

# Kathleen Gastler

*Special  
Olympics  
Illinois*



**Sport: Bocce**  
**Hometown: Godfrey, IL**  
**Age: 47**

## **1. How long have you been with Special Olympics?**

I have participated in Special Olympics since 2011. Athletics and Bowling were the first sports I participated in - and then I found Bocce!

## **2. How has Special Olympics changed your life?**

Special Olympics has changed my life by challenging me to get out and be active, rather than staying in all the time. It has helped me make new friends and discover just how much I can accomplish if I put my mind to it.

## **3. What has been your biggest obstacle to overcome?**

The biggest challenge I have overcome is my fear and nervousness when I am in new situations and around lots of people I don't know.

## **4. What makes you most proud?**

I am most proud of how hard I work at my personal wellness and making healthy choices day to day. I walk every day for exercise and drink plenty of water. I am also proud of every medal I have earned, whether it is a bronze, silver, or gold. I worked hard for it!

## **5. What are some other accomplishments you are proud of?**

I am proud of being one of the most productive workers at my work center.

## **6. What other interests or hobbies do you have?**

I love to listen to country music. I love coloring, painting, and crafting to explore my creative side. When I am visiting home on our family farm, I like to help with the daily chores, especially feeding the cattle. However, my favorite pastime is spending time with my great niece and great nephews.

## **7. Who do you admire most and why?**

The persons I admire most are my Special Olympics coaches at Beverly Farm Foundation. They encourage me to always do my best.



SPECIAL OLYMPICS  
**USA GAMES**  
ORLANDO 2022

**8. What does attending USA Games mean to you?**

Attending the 2022 USA Games is a true honor and I am looking forward to meeting other athletes from all over the nation. I am also looking forward to bringing home a gold medal for my family and for Beverly Farm.

**9. How are you preparing/training for USA Games?**

I am walking and exercising daily, drinking water every day, and practicing my bocce toss in the back yard!

**10. Have you been to a World Games or USA Games before?**

None

**11. Are you employed? If so, where at and what's your role?**

I am currently working at the Beverly Farm Developmental Training Center and working several days a week at a local tea room as a cook.

**12. Are you currently a student? If so, where and is it a Unified Champion School?**

No

