

Trey Forbes

Professor Shipman

Foundations of Exceptional Learners

24 November 2008

### ARC Thanksgiving Feast

On November 15, 2008, I had the opportunity to volunteer with the ARC of Wabash. Many events are held each year for ARC, but this particular event was the Thanksgiving feast. The night consisted of a huge spaghetti dinner, followed by many games of bingo, all in which a winner was rewarded a prize. At the dinner I took part in serving garlic bread, filling cups up with ice, and cleaning up for those who were done eating. I also helped some individuals fill in their bingo cards. Although my duties were small, those within the ARC program made me feel greatly appreciated by showing their gratefulness.

Prior to attending the event, I was very nervous. I was not nervous because I was afraid, but because I did not know how to act or treat those individuals within the ARC program. This attitude within me came to an abrupt halt when one of the ARC members randomly hugged me as I entered the room. From this point forward, the night became natural to me. I was walking around giving high fives, yelling out bingo when one filled their card. I never expected the ARC members to be so outgoing and willing to convey within any conversation that was initiated. I was blindsighted by the fact that they wanted help and that they did not just want to communicate within themselves. The ARC event really helped me realize that my adaptive degree suits me perfectly. This event was very entertaining for me, as well as giving me great confidence for my future.

The ARC of Wabash dinner affected me in a way that will help me throughout my career. At first I was skeptical about how to act and treat those with disabilities, but now it is simple, I just have to be me. Although I realize that there are many more steps in becoming an adapted physical educator, I now have the confidence and the drive to be one. This event was an experience that may have the greatest impact on my career as an educator.