



February 2025 Newsletter



Issaquah Mentor Meskie and her buddy

Mentor

Joining Athletes for kids has been such an amazing experience and I couldn't be more thankful for the new friendship I have gained. My buddy is such a joy to be around, and I always look forward to our weekly girl debriefs over our lives. Whether it's baking cookies, playing games or getting our nails done, my buddy has always been so positive and has had a great impact on my life. Every time I come over, I'm greeted with a bright happy smile and a hug which always makes my day. Her strength, compassion, and vibrance for life have truly inspired me, and I know they'll continue to guide her in everything she does.

This has been my second year with her, and I've loved seeing her grow and take on the challenges of high school. One core memory this year was helping her get ready for her homecoming dance. It was so fun as we laughed with joy, and I couldn't be more excited that I get to be alongside her through this journey. Athletes for Kids has taught me many important lessons. As I've seen my buddy learn and grow, it has inevitably made me grow too in the process. I have been very fortunate for this opportunity, and I couldn't be happier to be in this remarkable program and with an amazing buddy!

Mentee Parent

Our daughter first met Meskie on November 4, 2023, during a group hike on one of Cougar Mountain's breathtaking trails. Despite the unexpected rain, which dampened the spirits of some younger hikers, Meskie and our daughter bonded instantly laughing, comforting others, and embracing the adventure together. After the hike, our daughter's first words were, "Meskie is amazing; I love her!" From that moment, Meskie has been an extraordinary mentor consistently showing up for her in both challenging and joyful times.

Meskie has been a steady and caring presence, listening patiently to stories of triumphs and struggles. At a stage when so many aspects of a teen's life can be unpredictable, Meskie's reliability has provided our daughter with a sense of stability and purpose. This influence has helped her become more dependable, compassionate, and committed in her own relationships and responsibilities.

Meskie's kindness, generosity, and engaging spirit have made a lasting impact. Together, they enjoy outdoor adventures, like walks to the local park or Starbucks, as well as fun game nights filled with laughter over Monopoly or Jenga. Beyond these moments, Meskie models success and hard work. Whether we see her conditioning for her sport or hear glowing compliments about her from others in our community, her example consistently inspires.

Meskie has always had a positive and thoughtful touch to her mentorship. She often comes with small gifts, shares her own experiences, and takes a genuine interest in what's happening in our daughter's world. She has taught her valuable lessons about self-advocacy and encourages her to try new things. One memorable example was when we invited her to join us for the Turkey Trot Run in Issaquah. Not only did she enthusiastically participate—complete with a turkey drumstick headband—but she also cheered on the whole family as we crossed the finish line, creating a joyful and supportive memory for all of us.

We couldn't ask for a better mentor or friend than Meskie. Her dedication, warmth, and encouragement have gone above and beyond our expectations. We are excited to see all the amazing things she will achieve in the future and feel incredibly fortunate to have had her in our lives. Wishing Meskie all the best in her future endeavors!

Upcoming Events



Mentee Parent Orientation

Thursday, February 13th
7:00 to 8:00 PM

Zoom Link will be provided to attendees a day before the event



Mentee Parent Orientation

For all new mentee parents and those who have not yet attended an orientation. Join us virtually on **Thursday, February 13th from 7:00 to 8:00 PM** to learn more about the Athletes for Kids program and the expectations for mentors and buddy parents.

Zoom link will be provided to attendees a day before the event.

[Click Here to Register](#)



Adaptive
DANCE CLASS AT WAYPOINT!

Offering an opportunity for children with any intellectual or developmental disability to experience the joy of being in a group dance class!

This class is adapted to match each individual's strengths and abilities. Katrina Shull, PTA blends creative movement and social games with music to teach various style dance moves while challenging gross motor imitation, strength and balance. All while having tons of fun!

This class will learn a short 2-3 minute

For this class your child needs the following skills:

- Ability to follow instructions
- Does not require 1:1 hands on assist

dance to perform at the end of the series!

Fridays at our Issaquah Clinic

February 7th- April 25th: 5pm-5:45pm

If interested please contact scheduling@waypointpediatric.com for more information & details on how to sign up! One time trial class offered to ensure a good fit prior to committing to series!

Adaptive Dance Class at Waypoint

A fun opportunity for children with special needs to experience the joy of being in a group dance class! Fridays from 5:00 to 5:45 PM at the Issaquah Waypoint Pediatric Therapy Clinic. Please email scheduling@waypointpediatric.com for more information and to register.

Note: This is not an AFK sponsored event.

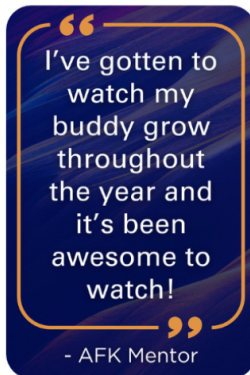
With Gratitude

SOCIUSLAWGROUP PLLC

Thank you to Socius Law Group!

This month, once again, we honor Socius Law Group for their generous and continued corporate sponsorship. Socius Law Group was launched in 2004 by eight accomplished lawyers with synergies in their practices, an entrepreneurial spirit, and a proven track record of providing exceptional legal services to businesses and individuals in the Pacific Northwest. We are especially appreciative of the sponsorship which has helped us advance our mission and support mentorships between high school athletes and children with disabilities. Additionally, thank you to Socius lawyer and outgoing board member, Jeanette Gorman for her dedication and leadership.

AFK Moments



“
I’ve gotten to
watch my
buddy grow
throughout
the year and
it’s been
awesome to
watch!
”

- AFK Mentor

As we look back on a month of memories, we look forward to more friendship moments and choosing kindness, acceptance, and inclusion every day.

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Thank you to our Sponsors!

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