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.

IMPACT Families and Supporters,

Thank you for another action-packed year! Our physical education teacher students have enjoyed learning from IMPACT participants about providing fun, creative and inclusive adaptive physical activity opportunities (see page 4 for their stories). Your support has helped us to install a new pool lift and add new games and toys to our activity equipment collection. We have also added a new observation space to the TOTS room and have plans to expand this program next year. Overall, we are excited to see the program and our participants grow each year. Have a great summer enjoying the sunshine!

JK Yun, Program Director
**Ideas for Staying Active this Summer**

I think Biking in Corvallis is an awesome way to help your children stay active in the summer! See the links below for how to help your family ‘adapt’ to having fun in sun on a bike:

20 Bikes, Trikes and Tandems for children with special needs

www.friendshipcircle.org/blog/2012/02/21/20-bikes-trikes-and-tandems-for-children-with-special-needs/

City of Eugene Adaptive Bike Rentals


P: 541-682-5311 – $5/hr or $15/day – M-F 9:00-5:30 PM

Check out Christopher's Promise

www.christopherspromise.org

Helping kids, be kids.

“Grassroots initiative to help provide children with permanent physical disabilities with adaptive bicycles; free of charge, through partnerships and grant support”

I encourage you to sign up for local Summer Activities. Try OtterKids Inclusion Swim at Osborn Aquatics or Girls on the Run, a fun program that creatively integrates running for 3rd-8th grade girls — check with your school for local groups.

I love celebrating the end of summer by taking my dogs for a swim at Osborn Aquatic Center Dog Days. Donations benefit Corvallis Parks and Recreation Family Assistance Program.

Watch for this years dates and times at www.oacdogday.com/

- Tip from Samantha Ross

Invite your friends to Hike the Beautiful Trails in MacDonald forest, play volleyball or take friends and family for trip to the beach, or maybe go for a fun bike ride. You just might see me out there having fun too!

ADA accessible trails in Oregon:

www.traillink.com/stateactivity/or-wheelchair-accessible-trails.aspx

- Tip from Erica Twardzik

Fly a kite at the Oregon Coast.

Lincoln city has put a lot of effort into making their beaches accessible — check here for details: www.oregoncoast.org/accessibility-resources/ — and you can stop by Eugene and rent a beach wheelchair for a day — see article at top of page.

Then all you need is a kite, wind and some sunshine! For inspiration check out Mobius Adapted Kite Flying School in England —www.mobiusonline.co.uk/kiteschool/disability or search “Disability Kite Buggy” online!

**Congratulations Graduates**

**Masters of Science, Exercise and Sports Science**

Samantha Ross:

“Thank you to everyone for making my Friday nights so much fun at IMPACT! Although I am earning my Masters this June, I will back to see you all again next year as a Ph.D student in the Movement Studies in Disability Program. My goal is to help promote the inclusion and participation of children with disabilities in community recreation and sport activities. I can’t wait to get to know the IMPACT participants and families in the coming years!

Dear MPACT Parents, Participants and Students,

I appreciate being asked to contribute to the IMPACT newsletter. There are so many memories that I hang onto from IMPACT. I spent 23 years of Friday nights watching children and their families enjoy being active. Laughter, tears, stubborn behaviors, smiles watching new skills, reinforcements that support learning and sweat from the activity. These things I miss more than you know. It has been just about 4 years since I moved from the friendly surroundings of the Women’s Building and OSU. I miss many things about OSU, but none as much as IMPACT.

Since 2011, I became Dean of a College of Health and Human Sciences at Colorado State University. This university is in Fort Collins, which could arguably be one of the best communities in the US. CSU and OSU are remarkably the same, with the approximate same number of students and both are land-grant universities that value teaching, research and service. In my college here at CSU, we have many programs that serve the community, including programs that serve children and adults with disabilities.

While I have moved away from my joy of teaching hundreds of graduate students as part of the Movement Studies in Disability program, I enjoy remaining in contact with many former students. I hope this message reconnects me to some of the students and parents who I met and taught over the years.

**Ph.D., Exercise and Sports Science**

Laynie Case:

"I would like to thank all the kids and parents involved with IMPACT for accepting me into the IMPACT community the last 2 years. I have greatly enjoyed participating in my various roles as aquatics coordinator, Tots group leader, and just a graduate student who liked to hang out and chat with families. After graduating this June, I plan to take some brief time away from school to gain further job and research experience—regarding health, physical activity and youth with disabilities—travel, and spend time with family back in California. After that, I may be back here at OSU to pursue my Ph.D.

Amanda Tepfer:

Next fall I will be teaching in the Biology and Physical Education department at Norwich University in Northfield, Vermont. Thank you for letting me be part of such a wonderful program. All the participants and their families remind me each week why I chose this field and why I enjoy working with and helping children with unique and amazing abilities. Have a great summer!

**Dear MPACT Parents, Participants and Students,**

I appreciate being asked to contribute to the IMPACT newsletter. There are so many memories that I hang onto from IMPACT. I spent 23 years of Friday nights watching children and their families enjoy being active. Laughter, tears, stubborn behaviors, smiles watching new skills, reinforcements that support learning and sweat from the activity. These things I miss more than you know. It has been just about 4 years since I moved from the friendly surroundings of the Women’s Building and OSU. I miss many things about OSU, but none as much as IMPACT.

Since 2011, I became Dean of a College of Health and Human Sciences at Colorado State University. This university is in Fort Collins, which could arguably be one of the best communities in the US. CSU and OSU are remarkably the same, with the approximate same number of students and both are land-grant universities that value teaching, research and service. In my college here at CSU, we have many programs that serve the community, including programs that serve children and adults with disabilities.

While I have moved away from my joy of teaching hundreds of graduate students as part of the Movement Studies in Disability program, I enjoy remaining in contact with many former students. I hope this message reconnects me to some of the students and parents who I met and taught over the years.

**Congratulations Graduates**

**Masters of Science, Exercise and Sports Science**

Samantha Ross:

“Thank you to everyone for making my Friday nights so much fun at IMPACT! Although I am earning my Masters this June, I will back to see you all again next year as a Ph.D student in the Movement Studies in Disability Program. My goal is to help promote the inclusion and participation of children with disabilities in community recreation and sport activities. I can’t wait to get to know the IMPACT participants and families in the coming years!

**Ph.D., Exercise and Sports Science**

Laynie Case:

"I would like to thank all the kids and parents involved with IMPACT for accepting me into the IMPACT community the last 2 years. I have greatly enjoyed participating in my various roles as aquatics coordinator, Tots group leader, and just a graduate student who liked to hang out and chat with families. After graduating this June, I plan to take some brief time away from school to gain further job and research experience—regarding health, physical activity and youth with disabilities—travel, and spend time with family back in California. After that, I may be back here at OSU to pursue my Ph.D.

Amanda Tepfer:

Next fall I will be teaching in the Biology and Physical Education department at Norwich University in Northfield, Vermont. Thank you for letting me be part of such a wonderful program. All the participants and their families remind me each week why I chose this field and why I enjoy working with and helping children with unique and amazing abilities. Have a great summer!"
Congratulations Graduates, Masters of Physical Education

Torin Pulfrey:
I love seeing all the smiles at IMPACT this year. It was great to see everyone having fun while being active! If you are looking for activities this summer check out local activities and recreation at www.corvallisoregon.gov!

Crista Hankey:
I had a great time as an IMPACT leader this year! I have learned to be flexible and creative in modifying physical activities for students of all abilities. My most favorite memory of IMPACT is of teaching dances and rhythms, like side shuffle, singing in the rain and Thriller! My plan moving forward is to look for an elementary PE teaching job on the East Coast. Wish me luck :) If you had fun dancing with me too, maybe try a dance class this summer. For inspiration check out DanceAbility.com, a fun and creative international adaptive dance company!

Kirk Case:
IMPACT has taught me that every child has their strengths, and it is my job as a teacher to recognize them and support their success in physical activity! I am hoping to teach Physical Education after graduation, and actively job hunting. This summer try to Get outside and spend a day at the park!

Chris Meyer:
I have learned a great deal about iPads and how they can be implemented in an adaptive physical activity education setting. The next step for me is to find a job as a high school physical education teacher. For summer I like to keep making new friends. Remember: Make new friends but keep the old. One is Silver and the other is Gold!

Nick Mills:
It was great to get to know everyone at IMPACT and to learn about how I can help provide unique modifications and special attention for each and every participant. I hope to take what I have learned and use it as a local physical education teacher. Make sure you go enjoy the sunshine this summer!

Seth Hutchison:
The most important tools that I will take away from IMPACT is the ability to individualize instruction and create effective lessons for students with disabilities. Besides improving my teaching skills and developing into a competent instructor, I enjoyed making a difference and creating relationships with each and every IMPACT participant and volunteer. This program is special in the fact that everyone involved is caring and willing to help push each other to becoming better each week. So I will miss all of the IMPACT student volunteers, fellow group leaders, and participants.

Next year I plan on obtaining a full time teaching position in the Eugene School district (Bethel) and continuing my passion and desire to teach students the importance and benefits of physical activity. Along with teaching I will also coach high school basketball. This summer do something that makes YOU happy and that YOU enjoy doing!

Sam Sanders:
Thank you everyone for making my Friday nights so much fun! I learned a lot about how to adapt physical activities and games. My plan is to search for a job in our school district. This year I have had fun playing badminton, dancing, Frisbee, and with scooters. Invite a friend to play these fun games with you this summer. I know I will be making time for fun while I am interviewing for jobs as a physical education teacher.

Chris Meyer:
I have learned a great deal about iPads and how they can be implemented in an adaptive physical activity education setting. The next step for me is to find a job as a high school physical education teacher. For summer I like to keep making new friends. Remember: Make new friends but keep the old. One is Silver and the other is Gold!

Aaron Bicknell:
I loved seeing all the smiles at IMPACT this year. It was great to see everyone having fun while being active! If you are looking for activities this summer check out local activities and recreation at www.corvallisoregon.gov!

Updates for IMPACT Families

During IMPACT on Friday, April 17th, 2015, we held a parent meeting in the lobby of the Women’s Building. The purpose of the meeting was to provide parents with program updates, discuss the purpose of IMPACT and upcoming events. Here are some of the highlights:

Purpose of IMPACT
IMPACT has several purposes. It serves as a training program for our master’s students who are going to be physical educators. A second purpose is to provide structured physical activity for children and youth with disabilities. Another purpose is to provide an opportunity for parents to have some free time, if they so choose. In addition, many parents/participants will have opportunities to participate in ongoing research.

New TOTS Observation Room
We have opened an observation room in the Tots area, which includes a one-way mirror so that you can see out into the main space, but others cannot see into the room. This will be a space for our volunteers to set up even more creative and dynamic activities for the Tots. Parking for the Tots are welcome to observe and listen to their child as the Group Leader and Volunteers are gaining valuable teaching and learning experience.

As a reminder to parents/caregivers of older IMPACT participants, we have reserved the lobby, a set of bleachers in the gym and the pool balcony for you to observe the excitement of each Friday’s activities.

We thank all the parents and caregivers who participated in this meeting. We love working with each and every one of your children, and appreciate any feedback you have to help us provide the best experience for everyone.

Future “Parent Sessions”
We are looking to provide “Parent Sessions” on occasional Friday evenings. Potential parent sessions might include yoga, a structured support group, parent panels, and various community resource groups.

We invite you to provide suggestions for future session topics, by emailing: rena.thayer@oregonstate.edu or by talking to staff at IMPACT.

Parking
Typically, parking is free in lots after 5pm. There are exceptions that arise on game days for certain sports. Most of the parking behind Fairbanks Hall (south side of Women’s Building) is ADA. There are also several ADA spots in front of the Women’s Building. The ADA spots at Dixon (2 in front and 4 in back) fill up quickly, especially when there are soccer or baseball games. This is an issue for parents who need access for the program occurring at Dixon. Parking Services has extended the time for metered spots in front of Dixon to 7:00 pm.

4H Inclusion Initiative
Dr. Jennifer Taylor from Western Oregon University sought parent input for language to be used in future 4H applications. The suggestions offered by the parents were very helpful and will also be used by OSU faculty in future applications and surveys.
Research Connection
Thank you to all IMPACT families for supporting our research!

Parents Advocating for Physical Activity
by Erica Twardzik
Physical activity and exercise is highly influenced by parents’ advocacy. One way parents can support their child to be active is by asking that physical activity be included in their child’s IFSP or IEP. Asking your IEP or IFSP team if supports are available to help your child participate in activities that he/she enjoys is a great first step. Physical activity options in your area can be found through local and nearby community organizations. Well-established programs in the state of Oregon include, but are not limited to: Special Olympics, Boys & Girls Clubs, Parks & Recreation, Family YMCA’s, and other local community-based programs. You as parents have the power to make a positive impact on your child’s physical activity and exercise experiences! We at IMPACT are happy to help support you in this, please let us know if you want more information or ideas for including physical activity in your child’s IEP.

This topic is currently being expanded on in two manuscripts:
Parents’ Support of Physical Activity for their Child with a Disability
by Erica Twardzik and Megan MacDonald

Physical Fitness and Autism
by Kiley Tyler
Research in the Children and Youth with Disabilities Lab at OSU observed that children with Autism Spectrum Disorder (ASD), on average, spend less time in physical activity compared to their typically developing peers. We want to understand why physical activity levels may be lower in children with ASD so we are starting to look at physical fitness (such as strength, flexibility, body composition) levels of children with ASD.

To support current health professionals we wrote a paper outlining tools necessary to engage children with ASD, and all disabilities alike, in fun and effective physical activity programs. Some of these tools included: (1) Global and national resources and certifications (2) Facility and program accessibility measures such as AIMFREE, and (3) Collaboration with academic and clinical sectors by the utilization of the Health People 2010 Toolkit. Our mission at CYDL is to help children with disabilities live a full, happy life in an accessible and supportive environment.

Publications connected to this topic include:
Physical Activity and Children with Disabilities: Viable Resources Available for Community Health Professionals by Nicole Cook, Kiley Tyler and Megan MacDonald in Palestra, 2014.

Physical Activity and Physical Fitness of School-aged Children and Youth with Autism Spectrum

For Supporting IMPACT
Wheel-A-Thon 2015
$1,000 for IMPACT

Sponsored by:
Pre-Therapy and Allied Health Club

Many Hands Trading Fundraiser at OSU Memorial Union
$180 Organized by Rachel Robertson

Oregon State University

Thank you to all private donors!
We appreciate your personal support for our adapted programs. Given the extensive list of supporters, we unfortunately could not recognize each of you individually. Please accept our sincerest gratitude for your donations.

STAR Sports
Corvallis Sports League for Children with Disabilities
“STAR Sports is a sports league that provides children with any form of disability the opportunity to get involved, be active, and learn valuable team building skills. Our program maintains a one-to-one coach to athlete ratio to ensure that each child is given a chance to develop skills at their own pace. Our program runs during the school year for the fall, winter, and spring sessions by Oregon State University student volunteers. We encourage families of children to come out and participate with their siblings as we are a completely inclusive program. Our goal is to provide a fun, inclusive sports environment that truly focuses on making the athletes feel like the stars.”

Fall & Spring Soccer ~ Winter Basketball
Contact: starsportscorvallis@gmail.com
Or visit facebook.com/starsportscorvallis

Active Children at OSU