

ACTIVE CHILDREN AT OSU

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From Director J.K. Yun

We're celebrating another successful year! I feel that without the endless efforts of our students and your generous support, it would not happen. Thank you!

First, I want to recognize our graduating students who made significant contributions, including three doctoral students who finished their degree. Samantha Ross served as the IMPACT for Life coordinator during the last two years, and she reorganized IMPACT for Life and pushed it to the next level. She will be teaching adapted physical education at West Virginia University this coming fall. Byung Ku, who coordinated the Multiple Sclerosis Exercise Program for two years, will be joining Vanguard University in southern California as an assistant professor. Last but not least, Jaehun Jung will be starting an assistant professor position at Northwest State University in Louisiana. He was an outstanding IMPACT coordinator for two years. In addition to our doctoral students, two students graduated with a master of science degree in kinesiology with an adapted physical activity option, and five master's degree students in adapted physical education will be completing their education this summer. I want to thank each of the graduating students for their efforts and contributions. We all will miss them.

It is difficult to write this message because this will be my last message as program director. It was an extremely difficult decision, but I have accepted another position and will be leaving Oregon State University at the end of this summer. The last 20 years of being involved with the IMPACT program was truly a blessing, and I have learned so much from our graduate students, undergraduate volunteers, parents and children. Each of you has made a lifelong impact on my career and the way I think about individuals with disabilities and my profession. I would like to send notes to each of you and hope you'll forgive me for writing a group message. I will greatly miss the IMPACT, IMPACT for Life, the Movement Studies in Disability program and Oregon State University. Thank you for your support during the last 20 years.

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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
University

WOU Students



Kat Tomsic

Hi everyone! I am from Oakland, California and I work with Rich for group C/D. I have loved being a part of the Corvallis community. As a special education teacher, I love getting to know my students and brainstorming how I can best support them in accomplishing their goals. My favorite summertime activity is playing volleyball.



Josh Wolf

Josh Wolf here from Independence, OR. My entire experience with IMPACT has been amazing. If I had to pick my favorite part, it's seeing the kids making new friendships and working together, especially in team games. I am with group A this term, and I was with group D last term. They're both awesome! Kids with special needs are some of the hardest working individuals I have ever known. They never give up! These kids let me be a part of their journey to find their passions, their community connections and their overall contentment. I consider that an incredible honor and a wonderful career well spent. My favorite things to do in summer include hiking, camping and rock climbing. I just love getting outside!



Chelsea Roberts

Hi everyone, I'm from Salem, Oregon. Through IMPACT, I have loved getting to know the participants in group E and watching everyone grow each week. Seeing the participants progress over the term is very rewarding. Getting to work with students and helping them be successful and graduate from high school is something that puts a smile on my face. I want to make an impact on the lives of those students I work with, so any way I can do that is my No. 1 priority. When I am not teaching, I enjoy traveling.



Alyssa Duke

Happy June everyone! I'm from Salem, Oregon. My favorite part of IMPACT is the participants; I get to work with an amazing group of tots! My students are the BEST part about being a special education teacher. Every day with them is an adventure! During my free time I like to go to the beach!



Kym Hunt

Hi there, I'm from Scio, Oregon. I love all outdoor activities and am very excited to introduce my daughter to the great outdoors this summer. I am excited about helping to open doors of opportunity for my students and helping them show the world how wonderful, capable and amazing they are. This term, I am working with Group F and have loved being a part of IMPACT working with the participants. I learn something new from them every session.



Virgil Paylor

I was born and raised in Walla Walla, Washington before moving to Independence, Oregon. During this term, I have enjoyed interacting with my group B participants; it is a nice way to end an otherwise hectic week. I am grateful to have the chance to make a difference in someone's life as a special education teacher. During my free time I love venturing outdoors and camping.



Bekah Titus

Hello there! I grew up in Crane, Oregon, and love camping during the gorgeous Oregon summers. This term, I am working with Danielle and group E. I have thoroughly enjoyed working with the volunteers and teaching them how to best support their participants. My favorite part of being a special education teacher is helping students discover their potential and working with a team to help support them to meet that potential!



Project IMPACT

Over the past few terms, you may have noticed some new additions to our IMPACT staff on Friday nights. Those individuals are joining us from Western Oregon University, where they are enrolled in the Master of Science in Education, Special Education program. In collaboration with Western Oregon University (WOU), we recently secured a new training grant (Project IMPACT) to continue our long tradition of preparing professionals in adapted physical education, and we now are including professional training in special education.

This collaborative grant provides weekly opportunities to train together and work through interdisciplinary, individualized educational goals for children with disabilities. As part of the collaboration, OSU adapted physical education group leaders and WOU special education students take part in bi-weekly seminars focused on various topics in adapted physical education and special education. This spring, our students are also completing a collaboration course at WOU in which they are completing several interdisciplinary projects.

The OSU and WOU faculty are excited by the level of collaboration we see each week at IMPACT. Our students are working together to plan activity and behavior strategies, as well as problem-solve new situations that arise. We are eager to see the continued growth of our students, specifically as they strengthen their skills and learn from each other, as they will in their future careers.

Feel free to say hi to the WOU master's students and their faculty mentors and welcome them to the IMPACT family!

Where are the MAPE students headed?



Elijah

The most rewarding aspect of IMPACT was seeing the participants' growth. I stressed a lot of social interactions within my lessons, so seeing them start to interact on their own with other participants was encouraging. Another rewarding aspect was seeing

volunteers grow with the participants. I will miss seeing how excited the participants get when they achieve success in activities; how they respond to goals and accomplishments. My goal is to get a job teaching physical education and start teaching CrossFit for individuals with disabilities wherever I am teaching. My favorite memory from IMPACT was belly flopping and cannonballing in the pool with a participant to see who could make the biggest splash.



Daniel

Over the past year, I enjoyed making new friends with volunteers and participants. It has been amazing to see the participants progress across a variety of skills along with seeing their smiles, laughter and enjoyment. I am going to miss jumping off the diving

board in the pool with my participants, as well as chilling in the hot tub. I'll miss seeing all these youngsters every Friday. My favorite memory was hanging out with my boy Kolby, whom I had the pleasure of working with for two terms. Kolby is my best bud, and goofing off with him each week was my favorite thing to do. Upon graduation, I hope to get a job as a physical education teacher. I also hope to maintain friendships with my OSU peers and teachers, as well as of my former IMPACT participants.



Danielle

My favorite memory from IMPACT was with group G in Dixon. The whole group was playing volleyball and it ended up being a large game of hot potato. All of the participants and volunteers were laughing and trying their hardest to keep the ball off the ground, while also stay aware of the

other pool balls that were coming toward them. Like that time, I loved seeing the participants enjoy an activity, especially after they express a lack of interest in participating. Sometimes participants aren't sure about their abilities or are nervous about engaging, so it's very rewarding to see them enjoying themselves after myself or a volunteer encourages them. Every time I engage with a student, they challenge me to become a better teacher by thinking differently. They challenge me to think outside the box and let the students use their creativity. I will also miss their ability to make me smile; our participants are the best at making you smile and laugh. Some will walk up to me, smile and hold my hand, while others will give me a nickname, challenge me in a cannonball contest or always volunteer to be my helper. As I get closer to graduation, I am applying to high school positions in the Portland area. I am very excited to move back home after spending four years in McMinnville and 1 in Corvallis.



Veronica

I will never forget during winter term at the end of our gym session, Daniel and I started a dance circle and got all of our participants to go in the middle and bust a move! It was awesome! Over this past year, learning how to modify activities, dances and sports skills for participants was one of the

most rewarding things about volunteering at IMPACT. It was a challenge but got easier as the year went on. I liked watching participants enjoy an activity/sport thanks to a modification. I enjoyed the pool because it allowed me to interact with my current participants and some of the participants that I had in past terms. I will miss being able to have this time to talk and get to know them. I accepted a job at Garfield Elementary School here in Corvallis. I will teach physical education at an immersion school, so I will be teaching in English and Spanish. I am super excited to use my bilingual skills.



Jodi

Hi everyone! It has been an incredible year in the tot's room filled with lots of smiles and new friends. Every tot grew so much in both the gym and pool, and I loved being able to watch their progress every week! These past two years with the tot's group

have consistently been my weekly highlight, and I am very grateful for this opportunity. After graduation, I am excited to be looking for a job to continue to promote physical activity in children with disabilities!



Laynie

What an awesome year of IMPACT! I have greatly enjoyed my first year as the coordinator and want to thank everyone for making IMPACT such a wonderful time this year. Although most weeks you may have seen me walking around making sure everyone

was where they needed to be, I loved each and every time that I was able to stop to work hands-on with the kiddos and have conversations with parents and family members. I will resume my role as coordinator over the next school year and look forward to seeing everyone again in the fall. Please don't hesitate to contact me if you have any questions or comments. Have a fun summer!



Gabbi

The most rewarding thing about volunteering with IMPACT was the growth seen across each term. Some of the participants I worked with made huge gains in terms of mobility and social interaction. Others just simply grew overall. Regardless of the method,

it was wonderful to witness so much progress in such a short period of time. My favorite memory from IMPACT was watching one of my participants significantly improve his mobility. This participant started the term being mostly sedentary the entire session, but by the end of the term he was running laps around the gym. He worked so hard and gained a lot of confidence, which was really wonderful to see. Finally, what I will miss most about IMPACT are all the different personalities. A lot of the participants have been coming to IMPACT for years and will tell you when something is going well or not. They aren't afraid to speak out, and just watching all of the participants interact was always a blast.



Rich

What I am going to miss most about IMPACT is seeing so many friendly faces every Friday. They are always excited to come and hang out, and that creates a positive environment for everyone! It has been incredibly rewarding being able to see my

participants grow and learn every week. Now that I am graduating, I am going to keep striving to be a better physical educator as well as being the best me I can be!

STAR PARTICIPANTS



Bradyn

Bradyn has made tremendous growth this year! He is now actively participating in all group and individual activities, and through this has become good friends with many of the tots! He has improved drastically in his jumping, hopping and dribbling! Keep up the great work Bradyn!



Ellie

Ellie always listened and participated in the activities. She really excelled in long rope and dancing; she has some serious dance moves that she liked to showcase ("the worm"). Her behavior and kindness toward volunteers and participants were gentle and kind, and she was always willing to work hard despite sometimes feeling uncomfortable or uneasy with a task. Great job, Ellie!

SHAPE conference

In April, our Masters of Adapted Physical Education (MAPE) students along with two of our doctoral students, attended the SHAPE America conference in Tampa. Our students and faculty made the most of their time attending sessions, presenting posters and networking with peers and professionals in the field.

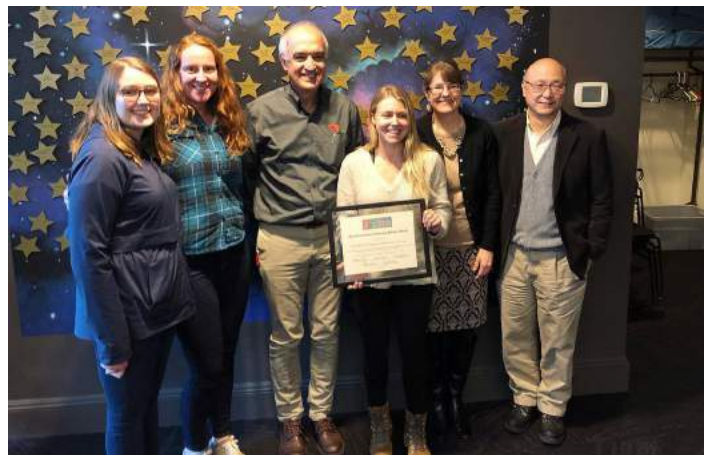
Many started off the conference attending the Claudine Sherrill Adapted Physical Education/Activity Awards Breakfast. There, they were able to reconnect and network with numerous professionals within the field, including Oregon State alumni.

Laynie Case presented her meta-analysis examining the effects of adapted physical activity service-learning programs (such as IMPACT) on college student attitudes toward disability. She had great conversations with students and professionals passing through during the poster session.

One MAPE student spoke highly of the physical activity sessions. They were able to take away activities that emphasized cooperative learning, social etiquette and the importance of practice-based teacher education for pre-service physical education students. Furthermore, they learned of the value that multiple opportunities to practice and reflect can have on improving teaching.

Sprout Film Festival

In March 2019, IMPACT was honored at the Sprout Film Festival for its excellence as an Outstanding Community Partner by Home Life Inc. and The Arc of Linn Benton. IMPACT Coordinator Laynie Case, and Director JK Yun accepted the award with support from Dean Javier Nieto of the College of Public Health and Human Sciences. The Sprout Film Festival showed some incredible films that were directed by and included actors with disabilities.



Kickin' it with Mortar Board



On Saturday, May 18, Mortar Board National Honor Society and IMPACT hosted the first annual Kickin' It with Mortar Board event. The event, which was held on OSU's intramural fields, provided an opportunity for IMPACT participants and volunteers to play and compete in a friendly exhibition soccer match. Families, friends and members of the Corvallis community came out to cheer and support our athletes! The mission of the event was to promote physical activity and create an opportunity for kids with disabilities to compete for prizes.



Cascadia Expedition schedule

MARCH

23 SOLVE Beach Cleanup
And Crabbing

APRIL

6 Silver Falls Hike
12 Mussle/Crab Harvest
Newport
20 Beazel Forest
Wildflower Walk and
Tye-Dye T-Shirt Mak-ing
27 Disc Golf In Springfield

MAY

4 Raptor Center/Spencer
Butte Hike In Eugene
11 Tidepooling/Hatfield
Science Center Class
18 Fishing Area Lakes
25 Kayaking At Fern Ridge

JUNE

1 Sailing At Fern Ridge
8 Get Outdoors Day - Mac
Forest
15 Farmer's Market/
Therapy Ponies In
Corvallis
22 Lincoln City Kite
Festival

JULY

6 Rafting On The
Willamette
13 Fishing Area Lakes
20 Sailing At Fern Ridge
27 Rafting On The
Willamette

AUGUST

3 Cape Perpetua Hiking
10 Siletz Pow Wow
17-18 Coast Overnight Trip
Newport
24 Fishing Area Lakes

SEPTEMBER

7 Sailing At Fern Ridge

The Cascadia Expeditions DD Program provides professionally guided outdoor adventures tailored to developmentally diverse clients. Our caring and well-trained staff provide a safe, comfortable and seriously fun experience for our clients.

We are a Medicaid eligible provider, allowing people with a Medicaid funding allotment to come on our adventures with no out-of-pocket expense. Participants not eligible for Medicaid pay about \$65 per trip (prices may vary with activity). Personal care providers can come along at no cost.

FOR MORE INFORMATION, VISIT

cascadiaexpeditions.com/developmental-diversity-program



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