

## What Missing Summer Games/Special Olympics Means to Me

Jennifer Hamilton

My name is Jennifer Hamilton. I have been dedicated to Daviess County Special Olympics for 20 years. It has been an amazing part of my life. I live in Owensboro and I am 39 years old. I am involved in softball, basketball, track & field, and bowling.

It was hard missing summer games. I missed hanging out with my Special Olympics friends and the events. I usually compete in shot put during Summer Games. We still are not sure about softball season until June 15. It is going to be hard for everybody because we are used to having practice and seeing our friends and coaches.

I am looking forward to getting back on the playing field and competing with athletes on my team's level. I can't wait to gather with my team again and just play. I have been sending encouraging words on our Daviess County Face Book page to other athletes.

My work life has stayed the same but I miss organized sports. I have been working to stay active and healthy. Instead of going to the Health Park , I have been running/walking laps at the park. I have been watching what I eat by eating less and cutting back on sodas and sweets.

I have been able to see Mom and Dad but I have only seen by friends and teammates by calling them and through Face Time.

I have learned to take one day at a time. One day you may have a family member/friend and the next day they are gone. There's an empty plate where they used to be and that is why you take on day at a time and spend time with them.