

### Comments From the IMPACT coordinator

This is my second year as IMPACT coordinator. It is an honor being part of such a fabulous program, which happens to be celebrating it's 30th year. I love seeing all the familiar faces and can not wait to meet the new families. It brings such pleasure watching our participants engaging in physical activity and having fun with their volunteers and other group members. I look forward to the upcoming year and the lessons to be learned.



### STAR Sports—A sports league for children with disabilities

Launching this January at Oregon State University  
For more information, please contact:  
[info@osusife.org](mailto:info@osusife.org) | (541) 286-5074



### **REMINDER:**

The winter term IMPACT registration deadline will be on December 7, 2012

The next Active Children will be Spring 2012. If you would like to share your story, news, or comments, please contact Jill Pawlowski at [pawlowsj@onid.orst.edu](mailto:pawlowsj@onid.orst.edu).



## Active Children at OSU



# Welcome!

Thank you, thank you, and thank you

To all new participants, their families, and volunteers, welcome to OSU IMPACT! To all returning participants and volunteers welcome back! I hope you all have enjoyed the program. As some of you may know, this is the 30th year of the IMPACT program. The program started in 1982 under the leadership of Drs. John Dunn, the current President of Western Michigan University, and Paul Maguire, then a doctoral student. The program initially called OSU Special Physical and Motor Fitness Clinic, started with a dozen children with disabilities. Now our program has grown into IMPACT, IMPACT for Life and IMPACT program at the Corvallis Boys and Girls Club. Currently we serve 90 children with disabilities in IMPACT and 14 young adult with disabilities in the IMPACT for Life Program. Also 7 children are meeting at the Corvallis Boys and Girls club for IMPACT every Friday night. I know that this success and growth was not possible without your effort and cooperation.

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, well-being, community inclusion, and acceptance.



So-Yeun Kim pictured top left, with her students at NIU

## Alumni Spotlight: So-Yeun Kim '06



In August 2006, I completed my doctoral work at Oregon State University in the area of Health and Human Development, majoring in Movement Studies in Disability, and integrated minor area in sport pedagogy and early childhood. During my doctoral work, I was a group leader for IMPACT and helped in the multiple sclerosis exercise program. In addition, I taught and assisted in adapted physical education classes in Corvallis School District 509 J. Currently, I am an Associate Professor in the Kinesiology and Physical Education Department at Northern Illinois University (NIU).

**Interested in knowing how an alum is doing and what he or she is up to? Let us know!**

At NIU, I have been teaching undergraduate and graduate courses related to Adapted Physical Education/Activity. Also, I am a director of *Celebrating Abilities in Physical Education (CAPE)*, which is a university-based community service program that offers individualized instruction to children with various abilities. There are three groups in CAPE, including *MEET* for pre-school age children, *LEARN* for elementary students, and *GROW* for secondary students. The program emphasis is placed on health promotion through development in the following areas: gross motor development, health related physical fitness, lifetime sports, play-social skills, aquatics, and dance-creative movement.

My research endeavors continue to focus on health promotion for children with and without disabilities through healthy lifestyles. Currently, I am involved in two funded research projects. One (funded from *Great Journeys Assistantship* and *Summer Research and Artistry* at NIU) is an interdisciplinary research project with colleagues in the area of nutrition and early childhood education. Our research is aimed at developing early childhood intervention programs to promote nutrition and physical activity levels of preschool children at risk. The second project is a collaborative effort on a grant funded at Indiana University (*AAU/Bell-Updyke-Willett Kinesiology Research Fund*). It is a multi-site feasibility study to pilot a longitudinal study designed to explore sedentary behaviors, participation levels in physical activities, socioeconomic factors, and body mass index among youth with developmental disabilities who are participants in a community-based university adapted physical activity program.

## IMPACT for Life

2012-2013

IMPACT for Life (14L) is a physical activity program where young adult and adult participants work one-on-one with an OSU student volunteer in the community setting. IMPACT for Life has community partnerships with local fitness facilities where the participant and their volunteers meet twice weekly to exercise.

IMPACT for Life is an extension of the IMPACT program, designed to meet the physical activity needs of those who have aged out of IMPACT on Friday nights. Exercise programs are individualized to meet each participant's goals and interests.

**Oregon State University** • College of Public Health and Human Sciences  
OSU IMPACT • Joonkoo Yun, Program Director

Active Children • Jill Pawlowski

This is a publication of the OSU Movement Studies in Disability Program. Your letters, suggestions, alumni news, and comments are encouraged.

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## Celebrating 30 Years: Reflections by John Dunn

John Dunn was the initial director of the OSU Special Physical and Motor Fitness Clinic (now called IMPACT) when it began in 1982. Here are his thoughts about the program then and now:

I am very proud of the IMPACT program and how it has evolved from its very humble roots. Our first "group" consisted of 11 participants, but the program grew rapidly and we quickly learned that there was a community need for the program. The addition of sessions designed for parents really enhanced the program; parents and families members benefited from some excellent speakers and presentations. This summer I spent one day in



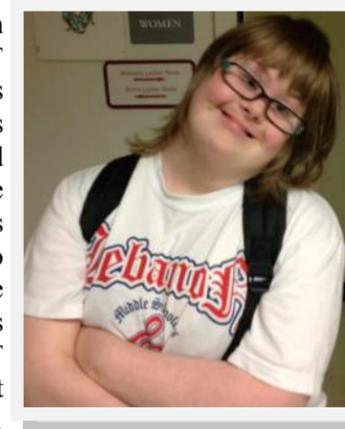
Corvallis and ran into-by pure luck-one of the parents that participated in our first session in 1982. I asked about his daughter and he showed me a picture of a beautiful young woman, now 31 years of age. It was a defining moment and brought back many, many fond memories of the individuals we served and their families. Although I am now a senior in my years of service and commitment to higher education, I will always place IMPACT (and its first name-the OSU Special Physical and Motor Fitness Clinic) as one of my proudest associations.



## IMPACT participant spotlight

### Becca

Becca Has been coming to IMPACT for years and loves spending Friday nights with her volunteer and friends. Her favorite activity at IMPACT is the pool, she loves to swim and play in the water. Becca is happiest at IMPACT when the pool is not closed for the night, missing out on pool time is not fun or exciting.



## IMPACT volunteer spotlight

### Donald Paulson

I am a junior and am majoring in Microbiology. I have been volunteering for IMPACT since freshmen year. I volunteer at IMPACT because I think it is a great program and the kids are really fun to work with. The kids look forward to coming to IMPACT all week and get a lot of joy out of participating, as do I.

I have worked with Brian since my first term at IMPACT and have enjoyed working with him very much. The thing I enjoy most about working with Brian is his curiosity. Brian always asks questions about how things work and why they work the way they do.



## Healthy Snack Idea

### Maple Walnut Granola

- 3 cups rolled oats
- 1 cup wheat germ
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1/4 cup sesame seeds
- 1/4 cup maple syrup
- 2 tablespoons molasses
- 1 teaspoon cinnamon

Preheat oven to 300 F.  
Combine all ingredients in a large bowl and mix thoroughly.  
Transfer to a 9- x 13-inch baking dish. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes



# Meet the Group Leaders!!!!



### Nicole Cook



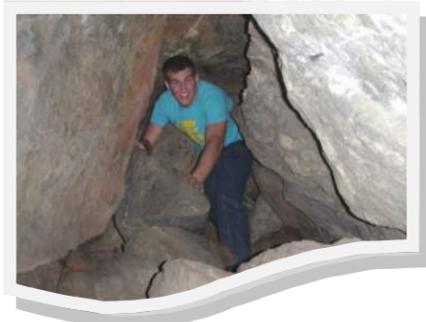
I am originally from Harrisville, Michigan but, for the past four years I have been living in Ann Arbor, Michigan attending the University of Michigan where I received my undergraduate degree in Movement Science. I am currently a first year Masters student studying Movement Studies in Disability. I love being outdoors and going for hikes as well as playing in a pick-up game of basketball or volleyball.

### Caitlin Brennan



I am originally from San Jose, California. I graduated from Sacramento State University in 2012 with a degree in Kinesiology and a focus in Physical Education. I was a member of the women's rowing team all four years, and have recently become a CrossFit fanatic to fill my void of competitive sport while at Oregon State. I am currently in the MS-PETE program, with hopes to become an Adapted Physical Education teacher at the secondary level, preferably high school. I am also very interested in working with adults with disabilities.

### Chris Fredlund



I am the group leader for group B. I am originally from Mount Vernon, Washington. I received my bachelor's degree in kinesiology at Western Washington University and am currently working on my Masters of Science in the Physical Education Teacher Education program. I enjoy spending my free time being active outside hiking, fishing, and hunting with my sidekick, my dog, Moose. My goal is to become certified as a general /adapted physical educator and I am really excited about the opportunity to be a part of IPMACT.



### Shanna Peaden



I am originally from Colorado. I got my Bachelors degree in Physical Education at Linfield College in McMinnville OR. I am currently working towards a masters in Physical Education Teacher Education here at Oregon State. In my free time, I love to run, go hiking, snowboard, and just be outside!



### Wes Wilson



I completed my undergraduate studies in health and physical education at Purdue University. Currently, I am working towards a master's degree in the Movement Studies in Disability program. I have interests in studying the psychology and pedagogy of adapted physical activity.

### Barbie Everett



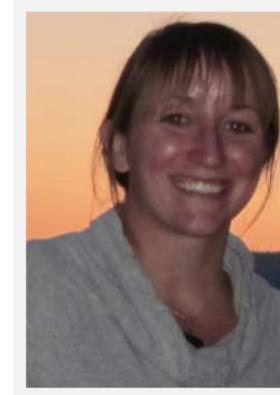
I am originally from Lebanon, Oregon, but after getting married I relocated to Monmouth, Oregon. I have a degree in dance with a double major in exercise science from Western Oregon University, where I graduated from in 2011. I am currently in the masters of Science in physical education teacher education program (MSPETE) at Oregon State University. I plan to become a physical education teacher when I graduate and teach adapted physical education. I enjoy dancing, hiking, working with kids, and being kind to others. I am excited to be working with a great group of kids in the IMPACT program this year!

### Lisa Proctor



I am originally from the UK, Chichester more specifically, about an hour from London as that's the only place people know! I completed my undergraduate at the University of Bath and have a BA (Hons) in Coach Education and Sports Development. I am here in the MS-PETE program and enjoying everything so far!

### Jessica Hamm



This is my first year in the Movement Studies in Disability program at OSU and I am very excited! I am from Buffalo, New York, and I am a huge Buffalo Bills and Sabres fan. I completed my bachelor's degree at Manhattan College where I majored in exercise science. For my master's degree I studied Kinesiology at San Francisco State University. After I graduated I was able to move back to Buffalo for a year and get experience in my field, including being a wellness coordinator for college students with Aspergers as well as an adaptive ski instructor.

### Erin Siebert

I am originally from the Mitten, aka Michigan. At the University of Wisconsin - Madison and I earned a BA in P.E., Health, and A.P.E. I completed my Master's degree at the University of Wisconsin-LaCrosse in Adapted Physical Education. This is my first year as a doctoral candidate in the field of Movement Studies in Disability with an interest in health promotion. I have played club women's lacrosse and ice hockey at the college level and will hopefully add club rugby to the list while I'm here. Feel free to stop me in the hall if you have questions or just want to chat and be introduced to Yuppernese and the Midwestern/Sconnie accent, with an emphasis on da-O!

### Malori Ambrose



I'm a 2011 graduate in Exercise and Sport Science from Oregon State University, during this time I was a volunteer for the IMPACT program. Now, as a graduate student in the MS-PETE (Master of Science in Physical Education Teacher Education) program I am very excited to be one of the leaders! My professional goals include teaching adaptive physical education, so I will value the experience and knowledge that I will gain this year. Outside of school, my hobbies include outdoor activities (like hiking, camping and white water rafting) and playing and watching all types of sports. Also, I spend as much time that I can with my family, friends (and dog), while visiting my hometown of Maupin, Oregon as much as possible.



### Brent Trask

I grew up in Albany, OR and attended Lebanon High School. I completed my undergraduate degree at George Fox University where I was the catcher for the baseball team. In 2010 I graduated with a Bachelors degree in HHPE Physical Education Pre-Teaching. After graduation I substitute taught in the Lebanon/Albany area and worked on a grass seed farm. Prior to being accepted in the PETE program at Oregon State, I moved to Corvallis with my wife and I have spent the last year working and coaching baseball at Corvallis High School. I have a passion for coaching and teaching students of all ages and abilities.



### Charles Newton



I grew up in Gresham, Oregon. I did my undergrad at Western Oregon University and graduated with a Bachelor of Arts in Exercise Science. I am an MS-PETE graduate student here at Oregon state working on getting my K-12 teaching license for physical education and getting my adaptive endorsement. My interests within my field are working with students k-8 and working with adaptive physical education. I like to stay active by running, surfing, skiing, biking, climbing, and hiking; pretty much anything to do with outdoor activities.

## Get Moving!

Adding more physical activity to your day can be easy and fun. Here are some ideas of fun activities that get your whole family moving:

\*Dance, step, hop, or jump to music

\*Play keep the balloon up– single person or group of people try and keep a balloon from touching the ground

\*Play follow the leader

\*Make and fly paper airplanes

\*Play charades

\*Build a fort

\*Play hide and go seek

\*Play catch

\*Put on a Play

\*Have activity brakes during the commercials of your families favorite T.V. shows



## Research Spotlight

Dr. Simon Driver– Health Promotion for People with Disabilities Lab

The Health Promotion for Disabilities Lab is working on several exciting and innovative projects aimed at improving the physical activity behaviors and health of individuals with disabilities. Specifically, our student Kerri is looking to better understand the physical activity behaviors of individuals with spina bifida through a national online survey; Alicia is developing and delivering a health promotion program for individuals with intellectual disabilities; Jill is implementing a physical activity education program for individuals with a mobility disorder at Good Samaritan; and Mara is working on a health education program for participants in the multiple sclerosis clinic. Dr. Driver is working on an online worksite health promotion program for individuals with a disability in collaboration with the Office of Vocational Rehabilitation Services in Corvallis. Needless to say we're all pretty busy but enjoying and learning from it all.

Dr. Megan MacDonald - Early Intervention for Children with Disabilities Lab

A movement-based intervention for young children with autism:

One of the three current projects in the Children and Youth with Disabilities lab is an early intervention study for children ages 2-7 years with autism. The focus of this study is whether or not an 8-week movement program can help improve motor skill performance. This project is also recruiting children without autism for the purpose of studying the relationship between motor and social skills in this age group of children.

## Healthy Snack Idea

### Pumpkin Spice Muffins

2 cups whole wheat flour or whole wheat pastry flour  
1/2 cup sugar  
1 tablespoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 15-ounce can solid-pack pumpkin  
1/2 cup raisins  
Preheat oven to 375 F. Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add pumpkin, 1/2 cup of water, and raisins. Stir until just mixed. Spoon batter into oil-sprayed muffin cups, filling to just below the tops.  
Bake 25 to 30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand 5 minutes. Remove muffins from pan and cool on a rack. Store cooled muffins in an airtight container.



## OSU's Wheelchair Basketball Club ready for new season

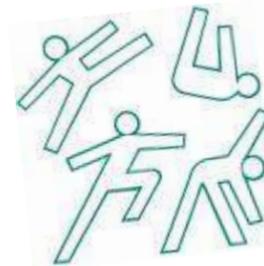
Last year, the OSU Wheelchair basketball team experienced continued success on the court. The team was able to host their own tournament last year, as well as play in two.

The team was just able to add three new wheelchairs to their collection allowing them to accommodate more participants on the team.

With a combination of new and returning members, the wheelchair basketball team is ready and excited for the new season.

## Welcome!

- Cyrrus S.
- Julia B.
- Gaijin G.
- Liam M.
- Lily R
- Abdulla A.
- Cole T.
- Isaiah Y.
- Jacob C.



## ... continued from page 1

I want to thank the undergraduate students, who volunteer his/her Friday nights, graduate students who develop the lesson plans and manage everyday operation, and faculty and staff who have endlessly supported the various needs of the program during the last 30 years. Also, I want to give a special thanks to participants and their families who taught us how to work with children with disabilities and the value of diversity. Thank you for all of your support!

Celebrating 30 years is exciting, but I realize that it is time to open a new chapter. During the past several months, we have made two important steps for the future. First OSU IMPACT board members and faculty got together to discuss our vision and the direction of our program. I want to say a special thanks to Dr. Lydia Fusetti, Kathryn and Doug Collins, Alvin McKay, Jesus and Sarah Ramirez, Aleita Hass-Holcombe, and Kim and John Clark for your guidance. 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. We will use this mission statement as a guiding principle for continued growth over the next 30 years. Secondly, we were able to endow a scholar position. We had \$250,000 gift from anonymous donor. Since the donor has not requested a specific name for the position yet, I will tentatively call it the OSU IMPACT Endowed Scholar. We accepted this wonderful gift as encouragement to better serve children with disabilities in our community and educate OSU students on how to work with children with disabilities and inclusion. I would like to thank the anonymous donor along with the many other previous donors who have encouraged us to meet our vision. Also, I would like to personally ask you for your support in accomplishing our vision. As Winston Churchill once said, "We make a living by what we get, but we make a life by what we give". Dr. Joonkoo Yun, Program Director

## New Students in Movement Studies in Disabilities

### Kiley Tyler

I am a first year doctoral student in the Movement Studies in Disability program. My background is rooted in exercise physiology with a bachelors and masters in exercise science, and five years professional experience in the clinical and health promotion setting. I look forward to investigating the effects of physical activity in school age children with autism and I look forward to my continued experience at Oregon State University!



### Mara Nery

I am a first year doctoral student in the Movement Studies in Disability program. I am from Texas, and completed my BA at University of Texas at San Antonio and my MS at Texas A&M University. Currently, I am working with the Multiple Sclerosis Exercise Program and am looking forward to getting involved in more health promotion programs at OSU.

