

Benjamin T. Adkins

River City Rumbles

Louisville, Ky

Age: 29

Sports: Bowling, Softball, Bocce, Basketball

(and I want to learn how to play golf).

Missing Special Olympics summer games means missing my teammates, sports and competing against other teams, traveling and meeting new people. I am looking forward to playing sports again, hanging out with my friends, and competing with other teams. It will give me a chance to be to get some exercise, stay active, and participate in my team sports again with my friends. My daily life has changed a lot since the quarantine began. I can no longer enjoy and play the sports that I love. I haven't been able to see or hangout with my friends. It has been difficult being alone since I am the only child. I have been staying active by helping out with household chores, working on my cooking skills and working on my money skills and sometimes playing board games. To keep healthy I have been doing some exercises and going for walks in my neighborhood to feed the fish and turtles. Sometimes me and my mom go for rides in the car cause we miss traveling. We also do our church service on there facebook page. I do miss my friends a lot but I talk with them everyday on the phone or texting, video chat, and zoom. The life lessons I have learned during this time that it is important to stay active and healthy and to stay in touch with family and friends. I have also learned how to change my own bedsheets and improve my cooking skills. I have learned how to protect myself and others by social distancing wearing a mask when necessary and washing my hands.