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.

The next Active Children will be Spring 2014. If you would like to share your story, news, or comments, please contact

Samantha Ross at ross@onid.oregonstate.edu

College-Wide Change brings Pleasant Surprises to IMPACT

Welcome! This fall we are pleased to welcome 15 new children with disabilities to IMPACT and are now proudly serving 95 children with disabilities each week! I would also like to extend a welcome to our new faculty, Dr. Sam Logan and 10 new graduate students who will focus on physical education and physical activity promotion for children with disabilities. You can find out more about our new IMPACT participants, faculty and graduate students later in this newsletter.

We are excited to share with you significant changes made to Oregon State since last spring. First, our College of Public Health and Human Sciences has been accredited by the Council on Education for Public Health, making OSU the first accredited college of public health in the state of Oregon. With this change, our college is now requiring that all students in Exercise Sciences take a course related to disabilities. Unfortunately, the trade-off for adding a disability course
Welcome to IMPACT

Jessica Hamm  
IMPACT 4 Life Coordinator

We have been very busy this past year with the IMPACT 4 Life Program! 

New Community Facility Partner: We have added a new facility to our partnership list this year, we have old and new volunteers who continue to go above and beyond, and we are continuously looking for ways to improve our program for both participants and volunteers. 

Group Fitness Class: We have also been continuing with our group fitness class at Snap Fitness, which is led by a graduate student in the Movement Studies in Disability program. One of the main goals for the IMPACT 4 Life program this year is to help motivate our participants to engage in physical activity, even when they are not with their volunteers.

We want to offer opportunities and educate our participants on the many options available for them to engage in physical activity within their community. Many of our participants set great examples of how to be active and participate in other programs and activities such as the Special Olympics, Zumba classes, and swim teams. We are very excited to continue growing as a program!

Thank you to our IMPACT 4 Life community partners:

- Dixon Recreation Center
- Memorial Union Bowling Alley
- Osborn Aquatic Center
- Snap Fitness
- Timberhill Athletic Club
- New G-3 Sports and Fitness

Pleasant Surprises (Continued from page 1) … to the core curriculum was that the attached lab (volunteering in IMPACT program) was dropped from the requirement. We believe it is important for all OSU students in exercise sciences to learn about individuals with disabilities and support this change. I am pleased that our faculty see the value of advocating for disability studies for all Exercise and Sport Science students at OSU.

There was concern, however, that this change would have a negative effect on IMPACT. In the past, half of our volunteers were students who registered for the adapted physical activity course. Thus, this fall, without the lab requirement, we anticipated challenges for recruiting the 95 volunteers needed for IMPACT. All volunteers needed to be recruited within the first 2 weeks of school, adding additional challenge. I will admit, I was very worried we would not recruit enough volunteers by the first night of IMPACT. It certainly was a pleasant surprise when we had over 150 undergraduate students from Oregon State University and Western Oregon University at IMPACT volunteer training night! It is exciting to see so many young and enthusiastic volunteers eager to learn and help. I want to truly thank each and every volunteer for spending time on Friday night with us.

A special thanks goes to Jill Pawlowski, our IMPACT coordinator, who tirelessly recruited undergraduates for IMPACT, and Dr. Jennifer Taylor, who encouraged students at Western Oregon University to join our program. You all Rock!

~Dr. Joonkoo Yun

Active Children at OSU

Ideas for Staying Active

Adaptive Kids Yoga

Yoga can help improve flexibility, core strength and balance. It can easily be done at home and with the whole family.

Check out this video to get started today!

NCHPAD.org search: “Adaptive Kids Yoga”

Local Corvallis Yoga Centers:

- Yoga Center of Corvallis
  Yogacentercorvallis.com

Live Well Studio
  Livewellstudio.com

Adaptive and Community Yoga Classes

Adaptive Horseback Riding

Riding a horse offers an opportunity to improve balance, coordination, strength and promotes self-confidence, and development of motor and social skills.

Key terms when looking for the best fit program:

Adapted Riding: offers basic horsemanship instruction with modifications based on individual needs. Typically taught by certified horsemanship instructors.

Therapeutic Riding: offers basic horsemanship alongside targeted development of social and motor skills. This is achieved through games and activities while on the horse. Typically taught by certified horsemanship instructor.

Hippotherapy: is taught by a certified Occupational or Physical Therapist. Typically lessons focus on the development of physical fitness and function while riding a horse.

For more activity ideas check out:

- National Center on Health, Physical Activity and Disability
  NCHPAD.org

Search Terms:

- Kids Korner
- Family-Oriented Sports and Home Activities
- Activities for improving health related fitness
- Maintaining and Improving Fitness in Childhood Disorders

Adaptive Riding Institute
  Turner, OR
  AdaptiveRidingInstitute.org

Ride Able
  Eugene, OR
  RideAble.org

Forward Stride
  Beaverton, OR
  forwardstride.org

Nearby Programs

Active Children at OSU
Meet the new IMPACT Group Leaders

Nick Mills
I was born and raised in Albany, Oregon. I attended West Albany High School. I got my Associate of Arts Degree from Linn Benton Community College, then moved on Western Oregon University and received a Bachelor of Science Degree in Exercise and Sports Science. I am currently enrolled in the Physical Education Teacher Education Masters program at Oregon State University and I hope to be a physical education teacher. I married my high school girl friend this past summer. I love to watch and play sports. My favorite sports are basketball, football and golf.

Crista Hankey
I'm from Clarion, Pennsylvania and a graduate of Penn State University with a degree in Kinesiology. I'm a graduate student in the MS-PETE program here at OSU. I have always enjoyed being active and have experience working with children of all ages in a variety of settings. I decided physical education is the field for me. I was an IMPACT volunteer in the spring and had a great time. Outside of school, I enjoy playing basketball, biking, and going to the coast. I am looking forward to IMPACT this term!

Sam Sanders
I am from the small town of Myrtle Point Oregon, raised on a cattle ranch by my mother- a PE teacher, and my father– an agriculture teacher. I have always been very involved in sports including basketball, volleyball, and track. I continued to play basketball at Linn-Benton Community College, in Albany from 2009-2011. I have lived in the Willamette Valley for 5 years now, and plan to continue living here after I complete graduate school.

Aaron Bicknell
I grew up in the Salem area of Oregon, I attended Oregon state for my undergrad after transferring from a small college in Portland, Oregon. I majored in Exercise and Sports Sciences. I love having a fun time and making students laugh and smile. Some of my favorite activities include disc golf, ultimate Frisbee, watching movies, eating good food. I am excited to be working this session at the Boys and Girls club in Corvallis. I look forward to meeting everyone soon!

Seth Hutchison
I was born in Eugene, Oregon. Went to Cottage Grove High School where I participated in basketball and baseball throughout my high school experience. After high school I attended Oregon State University where I completed my undergraduate degree in Exercise Sports Science Option: Physical Education Teacher Education. After graduating I took time off to coach. I was the freshman head coach in basketball, and the junior varsity coach for the golf team at Marist High School. I am now attending Oregon State University to gain my Masters in physical education, so I can purse a career in teaching and coaching. Fun facts about me: my favorite food is sushi, and I am scared of heights!

Torin Pulfrey
I am a graduate student in the Physical Education Teacher Education Masters program. I am originally from Philadelphia, Pennsylvania but also got my undergraduate degree at Oregon State University. My hobbies include playing soccer and watching football. I am also an avid Seattle Seahawks and Beavers fan. I am very excited to be a part of the Impact program this year.

Chris Meyer
I am a local Oregonian, born in Portland and an Oregon State graduate. I extended my time at OSU to pursue my masters in physical education. I like camping, fishing, hunting, adventure riding and sports. I have 2 brothers and a sister and am happily married to my high school sweetheart. I am looking forward to a fun-filled year with IMPACT and getting to know everyone involved.

Kirk Case
I am from Salt Lake City and moved to Southern Oregon in first grade. Growing up I enjoyed sports, camping, hiking, fishing, and getting into mischief. I still do those activities and am trying to share these with my three children, Hazel, Thor, and Atlas (in birth order). I met my wife Heather while attending BYU-Idaho, where I studied Automotive Technology Management. Following graduation I quickly found out that working with and teaching youth was my passion. This is what ultimately led me to Oregon State to work on getting my Masters of Physical Education Teacher Education. I have been volunteering with IMPACT for about a year and thoroughly enjoy interacting with the children and learning from them.

(Continued on page 6)
Meet the IMPACT Group Leaders (cont.)

Erica T.

I am from the Upper Peninsula of Michigan, a place where there are a lot of outdoor activities to engage in and quite a bit of snow in every winter. I graduated from the University of Michigan in 2013 with a degree in Movement Science and I am excited to be building on my knowledge here at Oregon State! Since my acceptance into the Movement Studies in Disabilities program I have been looking forward to working with children within the Corvallis community, learning from parents and children what resources are available to them and how they differ around the country. This year I am looking forward to learning from my peers, volunteers, and participants while leading the “Tots” group for the IMPACT program. I hope to see you on Friday nights where we will be active playing, interacting, and learning from one another!

Willie Leung

My name is Willie Leung. I grew up in Portland, Oregon, but my family came from Hong Kong. I did my undergraduate education at Oregon State University majoring in Exercise & Sport Sciences and Human Development & Family Sciences. I had participated in MS Exercise Clinic and IMPACT for Life before, where I got to work with many people with disabilities. This is going to be my first time taking part in IMPACT. I am very excited about working with all of the volunteers and participants and making sure everyone is safe and participating in lots of pool activities!

Layne Case

I am originally from San Diego, California. I just recently graduated from Cal Poly in San Luis Obispo, CA, with a Bachelor’s Degree in Kinesiology, and I am in my second year at Oregon State working towards my Master’s Degree in Movement Studies in Disability. Last year, you might have seen me helping out at IMPACT in the pool area. This year I am a group leader for Tots! At any time before or after IMPACT, please feel free to stop me and introduce yourself as I love getting to know the families of the participants! I look forward to more sessions with IMPACT, and am very excited to have the opportunity to learn from you and become a part of the IMPACT community.

Welcome New Faculty

Dr. Sam Logan

I am from the town of North East, Maryland- a small town in the north east corner of the state located on the Chesapeake Bay. I have lived in Delaware, Alabama, and California before coming to Oregon. I love the outdoors and the northwest is a great fit for an active lifestyle- I enjoy trail running and I am having fun exploring all of the scenery that Oregon has to offer. I am brand new to Oregon State University and am very excited to join the IMPACT team!

“Go Baby Go”
Modified Ride-On Cars for Children with Disabilities

Go Baby Go is a community-based, assistive technology (AT) research, design and outreach program that works with families, clinicians and industry to provide pediatric AT to children with disabilities for movement, mobility and socialization. Cole Galloway at the University of Delaware founded this program. Dr. Sam Logan served as project leader for Go Baby Go during his postdoctoral research.

Our primary mission is to provide modified ride-on cars to children with disabilities to use as a means of exploration. We can provide modified ride-on cars for children from birth to three whom experience limited mobility. We have plans to expand to modify larger cars for older children by summer 2015.

We are establishing a presence in the Pacific Northwest by starting a local Go Baby Go program and a chapter of the Assistive Medical Technologies club comprised of Oregon State University undergraduate students to lead the community outreach aspect of Go Baby Go, while also designing and prototyping new assistive technology devices.

If you would like more information or are interested in receiving a ride-on car for your child, please send me an email at sam.logan@oregonstate.edu

Friendly Reminder:

If you have an accelerometer at home please return it next time you come for IMPACT. Thanks!

Active Children at OSU