

**REMINDER:**

The Summer term IMPACT registration deadline will be on June 6th 2014

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

June 27th

July 11th

July 18th

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.oregonstate.edu](mailto:pawlowsj@onid.oregonstate.edu).



**Another Successful Year Comes to a Close**

I cannot believe it is almost the end of another year. IMPACT soon will conclude the 2013-1014 academic year. I want to thank our participants, undergraduate volunteers, staff, families of our participants, and the many donors who support our program. I want to share some of the highlights of our service learning programs. During this year the IMPACT program has served 92 participants including 16 new children. We currently have 21 children on wait list to get into IMPACT in the future. We are happy to see that the number of children on the wait list has been reduced, but we still believe too many children are left waiting for too long to get into the program. In an effort to reduce the wait list and waiting time, please let us know if your child cannot participate in IMPACT due to a family or medical reason. We have noticed that a few participants have been absent a number of sessions without clear notification. Please communicate with us and help us to reduce our waitlist! (continued on pg. 7)

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.





## Group Leaders

- Tot- Karmen
- Group A - Steph
- Group B - Colin
- Group C - Rob
- Group D - Kristina
- Boys & Girls Club- Kassi
- Group E - Paie
- Group F - Aaron
- E & F - Kate
- Group G - Tyler



## New Boys and Girls Club Coordinator

My name is Mara Nery-Hurwit and I am a third year doctoral student in the Movement Studies in Disability program and a second year Master of Public Health student. I previously coordinated the Multiple Sclerosis Exercise program, and am excited to be working with IMPACT Boys and Girls Club as the program coordinator. I look forward to meeting everyone in



the fall term!  
Active Children at OSU

## Mark Your Calendars!

The 2nd annual Corvallis Run for Your Life Event will take place on September 21st 2014. This year's event will feature a 4- mile run, 2-mile run/walk and kids dash. Proceeds from this event go towards Oregon State's Multiple Sclerosis Clinic. Last year's event had a great turn out and was lots of fun so we hope to see you there this year!



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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## New IMPACT Coordinator!



My name is Jill Pawlowski, and I will be the new IMPACT Coordinator starting this Summer. You may have seen me around over the last three years as a group leader, pool coordinator, and just 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 am excited about the opportunity to step into the role of coordinator of the program that has become the highlight of my week. I would like to thank Erin Siebert for the work she has done as the previous coordinator and hope to be able to keep things running as smoothly as she has done.



## Another Great Year Comes to a Close

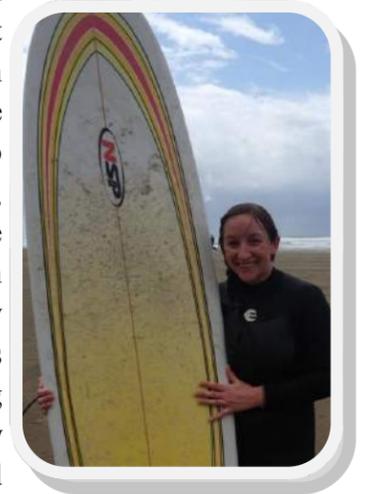


(continued from page 1) During this year, we have also started to use more technology during IMPACT lessons. I hope to purchase one more I-pad for lesson plan development, behavior management and assessment in the near future. The IMPACT for Life program has grown significantly during this past year. At the end of last year, we had 13 participants and now we have 21 participants engaged in regular physical activity in our community through the IMPACT for Life program. As you may know, the mission of our program is to provide a program based on proven research methods that will promote physical activity, wellbeing, and community inclusion. The IMPACT for Life program has been forefront in furthering our mission. I want to

## New IMPACT for Life Coordinator!



My name is Jessica Hamm, and I will be the new IMPACT for Life Coordinator starting Fall, 2014. I have been working with Kiley Tyler this past year and have been learning the ropes. She has worked very hard to help the program grow, and I hope to continue her excellent work. I am excited to get to know all of the participants and continue working with our community partners and build opportunities for group and individual fitness. Our goal is to provide a community where individuals can gain the knowledge and skills they need to become independent exercisers.



say a special thank you to Kiley Tyler for her leadership and vision. I would also like to thank the many parents and participants who have been willing to engage in our research activities. I must also give thanks to Mr. Will Handler at Snap Fitness and Mr. Randy Huber at Timber Hill Athletic Club who have opened their doors for our participants, promoting more inclusive communities. The newly added group-based fitness program at Snap Fitness has been a huge success. Although I'd like to share more of the success stories from our service learning programs during this year, I need to stop due to limited space. I hope you all have a nice summer break and come back rejuvenated for the new academic year. Thank you.

~Dr. JoonKoo Yun

# Boost Your Child's Physical Activity Through Swimming Regardless of Ability Level

Many studies have shown that swimming can be especially beneficial in improving fitness levels of individuals with disabilities. A major benefit of the pool is that it allows greater ease of movement which helps to improve fitness for individuals with mobility difficulties. Traditional water equipment and toys can be used in many adapted ways to help stabilize individuals and help them participate in pool activities. Here is a list of some equipment and adapted uses to help your child be active in the pool:



Equipment	Adapted Use
Fins	Worn on hands to help ease movement through the water
Weighted Belts	Worn at hip/waist to increase a sense of weight in the water
Ankle weights	Worn to align limbs in the water
Noodles	Under the arms for vertical support or under back/waist while floating on the water's surface
Aqua Jogging Belt	Worn backwards, it provides a chin rest to support the head. Also helps maintain upright positioning in the water
Fitness Foam Bar Bells	Placed under arms or Knees for floatation and support
Arm Floaties	Used for Floatation and/or to reduce reflex patterns
Aqua Shoes	Worn to increase weight and awareness of legs and feet
Foam or Inflatable Neck Collars	Stabilizes head above the water while leaving limbs free for movement
Wet Vests	Increase sensory stimulation of the trunk

## ESPN to Air Coverage of 2015 Special Olympics

ESPN has signed on to be the official broadcaster of the 2015 Los Angeles Special Olympics. Broadcast schedules will be announced in the coming months. The opening ceremonies will be broadcast live as well as many sporting events. Broadcasts will be in both English and Spanish around the world. This partnership is huge for the exposure of the Special Olympics in terms of amount and scope of coverage.



## Healthy Snack Idea

### Dressed up Popcorn



#### INGREDIENTS

- Microwave or air pop popcorn
- Mix-ins

#### PREPARATION

Make popcorn as directed. Add a healthy mix-in to change the flavor and replace other less healthy snacks. Mix-in ideas:

- Parmesan cheese and garlic powder
- Ranch dressing mix
- Taco seasoning
- Cinnamon and sugar

## ESPN and Walt Disney to Back Special Olympics Unified Sports Program

ESPN and the network's parent company Walt Disney have signed on to support the Special Olympics Unified Sports Program. The goal of the Unified Sports program is to foster social inclusion through the use of shared sport experience by creating teams made up of both individuals with and without intellectual disabilities. These teams are made up of individuals who are similar in age and ability level to make practice and games more fun and foster friendships and understanding between all players. Walt Disney and ESPN have announced a two-year multi-million dollar global initiative to increase participation in Unified Sports. ESPN plans to provide marketing assistance and run public service announcements across their media platforms in eight different markets, including Connecticut, central Florida, Southern California, Seattle, WA, Argentina, Brazil, India, and Mexico in the hopes of registering one million Unified Sports Participants.

### Participant Spotlight: Patricia



Patricia has been coming to IMPACT for many years and looks forward to it every week. Patricia's favorite part about coming to IMPACT is getting to work with her volunteer, especially this term as they both share a love for the musical band One Direction. While at IMPACT Patricia's favorite activity to is to swim in the pool. In her free time, Patricia enjoys singing and dancing with her dance class.

## Welcome!



### New IMPACT Participants:

Erin M.

Austin K.

Haley W.

Colton M.

Brenden B.

Bella C.

Moses C.

Lydia M.



## Tatyana McFadden Wins Wheelchair Grand Slam; Olympic Silver

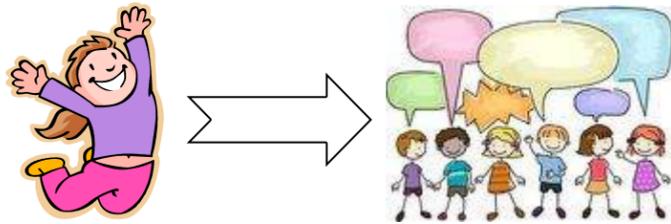
Tatyana McFadden made history in 2013 by becoming the first woman to ever win four major marathons for wheelchair contestants in the same year. She accomplished this feat known as the wheelchair grand slam after winning the Boston, London, Chicago, and New York marathons in 2013. Not one to rest, McFadden followed up this accomplishment by competing for the U.S. in cross Country skiing at the Sochi Winter Paralympics. Though McFadden has only been cross country skiing for two years, she showed her athleticism by bringing home the silver medal in the 1 kilometer sprint race.



## New Study Links Motor and Communication Skills in Children with Autism



A new research article, written by our own faculty, Megan MacDonald along with researchers at other institutions, suggests a connection between motor skill development and social communication skills for children with autism. This study found a link between both fine motor skills (such as holding a fork or pen) and gross motor skills (like kicking and jumping) and social skills in young children with autism. The study found that children with better motor skills also had better social communication skills. These social communication skills are important for making and maintaining relationships as well as success in school. While more research is needed on how motor skill development could be successfully used in early interventions, the results of this study suggest that motor skill development will soon be a widely used part of early interventions for children with autism.



## Rock Climbing Added to IMPACT for Life

Over the last 18 months, IMPACT for Life has begun new fitness programs in an effort to provide more opportunities for our participants to be active in the community. Last year, the group fitness class program was started. The group fitness classes are held at a fitness facility in the community and are open to our participants, their families, and general community members. Fitness classes have been offered a couple times a week and have been a big hit among participants. The newest option being offered is rock climbing. An exercise and sport science student who works with recreation services has led an effort to provide accessible climbing through the purchase of adapted equipment and equipment training. IMPACT for Life volunteers will go through training on climbing and then be available to help the participants use the rock climbing walls on campus. Initial responses to the program have been positive and we are excited about our ability to grow our programs and offer new and exciting options for physical activity to participants.



## Adapt It Sport Offers Ideas for Inexpensive Homemade Adaptive



Adapt It Sport is a non-profit organization that aims to teach and support physical activity practitioners and to make adapted equipment for individuals with disabilities. Adapt It Sport provides tips, diagrams, step-by-step instructions and videos around activities for individuals with disabilities and how to create inexpensive adapted equipment to make these games a reality. In addition, Adapt It Sport provides an inclusive platform for P.E. teachers, parents, and other health professionals to share their ideas for adapted equipment and games. To explore the existing activity and equipment tips and add your own, visit Adapt It Sport Facebook page, or [theinclusionclub.com](http://theinclusionclub.com)

## Web Site Highlights Local, Accessible Trails



The Right Trail is an interactive website that allows users to search for outdoor recreation sites in the mid Willamette valley based on certain criteria. Users can narrow the list of trails based on ways to use the trail (e.g. ADA accessible, cycling, dogs allowed, etc.) as well as things to see (e.g. bird watching, picnic areas, restrooms, park fees, etc.). Selecting a category of trails will pull up a list of trails fitting your desired criteria which includes an interactive map, trail information such as length, elevation, and surface, and a rating of the trail provided by people who have used the trail. The Right Trail site is managed cooperatively by Oregon State, Corvallis Park and Recreation, Benton County, as well as statewide wildlife and natural areas organizations which maintain up-to-date information on the trails and provide links to outside sources that provide information on daily trail conditions. The Right Trail is easy to use and allows you to find trails that fit your needs before leaving the house, which makes it a great way to plan a family outing that is sure to be a hit this summer. The trail guide can be found at: [therighttrail.org](http://therighttrail.org).



## Girls on the Run Inspires Acceptance, Healthy Lifestyle



Girls on the Run is a program for girls in the 3rd through 8th grades that focuses on empowerment, diversity, connectedness, compassion, and a healthy lifestyle. The program uses a creative and fun curriculum to inspire girls to be joyful, healthy, and confident. Part of the program is to incorporate running, a lifetime activity that can be used to help the girls maintain good health, make friends, and gain confidence in themselves. The 10-week program consists of 20 lessons and an end of session celebration that consists of a 5K fun run, as well as a post run celebratory festival. Lessons are held locally in the community and are conducted by trained health professionals who incorporate activities to increase the girls' self-respect, acceptance of others, and healthy life style as well as a group run. The girls train over the 10 weeks to be able to finish the celebratory 5K. For the 5K, each girl is paired up with an adult running buddy who is there to support the girls in the program and encourage them to finish the run through any means they want including walking, running, or skipping. Girls on the Run is a long standing program that has a partnership with Oregon State. The Girls on the Run office is located in the Kid Spirit office in Langton Hall on campus. If you are interested in getting your daughter involved in Girls on the Run you can visit the office during business hours or visit the website at: [www.gotrwillamette.org](http://www.gotrwillamette.org)



## Where are They Now?

Last years group leaders have been hard at work in their PE/APE jobs. Here is a look at where they are teaching now:

Malori A. - Philomath Middle School, Philomath, OR

Caitlin B. - Periwinkle Elementary, Albany, OR

Barbara E. - Cummings Elementary, Keizer, OR

Chris F. - Elementary Schools in Anchorage, AK

Jill H. - Carden Academy Mission, Viejo, CA

Charlie N. - Hudson Park Elementary, Rainier, OR

Brent, T. - Ash Creek Elementary, Monmouth, OR



## Congratulations New Graduates!

Congratulations to our new Movement Studies in Disabilities graduates, Alicia Dixon-Ibarra, PhD, MPH and Nicole Cook, MS. Alicia defended her dissertation to earn her PhD in April. Nicole defended her thesis to earn her MS in May. We are all proud of you and wish you luck in the next step in your careers, congratulations!

