

## Construction will affect Women's Building Parking

As many of you know, there will be a lot of construction at OSU in the coming years. One of these construction projects will directly affect IMPACT. Due to the construction of Austin Hall on the east side of the Women's Building, parking spaces will be limited in the coming weeks. We have communicated with the project manager in order to ensure ADA parking spaces on the east side of the women's building, and they will try their best to keep these spaces available. However we do not know how many spots will remain. For those who do not have access to ADA parking, we will need to organize a drop-off system.



### REMINDER:

The Summer term IMPACT registration deadline will be on June 7th 2013

Summer Session of IMPACT includes only groups A through G (No Tots group in summer session). Summer Session dates are:

June 28th

July 5th

July 12th

July 19th

All Summer IMPACT days run from 9:30 A.M to 11:00 A.M

The next Active Children will be Fall 2014. 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).



## Thank You for Another Great Year!!!

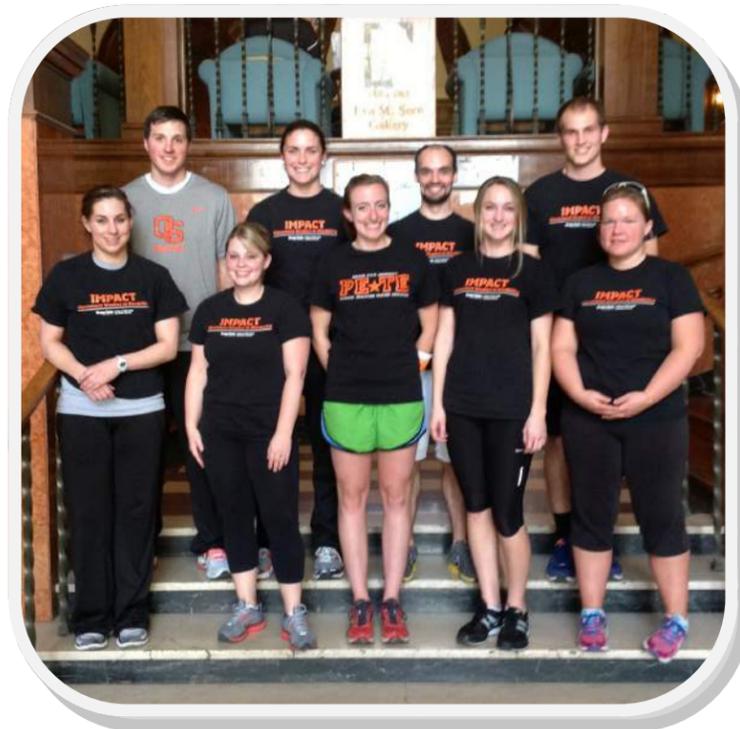
I cannot believe it is already May and we are rapidly approaching the end of this academic year. I would like to start with some accomplishments we have accomplished this year. Our program staff (graduate students) have made outstanding contributions to IMPACT, IMPACT for Life, the Multiple Sclerosis Exercise program, and other community-based programs including public schools to advocate inclusion and encourage individuals with disabilities to participate in physical activities. I want to thank all of our students. Also I want to share that our efforts have been recognized by professional organizations. Our IMPACT Coordinator, Amanda Tepfer, has received the Outstanding Doctoral Student of the Year award from the Adapted Physical Activity Council of American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD).

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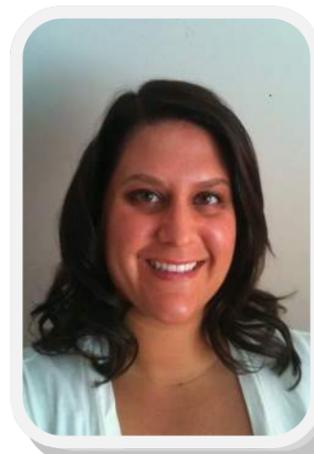
The mission of IMPACT is to provide a community based research-driven program to educate children with disabilities, their families, and OSU students by promoting physical activity, well-being, community inclusion, and acceptance.

## Group Leaders

- Tot– Lisa
- Group A - Caitlin
- Group B - Brent
- Group C - Charlie
- Group D - Jill
- Boys & Girls club– Chris
- Group E - Barbie
- Group F - Shanna
- Group G - Malori



## New IMPACT Coordinator!



My name is Erin Siebert, and I will be the new IMPACT Coordinator starting this Spring. You may have seen me around in the Fall and Winter getting to know all of our wonderful participants and volunteers. Feel free to stop me in the hall to ask questions, receive feedback about your participant, or just to chat. I appreciate the opportunity to be involved in such an illustrious program here on campus. I'd like to take this opportunity to thank Amanda Tepfer for the superb job she has done as the previous coordinator, she has set the bar very high and I can only hope to fill her shoes.

## New IMPACT for Life Coordinator!



This term, Kiley officially took over the role of IMPACT for Life coordinator.

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. IMPACT for Life has community partnerships with local fitness facilities where the participant and their volunteers meet twice weekly to exercise.



## Group Leader: Jill Hixson

My name is Jill Hixson. I am a part of the MS-PETE program for this year. I am from Orange County, California and did my undergraduate in Kinesiology at Cal State San Marcos. I was blessed to be a part of the women's soccer team in my undergrad years and continue to play for fun at OSU during intramurals. My professional goal is to become an adapted physical education teacher.



## Health Snack Idea: Baked Potato Chips



\*\*Can substitute sweet potatoes in this recipe

- One Russet potato sliced paper thin
- Salt (optional)
- Parchment paper

Cut a sheet of parchment paper to fit a plate. Lay discs of potato on top in a flat layer, none touching. Sprinkle layer with salt, if desired. Cover with another sheet of parchment paper. Microwave for 5-6 minutes. Discs will have become lightly browned potato chips.

**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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Oregon State University is committed to affirmative action and equal opportunity in employment and education.



## Thank You for Another Great Year!!!



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Kerri Vanderbom, who served as coordinator for the MS exercise program, will be the recipient of the 2013 American Public Health Association (APHA) Disability Student Award. In addition to our current students, Dr. John Foley who graduated the MSD program in 2005 has been recognized as the State University of New York Chancellor's Award for Excellence in Scholarship and Creative Activities. I am so proud of our current and past students.

During this year, while our student's efforts were recognized by others, the efforts of our faculty have been recognized as well. Dr. Driver was the recipient of the New Investigator Award for the APHA – Disability section. He will be recognized in the fall at the APHA conference. Also, I was appointed as the inaugural IMPACT

for Life Faculty Scholar. I want to personally thank the donors for establishing the endowed position. I am humbled and honored to be appointed to this position, which has given me time to reflect. I don't believe we have been recognized by others because of what we have accomplished, but are recognized because others believe in what we are going to do in upcoming years.

Our program will continue to strive to be a more inclusive, community-based, and research-driven program to promote physical activity and the wellbeing of individuals with disabilities. Also, our program aims to be the best adapted physical activity program in the nation. Please support us and encourage us to reach our goals.

Dr. Joonkoo Yun, Program Director

# Active Gaming: can kids really benefit from playing video games?

Active gaming is a term used for video games, such as Xbox Kinect or Wii, that use sensors to detect partial or full body movements which cause the video game character to move. Using these active games to increase physical activity levels has become a new craze since the introduction of these game systems into the mass market. While active gaming has become increasingly popular for children at home and in some schools, the debate on whether active gaming is really enough movement to increase activity levels is still in full swing.

Many researchers have found that active gaming helps children increase their light to moderate physical activity levels, with the greatest increases from games that have full body movement. However, some research suggests that active gaming does not result in enough physical activity on its own to see weight loss and other health benefits that come from traditional more intense forms of physical activity. These conflicting results suggest that active gaming can be incorporated into a child's day to increase their physical activity but should not replace other forms of physical activity such as playing outside and

recreational sports. New research coming out suggests that active gaming could have important benefits in addition to increasing physical activity levels for individuals with disabilities.

A recent study looked at the benefits of active gaming for kids with cerebral palsy and suggests that not only are active video games good for increasing physical activity, but could also help achieve therapeutic goals. Incorporating active video games that involve moving certain body parts and/or in certain directions can help kids reach motor therapy goals. In schools, there is a new movement to use active video games in adapted physical education. The idea behind this movement is that not only can the active video games help increase physical activity, but also aid in the development of motor skills and give students an understanding of how to play different sports. More research is needed to see if active gaming will really help with motor skills and whether they are realistic enough to provide students with an understanding of sports that can relate to real world activities. However, early research suggest that playing active games could have a variety of benefits for individuals with disabilities.



## Take a Stand

Research shows that if you sit for long periods of time, getting up once an hour for a few minutes can actually improve your health. After every hour you spend sitting, spend a few minutes standing walking, doing jumping jacks, or playing with your pet, anything that gets you on your feet and moving around!



## Healthy Snack Idea

### Thermos Ready Smoothie

#### INGREDIENTS

- 1 cup frozen mixed berries
- 1/2 banana
- 1/2 cup apple juice
- 1/4 cup silken tofu

#### PREPARATION

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.



# STAR Sports



STAR sports is a new soccer program in Corvallis for children with disabilities. STAR sports was developed by Alli Stangel for the Oregon Social Business Challenge. To develop the adapted soccer program, Alli enlisted the help of Eric Steensen who has had experience as an IMPACT volunteer and as a volunteer at an equine therapy program in Oregon. Alli won first place for her business idea and is now putting her plan into action with the help of the



Corvallis Sports Park, student volunteers, and IMPACT. During the first season, STAR sports is focusing on getting participants familiar with the volunteers and the sports facility, and practicing basic soccer skills. After this season, STAR sports will be run like any other youth soccer league with weekly practice and games. During game time, coaches and

volunteers will play with the children to help them develop their soccer skills and guide the players through the process of playing in a game. The goal of STAR sports is not in winning or losing games, but in teaching the basic skills of soccer so that participants can use these skills in soccer games with friends. All children with a disability are eligible to participate in the soccer league whether or not they have ever played soccer before. Currently, Alli is working on adding a tee-ball league in order to give more children the opportunity to play. If you would like more information on STAR sports, email Eric Steensen at [emsteensen@gmail.com](mailto:emsteensen@gmail.com).



## Welcome!

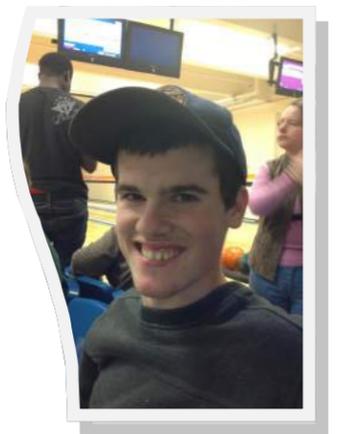
### New IMPACT Participants:

- Valerie M.
- Wilmer A.
- Mimi N.
- Hanu N.
- Veronica Y.
- Colin C.
- Neeson M.
- Joshua M.
- Steven S.
- Alexa F.
- Marcus S.
- Vida P.
- Khilal E.



## Participant Spotlight: Parker

Parker is in group G at Dixon and really enjoys coming to IMPACT. Parker says that coming to IMPACT is fun because he gets to hang out with his friends and spend time with his volunteer. Parker thinks that being at Dixon is fun because there are always new people around to meet and lots of fun activities to do. While the end-of-term bowling party is really fun, Parker's favorite activity to do every Friday night is swimming. Parker says that the very best and most exciting thing to do in the pool is to play pool basketball during the free time at the end.



# Congratulations!!!



## New Drs.!!!



Congratulations **Jen Morgan, Kerri Vanderbom, and Dal Moon**, the newest graduates in Movement Studies in Disability. All three defended their dissertations this term and have officially passed! Jen will be taking a position at Oregon State next year and we are ecstatic she will be staying with us. Dal and Kerri are looking for jobs elsewhere and will be greatly missed by us all.



## Awards!!!



**Kerri Vanderbom** won the 2013 APHA Disability Section Student Member Award. This award is presented to a student who has conducted promising work to advance the health and quality of life of people with disabilities.



**Amanda Tepfer** received the 2013 AAHPERD student recognition award for a PhD student. This award is presented to a PhD students that has shown promise as a leader, provided service to individuals with disabilities, and has provided inspiration for others in the field of physical education, therapeutic recreation, or a related field.

**Dr. Simon Driver** won the 2013 APA Disability Section New Investigator Award. This award is given to a newer researcher who demonstrates evidence of a promising career in public health research in the area of health and wellness for people with disabilities.



## Alumni Spotlight : John Foley



After leaving OSU John Foley and his family moved to the Finger Lakes region of New York and currently reside there in the town of Ithaca. John is a Professor in the Department of Physical Education at the State University of New York (SUNY) at Cortland and Director of the Physical Activity Laboratory. He is an active member of the SUNY Cortland Institute for Disability Studies and focuses his research on ways to increase physical activity and reduce sedentary behaviors in youth. Last fall he spent his sabbatical as a Visiting Researcher at the Employment and Disability Institute at Cornell University.

John was recently presented with the SUNY Chancellor's Award for Scholarship. His current collaborative research projects include the use of group medical visits to increase physical activity in youth with spina bifida (with SUNY Upstate Medical) and the use of auditory and tactical-based active games to increase physical activity in youth with visual impairments (with University of Nevada at Reno & OSU Alum Lauren Lieberman at SUNY Brockport).

A family update: It's hard to believe the twins, Aidan and Zachary, have just turned eleven and are about to enter middle school. Their little sister Sarah was born a year after we arrived in New York and is doing her best to keep up with her big brothers. Melissa is working part time, coordinating the student teaching program for PE majors at SUNY Cortland.



## New App Helps Find Available Parking Spaces

Oregon State is working with a new smart phone application called Parker that allows people to find available accessible parking spaces on campus in real time. Sensors that detect weight have been installed in the pavement of accessible parking spaces. When a car is parked in the space, the sensor sends a signal to the Parker app causing the space to show up as taken. If you are interested in downloading the Parker app, follow these easy steps:

1. Search Parker on you smart phone applications
2. Download Parker
3. Turn on accessible parking by clicking the gear icon on the top right corner and then click on the accessible icon
4. Zoom in on the map to get a detailed picture of Oregon State.

