



Newsletter - January 2020



Impact Story

When I first got matched with my buddy, I had no idea what to expect. I was nervous that I wouldn't connect with him or that he may not be interested in having me around. I came to find out that was a misconception. From the day I first met him he has been full of energy and joy. On Sundays I get to go over to his house and do an array of things like lightsaber wars, adding to our Minecraft world, passing around a football, gingerbread houses, board games and whatever else we can think of. We have created a real bond that goes so much beyond a "mentorship". I think of my buddy as one of my best friends and he continues to make an impact on my life every time I see him. One of my favorite moments was when we were outside, playing 4 square with a basketball while also counting every plane that passed. My buddy then asked, "Can we just sit and enjoy this time together?" this has stuck with me since. When I am struggling, I just think about enjoying the little things. Through this experience I have learned patience and I wouldn't trade my time with my buddy for anything.

Working with AFK and having Jackson as a part of our family has been a wonderful experience for our son and the rest of the family.

Every week, our son really looks forward to his time with Jackson. It's a really great confidence booster for him to have an older high school friend who has similar interests like board games, video games and jumping on the trampoline.

Our son is also expanding his interests by learning new things from Jackson like football and basketball.

Our son even got to watch Jackson play at his high school football games,

then got to go out on the field to take a picture with Jackson. A definite highlight for him!

Jackson is a wonderful young adult and we're very lucky to have him in our son's life.

January is National Mentoring Month



Launched in 2002 by MENTOR and the Harvard T.H. Chan School of Public Health, National Mentoring Month focuses national attention on the need for mentors, as well as how each of us can work together to increase the number of mentors to help ensure positive outcomes for young people.

AFK is a proud member of the [Mentoring Connector](#) which has over 600 programs serving youth with disabilities and special needs.

If you are a past or present mentor or mentee family [CLICK HERE](#) to share your child's experience with their mentor. This month, make sure to visit our Facebook page as we share with you moments, pictures and quotes to celebrate AFK mentorships.

Upcoming Event



Movie with my mentor

On Saturday, January 25th join us for a "Movie with my mentor" at 2:00 PM at the North Bend Theater: 125 Bendigo Blvd N, North Bend, to watch *Cars*.

This will be a fun and free event for mentors and buddies to enjoy! Siblings are welcome.

Click [HERE](#) to register.

Community Resource



**TAKE YOUR GAME
TO THE NEXT LEVEL**



DM ATHLETICS

The most proven way to reach the next level in your athletic career. DM Athletics helps athletes get physically and mentally ready to be successful in their sport.

[CLICK HERE](#) for more information

Let your company double your impact

Do you Match?

You can **DOUBLE** or **TRIPLE** the impact of your donation with a **MATCHING GIFT**

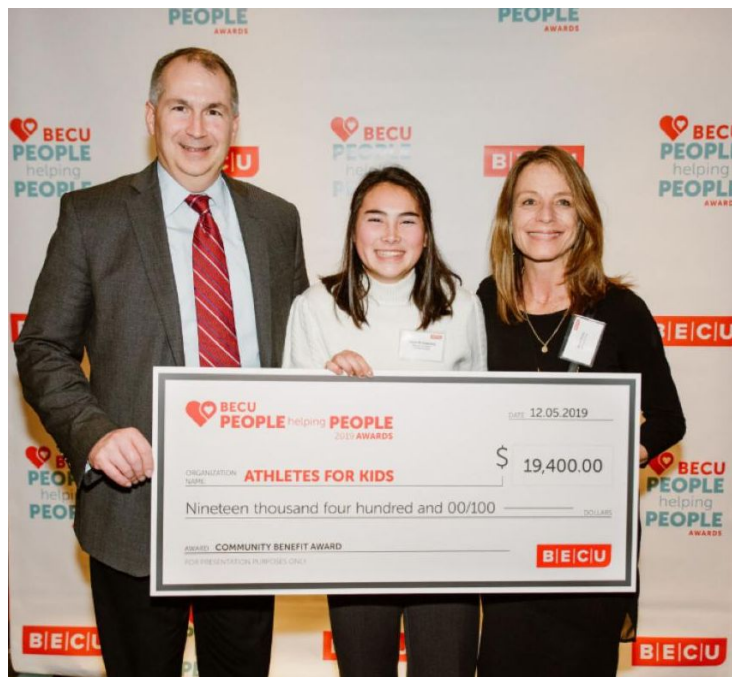


Many employers sponsor matching gift programs to match charitable contributions made by their employees. There are 2 ways you can request a matching gift to double or triple your donation to AFK:

1. Make a personal donation and save the receipt. Many matching programs will allow for up to one year after you've made your donation to request a corporate match.
2. Contact your HR department directly to ask if they offer a matching gift program.

[CLICK HERE](#) for more information

With Gratitude



AFK Awarded BECU Grant

On December 5th BECU announced the winners of the People Helping People Awards a recognition of organizations who devote their time helping others. We are so grateful to LHS alumni mentor Taylor who flew in just to be at the event and for nominating us and sharing her inspiring story.

Thank you to our supportive community who voted for our video, we are proud to say that AFK was awarded \$19,400 that will continue to impact the lives of children with special needs and the high school athletes who mentor them.

AFK Moments



We start a new year with happy faces and memories of kindness, acceptance and inclusion made in 2019. We can't wait to share with you a new year full of joy and the gift of friendship.

[DONATE NOW](#)

[VOLUNTEER OPPORTUNITIES](#)

QUICK LINKS

[Contact Us](#)

[Calendar](#)

[Visit Our Website](#)

[Photos from Events](#)

[Current Items Needed](#)

[Update Information](#)