

STRONGER TOGETHER



Newsletter - April 2020



Impact Story: Skyping With My Buddy

Under the current circumstances that we are living in due to corona virus, I knew it would be difficult to see my buddy. I've known my buddy for almost a year. When we meet, we go on walks, play board games, eat ice cream or play basketball. Many of these activities can't happen without being together.

My buddy's mom contacted me last week letting me know my buddy had been asking about me. My buddy had been stuck at home already for 2 weeks and I had been on a trip, so we'd hadn't seen each other in a while. I knew my buddy could use a pick-me-up. I texted back and forth with her mom and came up with some great ideas of what she and I could do together over Skype.

Listed below are a few activities we came up with:

1. A craft
2. Drawing
3. Dance party
4. Writing a card to a friend
5. Pictionary
6. 20 questions

We decided to create a birthday card for my buddy's friend. Before the call I had all my art supplies (markers, glitter, etc.) together and a lot of blank printer paper. I accepted the call and we got down to business. Together we wrote Happy Birthday showed our progress on camera, compared colors, and fonts. Then we decided what else we would add. We talked about what happens at birthday parties and what people get at them. We drew a cake and presents and a picture of her friend.

This whole process was a lot easier than I thought it would be. I was skeptical

at first, but if you plan it out, ask the buddy parent to assist, and just go with the flow the result is awesome! I loved making a connection with my buddy. Seeing her happy face and feeling good myself is what mentoring is all about. Next up, SLIME!

First Responders through Friendship



A letter from our Director of Development

By being at the heart of Athletes for Kids, your children (both Mentors and Buddies) are serving as inspirational examples to us all. Our recent extraordinary circumstances have shed a bright light on how engaged, clever, thoughtful and considerate AFK Mentors and Buddies are with each other. Pandemic or not, they continue to build their powerful relationships. The examples you see in this newsletter and every day on the AFK website, Facebook, and Instagram postings are perfect examples of why these Mentors and Buddies at Athletes for Kids are so inspiring. And now, with the entire globe faced with social distancing, it's *even easier to see and understand* how relevant and vital their personal connections are to a healthy community. AFK Mentors and Buddies are truly serving as "first responders" through friendship.

How are they managing to do this?

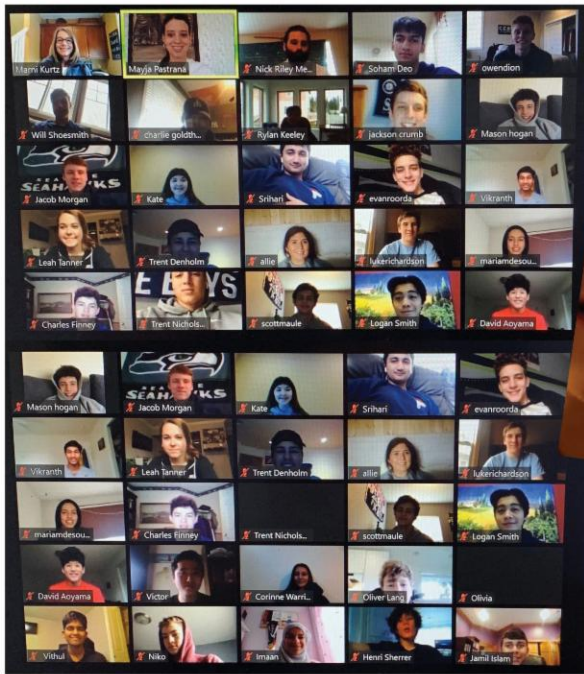
In a variety of ways, certainly, but here are three very important lessons that Mentors and Buddies have shown me over these past few weeks:

1. How to be a good friend, by practicing being good at friendship
2. How to take care of one another by choosing kindness
3. How to Connect. Connect. Connect. No matter what.

Through the support of AFK, our amazing Mentors continue to find ways of reaching out to make a meaningful impact with their amazing Buddies who, in turn, reciprocate inspiration back to their Mentors. This beautiful cycle is the reason that Athletes for Kids exists in the first place. For nearly two decades, we've been recruiting, training and connecting these students – empowering them through friendships to be first responders of a different sort, combating isolation and exclusion in our communities. It's working, now more than ever... one friendship at a time. Thank you for your continued support of this amazing organization.

Gregory Malcolm
Director of Development

AFK Moments



We believe in the importance of connection and the power of friendship to keep our community strong. We are in this together and will continue to share inspiring stories of kindness, acceptance and inclusion.

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