



Newsletter - March 2020



Impact Story

ECHS Mentor Bret has gained so much from the mentorship with his buddy. The most significant thing I have gained from my relationship with my buddy is a new perspective on the relationships I can build within my community. Prior to becoming a mentor for AFK, I was unaware that my buddy lived just down the street from me. Because of the connection formed by AFK, my buddy and I have created a fantastic friendship that I am very thankful for. I could have not asked for a better friend: we share a love for baking and animals, and he is always entertaining with the dramatic Lego movie scenes he constructs. I look forward to continuing my friendship with my buddy throughout my senior year and beyond! -Written by ECHS Mentor Bret

“When is Bret coming this weekend? What time?” This is the question we’ve gotten every Saturday morning since we met Bret a year and a half ago. Our soon looks so forward to their “hang-out time” every weekend! Bret is a calm, consistent presence in our son’s often chaotic life of doctor visits, school activities, and everything else that goes along with being a child with Kabuki syndrome in the middle of a big busy family. Bret takes time and has the patience for activities with our son that sometimes we can’t give. Together they mostly bake, play board games, go out to eat or to a movie, or play Legos, but Bret is always willing to do whatever our son dreams up to do. One of my favorite things about their relationship is that Bret is the only one in our son’s life that he lets in on his “movie game” that he plays with his Legos where he uses his Lego people to act out movies he’s making up. He gets quite animated and loud with this and has never let anyone else in his room when he’s doing this. Bret, however, has somehow gained his trust enough, and shown him such unconditional acceptance, that our son invites him to play this

with him just about every time Bret is over. Thank you, Bret, for showing our son what true friendship is about and being such a wonderful part of his life.
-Written by buddy parent

Upcoming Events



Bowling for Buddies Fundraiser

On Sunday, March 15 join us from 12:00 to 5:30 pm at Adventure Bowling Center in Snoqualmie for AFK's 5th Annual Fundraiser "Bowling for Buddies" This event is a chance for mentors, buddies, family and friends to support AFK while having a great time.

[CLICK HERE TO REGISTER](#)



Lacrosse Minicamp

Join us on Saturday, April 4th from 2:00 to 3:30 PM at Newport High School for our 3rd Annual Lacrosse Minicamp and Activity Day. Mentors, buddies and siblings are welcome for an afternoon of fun!

[CLICK HERE TO REGISTER](#)

Do you match?



You can double or triple 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



Thank you Mayja Pastrana

This month we highlight AFK's Data and Development Coordinator, Mayja Pastrana. Mayja is an invaluable part of AFK's team and her shining personality and enthusiasm are evident in everything she does. Mayja's "can do attitude" inspires all of us and her work with the auction, social media communication, grants, the newsletter, database administration and so much more helps make AFK run smoothly. Although Mayja lives in Chicago with her husband and beautiful daughter, we feel her presence every day in the office! Thank you Mayja! You truly are the best!

AFK Moments



As we look back to a month of kind moments shared with friends, we welcome March and new memories made as we build stronger and more inclusive communities together.

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