



# Newsletter - August 2021



**SHS Mentor Sophie and buddy** 

Each week I look forward to spending time with my buddy. Although we could only see each other through a screen during COVID our relationship continued to grow. Now that we are able to see each other in person again we enjoy spending time outdoors biking, bouncing on the trampoline, and walking to the lake. My buddy and I also love creating things together, whether it's slime, Legos, drawings, or origami. It has been great seeing my buddy become more willing to step outside her comfort zone by exploring new activities. For example, just a couple weeks ago my buddy jumped on the trampoline for the first time, and although she was nervous at first, she persevered and now has a smile on her face every time she jumps into the air. She has also shown great bravery while learning how to ride a bike. It has been a joy to see her become better and better each day. Being a mentor has taught me patience, perseverance, and has made me more willing to step outside of my comfort zone as well. We both have grown so much from our friendship and I'm excited to make even more memories together.

Our family loves the friendship between our daughter and Sophie and is also thankful to AFK for the same. Our daughter's face lights up whenever she sees Sophie and she eagerly waits for her time with her. Sophie has been a huge

support for her in terms of gaining social skills and trying out new things like trampoline or biking. Sophie follows our daughter's lead and interests. They spend hours doing Legos, crafts or drawing together. During uncertain COVID times when schools were closed and social interactions were minimal, Sophie was available online every week without fail and interacted with our daughter playing fun online games, playing Kahoot, or reading stories. Sophie has been a great emotional support. It has been great to see the bonding grow between the girls over the years.

## **Upcoming Events**



#### **Popsicles in the Park**

Join us on Saturday, August 14 from 1:00 to 2:30 PM at Marymoor Park in Redmond. (6046 West Lake Sammamish Pkwy NE, Redmond) We will meet by soccer field #1 to beat the heat, enjoy cold treats and have fun at the park.

Click here to register

### Save the Date



#### Save the Date for our Beneath the Same Sky Virtual Auction

We are going "virtual" again! We're hosting our exciting live auction and fundraising celebration "virtually" with a special livestream broadcast on Thursday evening, November 4, 2021! Watch for announcements for details on how to register, bid and join the party!

We have already posted our 2021 Beneath the Same Sky Auction volunteer positions and procurement forms on our website. Click on the link below to volunteer or procure today!

Click here to volunteer

Click here to procure an item

## With Gratitude



#### Thank You NCR!

Recently Athletes for Kids was awarded a \$5,000 grant from the Nonprofit Community Recovery program. The NCR grants are in partnership with the ArtsFund and the Washington State Department of Commerce. The NCR grants are being awarded to over **700 nonprofits in Washington** to provide relief from financial hardship caused by the COVID-19 pandemic. Athletes for Kids is grateful for this support and appreciate that we were considered for this award

## **AFK Moments**



As we look back to a month of summer memories, we look forward to August and choosing kindness, acceptance and inclusion today and every day.

**Donate Now** 

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Thank you to our 2020 Beneath the Same Sky Auction Sponsors









