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.

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Time to Reflect: A word from our IMPACT program director

I cannot believe it is already nearing the end of the term! First I want to welcome all new IMPACT families. We have added 10 new kids this term. I feel it is too late to introduce our new graduate students in our Movement Studies in Disability program since they are already in action on Friday nights. However, I want to formally introduce 8 new master students from the adapted physical education program and three new doctoral students (see page 4-5), and say that we are excited to welcome you to our IMPACT community. It is the first time in many years that I do not have any announcements regarding significant infrastructure and personnel changes in our program. As you may know we are continuing to adapt to the many changes within our program that have occurred over the last several years, significantly expanding our services. I want thank our graduate students, staff and faculty who work hard to stay positive and continue to provide the best program services despite any program “growing pains.” During this academic year, our goal is to reflect on recent changes and ensure quality within our program. If you have any questions or suggestions or improving our services, please let us know.

~JK Yun, IMPACT program director

The next Active Children will be Spring 2015. If you would like to share your story, news, or comments, please contact Samantha Ross at rosss@onid.oregonstate.edu
Check out Oregon 4-H!

Children with ASD typically experience difficulty focusing on body weight. Research demonstrates that exercise provides evidence of benefits for individuals with Autism Spectrum Disorder (ASD) in various areas, including motor skills, social behavior, and communication.

ExerciseBuddy is an iPad app that teaches individuals with Autism Spectrum Disorder (ASD) to exercise, which has proven to be a breakthrough in building fitness, focus and self-confidence. ExerciseBuddy aids the child exerciser by providing visual communication, a structured exercise routine and an organize tracking individual fitness. Children with ASD typically experience difficulty focusing on tasks, calming unwanted behaviors and keeping a healthy body weight. Research demonstrates that exercise provides health-related benefits while increasing on-task behavior and decreasing the presence of stereotypical behaviors.

Join us! Be part of the 94,438 Oregon kids who are already involved in 4-H! If a monthly 4-H club doesn’t meet your needs, watch for after-school activities, multi-county leadership or citizenship conferences, and 1-day or 5-day summer camps.


Contact your County Extension Office to get involved! Look for the orange and black OSU Extension sign.

IMPACT Parents and Caregivers ~ Please share your ideas!

Parents face a variety of issues, and we would like to provide an opportunity for IMPACT parents to learn about and discuss these issues.

What do you want to discuss?

- I have concerns about my child’s IEP and want to learn about the development, process and my role on the IEP team
- I want to discuss transition plans
- I want a meeting dedicated to my physical activity
- I want to learn about community resources for my child
- I want to learn about disability advocacy or disability in the news
- I want to learn about disability support groups in my community
- Other (Please share!)

Parent meetings would be voluntary and held once or twice during the term, during the IMPACT session.

Return to an IMPACT Staff Member

Contact Dr. Jen Beamer at Jennifer.Beamer@oregonstate.edu or 541-737-5925

Active Children at OSU

Reconnect with Alumnus: Laynie Case (2015)

Some of you may remember me from Tots Group or the IMPACT pool. I am now working as an autism motor specialist at the Chico State Autism Clinic in Chico, California! Here at the Autism Clinic, I work with children with autism spectrum disorder one-on-one or in groups to address sensory, motor, social and communication needs in an adaptive physical activity setting. It has been so much fun getting to know each child and their unique personalities! One important thing I have learned here so far is how valuable parent input can be for a successful relationship between professionals and their kids. So, make sure to let your child’s group leader or volunteer know about any motivating factors, likes, dislikes, and/or environmental factors that will make IMPACT an even more fun, positive experience for your child. If you would like to know more about the Chico State Autism Clinic, please feel free to email me at lcase@csuchico.edu.

Laynie Case, MS
Chico State Autism Clinic: Autism Motor Specialist
I’m Zac Cardwell, and I’m from the tiny town of Lowell, Oregon. I graduated with my Bachelor of Science in Exercise Sport Science, as well as got married to my beautiful wife Hannah, in June 2015, and I’m currently working on my Masters of Science in Kinesiology. Family is very important to me as I have an older brother, a younger brother, and a younger sister. When I’m not in school I love to be outside doing all types of sports, exploring, and hiking. I’m excited to be leading IMPACT!

My name is Katie Jenista and I am a master’s student in Kinesiology at Oregon State. I love working with kids, especially in an active environment. My favorite sports are soccer, running, and volleyball. I volunteered with IMPACT as an undergrad, so I am incredibly excited to be a team leader and expand my knowledge and experience.

Alicia Chamness. I did my undergrad at Towson University and got my Degree in Exercise Science in 2011. I took time off to work and coach volleyball at South Eugene High School. I love playing volleyball, training kids, and hiking with my German Shepherd.

Craig Trask. I am 23 years old and was born and raised in Lebanon, Oregon. Throughout high school I played football, baseball, ran cross country, and wrestled. I went to Southwestern Oregon Community College and Southern Oregon University where I continued my wrestling career. I earned an associates degree and then a bachelors of science in health and physical education. I am now attending Oregon State University to get a masters degree in physical education. I am looking forward to a fun filled year at IMPACT!

Hi, I’m Emily Wright. I was born and raised in Portland, OR. I just recently graduated from Oregon State with a B.S in Exercise Sport Science, and now I am working on my Masters. I enjoy being active and playing sports. I played basketball and softball in high school, and was on the Women’s Rowing team here at Oregon State. I’m looking forward to meeting everyone!

My name is Tarra Mintzer and I went to Cascade High School and graduated with a bachelor of science degree at Linfield College. This is my first year at OSU and I am loving it. I enjoy being active and spending time with my family and friends. I am excited to be a part of IMPACT!

Hi, my name is Jake Craig and I am an Oregon State graduate in EXSS with an option in physical education teacher education (PETE). My hobbies include fishing, camping, disk golf, anything football, exercising and spending time with family. I am an avid Green Bay Packer fan and OSU beaver fan. In the future I hope to be a successful high school football coach and receive accolades as a high achieving physical education teacher.

Hi, I’m Justin Davidson. I spent the Winter 2015 and Spring 2015 terms as a volunteer at IMPACT. Before being accepted into the Masters PETE program at OSU, I received my BS in Exercise Science from Western Oregon University. During that time I also coached Women’s basketball at Lane Community College and Western Oregon. I have been married to my wife Adrienne for 7 years now and we have a beautiful daughter, Addelyn, who will turn 2 in December 2015. My hobbies include playing basketball, softball and riding around on my skateboard. I also enjoy spending time with my friends and family when I do not have any deadlines looming.

Jaehun Jung, “Jay” I am from South Korea and did my master’s degree in Adapted Physical Education at Northern Illinois University (NIU). This is my first year in the PhD program in Movement Studies in Disability at OSU. When I was a master’s student at NIU, I was working for Cerebrating Abilities in Physical Education (CAPE) program, which is a 2 year PE program for preschool though high school students with disabilities. The CAPE program is similar to IMPACT! Because of my experience with the CAPE program, I am eager to become a part of the IMPACT community as well. I am more than happy to join the program and excited to get to know many participants of the IMPACT program.

Byung Mo Ku. My home town is Seoul, South Korea. You can call me “Ku.” I am the pool coordinator in IMPACT this year and a first year Ph.D student in Kinesiology focusing on Movement Studies in Disability. I think that IMPACT could be a cornerstone for improving quality of life, both as participants and as staff. As the pool coordinator I am happy to assist and support kids and volunteers during pool time!

Hi, my name is Michele Catena. I am originally from Cranford, New Jersey but for the past few years I have lived in Portland, Oregon and couldn’t be happier to live in the beautiful and friendly Pacific NW. I graduated from Rutgers University with a BS in Biomedical Engineering and spent a few years in Burlington, Vermont customizing mobility devices for adults and children with disabilities. I then went on to the University of Medicine and Dentistry of New Jersey where I earned a Doctorate of Physical Therapy. I have experience as a PT in the private practice, acute care hospital-based, and school-based settings. I am now also a PhD student in Kinesiology with a focus on Movement Studies in Disability at Oregon State University. I am involved with the GoBabyGo program in Portland with data collection and research as well as public outreach.
CARS (Children’s Adaptive Resources for Social Mobility), is a new student-led club at OSU aiming to provide ride-on cars and other adapted devices to children with disabilities. We work hand-in-hand with Go Baby Go Oregon, with the mission to provide children with disabilities the assistive technology (AT) necessary to promote movement, mobility, and socialization. A few other facts are:

- Last year, we gave 97 cars to children all across Oregon, and helped prepare 31 additional car kits for workshops across the country
- This year we hope to expand our network of student volunteers as we foster interdisciplinary cooperation (currently we have members studying kinesiology, public health, and engineering), as well as add new modifications to the car that encourage peer interaction and exploration
- This year we are partnering with Beavs Helping Kids to raise funds that go towards the cost of modifying our cars and Children’s Miracle Network

If you would like more information or are interested in receiving a ride-on car, please contact sam.logan@oregonstate.edu

**Staying Active During the Year:** There are many ways to be active during the year! It is important to remember that any form of movement counts (even one minute activity breaks). Some of our participants’ favorite activities are taking walks around their neighborhoods, swimming, or following along to a workout video. You Tube has many resources for short and fun workouts that can be done anywhere!

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**OSU Alum’s Spouse Places 3rd in Disabled World Water Skiing Championships**

MSD alum (2013) Dr. Kerri Vanderbom’s husband Derek competed this September in the Disabled World Water Ski Championships and placed 3rd overall!! The championships are held every two years in one of the three regions in the world (Americas, Europe, and Asia). This year it was held at Shortline Lake in Sacramento, CA. Derek has been competing for about 10 years now and represents his home country of Australia at the events. He competes in all three events: Men’s seated division; Slalom; and Trick and Jump. The seated division is broken up into 5 functional categories: MP1-5. Derek competes in MP4. The winner is the person that skis closest or over their categories’ world record (similar to para-swimming). Derek loves staying active and enjoys training for the competitions. His training includes getting out on the water twice a week starting in early May and mainly working on tricks or slalom. Jumping is a little harder on the body, so he typically will stick to just practicing the approach to the ramp. He also gets to the gym 2-3 times each week doing strength and conditioning exercises. Derek manages his training and staying active along with his work as a jeweler. He and Kerri are in Birmingham Alabama these days where Kerri is doing her post-doctoral work at the Lakeshore Foundation. Way to go Derek!

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**IMPACT TOTS**

The IMPACT TOTS area was revamped this year! TOTS leader Erica Twardzik, a second year masters student in the Movement Studies in Disabilities Program, redesigned the play space to:

- *Create more specified activity areas, and*
- *Increase accessibility to toys by TOT participants*

“We hoped facilitating more self-directed exploratory learning for motor development. So far this term there has been more peer interaction and child-initiated play. Just last week one child pulled out the parachute and encouraged everyone to play, which was exciting to be a part of!”

- Erica, TOTS leader