

DesaRae Nickell

Nickell Independent

Morehead

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bowling, basketball, skiing, track & field

My name is DesaRae Nickell, I am a Special Olympics KY athlete, athlete ambassador and the athlete representative that sits on the board of directors that represents all 11,362 athletes in KY. This is how COVID-19 has affected me. Special Olympics means to me acceptance and love it gives to all athletes. What I look forward to most when Special Olympics resumes is public speaking and how one person can move an audience and make a difference. I am reminded of the quote "I may be only one person, but I can be one person who makes a difference." My daily life has changed dramatically, as human social interaction is essential to every aspect of our health. Being without it has led to isolation, depression and the need to be heard. If left untreated without proper treatment and good support system can be dangerous. I have stayed active by taking nature hikes on the farm where we used to live and by riding horses, both which has therapeutic benefits. By keeping in contact with my family I have went and seen them and also been able to keep in contact with my friends in doing Zoom meetings twice a week. I have learned with my friends called the Ski Family that are angels in disguise and have been a saving grace. Proverbs 17:17 says A friend loves at all times. All of them have loved me beyond words and always made sure I was OK.

While also learning that Prayer changes things and  
God is our hope.