy the cruise on board. The staff involved is primarily made up of volunteers who

have experience working with people with disabilities.

I have been volunteering with AoTS since 2012 and it has been an amazing experience each time, meeting volunteers and families from across the country. This past volunteer experience involved a large group with over 40 families from Texas. It was great to see the people with all different abilities enjoy their vacation! Make sure to check AoTS out if this sounds like a good time to you!



CAMP ABILITIES

Attention, camp opportunity!! Camp Abilities Oregon and Washington are looking for counselors for their summer camps! Counselors will deliver camp programming directly to children and youth with visual impairments, acting as a mentor, coach and teacher throughout the weeklong camp(s). Camps run throughout July-August and there is a small stipend involved for the week. Camp Abilities are well known programs in the field of Adapted Physical Activity, and participation would be a wonderful opportunity for Oregon State students to become involved or receive practicum hours! For more information or to fill out an application, please visit <http://nwaba.org/programs/camp-abilities/>. **Have fun!**



IMPACT HIGHLIGHTS



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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.

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